

LET'S FEEL BETTER

NTIC Newsletter



Heart Health

Your heart is one of the most important organs in your body. Keep it healthy reduces your risk of: stroke, heart disease, and other major health problems. There are many things you can do to keep your heart strong.

Get Active

Your heart is a muscle and like any other muscle in your body, it needs to be strengthened. ANY physical activity is better than none! Find a way to move that brings you joy and doesn't feel like a chore.

Manage Stress

High and constant stress means an increase in cortisol levels. High levels of cortisol is linked to high blood pressure, cholesterol, blood sugar, and triglycerides which all affect the health of your heart.

RECIPEKEEPER APP

Use this amazing app to make your digital recipe book! Link websites, photos of recipes, ingredients all in one place.

5 MINUTE HIIT

This 5 minute workout will have you move for 40 seconds and rest for 20. This will get your heart pumping to keep it healthier. When can you find 5 minutes this week to incorporate this workout?

FIBER-FULL SLOPPY JOES

This take on this classic comfort food has you add black beans to increase fiber and reduce ketchup to cut the overall sugar by 12 grams!

Eat Healthy

Try to consume a diet low in sodium (salt), high in fiber (beans, legumes, whole fruits and vegetables, brown rice, and whole grains), and healthier fats like unsaturated and omega-3s (olive oil, nuts, seeds, seafood). Eating these foods can reduce your blood pressure, increase your HDL (good cholesterol), and lower your LDL (bad cholesterol) and triglycerides.

Get Sleep

Individuals who don't get enough sleep have a higher risk of depression, diabetes, high blood pressure, and obesity. Adults should get 7 or more hours of sleep per night. Create a bedtime routine, determine a consistent sleep schedule, and go to sleep in a dark and quiet space so your brain and body are getting the proper rest it needs.

Get Bloodwork

You don't know what you don't know. A key step to getting healthy is knowing where you are currently. Visit your doctor and get to know your blood sugar (A1C), cholesterol, and triglycerides scores.

Want to learn more about heart health? Check out the [Mayo Clinic](#) and [Heart Foundation](#).

Canned Food Month

February is Canned Food Month. Canned foods can be an effective, low cost, and healthy option if you know what to look for. Some healthy canned food options include

- Fish (Tuna, Salmon)
- Vegetables
- Fruits
- Beans/Legumes
- Nuts

When buying items in cans, make sure to look for

- Reduced/Low/No Sodium
- 100% fruit juice / No added sugar
- Ingredients you recognize



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Health Advocate

NTIC is committed to helping our employees focus on their well-being. We've partnered with Health Advocate to offer you expert tools, resources and a reward to help you thrive!



Start date:
June 1, 2023

Complete activities
that will help you thrive

Deadline to earn points:
May 31, 2024

Feel good knowing you've
earned a reward

Well-Being Reward Details

The NTIC Health & Wellness Program can help you take charge of your health and improve your well-being.

There are two award levels:

Silver: Earn 350 points to receive a \$175 reward

Gold: Earn 550 points for the maximum \$275 reward

Well-Being Reward & Program Eligibility

NTIC Wellness Program incentive reward is available to all employees and spouses enrolled in the school district's health insurance. Dependents age 18+ can utilize the wellness program features, but are not eligible for the reward.

No matter your goals, Health Advocate can help guide you toward increased well-being through our four pillars.



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Your EAP Benefit Summary

Each of us encounters personal problems from time to time. And that is why we partner with ESI EAP to provide you with the best possible solutions for issues you or one of your family members may face. Your EAP is here to help.

The following free benefits are available for Employees and Family Members.

➤ COUNSELING BENEFITS

Help from experienced Masters or Ph.D. level counselors for personal issues such as: relationships/family, depression/anxiety, grief and more.

➤ PEAK PERFORMANCE COACHING

Personal and professional coaching is available from senior-level ESI coaches. Get one-to-one telephonic coaching and support, as well as online self-help resources and trainings.

➤ TRAINING AND PERSONAL DEVELOPMENT BENEFITS

Access to our extensive library of online personal and professional development trainings in a variety of easy to use formats. Some of the topics covered are: debt, budgeting, communication, working remotely, stress management and emotional intelligence.

➤ SELF-HELP RESOURCES

Self-help Resources give you access to a collection of thousands of tools, videos, financial calculators and informative articles covering virtually every issue you might face, including adoption, relationships, legal, financial, cancer and more.

➤ WORK/LIFE BENEFITS

Assistance for financial, legal, and child & elder care.

➤ PERSONAL ASSISTANT

Help for everyday issues, including finding a local medical or dental provider, summer camp options and more.

➤ WELLNESS BENEFITS

Videos and resources to improve you and your family's overall health, including fitness, diet and tobacco cessation.

➤ LIFESTYLE SAVINGS BENEFIT

Includes thousands of discounts, rewards and perks in a variety of categories: Health & Wellness, Auto, Electronics, Apparel, Restaurants, Beauty & Spa, Flowers & Gifts, Sports & Fitness and more! Available benefits are accessible from ESI's Member website.

Scan the QR code to explore your EAP benefits!



Contact the EAP toll-free at **1.800.252.4555**. All calls are **CONFIDENTIAL** and answered by a Masters or Ph.D. level counselor; your counselor will work with you on a plan beginning with the first call. Or go to www.EducatorsEAP.com and create a username and password.



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