

LET'S FEEL BETTER

NTIC Newsletter



10 MIN. DANCING WORKOUT

In this 10 minute workout, you will be dancing while strengthening your core.

SLOW COOKER POT ROAST

This pot roast recipe saves you time in the kitchen and will have your house smelling delicious!

FETTUCCINE WITH BRUSSELS SPROUTS AND MUSHROOMS

Make it as a side or a dish on its own. This creamy pasta dish will add fiber and nutrients to your day.

Screen Time

Have you found yourself scrolling through social media, and you don't remember why you picked up your phone? Is it time to go to bed, but you find yourself on your device? When there's a lull in the conversation, do you find yourself reaching for your technology? If you answered "yes" to any of these questions, then it might be time to limit your cell phone use because it is affecting your health in various ways you might not even know about.

Reducing screen time can help decrease stress and anxiety, improve physical health and sleep quality, foster real-life connections, and build resilience.

Mental Health

When we are on a device, our brain is constantly bombarded with information. Our brain needs downtime. By setting your phone down and letting your brain “go,” it now has time to process information. Now your brain has time to slow down for deeper thinking and problem-solving. This has also been shown to increase memory and concentration. Individuals also report that a reduction in screen time has decreased stress and anxiety that was unconsciously caused by seeing upsetting news and social media content comparison.

Physical and Sleep Health

Putting down your phone might not motivate you to start training for a race, but it can improve your posture, create more time for movement and less sitting, and decrease eye fatigue. Studies have shown that blue light exposure too close to bedtime disrupts our circadian rhythm (internal “body” clock) and sleep cycles.

Social Connections and Resiliency

Social connection is just as important to our overall wellness as good nutrition, sleep, and physical activity. It is easy to be under the impression that social media equals social connection, but it's not the same as in-person interactions (phone and video calls count as in-person). When we interact with someone in person, various regions of our brain are engaged that help us interpret social cues, emotions, plan, detail, and more. When we are on social media, our brain pathways are less synchronized and fragmented, and our reward system is activated. This brain pathway is similar to addictive behaviors like drugs, alcohol, or gambling.

Taking time away from devices can also foster greater mindfulness and awareness of things happening around you that you might have been previously oblivious to. It can also increase productivity throughout your day, since you don't have an easy escape from difficult or less-stimulating tasks.

Consider reducing your screen time this year by keeping your phone out of reach when you sleep, delaying morning usage, creating “tech-free” zones at the dinner table, during family games or movie nights, prioritizing in-person interactions, hiding apps or setting limits, turning off notifications, and using greyscale (less visually appealing).

Resources: [Mayo Clinic](#); [NIH](#); [ACP](#)

MIRANDA KELLEY

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Upcoming Health Screenings

Health Screenings are free for all district employees and their spouses.

Athens - January 13-15

Sullivan County - January 20

Wyalusing - January 26

Troy - January 27-28

Canton - January 30

Wellsboro - February 3-5

Towanda - February 18-20

BLaST Offices - February 24-25

Sign-ups will be emailed ~ 2 weeks beforehand.

At the screening, we will perform a finger stick and provide you with results for your cholesterol (HDL and LDL), triglycerides, fasting glucose, and blood pressure.

This can be entered as your 100-point bloodwork for Health Advocate.

**Free
for all
Employees**



COOKING WITH CARNIE

*Vegetarian dish
and dessert*



Wednesday, January 21
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 or scan to sign up
Last day to sign up: 1/16



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!





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**

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.

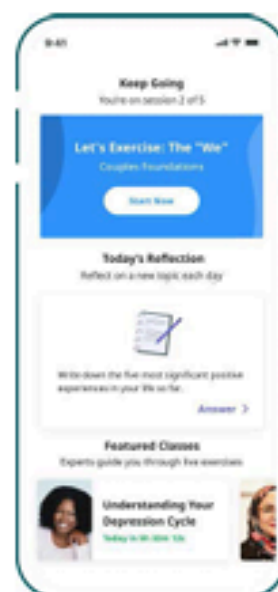
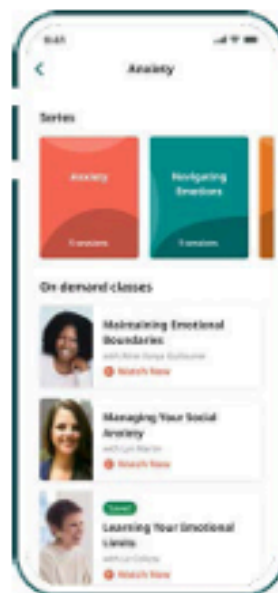


Ready to get started?

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



800.252.4555
www.theEAP.com
Scan to explore
more EAP benefits!



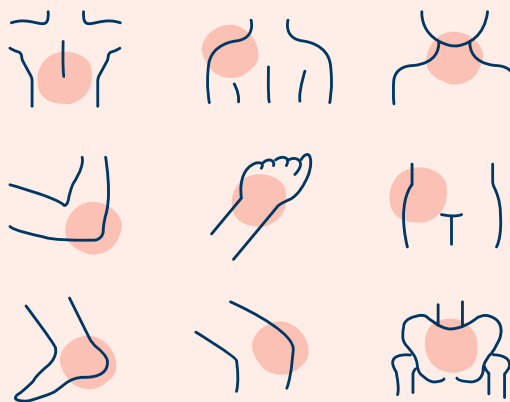
Virtual Physical Care

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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