



Bee Well



Thomas County Wellness Newsletter

March 2021

Invest in Yourself Challenge

Congratulations to our Invest in Yourself Challenge winners, Tammy Shealey and Melanie Hester. Our two winners, along with all of our participants, committed to making their



health and wellness a priority for 30 days, and completed small tasks each day to accomplish this. While the tasks were not difficult, it did help set the tone for the day. According to Ms. Shealey, she would look at her calendar and set her intentions for the day, which is exactly the point. While establishing and then maintaining healthy habits, most people find it easiest when it is a scheduled part of their day - whether that be exercise, meal planning/prepping, or taking a few minutes to reset mentally. And



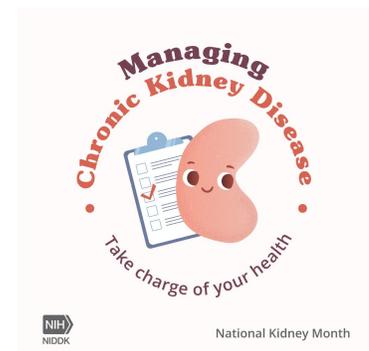
as a bonus, Metta Day spa rewarded our two winners with a gift card to spend a little more time on themselves! Again, we applaud all of our participants for taking the time to invest in themselves and look forward to hearing many more success stories from our staff!

Monthly Observances

National Kidney Month

March is National Kidney Month, a time when communities across the country raise awareness about kidney disease. This year's focus is on taking charge of your health and the many factors that go into managing your kidney disease ([NIH.gov](https://www.nih.gov), 2021).

“Of the 26 million American adults estimated to have kidney disease, most don’t know they have it. That’s why taking care of your kidneys, especially if you are at risk for kidney disease, is vital,” said Joseph Vassalotti, MD, National Kidney Foundation Chief Medical Officer. “There are a few simple things people can do to keep their kidneys healthy and strong.” (National Kidney Foundation, 2021)



All Americans can do 5 simple things to protect their kidneys: Get tested, reduce NSAIDs, cut processed food, exercise regularly, and stay hydrated. To read more about each of these, click [here](#).

National Nutrition Month



National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits (eatright.org, 2021). One of the biggest barriers to eating nutritiously can be food cost, but it does not have to be! Check out “[Eat Right on a Budget](#)” for tips on getting the biggest bang for your buck and check out other nutritional resources [here](#).

Harvest of the Month

The [Harvest of the Month](#) for March is root vegetables. Root vegetables are known to be a great source of fiber and come in many shapes, sizes, and colors. Some of the better known root vegetables include beets, radishes, and carrots. They are very versatile as they can be enjoyed baked, steamed, roasted, or raw, and our temperate Georgia climate gives them a little extra sweetness too!

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

For some delicious and easy ways to incorporate root vegetables onto your plate, check out the [Garlic Parmesan Air Fryer Carrot Fries](#), this [Easy Cucumber Radish Salad](#), or one of my favorites, a [Balsamic Beet Salad With Arugula, Goat Cheese, And Walnuts](#). And you can never go wrong with [Pickled Beets](#), they are easy to make and taste great by themselves or on top of a salad!



Be Well SHBP

March Green Day Challenge



March marks the start of spring -- why not use a new season as an opportunity to develop smart health habits?

Be Well SHBP makes it super easy for you to track your health and progress through Sharecare’s trackers. These trackers give you flexibility to focus on different goals each day as they fit into your lifestyle. If you are enrolled in the State Health Benefit Plan (SHBP) through either Anthem Blue Cross and Blue Shield or UnitedHealthcare (non-Medicare Advantage), you and your covered spouse can [join the March Green Day Challenge](#) and earn up to 120 well-being incentive points.

Your goal for the March Challenge is to make healthy diet, fitness, and lifestyle choices for at least 21 days during the month. Use the Sharecare trackers, and when 8 trackers are in the green, you score a green day! To join, just follow these steps:

- [Log in](#) to your Be Well SHBP account and make sure you have completed your [RealAge® Test](#) for 2021. (If you need to create an account, you can do so [here](#)).
- 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 Green Day Challenge](#). During the month of March, ensure at least 8 trackers are in a healthy range to earn a green day: 21 green days lead to a successful challenge completion.

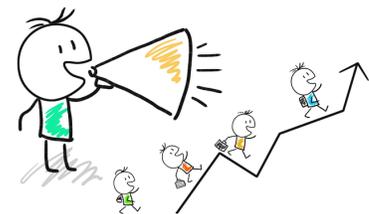
While you are logged in to your Be Well SHBP account, you can take advantage of many great educational and inspirational resources. In the “[Discover](#)” area of your account, you’ll find dozens of Health Topics you can follow, or relax while enjoying the many inspirational and soothing videos available to you.

Be Well SHBP well-being coaching program

We can all use an accountability partner occasionally to help us reach our goals. We wanted to remind you that eligible* Be Well SHBP members and covered spouses have access to well-being coaches at no additional cost. Whether you want to eat a healthier diet, work toward your weight goals, manage stress, or get more exercise, this is your chance to get personalized, one-on-one support.

Here are four things to know about the Be Well SHBP well-being coaching program:

1. **Coaching is personalized based on your needs.** Your coach will help you create a customized plan for your lifestyle and goals.
2. **Coaching is provided by qualified health experts who put your needs first.** They can be your guide, your educator, your motivational partner, or all the above.
3. **Coaching is for everyone.** Coaches can keep you accountable and help you take your health and well-being to the next level.
4. **Coaching is convenient.** Each call takes less than 20 minutes – schedule a call at a time that works best for you.



As an additional benefit, if you complete four coaching sessions (and have completed your [RealAge® Test](#) for 2021), you can earn up to 240 well-being incentive points. You can complete as many coaching calls as you like; however, a maximum of one call in a calendar month qualifies you to earn 60 well-being incentive points.

Just follow these steps to schedule your coaching call:

- Make sure you have [registered at BeWellSHBP.com](#) and completed the [RealAge Test](#) for 2021
- Call our toll-free number, 888-616-6411 and select Option #5 to speak with a well-being coach today. You can also enroll online [HERE!](#)

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