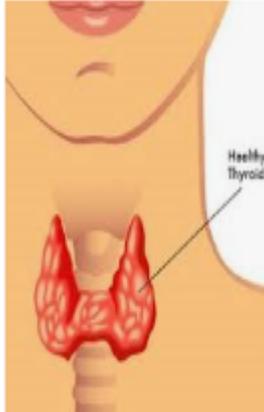


Hairloss Brain Fog HIGH CHOLESTEROL
 Poor Reflexes Fatigue Depression
 Edema **Thyroid Awareness** Sluggish
 Muscle Stiffness Bloating SWELLING WEIGHT GAIN
 Cold Hands & Feet

CCG Wellness Well-News January 2021 Edition

January is National Thyroid Awareness Month. The thyroid is a butterfly-shaped gland that sits low on the front of the neck. Your thyroid lies below your Adam's apple, along the front of the windpipe. The thyroid has two side lobes, connected by a bridge (isthmus) in the middle. When the thyroid is its normal size, you can't feel it.

The thyroid secretes several hormones, collectively called thyroid hormones. The main hormone is thyroxine, also called T4. Thyroid hormones act throughout the body, influencing metabolism, growth and development, and body temperature. During infancy and childhood, adequate thyroid hormone is crucial for brain development.



Conditions associated with thyroid dysfunction are goiter, hypothyroidism, hyperthyroidism, Graves disease, and thyroid cancer. All abnormal thyroid lab tests should be reviewed by your doctor.

Inside this issue:

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Weigh-out & Weigh-in Wellness Clinics

Attend a Wellness Weight Clinic the week of January 4-12 to participate in these result-based Healthy Bucks programs valued at \$75HB for meeting program goals.

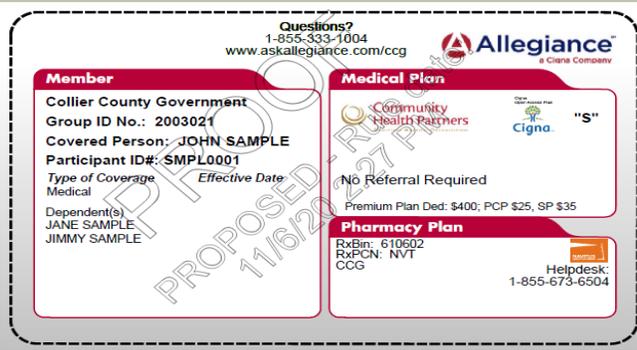
- Holiday Weight Challenge Weigh-out*
- Re-shape Your Frame Weigh-in*
- Lose the Covid-19 Weight Loss Program Weigh-in*

Register for these programs on <http://colliergov.GoSignMeUp.com>.

You can find information on these programs on the wellness website wellnessweb.colliergov.net

Weigh-out for **Re-shape Your Frame-Body Composition** will be scheduled in Aug & Sept. of 2021.

Lose the Covid-19 Weight Loss Program weigh-out is schedule the first week of April 2021.



New Insurance Cards

You should have now received your **new Allegiance insurance card by mail**. The new cards will have the **new pharmacy name, Navitus**, and contact information. **Present the new card to your pharmacy starting January 1, 2021.**

Please contact the Benefits Office at 252-5214 or 252-8417 if you have not received your new card or if you need additional cards.

Insured Spouses, Employee Upgrades & New Hires Schedule Your Qualifying Blood Draw TODAY

All Qualifying Spouses, Employee Upgrades & New Hires **TODAY schedule your Midland Health lab draw.** January and February lab draw dates are now available on the Midland Health scheduler. Use www.chpha.com to schedule your lab draw. Call the Health Advocate office at 239-252-5588 if you need assistance.



LAB DRAW DEADLINE 3/31/2021
Health Advocate/Wellness Meeting deadline 6/30/2021

Lose the Covid-19 Weight Loss Program \$75

Result-based Healthy Bucks

Are you one of the many who has gained weight during 2020 due to overeating and lack of exercise? If so, register for the **Lose the Covid-19 Weight Loss Program** on:

<http://colliergov.GoSignMeUp.com>.

Weigh in at the **Holiday Weight Challenge Weigh-out Clinics** the week of Jan. 4-12. This 12-week program will issue you \$75HB result-based for meeting these goals at weigh-out:

BMI 25-29.9 Lose 5% of weigh-in weight
BMI 30 + Lose 10% of weigh-in weight

A meal plan will be given at time of weigh-in and a monthly exercise plan will be provided.

Non-member Wellness Fitness Center participants will be able to exercise at the Main Campus Fitness Center for 3-months during program participation at **No Charge** (does not include group programs).

YOU MUST REGISTER IN ADVANCE OF WEIGH-IN ON *GoSignMeUp* FOR A FREE FOOD SCALE AND EXERCISE RESISTANCE BAND.



The Holiday Challenge Weigh-out \$75 Result-based Healthy Bucks

Weigh-out the week of January 4-12 at different locations in order to obtain \$75 Healthy Bucks in the Result-based category.

GOAL:

Maintain a BMI less than 25 OR
If BMI was 25 and greater at initial October 2020 weigh-in you must lose 1 pound.

For those with a more muscular frame meet these parameters for percent body fat:

Women \leq 31% body fat Men \leq 28% body fat
Inbody %Body Fat testing requires an appointment scheduled through Allison Wroblewski, Wellness Fitness Program Leader 239-238-6230



Avocado How-To

- Step 1:** Halve the avocado and remove the seed. Carefully slice flesh in cubes.
Step 2: Use a spoon to lift and separate the cubed avocado flesh from the peel.
Step 3: spoon the avocado into the salsa, then gently fold ingredients together for a zesty side dish.



SLEEP—*The Third Pillar of Health*



We all know that diet and physical activity are essential to good health, but many are unaware that getting adequate sleep is equally important, if not more so. Sleep affects everything from energy and appetite to performance, mood, attention, memory, and decision making. It is the time when the brain forms and maintains the pathways that let us learn and create new memories. Recent research suggests that the body uses sleep time to remove toxins and metabolic "trash" from the brain (possibly including the plaques that contribute to Alzheimer's disease). Habitual short sleep duration is associated with greater risk of obesity, high blood pressure, diabetes, depression, and cardiovascular disease. Unfortunately, about one third of U.S. adults get less than the recommended seven hours of sleep a night.

Article from Tufts Newsletter-December 2020 Edition

Acquire a New Attitude for 2021

Fortunately, everybody is born with the capacity to feel gratitude. Yet the way you express it and the intensity to which you express it will depend on how your were raised.



Regardless of your upbringing, though, you can always work on being more grateful in your daily life. Journaling your thoughts regarding what you're grateful for is one way to cultivate

gratefulness. Below are 6 more strategies:

1. **Find one good/positive thing** about every challenge you face and how you overcame it.
2. **Volunteering** shows you how much you have compared to others to be grateful for in your life
3. **Create a gratitude reminder** in the form of a phone reminder, a saying you post on social media, or a string on your wrist. Find one thing that either makes you happy or reminds you of a good memory. Engage in this reminder for three to five seconds a day. You'll immediately feel a burst of joy, and the positive emotion can lead to gratitude.
4. **Say "Thank You"** and give recognition to those who are helping you.
5. **Choose an app and download it.** There are several apps that are free and offer positive random quotes throughout the day.
6. **Acknowledge the power you do have.** Rather than focusing on what you can't control, try acknowledging the power you do have, in doing so, you may feel more uplifted about your experience.

The Health Benefits of Cruciferous Vegetables

Cruciferous vegetables are considered pillars of a healthful diet and have secured a slot in nearly every set of dietary guidelines around the globe. They're easy to prepare and versatile and can liven up any dish almost instantly.



In recent years, emerging research has continue to strengthen the purported benefits of this unique family of plants, showing these vegetables host an impressive array of antioxidants, nutrients, a sulfur-containing compounds, all of which are responsible for their potent medicinal and health properties. Try some of these cruciferous vegetables:

Arugula
Bok choy
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Collard greens
Daikon
Horseradish
Kale
Kohlrabi
Maca
Mizuna
Mustard greens
Radishes
Turnips
Wasabi

*Ring in the New Year with this
comfort recipe*

Skillet Chicken Potpie
Serves—6

Ingredients:

- 1½ cups low-sodium chicken stock, divided
- 2 Tbsp. all-purpose flour
- 1 Tbsp. olive oil
- 1 8-oz. pkg. sliced mushrooms
- 1 cup chopped onion
- 6 cloves garlic, minced
- 1½ cups frozen carrots and peas (7 oz.)
- 1 Tbsp. chopped fresh sage
- 1 Tbsp. fresh thyme leaves
- Pinch of salt
- ½ tsp. ground black pepper
- 1 lb. shredded cooked chicken (about 3 cups)
- 1 7-to-8-oz. prepared pie crust, thawed if frozen
- 1 egg white, lightly beaten

Directions:

1. Preheat oven to 425 degrees F.
2. Whisk 1¼ cups chicken stock and flour in a medium bowl; set aside.
3. Heat oil in a 10-inch non-stick pan. Add mushrooms, cook until browned, 6-8 mins. Reduce heat to medium. Add onion and garlic; cook until tender, 4-6 mins.
4. Stir in the remaining ¼ cup stock, scraping up any browned bits. Stir in the reserved stock-flour mixture, peas and carrots, sage, thyme, salt, and pepper. Bring to a boil, stirring constantly. Reduce heat and cook, stirring occasionally, until the vegetables are tender, about 10 mins. Remove from heat; stir in chicken.
5. Lay pie crust over the chicken mixture, folding the edges over as needed. Cut four 4-inch slits in the crust to allow steam to escape. Brush with egg white.
6. Bake until the crust is golden and the filling is bubbly, 20 to 25 mins. Let cool for 10 mins. before serving.



Nutrient Analysis: (1/6 of pie)

336 Calories; 26gms Carbohydrates; 29gms Protein; 426mgs Sodium; 3gms Dietary Fiber

*Re-shape Your Frame
-Body Composition Program*

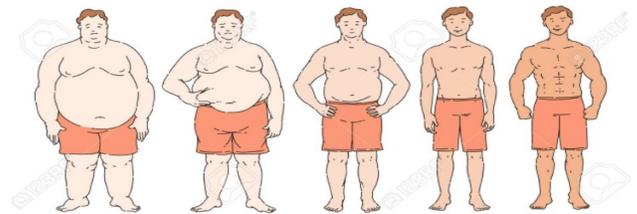
Weigh-in Week of Jan 4—12
\$75 Result-based Healthy Bucks

Weigh-in for BMI

Weigh-in at any Holiday Weight Challenge Weigh-out clinic scheduled the week of Jan 4—12. Your weight will be recorded and your BMI will be computed. Weigh-outs will be conducted in August and September 2021 at a Wellness Clinic. You will be credited \$75 Result-based Health Bucks for meeting the below goals:

- **Maintain a BMI < 25 OR**
- if **BMI is 25-29.9** then lose 5% of weight recorded **OR**
- if **BMI is ≥ 30**, then lose 10% of weight recorded at initial January weigh-in.

Register for this program on
<http://colliergov.GoSignMeUp.com>



Did You Know?

40% of all food produced in the U.S. is wasted.

\$161 BILLION in food costs annually are wasted by uneaten food at retailers, restaurants, and homes.

133 BILLION pounds of food is wasted yearly. That represents 1,249 calories per person, per day.

20% of landfill weight is attributed to food waste.

CH4... co2 methane released by food waste is a greenhouse gas that is 21 times more powerful than carbon dioxide.