

HEALTH AND WELLBEING



October Health

As we ramp up into fall, it's time to think about your preventative health. Do you have appointments for those screenings? October is Breast Cancer and Liver Cancer awareness month. Have you had an annual screening in the last 12-18 months? Liver enzymes are typically checked with normal bloodwork in the comprehensive metabolic panel. Remember preventative health visits are no cost to the patients. Only if you have an ongoing medical condition, there may be charges. October is also National Depression and Mental Health Screening month. See page 3 for accessing mental health through Highmark.

Health advocate Tasks

- 1.If you had your health screening already, complete your personal health profile (100pts)
 2. If you have a fitbit, garmin, apple watch, etc, connect it to health advocate to track your activity points.
 3. Start a workshop in Health advocate (20pts each)
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Healthy Recipes

Pumpkin Chia Pudding.

Cauliflower soup

LCIC Courses

Cooking with Carnie

Chicken Shawarma Bowl

Tuesday, October 7th from 6:00-7:00pm

To register click [Here](#)

Financial Series: Financial Clutter

Wednesday, October 15th from 4:45-6:00pm

To register click [Here](#)

Men's Health with Dr. Seiferth

Monday, November 3rd 5:30-6:30

To register click [Here](#)

Cooking with Carnie Breakfast Prep

Wednesday, November 12th from 6:00-7:00pm

To register click [here](#)



Boost Your Mood

We understand that periods of low mood can be mentally taxing and affect your daily life. You can integrate different mindfulness tools into your daily routine to help you feel more grounded and uplift your overall mood.

Calm partnered with renowned meditation instructor Jeff Warren to create supportive tools. His dynamic and accessible teaching style means there's something for everyone.

Try one of the following resources when you're experiencing low moments:

- Care for Feeling Low
 - In this 6-minute session, you'll observe which part of the energy cycle you're in and give yourself the compassion to rest and heal as needed.
- Friend on the Inside
 - Try this 4-minute guided meditation to quiet your inner critic and let the friendly voice inside you come out and cheer you on as you go about your day.
- Energy Boost
 - In this 2-minute mini-exercise session, you'll get up and shake your body to get your energy moving so you feel revived and ready to handle what's next in your day.
- Getting Out of Bed
 - In this 3-minute session, you'll gently wake up by doing a mini body scan and gentle stretches until you feel ready to get out of bed.



Haven't activated your Calm Subscription yet, scan the QR code to get started.

Use the Log In feature at the bottom of the page when you are ready to login, do not use Facebook Google or email to log in.

Spring Health

Mental Health through Highmark

1. Login to Highmark
2. Click on Get Care
3. Click on Go to Spring Health button
4. Fill out the initial assessment
5. Fill out the questionnaires on each page
6. Choose type of provider
7. There is also free health coaching with Spring Mental Health



Click on the video to understand more about Spring Mental Health and what it can do for you.

[Highmark Mental Health Video](#)