LET'S FEEL BETTER

NTIC Newsletter



Fall Prevention for Older Adults

One of the most common and serious issues aging adults face is falling. Fall prevention is crucial for older adults because falling can cause serious injuries, including but not limited to fractures, head trauma, and even death. Fear of falling can also lead to a decrease in physical activities and social isolation, further impacting the well-being of older adults.

Preventing and reducing falls can be achieved with a few steps:

Improve Balance and Exercise - By improving strength and flexibility, we reduce our risk of falling. Find a workout program near you or look online for movement that is fun for you.

ONE POT PASTA DISH

This one pot sun-dried tomato pasta dish is just as delicious as it is convenient.

25 MIN. FULL BODY FOR BEGINNERS

No equipment is needed for this full body 25 minute workout.

MEDITATION -FORGETTING TIME

Take 10 minutes to pause and reconnect with yourself during this Calm meditation.

SEPTEMBER 2025

Most senior centers offer programs and activities for people to join. Once you

find a program that looks promising, bring a friend!

Talk to Your Doctor - Write a list of things you want to talk to your doctor

about. If you have fallen or feel unsteady, speak to your doctor about a falls

risk assessment. Consider consulting with other specialists such as an

occupational or physical therapist. Most importantly, ask questions and be

honest about your needs.

Review your Medications - Regularly review your medications with ALL of your

care providers - doctor, pharmacist, etc.- to ensure your medications aren't

increasing your risk of falls. Report any side effects like feeling dizzy, sleepy

during the day, or experiencing coordination issues.

Care for Your Vision and Hearing - Being able to see and hear well is

important for balance. Get your yearly eye exam and wear your contact lenses

or glasses properly. Check for hearing changes. Hearing aids for mild-moderate

hearing loss are sold over-the-counter. Add a nightlight in the bedroom,

bathroom, and hallways.

Make Your Home Safer - Remove all tripping hazards, such as rugs, cords, and

clutter on the floor. Replace lightbulbs with bright bulbs. Place a chair where

you get dressed or put on shoes. Invest in a shower seat, grab bar, and adjustable

showerhead. Keep frequently used items between waist and shoulder height so

they can be reached without bending over or needing a stool.

Talk to Your Family and Friends - Share your concerns, they might have ideas

and solutions! Be assertive with your needs, keep communicating, and don't be

afraid to ask for help.

Resources: National Council on Aging, Resources in Your Community

MIRANDA KELLEY

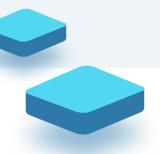
NTIC Wellness Coordinator

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Free Virtual Financial Series





September 17 4:45-6 PM

Money and Relationships



October 15 4:45-6 PM

Financial Clutter



November 19 4:45-6 PM

Identify Theft



Sign up for one or all





NTIC Program

Be Well | Be Balanced | Be Connected | Be Successful

Silver: Earn 550 points, receive \$175

Gold: Earn 750 points, receive \$275

Platinum: Earn 900 points, receive \$375



Discover all the benefits of your well-being program!

Explore Health Advocate's member website and mobile app where you can review the full program and reward details, complete activities, track your

points and progress, access curated health information, and more. It's your personal hub for achieving your well-being goals!

HealthAdvocate.com/ntic Registration Code: GV9A85V

Access Well-Being

Activity	Points/Max.
Personal Health Profile (PHP)	100/100
Personal Pathfinder	10/40
Access Health Advocate website or app	10/40
Link your Fitness Device	5/ 5
Learning Center	1/20
Personal Pathways	50/100
Preventive Care Exams	25/ 25
Vaccinations	20/ 60
Shingles, COVID, Flu, RSV, Pneumonia,	HPV
Tobacco-Free or Quit Tobacco Pathway	50/ 50
Well-Being Workshops	20/ 140
NTIC Challenges Personal Challenges	40/ 200 5/ 20
Other Activities	
*Annual Physical *Annual Health Screening Met Healthy Outcomes Dental Visit Vision Exam 5K Walk/ Run/Bike Proof of Primary Care Provider Telemedicine Visit Telemedicine Registration Express Scripts Plasma/ Blood Donation No Texting/ Driving Pledge Home Safety	100/100 100/100 75/75 30/60 30/30 40/80 30/30 25/25 40/40 50/50 15/60 15/15
Wellness Referral Program	25/ 50

^{*}Required Activity to reach Platinum Level



Your EAP Benefits: One-on-One Personal & Professional Coaching

Your EAP offers exciting Peak Performance Coaching Benefits to help you grow and succeed both personally and professionally. Connect by phone for one-on-one coaching with ESI Masters and PhD level coaches. Best of all, these benefits are free for you and eligible family members!

Coaching is available in the following areas:

- Wellness Coaching lose weight, get fit, reduce stress, quit tobacco, and get nutrition help.
- Certified Financial Coaching get help for budgeting, credit, debt, money management and more.
- Balancing Life at Work and Home make the most of family life while learning to succeed at work.
- Resilience recognize your personal strengths and improve resilience to face life challenges.
- Effective Communication improve your interpersonal communication skills to be more effective.
- Home Purchasing get help with the home buying process, credit and financing basics.
- Student Debt learn about Federal Student Loan types, repayment plans, consolidation and more.
- Relaxation Coaching for Beginners get support and referrals for relaxation, meditation, or yoga training programs.
- Workplace Conflict improve interpersonal skills and learn methods for resolving conflict.
- Retirement Coaching get help to address the practical and emotional aspects around retirement.
- Succeeding as a Supervisor learn key management concepts and ways to develop and empower employees.

Plus, get online tools to support your goals:

- Access thousands of online videos, articles, calculators, self-assessments and other tools.
- Comprehensive personal and professional online trainings available in a variety of easy-to-use formats.
- Wellness tools and tips on diet, nutrition, fitness and smoking available in the Online Wellness Center.





To access a Coach, simply call 800.252.4555 and ask to speak to a Coach.



To access online support resources, simply login at www.theEAP.com.



TotalCare EAP
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