

LET'S FEEL BETTER

NTIC Newsletter



Oral Hygiene

October is National Dental Hygiene Month. A healthy mouth helps the rest of your body stay healthy, too! Maintaining good oral hygiene involves brushing and flossing regularly, as well as visiting a dentist twice a year.

Brushing your teeth

- If you have sensitive gums, use a toothbrush with soft bristles. Toothbrushes should be replaced every few months. Once the bristles begin to fan out, it's time to replace it.
- Having an electric or "manual" toothbrush isn't as important as the brushing technique. If possible, use a fluoride toothpaste and aim the bristles where your gums meet your teeth at a 45-degree angle. Spend 2 minutes brushing in a gentle circular motion.

BLACK BEAN SOUP

CHICKEN FAJITA SOUP

It's soup season! Try out one or both of these recipes to keep warm this fall.

30 MIN FULL BODY

No equipment is needed and there is no jumping in this full body 30 minute workout.

MINDFULNESS - ANXIETY

If you are feeling anxious, try this 10 minute guided meditation to help relieve your stress and ground your thoughts.

- Be sure to brush your tongue too! It also collects bacteria.
- Rinse your mouth and your toothbrush.
- Personal tip: if I'm not feeling well, I rinse my toothbrush in Listerine or an antiseptic mouthwash to reduce the number of germs, or I replace it.

Flossing

- Flossing should be done at least once a day. It removes bacteria and plaque from between the teeth, even if you don't notice/feel any.
- Grab ~ 2 feet of floss and wrap it around both of your middle fingers. Grip the floss between your thumb and index finger. Gently ease the floss between your teeth until it reaches the gumline. Curve the floss around the side of each tooth and slide it up and down under the gums.
- Flossing might be difficult for some. Consider trying a floss holder - a small tool that holds the floss, or a water pick - a hand-held device that sprays water.

Mouthwash

- Finish off your dental routine with mouthwash. Mouthwash can add a protective layer to your teeth and prevent plaque from building up. The best mouthwash for you depends on your oral needs (antibacterial, fresh breath, anti-cavity, etc.) Consult with your dentist regarding which mouthwash is best for you.

Other Things to Note

- If you are or plan to become pregnant, make a dental appointment since your hormonal changes can cause issues like gingivitis, cavities, and enamel erosion.
- Check the side effects of your medications. Some are known to cause dental problems. Discuss with your dentist and doctor.
- Avoid sugary and sweet foods and beverages, as they are known to increase the risk of cavities.

Resources: [ADA-Mouthwash](#); [Cleveland Clinic](#); [CDC](#)

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**Free
for all
Employees**

COOKING WITH CARNIE

Chicken Shawarma Bowls

**Tuesday, October 7
6 pm - 7 pm
Live on Zoom**

**Join us from your kitchen
for a live cooking
demonstration!**

**The ingredient list will be sent out
on the Friday before the class.**

*Click here to register or scan
Last day to sign up: 10/03*



Free Virtual Financial Series



September 17
4:45-6 PM

**Money and
Relationships**



Scan or click [here](#)

October 15
4:45-6 PM

**Financial
Clutter**



Scan or click [here](#)

November 19
4:45-6 PM

Identify Theft



Scan or click [here](#)

Sign up for one or all

Calling All Men

Want to improve your health?



**Join Dr. Jonathan Seiferth
MD for a conversation on
Men's Health**

**Monday, November 3rd
5:30-6:30**

This class will be virtual for NTIC employees

This course is only for men.

**Click to register: [Men's Health](#)
or scan the QR code**





Healthy Smile Healthy You

WELL-BEING CHALLENGE

A healthy smile starts with brushing and flossing daily. By removing dental plaque, you can prevent tooth decay and even reduce the risk of acquiring various health conditions.

Simply, log when you brush and floss to reach your goal of twice a day!

Each week of the challenge, track:



Count when you brush and floss

Dates: Oct 6 - Oct 19

Registration: Sept 29 - Oct 13

Track at least 20 times to earn 20 pts

Join today!

HealthAdvocate.com/ntic



888.493.5522

HealthAdvocate.com/ntic

Registration Code: GV9A85V

Call • Email • Message • Live Chat

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider. ©2024 Health Advocate HA-M-2407025-1FLY

 **HealthAdvocate™**

Virtual Office Hours

Join me virtually with any questions or concerns regarding Health Advocate or general wellness needs.

Thursday, October 23 2:00–4:00

Zoom Room Number: 852 251 8657



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

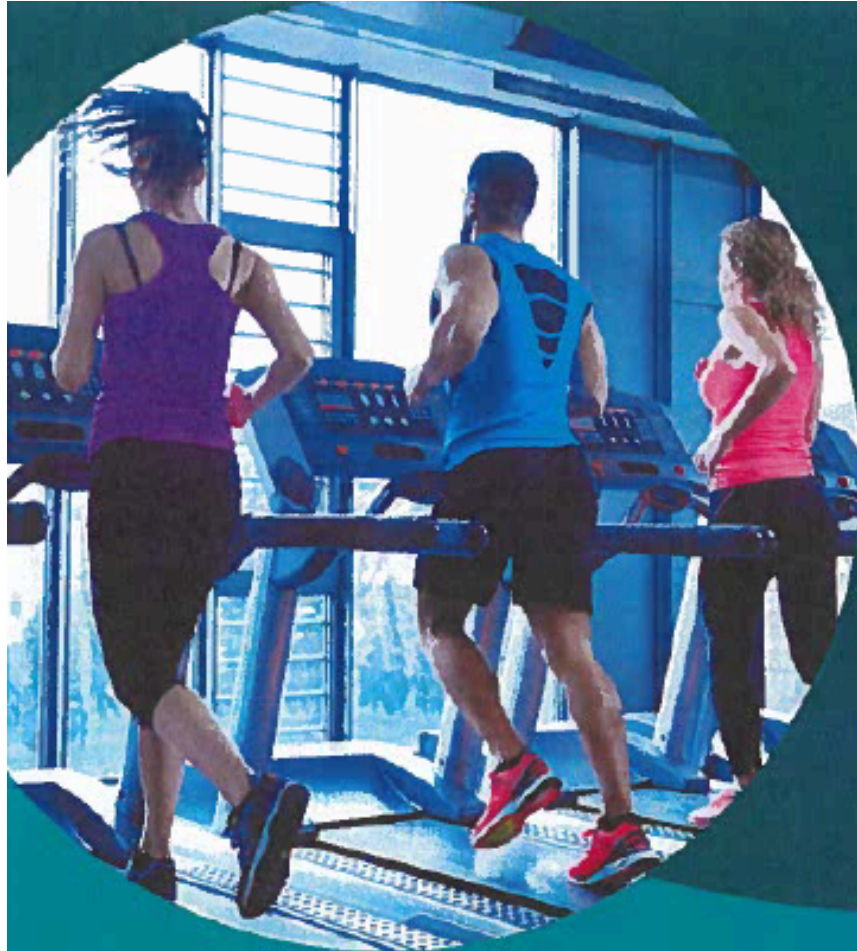
Access Well-Being

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	40/200
Personal Challenges	5/20
Other Activities	
*Annual Physical	100/100
*Annual Health Screening	100/100
Met Healthy Outcomes	75/75
Dental Visit	30/60
Vision Exam	30/30
5K Walk/ Run/Bike	40/80
Proof of Primary Care Provider	30/30
Telemedicine Visit	25/25
Telemedicine Registration	40/40
Express Scripts	50/50
Plasma/ Blood Donation	15/60
No Texting/ Driving Pledge	15/15
Home Safety	10/20
Wellness Referral Program	25/50

**Required Activity to reach Platinum Level*



YMCA PARTNERSHIP BENEFITS

Eligible Membership Types:

Adult
Single Parent Family
Family



NO JOIN FEE!
INSTANT \$30 SAVINGS!



**10-15% OFF
MONTHLY RATES!**
LOWER PAYMENT =
HAPPIER YOU!



NATIONWIDE ACCESS!

ACCESS TO ANY YMCA
NATIONWIDE! (GREAT
WHILE YOU'RE ON
VACATION!)



24/7 ACCESS*

24/7 ACCESS AVAILABLE
FOR AN EXTRA CHARGE AT
OUR JERSEY SHORE,
EASTERN LYCOMING, AND
BRADFORD COUNTY
BRANCHES.

**STOP BY
TODAY:**

**Bradford County, Eastern Lycoming, Jersey Shore,
Lock Haven, Tioga County, Williamsport**

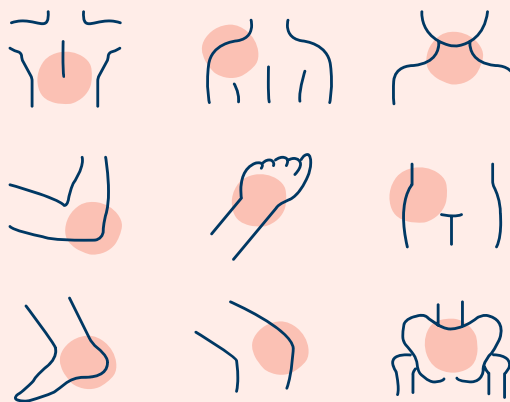
Virtual Physical Care

Get relief from joint, muscle, and pelvic health on your schedule at no cost to you.



If you're experiencing joint or muscle pain, or have issues related to pelvic health, **Virtual Physical Care, powered by Sword**, can help. This program is included in your health plan at no additional cost. Sessions can be completed when and where it's convenient for you. Now that's an easy way to get the care you need.

You'll get a customized program designed to treat one of the following areas:



Because Life.™

Virtual Joint Health

Thrive — by Sword

This program may be right for you if you're experiencing discomfort, even if you're not recovering from an injury and your pain is manageable. It's for ages 13 and up.*

- Get started with the program by answering a few questions about your individual needs, and create personalized goals for your program.
- You'll receive a tablet with motion-tracking technology that guides you through exercises and gives you real-time feedback.

Get 24/7 support: Access the app anytime, day or night, with on-demand support and videos that provide reliable education and resources to help prevent pain and build **healthier habits**.

Virtual Pelvic Health

Bloom — by Sword

If you have pelvic pain, a bowel or bladder disorder, or issues related to pain during intimacy, pregnancy or postpartum, or menopause, this program can offer relief. This program is for women and individuals with vaginal anatomy ages 18 and older.

- You meet virtually with a Pelvic Health Specialist.
- They'll design a program just for you.
- You'll receive a Bloom kit, which includes a device you insert in your vagina called a Bloom pod. It syncs with a program app that you'll download to your mobile device.

Get started today.

Enroll in Virtual Joint Health or Virtual Pelvic Health in the **My Highmark** app or website where you can easily manage your health — and health coverage. Follow these three steps:



1. Scan the QR code to access the **My Highmark** app or visit **MyHighmark.com**.
2. Select the **Benefits** tab.
3. Find **Virtual Joint Health** or **Virtual Pelvic Health** in the **Health and Wellness** section.



Because Life.™



*Individuals ages 13 - 17 will need to obtain consent from their parent or guardian. Always seek the advice of your physician or other qualified health provider with any questions or concerns regarding a medical condition and before you begin a wellness program. Insertion of the Bloom pod during any stage of pregnancy is discouraged and is not a requirement for participation in the program. The Bloom program is not designed to be used by those in the first trimester of pregnancy or by those with a complicated or high-risk pregnancy. If you wish to use the Bloom program (with or without the pod) during your second or third trimester of pregnancy, you should first consult with your physician or other qualified health provider prior to participation. Bloom and Thrive are Sword Health programs. Sword Health is an independent company that provides wellness services for your health plan. Sword Health Professionals provides its services through a group of independently owned professional practices consisting of Sword Health Care Providers, P.A., Sword Health Care Providers of NJ, P.C., and Sword Health Care Physical Therapy Providers of CA, P.C. Health benefit administration may be provided by the following entities which are independent licensees of the Blue Cross Blue Shield Association: Western and Northeastern PA: Highmark Inc. d/b/a Highmark Blue Cross Blue Shield, Highmark Choice Company, First Priority Life Insurance Company or First Priority Health. Delaware: Highmark BCBS Inc. d/b/a Highmark Blue Cross Blue Shield. West Virginia: Highmark West Virginia Inc. d/b/a Highmark Blue Cross Blue Shield. Western New York: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Cross Blue Shield. All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefit administration and/or to one or more of its affiliated Blue companies.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

1/25 MX4320901

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.



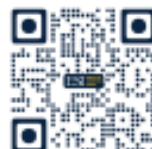
To access a Coach, simply call 800.252.4555 and ask to speak to a Coach.



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



TotalCare EAP
Public Safety EAP
Educators' EAP
Higher Ed EAP
HealthCare EAP
Union AP



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