



Bee Well

Thomas County Wellness Newsletter - December 2020

Step it Up Challenge



Congratulations to our Step it Up Challenge Winners! Ms. Nixon at TCMS won the overall prize with 872,000 steps while Hand in Hand won our team prize with an average of over 465,000 steps per team member during the six weeks!

Our local running company, Active Soles, helped us with the prizes which included a \$100 gift card for Ms. Nixon and 10% coupons for each member of the HnH team (T. Cole, T. Colon, J. Downs, T. Fallow, D. Gaines, A. Herring, K. Johnson, M. Kimler, E. Maxwell, D. Pettis, A. Powell, W. Robertson, A. Sellers, H. Stone, J. Swann, H. Taylor, J. Walker, and K. Wilhelm).

Thank you to everyone who participated in the challenge and committed to making “strides” towards improving their overall health, there is no better investment than in yourself!

Monthly Observances

National Influenza Vaccination Week (Dec. 6- 12) is a call to all Americans six months and older to get their annual flu vaccine if they have not already. Since COVID-19 and flu could spread simultaneously this winter, this week will serve to remind people that there is still time to get a flu vaccine to protect against flu illness and [serious flu complications](#), such as worsening of chronic conditions or pneumonia, for example (CDC, 2020).

People with certain chronic conditions are at a higher risk of being hospitalized with complications of flu. Getting a flu shot makes it less likely that you will have serious flu complications. Find a place to get vaccinated near you at [vaccinefinder.org](https://www.vaccinefinder.org).



Wellness in the Winter

Seasonal Affective Disorder

If you find yourself with a case of the winter blues right about now, rest assured you are not alone. Roughly 5% of the US population struggles with seasonal affective disorder and practitioners think it could hit particularly hard this year, given the months of social distancing and limited contact with family or large groups.



“Seasonal affective disorder, also known by its apt acronym, SAD, is a [form of depression](#) that some people get for a few months each year, most commonly during the late fall and winter months, as the days shorten. It can linger until the following spring or summer. Although less common, SAD can also appear in the summer months and go away as the season changes” (CNN, 2020).

To cope with SAD, clinical psychologist Jaime Blandino recommends building a tool kit of strategies including a wellness piggy bank, light therapy, and finding a therapist. For the complete article and other strategies, click [here](#).

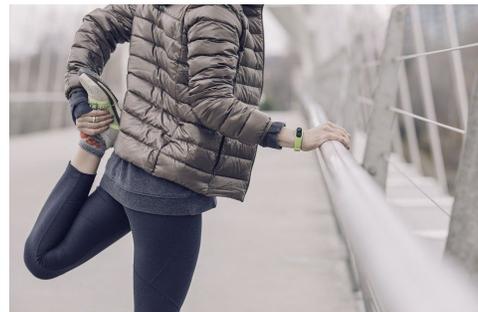
Physical Activity & Exercise

Everyone knows that exercise is good for your physical wellbeing, but research continues to show that movement and exercise can boost your overall mood, in as little as fifteen minutes a day. To read more about the relationship between physical activity and emotional health, click [here](#).

If you are just starting out or have taken a little time off, it is important to take care of yourself and not overdo it getting back in your groove. For help establishing a workout routine that you can perform consistently, check out this seven-part [series](#) by Dana Santas.

Friluftsliv

Finally, just because the weather has turned does not mean that you have to stay indoors until March. In fact, spending time outdoors is known to “boost happiness, improve productivity, and reduce stress” (Blue Zones, 2020). The Norwegian word for celebrating time outdoors is “Friluftsliv” and is a concept that would benefit us all. To read more about this idea, the benefits of the outdoors, and how to embrace a COVID winter, click [here](#).



Harvest of the Month

The [Harvest of the Month](#) for December is lettuce. This leafy green vegetable is in season in Georgia from October to May as long as it is protected from extreme heat or cold. Lettuce is a great source of Vitamin K and A, and darker varieties generally provide more nutrients.



For more information about lettuce here in Georgia, check out these [facts](#) and to preview class activities with lettuce, click [here](#).

While most people think of lettuce as just your salad base, it can be anything but boring. Check out this [page](#) on mason jar salad ideas for an easy, make ahead meal. And if you want to impress the family and change up your salad routine for the holidays, check out this autumn chopped [salad](#) that is easy and delicious!

Student Chef Competition

The Fueling Georgia's Future **Student Chef Competition** is designed to encourage students to engage with School Nutrition Professionals and learn about the process of planning for, sourcing, and preparing school meals. The 2020-2021 Fueling Georgia's Future Student Chef competition is open to teams at the middle school and high school level and will be conducted virtually. Middle school teams are tasked with developing a ½ cup vegetable side dish while high school teams must create an entree for school lunch. For more information and official competition rules, please visit the competition webpage [here](#). The deadline to register is January 15, 2021. If you would like to sponsor a team please contact me at lduplantis@tcjackets.net.



Be Well SHBP

Redemption Dates

It's that time of year...time to [redeem your Be Well SHBP well-being incentive points](#) for your choice of reward!



For eligible SHBP members*, any well-being incentive points you have earned during 2020 are saved in the Sharecare Redemption Center until you choose to redeem them. You have until midnight on December 15th, 2020 to redeem your well-being incentive points. **After that, any unredeemed points will be sent as incentive credits to your health plan.**

This [Flyer](#) includes step-by-step instructions for redeeming these points.

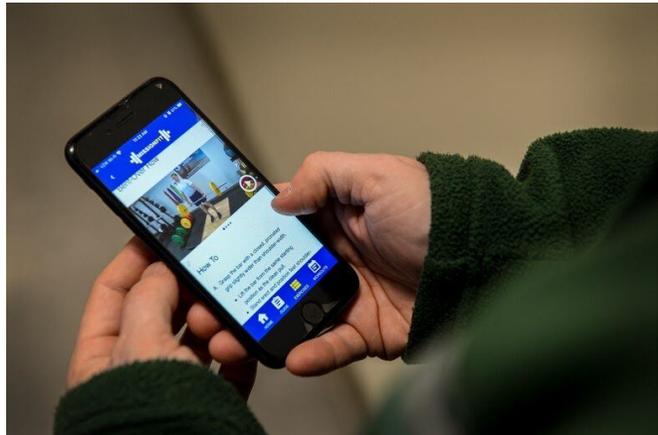
Wellness Coaching

Did you know? Even though the 2020 Be Well SHBP program year has ended (meaning, you can no longer earn well-being incentive points this year) – you can STILL take advantage of speaking to a well-being coach in December!

We know that the holidays and year end activities can sometimes add stress to your life, and we want to help! If you are looking for motivation to stick with your nutrition or exercise goals or want to learn new techniques for managing stressful situations, the SHBP coaches can be a great resource for you. If you are an eligible* Be Well SHBP member, you have access to well-being coaches at no additional cost to you.

Here are a few potential benefits from talking with a well-being coach:

- Set and stay accountable to your goals
- Learn how to manage stress
- Find ways to get more activity
- Gain more control over your health
- And many more!



Coaching helps you find opportunities to improve your well-being every day.

Through 10-15-minute sessions, your coach guides you through healthy behavior changes by building on your strengths. All calls are scheduled at your convenience and on your timeline.

Just follow these steps to schedule your coaching call:

- Make sure you have [registered at BeWellSHBP.com](https://www.be-well.com)
- **NEW FEATURE!** [Enroll online in the coaching program!](#) From the coaching page, click through to the “Lifestyle Management Coaching” section and select the date and time that works for you.
- OR, if you prefer you can call our toll-free number, 888-616-6411 and select Option #5 to schedule your coaching call.

**Available for members and covered spouses enrolled in Anthem Blue Cross and Blue Shield or UnitedHealthcare, non-Medicare Advantage Plan Options.*

