



Start Your New Wellness Journey This September with WellRight Challenges

LOOKING AHEAD...

Back to School

Whether you're a teacher, a parent, or both, here are health and safety tips for when children return to school.

Wellness Webinars

This month's offerings are ready to help you manage debt, unwind, stay up to date with the latest health trends, and learn about intermittent fasting.

Be A Hero - Fight the Flu

Bust myths about the flu shot and fight back against the flu season. Schedule your flu shot at a CVS location near you.

Benefits Highlight with Kerri Shorter

Kerri shares helpful tips for navigating MyEnroll.

The Wellness Corner

Did someone say Honey Garlic Chicken? This easy slow cooker meal will be a hit with the family!

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



Brand New Challenges to Improve Your Health

- The Roman Catholic Archdiocese of Boston Health Benefit Trust is excited to offer 10 brand new Challenges this Plan Year! The new Challenges focus on physical, mental, social, and financial wellbeing. Eligible employees and spouses enrolled in one of the RCAB Health Plans can earn 50 HRA/HSA dollars for every completed Challenge (subject to HRA/HSA maximums), for a total of **\$500** in the current Plan Year. If eligible to participate, you should have received an email on August 23 with instructions on how to register. If you do not have an email on file with MyEnroll but want to participate in the Challenges, please email Kara Lavertu at klavertu@rcab.org. Employees must register in order for their spouses to be able to participate. When registering, spouses will also need to know the email address used by the employee to create a WellRight account. Once registered, you will be automatically enrolled in all 10 Challenges, but participation is voluntary. The website address to sign up is catholicbenefits.wellright.com/act/auth/registration. A full list of scheduled Challenges for the Plan Year can be found in the WellRight platform.

September's Challenge is *Move It*, which challenges you to take an average of 7,000 steps a day for the month of September. All recorded exercise data on your Fitbit, Apple watch, Garmin, or other fitness tracking device will auto-sync after the first setup connection. Don't worry - you can still manually add in your steps if you don't have a fitness watch available! Please note: all steps must be entered by Thursday, September 30th.



Back To School

HEALTH TIPS FOR TEACHERS AND PARENTS FROM JOHN HOPKINS MEDICINE

Sleep Is Important For Everyone



- 7-9 hours of sleep is recommended for adults, and 8-10 hours of sleep is recommended for children.
- Turn off smart devices and TV screens at least one hour before bedtime (2-3 hours prior recommended).

Be Aware of The Risks at School



- 17% of children seek help when they are bullied. They may show emotional signs of bullying (changes in behavior, changes in academic status, mental health concerns), and it's important that adults are able to recognize these changes and intervene.

Advocate For Your Child or Student



- Adults can have a major impact on a child's outlook on school! It's important to recognize learning styles, strengths, weaknesses, communication styles, and studying habits to help them succeed. If you are the parent, sharing this knowledge about your child could help them in the classroom.

Nutrition Is Key



- We can all find ways to increase the amount of healthy food we consume to provide us energy and brain power. We can avoid consuming "empty calories" through sugars and fats and switch them with fruits, vegetables, and whole grains.
- If you have a picky eater, try introducing new foods at home or in their lunch box!

Find more back-to-school health tips at <https://www.hopkinsmedicine.org/health/wellness-and-prevention/back-to-school-health-tips-for-parents-infographic>.

Preventing Back Pain at Work or School

Don't overload your bag!

- Carrying a heavy bag for long periods of time on one shoulder can strain your neck and lower back.
- Only carry essentials, switch shoulders often, and carry things in your hands if possible.
- Downsize your bag.

Invest in supportive footwear

- Absorbs the shock from walking, standing, and moving all day
- Without support, feet will start to pronate or supinate.
- Toning shoes, meant to engage more leg muscles when walking, can change gait and posture, leading to back pain.



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.

Intermittent Fasting - Health & Harmony AVAILABLE ANYTIME

Fasting is one of the most ancient healing traditions in human history and involves eating within a specific time period and fasting the rest of the time. It can be an effective way to manage your weight. Research shows many benefits, such as increased energy, brain power, cellular protection, and controlled blood sugar levels. You will learn tips on how to make intermittent fasting easy for you!

[Click Here to Access Video](#)

Food & Wellness Trends: Stay Up to Date Wednesday, September 15th @ 6pm

This webinar discusses the latest health trends for 2021 and gives attendees more insight into what fads work and don't work, from GMOs to fitness to genetics.

[Click Here to Register](#)

Managing Cash Flow & Debt

Tuesday, September 21st @ 11:30am

In this session, we will review how to manage cash flow and avoid some of the common pitfalls in managing credit.

[Click Here to Register](#)

Guided Stretch

Monday September 27th @ 5:30pm

Whether you are in pain, injured, or would simply like to improve your flexibility or posture, this guided stretch is the perfect class! Participants learn practical stretches increase mobility, flexibility, and counteract chronic pain caused by repetitive use syndromes.

[Click Here to Register](#)



In Case You Missed It...

You can still view the recorded webinars from July listed below. After viewing these webinars, please self-report your viewing to Amanda Gately, Benefits Associate, at 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.

The Mental Perks of Setting Goals and Maintaining Motivation

[Click Here to Access Webinar](#)

Seven Habits for Truly Effective Weight Management

[Click Here to Access Webinar](#)

James Parker-Ashley Fitness Class

[Click Here to Access Webinar](#)

Eating for Energy

[Click Here to Access Webinar](#)

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



Myths About the Flu Shot from the CDC

For more information from the CDC about flu vaccines, how to prevent the flu, vaccine benefits, and who is at high risk for flu complications, visit the CDC's website at [cdc.gov/flu/prevent/flushot.htm](https://www.cdc.gov/flu/prevent/flushot.htm).



Employees and family members enrolled in one of the RCAB Health Plans can get a flu shot at any CVS Caremark network pharmacy *at no copay or cost*. Bring your CVS prescription card and valid photo ID. To learn more about flu shots and find a pharmacy in the CVS Caremark network that administers flu shots, visit: [Walk-in Flu Shots | Flu Vaccine | MinuteClinic \(cvs.com\)](#)

Myth: "The flu shot will give you the flu."

Truth: Flu shots cannot cause the flu. The vaccinations are made with either inactivated viruses, or with only a single protein from the flu virus.

Myth: "You don't need a new flu shot every year."

Truth: You do! The CDC recommends a yearly flu vaccine for everyone 6 months and older, with only rare exceptions. The vaccine is updated each year as the virus evolves.

Myth: "The flu shot increases your risk of contracting COVID-19."

Truth: There is no evidence that getting a flu shot increases your risk of contracting COVID-19.

Benefits Highlight with Kerri Shorter – Navigate MyEnroll Like A Pro!

You can access BAS/MyEnroll through catholicbenefits.org to view your personal benefit enrollment information, review benefit options and costs, enter a life event, update your beneficiaries, and more! New hires will automatically receive an e-mail from BAS/MyEnroll with steps to log in. If you transfer locations within the Archdiocese of Boston, you will still need to re-elect your benefits. If you are unsure of your login information, simply click [Forgot Username or Password](#) from the BAS/MyEnroll homepage. You can access instruction guides on how to create a MyEnroll account and complete the new hire open enrollment wizard in MyEnroll by visiting the links below.

catholicbenefits.org/PDF/myenroll/createacct.pdf | catholicbenefits.org/PDF/myenroll/guide.pdf

THE
WELLNESS
CORNER

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



SLOW COOKER HONEY GARLIC CHICKEN

INGREDIENTS

Prepping the Chicken:

- 1 1/2 pounds boneless, skinless chicken thighs or chicken breasts
- 1/3 cup low-sodium soy sauce
- 1/3 cup honey
- 2 tablespoons tomato paste
- 2 teaspoons chili paste sambal oelek, sriracha, or hot sauce of choice
- 4 cloves garlic minced
- 1 tablespoon rice vinegar
- 2 tablespoons cornstarch

Needed When Serving:

- Prepared brown rice, quinoa, or cauliflower rice
- Toasted sesame seeds
- Chopped green onion

PREP TIME: 5 MINUTES

COOK TIME: 4 HOURS

TOTAL TIME: 4 HOURS 30 MINUTES

***This month's recipe comes from *Well Plated with Erin* (<https://www.wellplated.com/slow-cooker-honey-garlic-chicken/>).**

***Last month's Fish Tacos and Avocado Salsa came from *Delicious* (<https://www.delicious.com.au/recipes/fish-tacos-avocado-salsa/b06132bf-8db7-4b10-be00-2c2e1f77c11a>).**

DIRECTIONS

1. Place chicken in a 6-quart or larger slow cooker (crockpot).
2. In a mixing bowl, whisk together the soy sauce, honey, tomato paste, chili paste, garlic, and rice vinegar. Pour over the chicken.
3. Cover and cook on LOW for 4 to 5 hours or HIGH for 2 to 3 hours, until the chicken reaches an internal temperature of 165 degrees F (use thermometer to check). If you are able, flip the chicken over once halfway through to coat both sides. (If not, that's okay.)
4. Remove the chicken from the slow cooker and place on a plate to let it cool slightly. Whisk the cornstarch into the cooking liquid remaining in the slow cooker. Cover and cook on HIGH for 15 minutes, until the sauce thickens slightly, stirring occasionally. If you'd like the sauce particularly thick, you can cook it for a full 30 minutes in the slow cooker OR follow the stovetop method below.
 - a. For quicker sauce thickening, reduce the sauce on the stove: After whisking in the cornstarch, transfer the cooking liquid to a medium saucepan. Cook on the stovetop over medium heat, stirring often until the sauce thickens, 5 to 10 minutes.
5. With two forks, shred the chicken and place it in the slow cooker. If you reduced the sauce on the stove, add it back to the slow cooker now. Stir to coat the chicken with the sauce. Serve over rice, sprinkled with green onions and sesame seeds.

In good health,
Roman Catholic Archdiocese of Boston Benefits Department