



Bee Well

Thomas County Wellness Newsletter - September 2020

The New “Normal”



With the 2020-21 school year underway, we are acutely aware of the many changes that have taken place since last March. One of the biggest concerns for our students and staff alike is their mental and emotional well-being during this time. Prolonged stress like many are experiencing right now can wreak havoc on your body - physically, mentally, and emotionally. It's just as important to regularly assess your ['Mental Health'](#) temperature along with your actual, physical temperature.

If you find yourself, a co-worker, or a student struggling as we begin the school year, please know that you are not alone. There are many valuable resources available to help. Children's Healthcare of Atlanta has created an entire catalog of material in their Strong4Life program to assist. Their guides, [videos](#), and articles are aimed at [students, teachers, and staff](#) and can easily be incorporated into your day. We will get through this together by continuing to look out for each other the Thomas County way!

Monthly Observances

September is National Childhood Obesity Month

About 1 in 5 (19%) children in the United States has obesity. Certain groups of children are more affected than others. National Childhood Obesity Awareness Month provides a chance for all of us to learn more about this serious health condition. While there is no simple solution, there are many ways communities can support children with their journey to good health ([CDC, 2020](#)).

One of the best ways to combat obesity is to be aware of portion sizes when eating. As eating out has become more commonplace and serving sizes



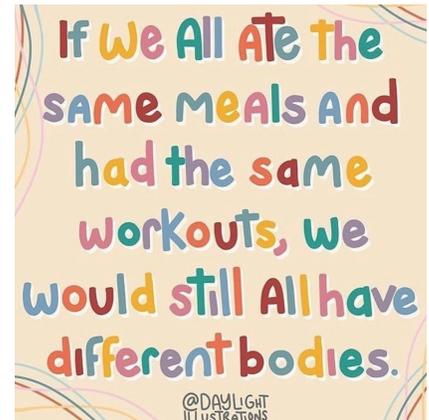
have increased through the years, just being mindful of the amount on your plate is a good place to start. Check out these [infographics](#) on tips to eat healthy while on the go!



September is also Childhood Cancer Awareness Month, and is symbolised by a gold ribbon, worn or adorned to commemorate the event. This is an annual international awareness month to raise support, funding and awareness of childhood cancers and the impact for sufferers and families of sufferers of childhood cancer. This year the TCCHS baseball team along with cheerleader Loxley Slocumb, are selling bows to help raise awareness. Anyone wishing to purchase a bow can contact Coach Ryan Strickland at rstrickland@tcjackets.net.

The Perfect Workout...

Is the one you enjoy the most! It's hard to stay consistent and motivated if you don't like what you are doing. And science has shown that everybody can find a workout routine that will get results, it just might look [different](#) for each of us. "In a [recent study](#) involving twins, researchers observed that not everyone can benefit from the same type of exercise—even if they share identical genes." Interestingly enough, researchers found that "low-responders" to one type of exercise almost always respond well to a different style program. So, the good news is that there is a program out there for you...just keep going until you find the right fit! (Wellable, 2020).



Harvest of the Month



[Harvest of the Month](#) (HOTM) is the GaDOE School Nutrition Program's farm to school initiative that highlights an item each month that can be sourced locally and served in Georgia's school meals. Most of you are familiar with these foods as they are highlighted on the Live Better cards that go home each month. September's food is the apple, which is loaded with vitamins and minerals and plenty of other health [benefits](#). While tasty any way they are

served, these are some recipes you are sure to enjoy!

[Slow Cooker Apple Pie Steel-Cut Oatmeal](#)

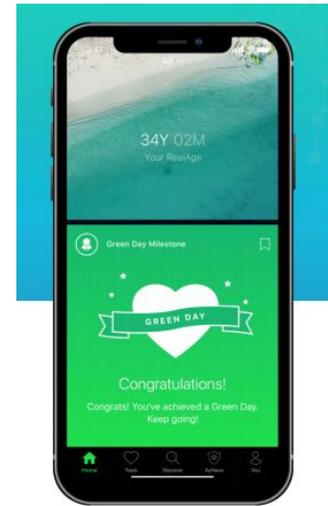
[Apple nachos](#) (kid favorite!)

[Caramelized Sweet Potato Apple Hash Browns](#)

Be Well SHBP

Green Day Challenge

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 September Green Day Challenge and earn up to 120 well-being incentive points**. Your goal for the September 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 the September Green Day 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). Make sure you have completed your RealAge® Test for 2020.
- 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 September, ensure at least 8 trackers are in a healthy range to earn a green day; 21 green days lead to a successful challenge completion.

Eat Right Bite by Bite: Solutions for Overcoming Nutrition Barriers



Join this webinar to learn about healthy eating habits for the real world. We’ll cover it all – mindful eating, grocery shopping, meal planning, and meal prepping. If you’re looking for simple tips to make healthy eating easy and enjoyable this session is for you! A brief overview of the Be Well SHBP well-being program, including how to earn and redeem well-being incentive points, will also be provided.

(please register for just one option; the same information will be presented at both):

- Wednesday, September 16th, 12:00pm – 12:45pm ET: [REGISTER HERE](#)
- Thursday, September 17th, 4:00pm – 4:45pm ET: [REGISTER HERE](#)

Please note: Even if you have a scheduling conflict and cannot attend “live”, if you are interested in the topic we encourage you to register. After the webinar, all registrants will receive a copy of the slides and a recording that you will be able to watch at your convenience.
