



# Let's Focus on Holistic Health This New Year!

## LOOKING AHEAD...

### NEW Learn to Live Programs – Resilience & Panic

Get started with free, confidential mental health programs.

### Let SmartShopper Save You Money

Take care of yourself and receive a cash reward for working with SmartShopper!

### BCBS Health Coaching

Earn \$250 into your HRA or HSA for making positive changes in your life. Get started today!

### Wellness Webinars

This month we focus on setting boundaries, improving flexibility, setting goals, and using health apps to help track our wellness goals.

### January Challenge is Arctic 500

Grab your teammates and get walking!

### Wellness Rewards

Get reimbursed for your gym membership, a new fitness watch, or gym equipment!

### Wellness Corner

Let's make a Green Smoothie!

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



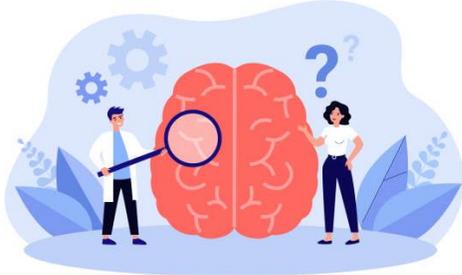
## What is “Holistic Health”?

[Holistic health](#) “is an approach to life that considers multidimensional aspects of wellness. It encourages individuals to recognize the whole person: physical, mental, emotional, social, intellectual, and spiritual.” In this New Year, let's focus on improving all aspects of our health!

To improve physical health, the [CDC](#) recommends 150 minutes of exercise per week. This can be broken down to 30 minutes of exercise for five days of the week, which can include chair exercises, walking, biking, running, strength training, and more! Find a form of exercise that works for you and your lifestyle and stick with it!

To improve intellectual health, there are some fun and engaging ways to stimulate your brain to help improve memory, cognition, logic, and problem-solving skills. Activities include Sudoku, crossword puzzles, Scrabble, Rubik's Cube, and chess or checkers. These activities can improve mood, promote new connections in the brain, soothe tension, relieve pain, and stimulate the heart, lungs and muscles. You can even work on improving intellectual and social health by inviting your family, friends, or neighbors to join in on the fun! Engaging in social interaction and conversations can promote laughter, which causes the release of endorphins and serotonin into our system. Laughing with others promotes togetherness, security, acceptance, and high-quality relationships. We are 30 times more likely to laugh with others than by ourselves!

The RCAB Benefits Department [November Newsletter](#) primarily focused on improving mental and emotional health. To find a complete list of all of the mental health offerings available to you and your family members, please view our [Mental Health Placemat](#). Please reach out to [benefits@rcab.org](mailto:benefits@rcab.org) with any questions.



### Learn to Live NEW Panic and Resilience Programs – Available to All Employees!

The topic of Resilience has made its way to the forefront of mental health trends by recognizing that when we have the right tools, we can better adjust to difficult situations. Being prepared for periods of stress can make it easier to get through them. With this program, Learn to Live's goal is to help individuals establish tools and strategies to build their optimism and strength so that they can live healthy and more meaningful lives.

Members who participate in this program will come away:

- Recognizing the true value of the things and people in their lives;
- Training their minds to think optimistically (to recover from life's setbacks);
- Learning the impact of building and maintaining relationships;
- Understanding their conflict style when engaging in difficult conversations; and
- Reflecting on what matters most to better live out their values and goals.

For a preview of this program, [click here](#).

The Panic Program is helpful for those suffering from repeated episodes of intense fear accompanied by physical sensations like rapid heartbeat, chest pains, or difficulty breathing. In an instant, those experiencing panic can go from feeling fine to having an intense rush of fear and physical symptoms, such as a racing or pounding heart, dizziness, shortness of breath, feeling hot and sweaty, trembling, nausea, and an urge to escape.

For a preview of this program, [click here](#).

**Use the access code RCAB to gain access to Learn to Live for free.**



### Work with SmartShopper to Schedule Your Medical Procedures!

Take care of your medical needs this new year! If you work with SmartShopper and have a procedure or treatment done with one of their recommended providers, you'll receive a cash reward anywhere from \$50-\$250 dollars!

Eligible procedures include mammograms, colonoscopies, carpal tunnel surgery, MRIs, CT scans, and more! To sign up, scan the QR code below with the camera of your smartphone. To utilize SmartShopper in MyBlue, select My Care > Start Saving with SmartShopper. You can browse by SmartShopper category for procedures and providers. If you prefer to engage by phone, you can call the Personal Assistant Team at 877-281-3722. Check out the SmartShopper flyer [here!](#)

Don't forget – a mammogram or colonoscopy is also a routine Well Visit under the RCAB Health Benefit Trust Wellness Program. You can earn \$250 into your HealthEquity HRA or HSA for attending\*! To log your mammogram or annual Well Visit, visit [ahealthyme.com/login](http://ahealthyme.com/login).

*\*subject to Plan maximums*



### Need help with your New Year's Resolutions? Try Health Coaching!

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, 2023 and complete the goal by May 31, 2023 to earn \$250 into their HealthEquity HRA or HSA.

## Wellness Webinars

Employees and spouses enrolled in one of the RCAB Health Plans and registered in the Blue Cross *ahealthyme* program can earn \$25 into their HealthEquity HRA or HSA accounts for attending a wellness webinar. Points are awarded for a maximum of **six** wellness webinars/family activities per Plan Year.

**Assertiveness & Boundaries - Learn to Live**  
*Use the access code RCAB to access webinar*  
**AVAILABLE ANYTIME**

Dr. Russ and the Clinical team explain the four communication styles, how to become more assertive, and how to define healthy boundaries. They discuss ways to build effective boundaries in everyday life.

[Click Here to Access Webinar](#)

**James Parker-Ashley Fitness Class (pre-recorded)**

**AVAILABLE ANYTIME**

James hosts a Pilates-style fitness class, ready to improve your flexibility, strength, control, and endurance. Grab your fitness mat, some water, and get ready to work out!

[Click Here to Access Webinar](#)

**Goal Setting & Reaching Resolutions**

**Tuesday, January 10<sup>th</sup> @ 6:30pm**

This program includes information on the importance of making short and long-term goals along with strategies on how to turn them into sustainable lifestyle changes.

[Click Here to Register](#)

**Healthy APPetite: Apps & Tools to Manage Your Wellness Goals**

**Wednesday, January 25<sup>th</sup> @ 5:30pm**

In today's seemingly "virtual" world, there are numerous Apps and tools that claim to be the answer to your weight management and health-related goals. Attend this session and learn the best from the experts!

[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 [benefits@rcab.org](mailto:benefits@rcab.org)** and you can earn 25 HRA/HSA dollars. Points are awarded for a maximum of six wellness webinars/family activities per Plan Year. **You can access webinars for 60 days following their live recording date.**

**Resisting the Pressure to Be Perfect**

*Use the access code RCAB to access webinar*

[Click Here to Access Webinar](#)

**Dining Solutions for a Healthy Holiday**

[Click Here to Access Webinar](#)

**Beyond Sleep Hygiene: Best Sleep Practices**

[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.*



THE  
WELLNESS  
CORNER



# Green Smoothie

## Ingredients

- 1 cup packed baby kale or coarsely chopped mature kale
- 1 cup unsweetened vanilla almond milk
- ¼ ripe avocado
- 1 large ripe banana
- 2 teaspoons honey
- 1 tablespoon chia seeds
- 1 cup ice cubes

## Directions

1. Combine kale, almond milk, avocado, banana, honey, and chia seeds in a blender.
2. Blend on high until creamy and smooth.
3. Add ice and blend until smooth.

Enjoy!

*This month's recipe is brought to you by EatingWell*  
[\(https://www.eatingwell.com/recipe/270514/really-green-smoothie/\)](https://www.eatingwell.com/recipe/270514/really-green-smoothie/).

In good health,  
Roman Catholic Archdiocese of Boston Benefits Department