

LET'S FEEL BETTER

NTIC Newsletter



10 MIN. WALKING WORKOUT

This workout is low impact but will increase your heart rate and rake in those steps!

SPAGHETTI SQUASH AND MEATBALLS

Replace your noodles with squash in this vegetable forward take on that staple Italian dish.

BROCCOLI CAESAR SALAD

If you like Caesar salads, this is a great spin off that dish by replacing the salad with broccoli and having a homemade dressing.

Carbohydrate - Sugar

There are three types of carbohydrates: starch, sugar, and fiber. This article explores the topic of sugar.

Sugar isn't meant to be a scary word, but there is importance to understanding the different types and how your body processes them. Sugar is a type of carbohydrate that provides energy. Carbohydrates are divided into two kinds of sugar: monosaccharides (one molecule) and disaccharides (two molecules).

Monossaccharides

Examples of monosaccharides are glucose, fructose, and galactose. Glucose is a sugar that our body uses for fuel, and regardless of the type of sugar you eat, your body will break it down into glucose.

Glucose is primarily found in starchy foods such as grains (rice, bread, pasta, oats, etc.) and starchy vegetables (potatoes, corn, and sweet potatoes). Various types of fruits, vegetables, and honey contain fructose, and galactose is found in fruits and vegetables as well as milk.

Disaccharides

Sucrose, lactose, and maltose are the disaccharides. Sucrose is a combination of glucose and fructose and is more commonly known as table sugar. Lactose, a sugar found naturally in dairy products such as milk, cheese, yogurt, and ice cream, is composed of glucose and galactose. (Lactase is an enzyme that breaks lactose into glucose and galactose. If your body doesn't make enough lactase, you are lactose-intolerant.) Maltose is made up of two glucose molecules and is naturally occurring when starches like wheat and barley are broken down.

Complex vs. Simple Carbohydrates

Carbohydrates (sugars) are an essential component of a healthy diet. Complex carbohydrates are beneficial for us. If you eat real foods such as whole fruits and vegetables, nuts and seeds, grains, and lentils, you are consuming carbohydrates. However, the naturally occurring fiber will slow down the digestion of sugars (plus all the other important vitamins and minerals included in those foods).

While simple carbohydrates are acceptable in small amounts, they should be avoided whenever possible since they do not contain the other nutrients that help our body properly process sugars. Simple carbohydrates should be avoided to reduce your risk of type 2 diabetes, obesity, and heart disease.

When reviewing labels, look for "added sugar." These are sugars that don't naturally occur in the various foods included in that item. Natural sugars are not considered "added" because they bundle the sugars found in that food with other vitamins, minerals, and fiber. These natural sugars are digested more easily and provide a steady and consistent energy source.

Resources: [WebMD](#); [Harvard Health Publishing](#); [IFC](#)

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Let's talk about

WOMEN'S HEALTH

with Sandra Lentz, CRNP



Come to our free educational class
discussing perimenopause and menopause

Tuesday, January 27

5:30-6:30 pm

This will be virtual for NTIC
participants

[Click here](#)
or scan to
sign up!



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



Talkspace EAP
Public Safety EAP
Education EAP
Higher Ed EAP
Healthcare EAP
Union EAP

New EAP Benefit: Talkspace Go

Talkspace Go is a new, free EAP benefit for you and eligible family members aged 13+. It's a mobile therapy app you can use to improve your mental health and wellbeing in just 5 minutes a day! Get help for relationships, parenting, depression, and much more.



Features included

Self-guided programs for individuals, couples, and parents. Build mental well-being through personalized courses, daily journaling, and weekly live classes with therapists.

- 400+ self-guided, interactive courses
- Live weekly therapist-led anonymous group classes
- Assessments, meditation exercises, journaling, & reminders
- Address anxiety, stress, burnout, trust, & more

How it works

First, you answer a series of questions to get to the root of your issues. Based on your responses, you'll get a personalized, self-paced course from our library of counseling programs.

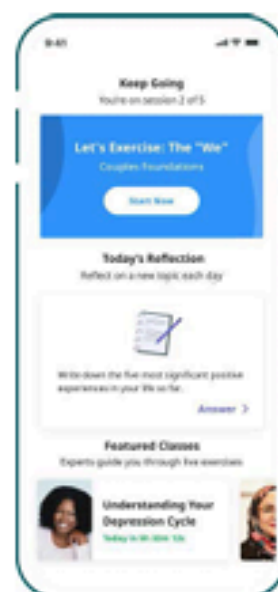
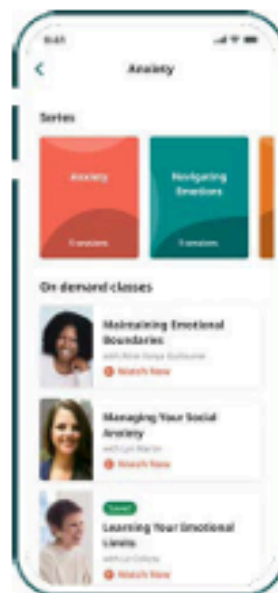


Ready to get started?

- Download Talkspace Go from the Apple App store or Google Play
- Sign up and create an account
- Enter your organization's code: **ESIEAP**



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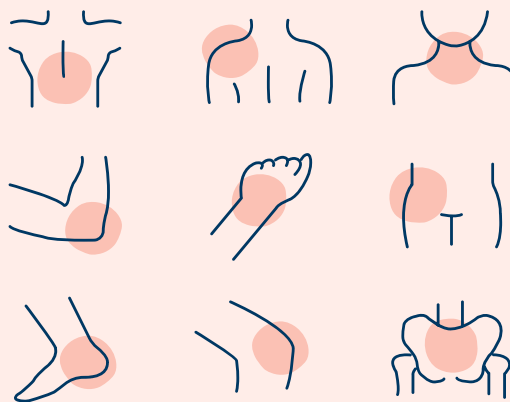
Virtual Physical Care

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）。

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