



# New Year's Resolutions That Stick

The latest health and wellness news, tips, and updates from the Lay Benefits Department of the Roman Catholic Archdiocese of Boston.

## LOOKING AHEAD...

### Blue Cross Blue Shield Health Coaching

Earn \$300 into your HRA or HSA for making positive changes in your life. Get started today!

### Heavy Metal Challenge

Complete 250 minutes of strength training and earn \$50 into your HRA or HSA. Get started on that New Year's Resolution!

### Wellness Webinars

This month we focus on decreasing anxiety, increasing metabolism to lose weight, and improving mental health and physical fitness.

### Hand Hygiene

Are you washing your hands or using hand sanitizer correctly?

### The Wellness Corner

This month we're trying Peanut Butter Smoothie Bowls!



## Happy New Year! Let's Get Started with Your Goals

Many of us will set at least one New Year's resolution this month, with increasing physical activity, losing weight, and saving money being the [top three resolutions](#) last January. However, New Year's resolutions are often dropped. After just one month of setting a resolution, only [64%](#) of people are successful at progressing toward that goal. What can we do to set ourselves up for success, achieve our resolutions, and incorporate them into our lifestyles?

Setting short-term goals within a larger, long-term goal, documenting goal progress, and setting a specific time frame can help us manage large goals and track progress over the course of a few weeks, months, or even years. Goals should be person-specific and achievable. If we are not ready to make changes, it is more difficult to stick with the resolution. Start with one resolution and focus on reaching that goal instead of setting four to five goals for the year which may be difficult to attain. We should also learn how to forgive ourselves when we make mistakes or struggle - we're all human! Finding a support system can also help keep us accountable. Being part of a social support group or working with a buddy can help us stay motivated! For more ideas on how to stick with a New Year's resolution, click [here](#).

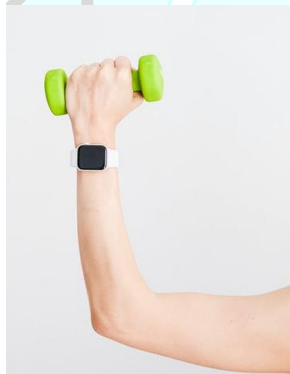
Need some help figuring out where to start with a New Year's resolution or need a little extra support? The Archdiocese of Boston Health Plans are committed to helping you live a healthier life! When you set and complete a personal health goal with a [Wellness Coach or Care Manager](#), you can earn up to \$300\* in your Health Reimbursement Arrangement (HRA) account or Health Savings Account (HSA) with HealthEquity. Both programs are available at no additional cost to you. Find out how to get started on the next page!

\*subject to Plan maximums

## WHAT IS A HEALTH COACH?

Health coaches are like cheerleaders for all things health and wellness and can help you with your resolutions! They work with you to find ways to implement lifestyle changes to achieve your wellness goal, like increasing physical activity or incorporating healthy foods into your diet. They can also help with other wellness goals like improving sleep! Health coaches can also help you manage conditions such as prediabetes.

In the Blue Cross Blue Shield Health Coaching or Care Management program, most employees and spouses set and achieve goals within three months. A Blue Cross Health Coach will be flexible with your schedule and availability, spend 15-30 minutes discussing your goal, review your progress, and help you overcome any challenges to achieving your goals. To find out more about Health Coaching or Care Management, please visit this [link](#) or call **1-800-392-0098** to get started. An employee or spouse must sign up for health coaching between now and March 1, 2022 and complete the goal by May 31, 2022 to earn HRA/HSA credit.



## January's WellRight Challenge is **HEAVY METAL**

Start off strong with your New Year's resolutions! The Heavy Metal Challenge invites you to complete **250 minutes of strength training** during January (approximately 63 minutes per week). Strength training improves your coordination, reduces your chance of injury, improves your posture, and strengthens your bones and muscles. All recorded exercise data on Fitbit, Apple watch, Garmin, or other fitness tracking devices will auto-sync after the first setup connection. You can access your WellRight account at [catholicbenefits.wellright.com](https://catholicbenefits.wellright.com).



## Wellness Webinars

Employees and spouses enrolled in one of the RCAB Health Plans and registered in the Blue Cross *ahealthyme* program can earn \$20 into their HealthEquity HRA or HSA accounts for attending a wellness webinar. Points are awarded for a maximum of five wellness webinars/family activities per Plan Year.

### **James Parker-Ashley Fitness Class** **AVAILABLE ANYTIME**

Come join James for an exciting class with customizable chair exercises and cardio to get your blood moving and heart pumping!

[Click here to access](#)

### **Biohacking Your Health** **AVAILABLE ANYTIME**

Biohacking is creating the best version of ourselves by changing physiology and chemistry through self-experimentation and science. In simple terms, it means making dietary changes and improvements in your lifestyle to boost your body's functioning. If you want more energy and focus, improved health, and a better memory, then this workshop is for you.

[Click here to access](#)

### **Metabolism Makeovers for Wellness & Weight Loss**

**January 12<sup>th</sup> @ 5:30pm**

Participants learn how to increase their metabolism for long-term weight loss and improve wellness through nutrition. This webinar offers insight into lifestyle and health factors that influence metabolism, shares healthy snack alternatives, and explores the truth behind some nutrition myths.

[Click Here to Register](#)

### **Anxiety During Unprecedented Times**

**January 25<sup>th</sup> @ 6:30pm**

In this time of stress and uncertainty, many people are feeling more anxious. Some are experiencing anxiety for the first time, and others have seen their anxiety increase. In this session we will discuss the symptoms and effects of anxiety and highlight ways to address and manage it.

[Click Here to Register](#)



## In Case You Missed It...

You can still view the recorded webinars from last month below. **After viewing these webinars, please self-report your viewing to Amanda Gately, Benefits Associate, at [agately@rcab.org](mailto:agately@rcab.org)** and you can earn 20 HRA/HSA dollars. Points are awarded for a maximum of five wellness webinars/family activities per Plan Year. **You can access webinars for 60 days following their live recording date.**

### **Hidden Causes of Health Issues - Health & Harmony**

[Click Here to Access Webinar](#)

### **Dig into Dark Chocolate**

[Click Here to Access Webinar](#)

### **Dining Solutions for a Healthy Holiday**

[Click Here to Access Webinar](#)



Let us know what you want to see!  
Please email Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org) with your webinar topic ideas or requests.

# Hand Hygiene

With cold and flu season here and COVID-19 still a significant ongoing concern, let's discuss important times to wash your hands, how to use hand sanitizer correctly, and some surprising facts about where dangerous germs can be found.

Per the [CDC](#), it is important to wash our hands often, especially before and/or after some high-risk activities for germ spreading. These include:



After going to the bathroom



After touching an animal or picking up after them



Before and after eating



Handling pet food or treats



Before, during, and after preparing food



After touching trash



## The Down and Dirty on Germs

The National Sanitation Foundation (NSF) found some surprising information about where germs live in our homes:

- Over 75% of dish rags and sponges contains salmonella, E. coli, and fecal matter.
- Germs can live in makeup sponges and applicators, making it easier to spread infections to our eyes and skin.
- The NSF found mold and even yeast on keyboards, remotes, and game controllers in 22 households they researched.
- Pet bowls rank #4 for the most germ-infected place in a house.
- Pet toys can carry staph, yeast, and mold.
- Fecal matter, yeast, and mold can be found on cell phones, keys, wallets, and even the bottom of handbags.

## How do we wash our hands correctly to reduce the spread of germs in our home, cars, workspace, and community?

- 1) Wet your hands first with clean, running water, turn off the tap, and apply soap.
- 2) Lather up your hands with the soap between your fingers, under your nails, and on the back of your hand.
- 3) Do this for 20 seconds.
- 4) Rinse off the soap under clean running water.
- 5) Dry your hands using a clean towel or air dry them\*.

*\*Hot-air dryers found in many public bathrooms can disperse more germs and viruses from the bathroom back on to your hands, so a clean towel or air drying is best!*

**Don't have a sink nearby? Hand sanitizer can do the trick until you can find one!** While it may not kill all germs that hand washing can or remove dirt, grime, or harmful chemicals you may have touched, it can quickly kill many germs living on your hands and reduce the spread to things you may touch later. How do you properly use hand sanitizer?

- 1) Use a hand sanitizer that contains at least 60% alcohol.
- 2) Apply the sanitizer to the palm of your hand based on the amount recommended on the label.
- 3) Rub your hands together to spread the gel over your palms, fingers, between fingers, and back of hands.
- 4) Rub in the sanitizer **until dry**.

THE  
WELLNESS  
CORNER

New health and wellness topics covering exercise routines, recipes, tips, and tricks to spark motivation in your life every month!

## Recipes

# PEANUT BUTTER SMOOTHIE BOWLS

Check out the recipe at <https://www.foodnetwork.com/recipes/peanut-butter-smoothie-bowl-3690448>



## INGREDIENTS

- 1 cup of ice
- 1 cup of unsweetened almond milk
- 1/4 cup of a creamy peanut butter
- 1/2 cup of a fat-free plain Greek yogurt
- 2 frozen bananas, chopped into pieces
- 1 TSP of vanilla extract
- 1 TBSP chia seeds
- Kosher salt (if peanut butter is unsalted)
- Toppings (optional): chopped almonds, sliced bananas, chia seeds, peanut butter drizzle

## DIRECTIONS

1. Combine ice, unsweetened almond milk, fat-free Greek yogurt, peanut butter, frozen bananas, chia seeds, and vanilla, (add salt as well if using unsalted peanut butter) in a blender.
2. Puree ingredients until the mixture is smooth. This will likely be in 2 to 3 minutes.
3. Pour the blend into a bowl and add additional toppings if desired.

Enjoy!

In good health,  
Roman Catholic Archdiocese of Boston Benefits Department