

LIVE WELL. BE WELL.

♥ NOURISHING NEWS ♥

June/July 2023: Financial Well-Being

"It's not your salary that makes you rich; it's your spending habits." - Charles A. Jaffe

Financial Well-Being and Your Health

In the 2022 Stress in America Survey by the American Psychological Association, many Americans reported an increase in stress due to financial concerns. 83% of US adults noted inflation as a source of stress, while 57% of adults who indicated money was a significant source of stress reported that having enough money to pay for things in the present (such as rent) was their main source of financial stress. ¹



Chronic stress, such as the above, can lead to a variety of physical and emotional health concerns including, but not limited to:

- Anxiety
- Depression
- Gastrointestinal issues
- Muscle pain
- Heart health concerns
- Problems sleeping
- Headaches
- Weight gain ²

Reduce your financial stress to improve your overall health!

Ready to Improve Your Financial Well-Being?

- Watch this Sharecare video on [3 Simple Ways to Improve your Finances](#)
- Check out the [Parsons Retirement Savings Plan \(RSP\) with Principal](#)
- View a [Principal Financial Webinar](#) on the topics that interest you
- [Tackle your Debt with SoFi!](#)
- [Optum EAP](#) has additional resources like the [National Foundation for Credit Counseling!](#)



June/July Health Observances

June:

Men's Health:

- Visit [Men's Health Network](#), the [Sharecare toolkit](#) or the recipe below!

Alzheimer's & Brain Awareness:

- Learn more at [Alzheimer's Association](#)

LGBTQ+ Pride Month

- Visit [Pride365Plus.com](#)

July:

UV Safety Awareness:

- Be safe in the sun with this [short video](#) from Sharecare!

Sarcoma Awareness:

- [Curesarcoma.org](#)

Juvenile Arthritis Month:

- [Arthritis.org](#)

Save with WeightWatchers at Parsons!



Did you know that you may be eligible for a discounted WeightWatchers membership or even FULL reimbursement upon successful completion of the program?

Your colleague, Zane Salhi, had incredible health improvements in 2022 and YOU could be next! Check out Zane's story in the interview below or for more information about participating in WeightWatchers, check out [parsonsbenefits.com](#) or [WeightWatchers.com!](#)



Check out [Human Resources \(HR\) on Workplace](#) for the Live Well. Be Well. Monthly Calendar of Events & additional communications!

1. American Psychological Association. (2022, October). Stress in America 2022: Concerned for the future, beset by inflation. American Psychological Association. Retrieved March 29, 2023, from <https://www.apa.org/news/press/releases/stress/2022/concerned-future-inflation>

2. Mayo Foundation for Medical Education and Research. (2021, July 8). Chronic stress puts your health at risk. Mayo Clinic. Retrieved March 29, 2023, from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>

Employee Success Stories

February Jump Start Your Heart Challenge Winner!

In February, Brad Crowther, Associate Systems Engineer of Colorado Springs, successfully completed the Live Well. Be Well. Jump Start Your Heart Challenge and won a \$100 REI gift card! We interviewed Brad to find out more about his motivation, goals, and achievements. Here's how he responded:

What motivated you to participate in the challenge?

"The main reason I started the Jump Start Your Heart Challenge was to get the points so that I could get the wellness credit through Sharecare. However, it was a perfect opportunity for me to start the year off right and do a self-evaluation on my health, so I gave it a try. It was a good reminder to take my health seriously."

What were your health goals when entering into this challenge?

"I wanted to identify areas where I could improve and felt like tracking the information within the challenge would give me the starting point."



How did the challenge help you achieve your goals?

"The challenge helped me to identify the areas that I needed to work on. For example, tracking my steps showed how little I actually move during the day. I used that information to create new movement/step goals so that I can be a little more active."

Participate in our [next challenge](#) for your chance to win!

WeightWatchers Win!

In 2022, Zane Salhi, Principal Construction Engineer from Kentucky, completed the WeightWatchers program and your Live Well. Be Well. program interviewed him to learn about his achievements within the program!

What motivated you to participate in WeightWatchers?

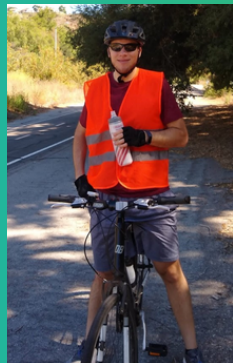
I needed to get healthy and feel better about myself. When I would walk up the stairs or even ride my bike, I would feel out of breath quickly. At the time, I had some health complications as well. This was my second time around gaining a large amount of weight (first time was during college).

How has WeightWatchers helped you achieve your health goals?

To truly realize what a portion size is, whether it be a handful of chips, a cup of rice, or a single cookie. In addition, it keeps you accountable as you need to enter all your foods and drinks consumed during the day. It is as easy as scanning the barcode on the package or looking it up by name! Weight Watchers has opened my eyes to so many different meal combinations as well – including zero-point foods.

What is/was your favorite part of participating in WeightWatchers?

Trying to keep within the “daily range of points allotted.” It is like a challenge/ game to track your points and stay within budget. Sometimes you feel a particular food should not cost so many points, but you get “rewarded” for physical activities, so it all balances out!



What was your greatest achievement in WeightWatchers?

Losing 70 pounds!! I was able to reduce my medication dosages, wear new clothes, and participate in several 10K races.



Seared Scallops with White Bean Ragu & Charred Lemon

This recipe for seared scallops with white beans and spinach turns out a healthy dinner that looks impressive (and tastes great) in just 25 minutes.



Ingredients

- 3 teaspoons extra-virgin olive oil, divided
- 1-pound mature spinach or white chard, trimmed and thinly sliced
- 2 cloves garlic, minced
- 1 tablespoon capers, rinsed and chopped
- 1/2 teaspoon ground pepper, divided
- 1 (15 ounce) can no-salt-added cannellini beans, drained and rinsed
- 1 cup low-sodium chicken broth
- 1/3 cup dry white wine
- 1 tablespoon butter
- 1-pound dry sea scallops, tough side muscle removed
- 1 lemon, halved
- 2 tablespoons chopped fresh parsley

Preparation

Prep time: 25 minutes Yield: 4 servings

1. Heat 2 teaspoons oil in a large skillet over medium-high heat. Add greens and cook, stirring often, until wilted, about 4 minutes. Stir in garlic, capers and 1/4 teaspoon pepper; cook, stirring occasionally, until fragrant, about 30 seconds. Add beans, broth and wine and bring to a simmer. Reduce heat to maintain a low simmer, cover and cook for 5 minutes. Remove from heat and stir in butter. Cover to keep warm.
2. Meanwhile, sprinkle scallops with the remaining 1/4 teaspoon pepper. Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add the scallops and cook until browned on both sides, about 4 minutes total. Transfer to a clean plate. Add lemon halves to the pan, cut-side down, and cook until charred, about 2 minutes. Cut into wedges. Sprinkle the scallops and the bean ragu with parsley and serve with the lemon wedges.

Nutrition

3 oz. scallops & 1 cup ragu each.

Per serving: 255 calories; protein 21.4g; carbohydrates 21g; dietary fiber 5.3g; sugars 1.4g; fat 8.3g; saturated fat 2.6g; cholesterol 34.8mg; vitamin a iu 5997IU; vitamin c 21.7mg; folate 141.4mcg; calcium 110.1mg; iron 3.8mg; magnesium 123.7mg; potassium 853mg; sodium 589.6mg; thiamin 0.6mg

Source: www.eatingwell.com

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parsons.sharecare.com | 555-203-5506



Live Well. Be Well. powered by Sharecare is available at no cost to call regular U.S. Benefits-eligible Parsons employees and their spouses/partners who are enrolled in a medical plan.