



Becoming Your Best Self

ITSC's Thrive Wellness program helps employees achieve success in every aspect of their lives.



The Motivation to March On

Motivation is the term that describes why a person does something. It's the driving force behind our behaviors.

There's a phenomenon called the "mid-season motivation slump." This gray area of seasonal transitions can be a time of struggle if you don't take the time to meet your well-being needs.

The good news is wellness gives us the energy to stay motivated through any transition.



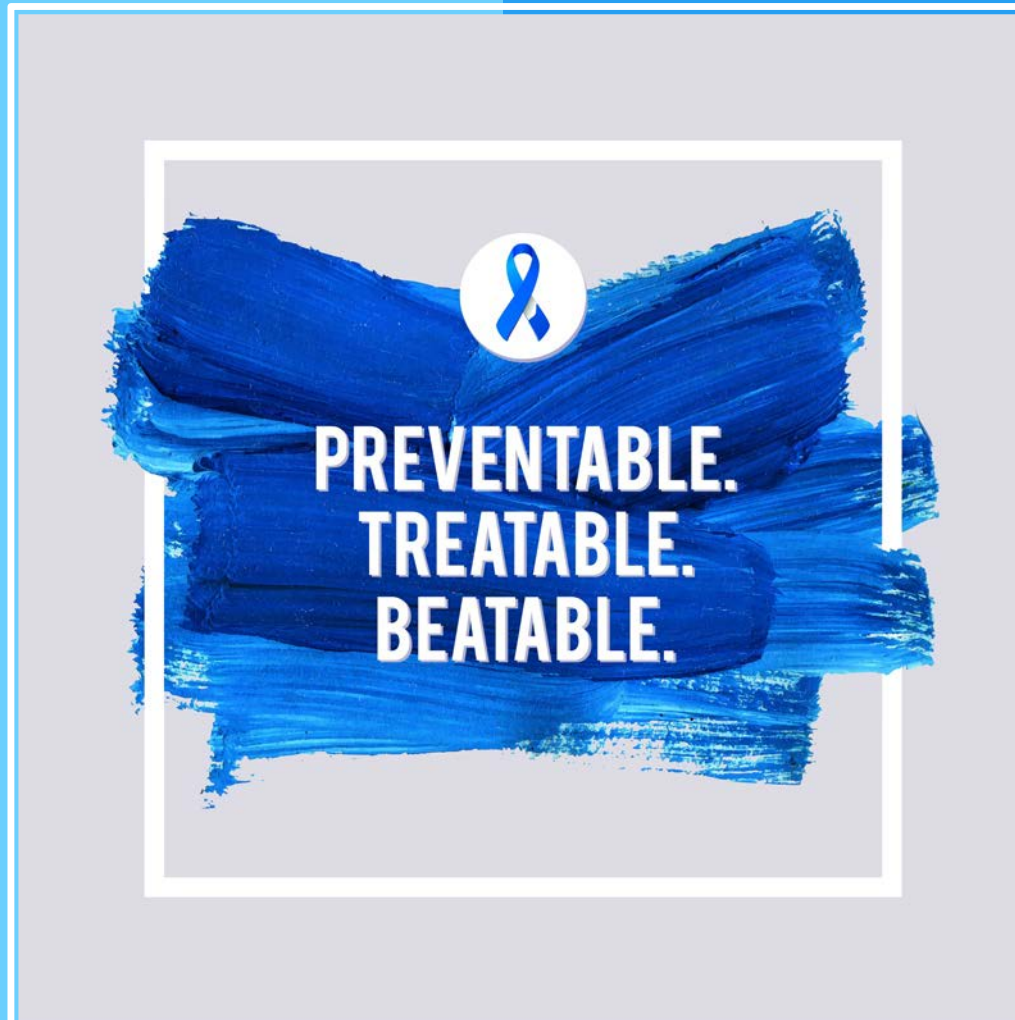
March is Colorectal Cancer Awareness Month

Colorectal cancer, or CRC, is the second deadliest cancer in the United States. Every March, the health community spotlights this disease and inspires people to get checked starting at age 45.

Two reasons getting checked matters:

- Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.
- Screening can also find colorectal cancer early, when treatment is most effective.

Cancer touches almost everyone. Nearly 2 million Americans are diagnosed with cancer each year.



Learn more about preventing cancer before it starts by checking out this resource from Cigna.



Six questions to ask the next time you're having a great day

Chances are when you're having a bad day—or a string of bad days—you're super focused on how blah you feel. But when things are going great, it can be easy (automatic even) to sail through those good vibes without putting any thought or work into your mental health.

1. **What am I grateful for?** More good stuff tends to happen when you are in a positive headspace. Take advantage of this mindset and jot down what you're thankful for in your notes app and be sure to look back when things get complicated.
2. **What do I want to remember to do when I'm feeling down?** Create a swipe file of things that make you happy and maintain a good mood. Try something new, call a friend, or get dressed up.



Make mental health a daily habit that folds into your life.

3. **How do I talk to myself when I feel good?** Your inner monologue tends to be much nicer on good rather than bad days. If you can, physically write down some of the nice things, you find yourself thinking or saying to yourself on these good days.
4. **What happened yesterday?** What led up to this moment of happiness and emotional ease? Did you get good sleep? Or spend time doing something you love?
5. **What went right today?** Sometimes people glaze over the good stuff, so when you have a great day, stop and think of the big and little stuff that makes you happy.
6. **What else am I feeling?** Checking in with yourself is a good strategy whether you're having a good or bad day. Pushing past the immediate feelings to a deeper level can help support things you've pushed aside in survival mode.



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Mental Health Awareness Training

It's a new era for mental health at work.

It's impossible to talk about health and wellness without talking about mental health. But you might not realize that mental health is not about having or not having a mental illness.

Our well-being is affected by all aspects of our lives, and that affects how we experience life, work, and time with loved ones.

Often because of the misconceptions about mental health and mental fitness, people suffer in silence, and their conditions go untreated. Mental health awareness is a significant social movement to improve understanding and increase access to care.

We're excited to launch our first all-staff mental health training on March 22 from 12 to 1 pm, CT.

Registration is required.
The session will likely fill up,
so don't wait!



Strength and mobility training go hand-in-hand.

Pre-shift stretch and flex movements are a great way to keep your body strong and healthy.

Strength training and mobility go together like PB & J. Mobility describes your range of motion. It affects how easily you can perform tasks like climbing stairs, picking up groceries, and generally moving through your daily tasks.

Combining strength training with mobility is one of the best ways to improve flexibility. Both aspects enable you to move all your joints and soft tissues through their full range of motion, and it's critical to build a strong body and avoid pain and injuries.



Here's a **16-minute mobility workout video** <https://youtu.be/BfOFuOKBVY0>. Sink into these movements and know you're doing something unique for your body, heart, and longevity.

Making and keeping friends in a disconnected world

Tip 1: Reconnect with an old friend. Scroll through your phone, find someone you wish you never fell out of touch with, and reconnect. They'll appreciate you reaching out more than you assume.

Tip 2: Ask your friends to introduce you to someone you might get along with. We tend to be less lonely when our friends are friends. It's a sustainable way to connect as a group.

Tip 3: Repot a relationship and make it a friendship. Repotting means varying the settings when you interact. The more we repot a friendship, the deeper it becomes. Repotting looks like asking a neighbor or a colleague you've wanted to get to know better for a walk or a coffee.

Tip 4: Join something repeated over time. One study involved planting strangers in a large lecture class for a semester. At the end of the course, researchers asked the students who they liked best among the strangers. It turns out they liked the stranger that showed up the most classes. This phenomenon is called the mere exposure effect: we tend to like people once they are familiar.

Remember, everyone else is looking for friends just like you. Remember, don't overestimate how socially connected others are. They are likely hoping you'll start the conversation.



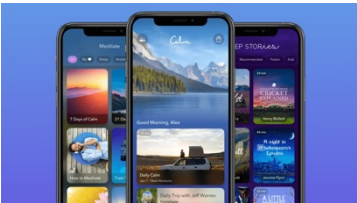
Friendship expert, Dr. Marisa Franco, shares science-backed, practical advice for making new friends and deepening existing relationships.

High Tech Health

We've curated the latest tech for tracking and powering the body and mind.



Oura Rings—a device worn on your finger that tracks sleep, readiness, and activity and tells you how your body feels and what it needs



Calm App—an app that helps give users a mental break, soothing sounds, or a peaceful night's rest through guided meditations.



Smart Scales—these scales are “smart” because they track dimensions other than weight, like body fat percentage, heart rate, and other health metrics.



A continuous Glucose Monitor (CGM)—is a small sensor device that measures and records glucose readings every 15 minutes for 10 to 14 days. This device helps wearers understand how diet and lifestyle affect their bodies, and for diabetics, it limits fingersticks.

1 in 3 adults have prediabetes—yet 80% don't know it.

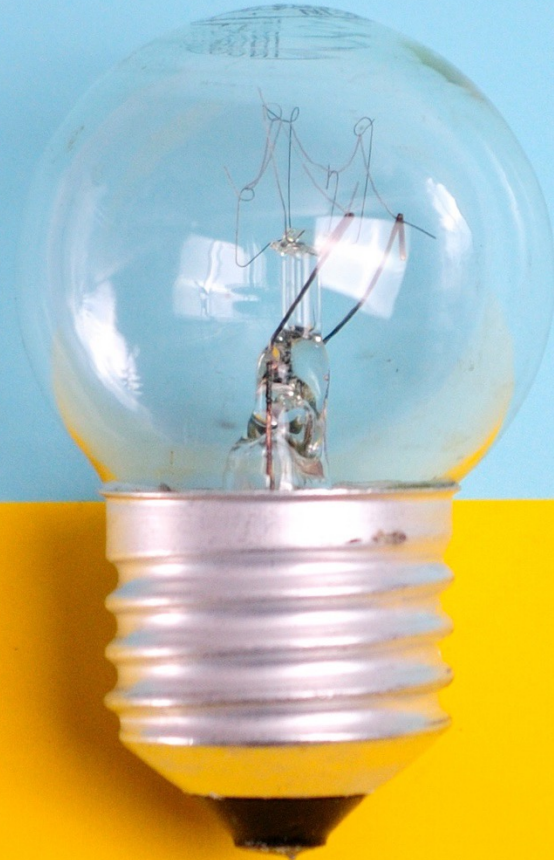
March 23rd is Diabetes Awareness Day, and Omada can help you lower your risk for Diabetes.



**Get started today at:
[Omadahealth.com/itsc](https://www.omadahealth.com/itsc)**



Does retirement seem a lifetime away?



There isn't a one-size-fits-all approach to saving for your future, and that's okay.

Learn what moves you should make in your 30s, 40s, and 50s to prepare for your desired future.

Join Principal's March Webinar

Wednesday, March 15, 2023, 2:00 - 2:30 PM ET

Dial-in Number: +1 (312) 248-9348

- Dial-in ID: 539066
- Dial-in Passcode: 6841



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How to bounce back from burnout

We all have bad days. Days that we want to push through and just survive. But when emotional burnout continues, the negative feelings can affect every area of your life, especially if you're doing things to 'self-medicate' to cope.

We all have bad days. Days that we want to push through and just survive. But when emotional burnout continues, the negative feelings can affect every area of your life, especially if you're doing things to 'self-medicate' to cope.

Admit the problem—to start, it's worth sitting down and considering what's burning you out. From that point, you CAN work through ways to support yourself to move forward.

Take a break—taking a break from work is not always possible. But it will help alleviate the strain and give your body and mind the time needed to relax and gather energy again.

Focus on well-being—it may seem difficult to take on new tasks when you're struggling, but simple actions like planning nutritious meals, scheduling rest, and prioritizing family time can help you regain balance.

Stress is an unavoidable part of life. Everyone must learn to cope with it to survive. If you need help striking a balance, we have resources that can help.

Email Cigna for personalized support at its_talktocigna@cigna.com

Try virtual counseling, visit myCigna.com for a provider

Behavioral health coaching, skill building, therapy, and psychiatry, Ginger.com/connect

Lunchbox Makeover

March is National Nutrition Month, and there's no better time to start making informed food choices and developing healthy eating and activity habits.

Packing your lunch is a great way to save money and eat wholesome foods rich in protein, fiber, and healthy fats. We've compiled some lunchbox ideas with minimal prep, so get packing.

1. **The Italian lunch box** includes mozzarella, fresh tomatoes, basil, pesto, pine nuts, green and black olives, extra virgin olive oil, balsamic vinegar, salt and pepper, and a slice of whole grain bread or crackers, and red and green grapes.
2. **The vegan lunch**—plant-based ingredients: vegan salad with cucumber, chickpeas, cherry tomatoes, brown rice, fresh parsley, green and black olives, avocado, fresh lemon, celery and carrot sticks, and creamy hummus.
3. **The energy boost box**—includes Greek or coconut yogurt, maple syrup, mixed nuts, fresh berries, apple slices, and nut butter.
4. **The protein box**—includes roasted chicken breast, cherry tomatoes, two boiled eggs, a sliced apple, and nut butter.
5. **The Greek box**—ingredients are: Greek salad with cucumber, chickpeas, cherry tomatoes, feta cheese, fresh parsley, green and black olives, extra virgin olive oil, brown rice, fresh lemon, and red and green grapes.



1



2



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4



5



When to go to the ER, Urgent Care, or your doctor

\$ TELEHEALTH	\$ DOCTOR'S VISIT	\$ URGENT CARE	\$ HOSPITAL ER	\$ FREESTANDING ER
<p>Your Cost: \$0 Copay</p> <p>MDLive is an excellent, no-cost resource when you or a family member have a health concern.</p> <p>MDLIVE helps with</p> <ul style="list-style-type: none">• Allergies• Ear problems• Flu• Fever• Pink eye and more	<p>Your Cost: \$15-35, or 20% after deduction</p> <p>Your primary doctor is low-cost non-urgent care for illnesses and injuries, vaccinations, exams, screenings, or specialist referrals.</p> <ul style="list-style-type: none">• Generally, the best place to go for non-emergency care• Establish medical history for future care	<p>Your Cost: \$35, or 20% after deduction</p> <p>Urgent care is moderately priced care for illnesses and injuries that are not-life-threatening.</p> <ul style="list-style-type: none">• Urgent care has extended hours (nights, weekends, and holidays)• It can be used when your doctor's office is closed• Many have online or phone check-in	<p>Your Cost: \$400, or 20% after deduction</p> <p>Hospital emergency rooms are fairly expensive and should be used for serious or life-threatening emergencies.</p> <ul style="list-style-type: none">• Open 24/7• Long wait times• Expect multiple bills for services (doctor, facility, and specialists)	<p>Your Cost: \$400, or 20% after deduction</p> <p>Freestanding emergency rooms are the most expensive option, and you could be transferred to a hospital.</p> <ul style="list-style-type: none">• Open 24/7• Services don't include trauma care• Many are out-of-network and charge more than your health plan's fees• Charges extra facility and lab fees

*Costs shown are for in-network services.



Know where to go for care.

It's important that you know where to go for medical care when you need it. There are some big differences between visits to your primary care provider and visits to the emergency room, such as cost, time spent waiting for care, and follow up.

Medical, mycigna.com
Group # 3343748
800-244-6224

Cigna Personalized support
Email: its_talktocigna@cigna.com

Prescription Drugs, caremark.com
RxGRP: RX21AV
844-203-6363
800-237-2767 (Specialty Rx)

Telehealth MDLIVE 24/7,
mycigna.com
888-726-3171

Omada, omadahealth.com/itsc
888-409-8687

Dental, DeltaDentalLL.com
Group # 20497
800-323-1743

Vision, eyemed.com
Group # 1022502
866-939-3633

Flexible Spending Accounts,
hrsimplified.com
888-318-7472

Employee Assistance Program,
mycigna.com
877-622-4327

Voluntary Plans, voya.com
Group# 726940
800-955-7736

Life & AD&D, voya.com
Group # 726940
800-955-7736

Disability, voya.com
Group # 726940
800-955-7736

STD & FMLA,
voya.absenceresources.com
844-206-4102

401(k), principal.com
Plan # 820829
800-547-7754

Pet Insurance,
petinsurance.com/its
877-738-7874

