

Wellness NEWS

UPCOMING WEBINAR!

Healthy Lunches



When: Thursday, August 15

Time: 11-11:30 AM CT

Where: [Click here](#) to register and add the Webex invitation to your calendar.

What: Lunchtime should provide an opportunity to relax and take a break from work, school, and the stresses of the day. A healthy lunch refuels your body and can help you to spend the rest of the day feeling alert, refreshed and productive. Join Coach Hanna in a 30-min. webinar and learn how to maximize your lunchtime.

Handout: Before exiting the registration area, be sure to download the handout and save it to your calendar invitation for easy access at the time of the webinar.

Rewards: Earn 50 Vitality Points



QUESTIONS:

Contact the TopLife Wellness Program Support at iisaacs@trustmarkbenefits.com



Wellness Warriors Challenge

Register through Aug. 19

Log in to your Vitality account on the web and click on "Community" in the main menu at the top of the page to register. Or, click the "Challenges" icon in the Vitality Today app.

Challenge duration: 3 weeks, Monday, Aug. 12 – Sunday, Sept. 1

Goal: Complete all 3 Mental Health Reviews available on Vitality and a fitness assessment or strength training orientation at the Preston Center.

Prize: Meet both of the challenge conditions by Sept. 1 and earn an additional 100 Vitality prize points! Prize points will be applied towards the 9/1 incentive deadline and will be visible within your Points Planner by the end of day on Friday, Sept. 6.

Description:

Condition 1: Be inspired to build resilience and enhance mental health and wellbeing by utilizing Vitality's Mental Health Reviews to assess and manage your emotional health and mental wellbeing. You'll receive a personalized profile with recommendations to help you understand and improve coping techniques and stressors. Each individual review is worth 75 Vitality points. You do not need to complete all three, although you will earn the greatest number of points (225), receive a more complete profile and meet half of the challenge conditions – when you complete all three.

- What is My Physiological Well-being?
- Identify My Stressors.
- Identify My Social Support Network.

Condition 2: Contact the Preston Center to schedule and complete a complimentary Fitness Assessment or Strength Orientation, which is worth 250 Vitality points, and learn more about your physical fitness & ensure you have a well-rounded routine. Upload a copy of your fitness assessment report cover page or strength training orientation record by 9/1 to meet half of the challenge conditions.

Get in the game like a warrior and push towards Vitality Silver, Gold or Platinum status by the end of the wellness incentive deadline, Sept. 1!



Why worry about the sun's rays?

- Skin damage. In addition to sunburns, long-term damage can include liver spots, wrinkles and premature aging.
- Eye damage. UV rays can burn the cornea and lead to other eye problems such as cataracts.
- May weaken the immune system, making it harder for the body to fight infections.
- Skin cancer. Affects about one in five Americans in their lifetime.

Be sun safe.

- Be aware of factors that increase the sun's intensity (snow, water, sand, high altitudes).
- Limit time in the sun, especially between 10 a.m. and 4 p.m. when the sun's rays are strongest.
- Cover up with protective clothing, sunglasses and a wide-brimmed hat.
- Check the UV index on your weather app or at www.epa.gov/sunsafety/uv-index-1.
- Apply sunscreen at least 20 minutes before going outside.

Check your skin regularly for changes in moles and new growths, have routine skin screenings with your doctor, and avoid indoor tanning beds and lamps.



Coach's Corner

with Coach Stephanie

Social Wellbeing Check In

Social wellbeing is building and maintaining relationships and having a network of friends, family, and even coworkers you can rely on for help and support through the joys and challenges of life.

While often overlooked, social wellbeing is very important for overall health. Research has shown social wellbeing to have many positive health impacts from mental health and resiliency all the way to reduced risk of chronic conditions. Social isolation even increases risk of premature mortality by 29%.

Like most areas of health and wellbeing, it's a balancing act. Each person has different needs when it comes to social wellness. People who are extroverted tend to recharge with lots of social connections, while introverts prefer quiet time, and others fall somewhere in the middle. Conversely, extroverts can get overcommitted to their social calendar at the expense of their other pillars of health, and even introverts can become too isolated.

Questions to Ask Yourself:

- Do I have at least 1 or 2 people I can rely on for friendship and support when I need it?
- How many social obligations do you have in a typical week?
- Does this activity or social commitment recharge me or leave me feeling depleted?
- Do you feel recharged and connected throughout the week or exhausted and worn out?
- Does that feel like too many, not enough, or just right? If you feel like you've overcommitted to your social calendar it's okay to say no and make some changes.

Look at your weekly or monthly obligations. What fills you with joy? What aligns with your values? Keep those. Which items feel exhausting just to think about? Can you reduce or some of those commitments? I've talked to numerous people who found it helpful to schedule a monthly or weekly evening to themselves.

If you feel like you're lacking in social connections, how can you build this area of your wellness? The options are endless. Get more involved in your faith community, look for local clubs or groups related to your hobbies or interests, try volunteering, or make an intentional effort to reach out and connect with friends or family. For more information and ideas, check out:

<https://www.hhs.gov/surgeongeneral/priorities/connection/index.html>



The 2023-2024 Employee Wellness Program Year Ends September 1, 2024. On the Home page, hover over *Rewards* and select *Employer Incentive Plan*. Scroll down to the bottom of the page and review the requirements needed to fulfill your pledge.

- If you and your covered spouse/partner, if applicable, enrolled in health benefits last fall during open enrollment with benefits effective 1/1/2024, to fulfill your pledge, each is required to earn a minimum of 5,000 Vitality points by **9/1/2024**.
- New hires and covered spouses/partners, if applicable, who enrolled in health benefits after open enrollment with benefits effective after 1/1/2024 through 5/31/2024, to fulfill your pledge, each is required to complete the *Vitality Health Review* (online health assessment) by **9/1/2024**.
- New hires and covered spouses/partners with benefits effective on/after 6/1/2024 and spouses/partners added to an employee's plan after open enrollment due to a qualifying life event are *exempt* from the wellness requirements.

Vitality



We're thrilled to announce you'll have access to a new and improved Power of Vitality app and website beginning October 1!

Get excited for new program features, including:



A fresh new app and simplified navigation

We've given our app a fresh and modern look, making it even easier to navigate and use. Plus, what you see in the app matches the web!



Focus areas for health topics important to you

With curated activities like habit trackers, articles and program resources, you can choose ways to customize the program to help you reach your health goals.



Fun new ways to earn points

Engage in your health with a wide range of personalized goals, videos, assessments and activities.

More details will be shared with you as we get closer to our new program year launch date, so keep an eye on your emails and PowerofVitality.com! **Want a sneak peek?** Look out for more information on an upcoming webinar!