



# Bee Well



Thomas County Wellness Newsletter

February 2021

## Invest in Yourself Challenge



We are in our third week of the Invest in Yourself Challenge and are committing to making small changes that add up to big results over time. Even if you were unable to join us on this one, I hope you will take a minute to check out some of the resources that our challenge participants have received. So far, we have looked at the importance of [exercise](#), [nutrition](#), and [stress management](#). All three of those play such a vital role in our overall wellbeing, and when we don't take the time to incorporate healthy practices in each of these areas our bodies let us know rather quickly! As we enter the second half of our thirty day challenge, I am excited to see how these small habits help increase your health, happiness, and overall wellbeing.

## Monthly Observances

### American Heart Month

Each February, we celebrate [American Heart Month](#) to promote healthy lifestyles that help prevent heart disease. Focusing on your heart health has never been more important as people with poor cardiovascular health are also at increased risk of severe illness from COVID-19. Heart disease is a leading cause of death in the United States for both men and women, but you can do a lot to protect your heart and stay healthy ([NHLBI](#)).

Heart-healthy living involves understanding your risk, making choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. Coronary and other types of heart disease cause heart attacks, but by taking preventive measures, you can lower your risk of developing heart disease and also improve your overall health and well-being.

Learn more about heart health and heart-healthy activities, and see what others are doing for their heart health, at [nhlbi.nih.gov/ourhearts](https://nhlbi.nih.gov/ourhearts) or follow #OurHearts on social media.



## Teen Dating Violence Awareness Month (TDVAM)

10 YEARS OF AWARENESS  
IT'S TIME FOR REAL CHANGE



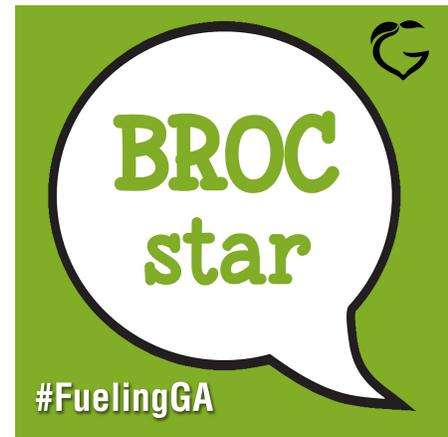
Break the Cycle sponsors [Teen Dating Violence Awareness Month](#) in February to help people learn how to create healthy relationships. This year's Teen Dating Violence Awareness month theme is **Outrage into Action**, a call for change as we recognize the 10th year of #TDVAM and say Enough is Enough! For tips on spotting unhealthy relationship behaviors, and how to get help for you or a loved one you can check out the resources available on the National Domestic Violence Hotline [page](#).

## Harvest of the Month

The [Harvest of the Month](#) for February is cruciferous vegetables. Most cruciferous vegetables are rich in vitamins and minerals such as folate and vitamin K. Dark green cruciferous veggies also are a source of vitamins A and C and contain phytonutrients – plant-based compounds that may help to lower inflammation and reduce the risk of developing cancer. Cruciferous vegetables also are rich in fiber and low in calories, a combination that will help you feel full and satisfied without overeating ([Eat Right](#), 2020).

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

For some tasty ways to incorporate cruciferous veggies into your diet, check out these tasty recipes: [Parmesan Cheesy Broccoli Casserole with Crispy Breadcrumbs](#) and [Cauliflower “Fried” Rice](#). Both are great sides that you can use to make a delicious, well-rounded meal.



## Be Well SHBP

### February Stress Less Challenge



Stress is a normal part of everyday life. However, when stress levels skyrocket, it can take a big toll on your overall health. The *Be Well SHBP* program has tools that can help.

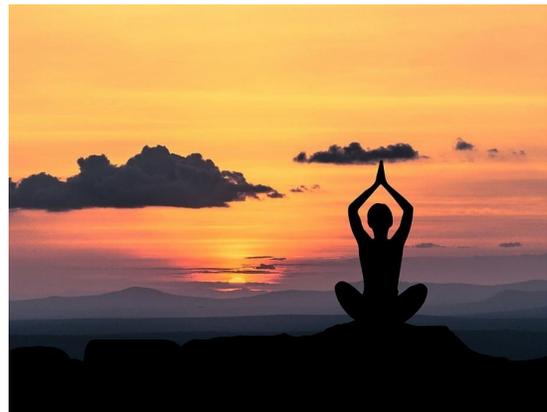
If you are a State Health Benefit Plan (SHBP) member enrolled in either Anthem Blue Cross and Blue Shield or UnitedHealthcare (non-Medicare Advantage), you can enroll in the February “Stress Less Challenge” and track your stress levels daily. Upon successful completion, you can earn 120 well-being incentive points (points can be redeemed for your choice of reward).

To join the February Stress Less Challenge, follow these steps:

- If you have never registered for an account on BeWellSHBP.com [register here](#); if you already have an account use your email and password to [log in here](#) (or log in to your account through the Sharecare app).
- Click on the “Achieve” navigational link and then proceed to the Challenges section. Switch to the “Available” view (in Active/Upcoming Challenges) to see what is available to join.
- [Register for the Stress Less Challenge](#). During the month of February, track at least 21 days of calm or productive stress levels to successfully complete the challenge.

### **Unwinding Anxiety**

The Be Well SHBP well-being program is excited to announce the launch of the **Unwinding Anxiety** program! This new benefit is now available to all eligible\* SHBP members and covered spouses on the Sharecare Platform. **(Note:** The Unwinding Anxiety program is a benefit available at no additional cost to Be Well SHBP members, but it is not part of the well-being incentive program).



**Unwinding Anxiety** is an evidence-based program that helps you identify triggers, ride out stressful episodes, and completely change your relationship to stress. This progressive program is self-paced, consisting of individual modules. Short daily exercises help you learn how your mind works so habits can change.

Here are a few of the key features of this new program:

- **Video Lessons:** Learn why your brain becomes anxious
- **Check-ins:** Routine check-ins teach you to break the cycle of worry
- **Exercises:** Mindfulness techniques to teach you how to stop your anxiety and calm your mind
- **Journaling:** Allows you to identify anxiety triggers and track progress
- **Weekly Expert Calls:** Address specific user challenges

**Signing up for the Unwinding Anxiety program is easy!** Just follow the steps below:

- If you have never registered for an account on BeWellSHBP.com, [sign up here](#).
- If you already have an account on BeWellSHBP.com, [log in here](#).
- After signing in to your Sharecare /Be Well SHBP account (either through the Sharecare app or online), select the “Achieve” icon, followed by [“Programs”](#).
- Select “Unwinding Anxiety” and get started!

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

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