

# LIVE WELL. BE WELL.

## ♥ NOURISHING NEWS ♥

### Financial Well-being 2024

*"Not having money to spend doesn't mean we can't have well spent moments every day."*  
- Sarah Ban Breathnach

### Healthy Habits for Your Physical & Financial Health

Financial well-being is all about feeling good about your finances. While this can look different for everyone, certain behaviors like budgeting and saving are proven ways to enhance your financial well-being. We can take this one step further by thinking about common spending habits-- a to-go coffee here or a lavish meal out there-- that can have a big impact on both your finances and your health over time. Try some of these small changes to save money and improve your overall well-being!

### Quarter 4 Health Observances

#### October:

##### National Dental Hygiene:

- Learn about Parsons dental benefits [here](#).

##### Breast Cancer Awareness:

- Check out the [National Breast Cancer Foundation](#).

#### November:

##### National Diabetes:

- [Diabetes.org](#) has education & advocacy opportunities.

##### Alzheimer's Disease Awareness:

- Get involved with the [Alzheimer's Foundation of America](#).

#### December:

##### National Safe Toys & Gifts:

- Learn more about safe gifts [here](#).

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

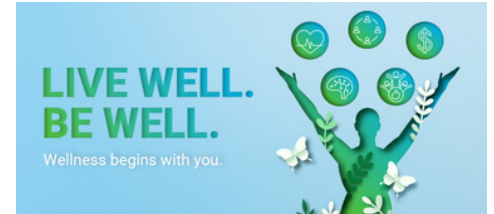


- 1. Make coffee at home:** Making coffee at home can save you \$4-8 per coffee shop visit while also significantly decreasing your calorie intake. Skip the coffee shop and spice up your coffee at home with your favorite milk and a dash of cinnamon.
- 2. Eat at home:** With the increasing cost of food, it's getting pricier to eat out. Meal plan and grocery shop for the week-- you'll save money and can choose healthier ingredients!
- 3. Re-think your gym membership:** Gym memberships can be super beneficial if you go regularly, but all too often we don't go as planned. If this sounds like you, consider free alternatives such as walking, online exercise videos, or a getting discount gym membership through [Active & Fit](#).
- 4. Drink more water:** Sugary drinks are expensive and can have negative effects on your health. Swap the soda or energy drink for a refillable water bottle to improve health, hydration, and savings.
- 5. Embrace vegetarian proteins:** Consider taking part in "Meatless Monday", where you skip the meat once per week. Vegetarian proteins such as tofu and beans have wonderful health benefits and are a fraction of the cost of meat.

## Live Well. Be Well. Earn Your 2025 Wellness Credit!

Are you aware of the changes to the Live Well. Be Well. program and the requirements you must complete by **December 31, 2024** to earn a **\$50 monthly wellness credit in 2025**?

Regular US-based medically enrolled employees can earn \$\$\$ to help off-set the cost of your medical premiums, [learn more here!](#)



### What You Need to Do:

1. Register or log in to [parsons.sharecare.com](https://parsons.sharecare.com)
2. Click Achieve > Rewards > Earn 2025 Credit
3. Complete BOTH requirements below:
  - Complete (and self-attest to) an annual physical (physical exams obtained between **December 1, 2023** and **December 31, 2024** will earn you credit for this activity).
  - Earn **1,000 points** through the completion of wellness activities!
  - Note: While you can earn points throughout the year, they will only accumulate once the Annual Physical has been self-attested to.

While the deadline for completing these activities is **December 31, 2024**, wellness takes time! Start (or continue) earning your 1,000 points at [parsons.sharecare.com](https://parsons.sharecare.com).

## Special Events in Quarter 4

- **Savings Challenge**
  - Date: October 15- November 15
  - Challenge yourself to save money (while shopping, going out to eat, entertainment, etc.) at least 4 times between October 15 - November 15 to earn 200 points toward your Live Well. Be Well. rewardable activities & be entered into a prize drawing!
  - Register & participate at [parsons.sharecare.com](https://parsons.sharecare.com)
- **Pack Your Pantry, Pad Your Wallet Workshop:** Learn how to combat financial stress in the supermarket and how to identify budget friendly staples to keep in your pantry.
  - Date/times: October 17th at 12 pm ET & 3 pm ET
  - Location: [Live Well. Be Well. Teams Meeting Room](#)
  - Additional details will be posted on [Workplace](#) as the event nears. Earn **100 points** toward your Live Well. Be Well. rewardable activities & be entered into a prize drawing for participating!
- **NEW 30-Minute Virtual Cooking Class with FitPros!**
  - Date/times: TBD
  - Additional details will be posted on [Workplace](#) later this quarter! Earn **25 points** toward your Live Well. Be Well. rewardable activities & cook a delicious meal!



# 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 ½ 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
- ¼ 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
- ½ 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

All regular US benefits-eligible Parsons employees are eligible to participate in Live Well. Be Well.

Scan the QR code to earn 10 points for reading this newsletter!

