

LIVE WELL. BE WELL.

♥ NOURISHING NEWS ♥

October/ November 2023: Social Well-Being

“Your friends are long-term adventures, and therefore, perhaps the most significant thing you can do to add more years to your life, and life to your years.” -Dan Buettner

What is Social Well-Being?

Social well-being is all about having supportive, healthy relationships, meaningful interactions, and love in your life. Examples include making connections, participating in group activities, and developing positive relationships! Over the next 2 months your Live Well. Be Well. wellness program will focus on events and activities to help enhance your social well-being.



How Friends Impact Your Health

Habits are contagious. Research shows that if your friends use cigarettes, eat a poor diet, or have a negative outlook on life you're more likely to develop these unhealthy habits as well. So, it's important to surround yourself with individuals who have positive and healthy goals! Find a group of uplifting friends who incorporate healthy habits into their lives and see how your happiness and health can improve.

Want to build your social network & friend group? Try these ideas!

- **Call a friend:** It's easy to lose touch with loved ones when life gets busy, but most of us thrive with increased social connect. Call an old friend and reconnect!
- **Join a sports league or other club:** Having hobbies is a great way to meet new people. Consider joining a sports league, knitting club, or any other group that interests you. Learn or master a skill and meet new people in the process!
- **Take a class:** Learning is good for the mind, body, and soul. Take a class on anything that interests you and meet life-minded individuals.
- **Make someone laugh:** Laughter has a wide variety of health benefits, including building connections and accentuating the positives in life. Check out this Sharecare article on [The Unexpected Health Benefits of Laughter](https://you.sharecare.com/articles/790d2997-3874-4aab-9ee0-6a62c10fff5e).



October/November Health Observances

October:

Breast Cancer Awareness

- Find resources [here](#)

Liver Cancer Awareness

- Learn more from the [International Liver Cancer Association](#)

National Dental Hygiene

- Check out your [dental benefits!](#)

November:

National Diabetes

- [American Diabetes Association](#)

Lung Cancer Awareness

- [American Lung Association](#)

Alzheimer's Disease Awareness

- [Alzheimer's Foundation of America](#)

National Family Caregivers

- Resources are available [here](#)

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

Big Changes & Bigger Rewards for your 2024 Live Well. Be Well. Wellness Program

Beginning in 2024, employees can receive a monthly wellness credit of \$45 if you complete the required wellness activities. To receive this wellness credit, you must complete 2 activities:

- Take or Retake your RealAge Test- Details can be found at parsons.sharecare.com
- Physical exam. Complete a physical exam by your primary care provider.

Activity deadlines are dependent on medical enrollment date. See the table below for more information:

Medical Enrollment Date	RealAge Test	Physical
Before 10/1/23	Complete RealAge Test between 8/1/23- 12/31/23.	Complete physical between 7/1/22- 12/31/23 and self attest by 12/31/23.
Between 10/1/23- 1/1/24 (new hires, qualifying events, or newly enrolling during open enrollment)	Complete RealAge Test between 10/1/23- 3/31/24.	Complete physical between 7/1/22- 3/31/24 and self attest by 3/31/24.

Get started today at parsons.sharecare.com!

Employee Success Story: Budgeting Challenge

In May & June, Gene Mathews successfully completed the Budgeting Challenge and was randomly selected as one of our challenge drawing winners, choosing the steel security safe. Afterwards, we asked him questions about the challenge and here's how he responded:

What motivated you to participate in the challenge?

With the rising cost of living, I thought it would be prudent to see if the Budgeting Challenge might give me some helpful tips and possibly learn some new skills.

What were your goals when entering into the challenge?

Hopefully get my spending under control and maybe get a little more money in savings.

How did the challenge help you achieve these goals?

I would go to the Sharecare app every day for tips and answers the quick quiz questions. This helped reinforce the need to control costs and stick to the budget.

What was your favorite part of the challenge?

Saving a little extra money.

Would you encourage co-workers to participate in future challenges?

Using and exploring the Sharecare app every day, I found there is quite a bit of helpful advice and knowledge to be found there.

Anything else you would like to share about the challenge?

I found that tracking my health data like blood pressure, weight, sleep, stress and other key indicators helped to motivate me to workout more and eat better.





Baked Vegetable Soup

This cold and flu season, curl up with a bowl of this healthy soup for a cozy night in.

Ingredients

- 5 tablespoons extra-virgin olive oil
- 1 pound Yukon Gold potatoes, halved and sliced 1/4 inch thick
- 1 1/2 teaspoons salt, divided
- 2 medium zucchini, halved and sliced 1/2 inch thick
- 2 medium leeks, white and light green parts only, thinly sliced
- 4 medium stalks celery, thinly sliced
- 10 ounces cremini mushrooms, quartered
- 4 cups frozen artichoke hearts, thawed, or 10 fresh artichoke hearts, quartered
- 1/4 cup chopped fresh parsley, plus more for garnish
- 1 (15 ounce) can no-salt-added diced tomatoes, with their juice
- 1 (2 inch) piece Parmesan cheese rind, plus finely shredded Parmesan for garnish
- 6 cups water
- 1/2 teaspoon ground pepper

Preparation

Prep time: 15 minutes Yield: 4 servings

1. Preheat oven to 350 degrees F.
2. Pour oil into a large oven-proof pot (about 6-quart) and arrange potato slices in an even layer over the oil. Sprinkle with 3/4 teaspoon salt.
3. Layer in zucchini, leeks, celery, mushrooms, artichoke hearts and 1/4 cup parsley; sprinkle with the remaining 3/4 teaspoon salt. Pour tomatoes over the vegetables and nestle Parmesan rind into them.
4. Add water (the vegetables will not be completely submerged), cover and bring to a boil over high heat.
5. Once boiling, transfer the pot to the oven and bake, covered, until the vegetables are tender, but still firm, 1 to 1 1/4 hours. Season with pepper and serve garnished with parsley and Parmesan, if desired.

Nutrition (per serving)

Serving Size: about 1 3/4 cups

204 calories; 5.2g protein; 25.6g carbohydrates; 5.3g sugars; 9.6g fat; 529.2mg sodium

Source: Eatingwell.com

Looking for more tips to maintain a healthy lifestyle?

- 1 Log in to your Sharecare account or register at parsons.sharecare.com
- 2 Discover tools and resources that can help you improve nutrition, reduce your stress, and live a healthier life

