



Improve Your Heart Health

LOOKING AHEAD...

Work with SmartShopper to Schedule Your Colonoscopy

Protect yourself against colon cancer and earn \$250 into your HealthEquity HRA or HSA.

BCBS Health Coaching

Earn \$250 into your HealthEquity HRA or HSA for making positive changes in your life. Get started today!

Register for *ahealthyme* and be entered in a raffle to win a FitBit!

Register [here](#) by March 31, 2023.

February Challenge is Top Chef

Try 10 new recipes this month and earn \$50 into your HealthEquity HRA or HSA!

Wellness Webinars

This month we focus on detoxifying our diets, finding solutions for heart health, breaking through our fear of judgment, and discovering the connection between food and our mood!

Wellness Corner

Let's make a Healthy Waldorf Salad!

The latest health and wellness news, tips, and updates from the Lay Benefits Department of the Roman Catholic Archdiocese of Boston.



Reduce Your Risk of Heart Disease

February is [American Heart Month](#) which helps remind us to look after our hearts and reduce our risk for heart disease, high blood pressure, and other related health conditions like stroke. What can you do to take care of your heart?

Because high blood pressure may not display any symptoms, a blood pressure test is the only means to determine whether your blood pressure is high. It's also important to check your cholesterol levels. Cholesterol is a naturally made substance by our livers needed to make hormones and digest certain foods, but there are different kinds. The most [well-known types](#) are low density lipoproteins or "LDL", which are considered "bad" as high levels of these can lead to plaque in our arteries and high-density lipoproteins and "HDL", which are considered "good" as they can help lower our risk of heart disease and stroke. If you are over age 20 without heart disease, you should check your levels every four to six years. You should check your levels more often if you are at risk of heart disease or are already on medication to treat high cholesterol.

It's also important to participate in physical activity on a regular basis. If possible, aim for 30 minutes of heart-pumping physical activity at least five days a week, for a total of at least 150 minutes per week. Find a form of cardio or training that you enjoy!

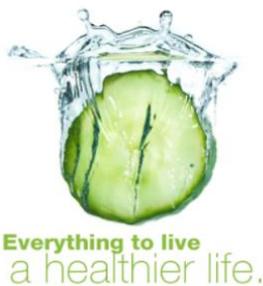
Eating more heart healthy foods, like plant-based food, fish, lean meat, low-fat dairy products and fiber is important to keep your heart healthy and reduce your risk of heart disease. What resources are available to help you make healthy eating choices? When grocery shopping, look for the [Heart-Check Mark](#) from the AHA. The symbol is on select food packaging and indicates that the food source aligns with AHA's healthy eating recommendations. To be Heart Check certified, the food must provide 10%+ of more than one Daily Value nutrient (vitamin A, vitamin C, Calcium, protein, and fiber), as well as limit saturated fat, trans fat and sodium. You can find a list of more than 1,000 Heart Check approved foods [here](#).

Work with SmartShopper to Schedule Your Colonoscopy!

Colonoscopies are important medical procedures to undergo every 10 years over the age of 45 years old. You need to check your large intestine for abnormal growths or tissues and screen for colon cancer. Colon cancer affects 1 in 23 men and 1 in 25 women. Work with SmartShopper consultants to find a quality, in-network, low-cost provider to perform the procedure. If you work with SmartShopper and have a procedure or treatment done with one of their recommended providers, you'll receive a cash reward of \$50-\$250 dollars! Don't forget – a mammogram is also considered a routine Well Visit under the RCAB Wellness Program. You can earn \$250 into your HealthEquity HRA or HSA for attending*! To earn points for your mammogram or annual Well Visit, please visit ahealthyme.com/login.

Don't Miss Out on Earning \$250 Into Your HRA or HSA!

In the Blue Cross Blue Shield Health Coaching or Care Management program, most employees and spouses set and achieve goals within three months. A Blue Cross Health Coach will be flexible with your schedule and availability, spend 15-30 minutes discussing your goal, review your progress, and help you overcome any obstacles to achieving your goals. To find out more about Health Coaching or Care Management, please visit this [link](#) or call 1-800-392-0098 to get started. An employee or spouse must sign up for health coaching between now and March 1, 2023, and complete the goal by May 31, 2023, to earn \$250 into their HealthEquity HRA or HSA.



If you have any questions, please contact Kara Lavertu, Wellness & Wellbeing Manager, at 617-746-5642 or klavertu@rcab.org.

You're currently enrolled in one of the RCAB Health Plans, but have you signed up for the Blue Cross Blue Shield ahealthyme Program?

If enrolled in the Enhanced or Basic Plan, you could earn up to \$1,000 per Plan Year, as a contribution to a tax-free Health Reimbursement Arrangement (HRA) account, and if in the High Deductible Health Plan, you could earn up to \$500 per Plan Year, as a contribution to a Health Savings Account (HSA). HRA and HSA dollars can be used to pay for out-of-pocket [IRS-approved medical, dental, and vision expenses](#), such as co-pays and deductibles. As you may already know, HRA and HSA dollars may be used by all family members who are enrolled in the RCAB Health Plans. Don't miss out on significant cost savings!

To create an account, please register at ahealthyme.com/login. As an added incentive, if you register in the ahealthyme Program by March 31, 2023, you will be entered in a raffle to win one of 20 Fitbit watches and if you also enroll your spouse, you will be entered to win one of 20 \$25 gift certificates.

February's WellRight Challenge is Top Chef

Cook 10 new recipes this month and show off your cooking skills! Beginner and more seasoned chefs are welcome to participate. In general, home-cooked food is healthier than prepackaged or restaurant food because you control the ingredients.

Invite your spouse, children, or friends to help you in the kitchen and make memories! Did you discover a recipe you really enjoyed? Post it to the WellRight Message Board! **Participants must also complete the University Course, Healthy Cooking Techniques, to earn \$50 into their HealthEquity HRA or HSA.**

Access your account or register for the first time at <https://catholicbenefits.wellright.com/act/auth/login>.



Wellness Webinars

Employees and spouses enrolled in one of the RCAB Health Plans and registered in the Blue Cross *ahealthyme* program can earn \$25 into their HealthEquity HRA or HSA accounts for attending a wellness webinar. Points are awarded for a maximum of **six** wellness webinars/family activities per Plan Year.

Detoxifying Your Diet: Eating for Optimal Health

Thursday, February 9th @ 6pm

Participants learn how eating and lifestyle habits directly impact the environment. Topics for discussion include information on foods and carbon footprints, what you can do to reduce environmental impact, and the benefits of organic produce and products.

[Click Here to Register](#)

Solutions for Heart Health

Wednesday, February 15th @ 5:30pm

Participants learn how to improve heart health through good nutrition. Find out the best oils to use for optimal health, clear up confusion surrounding farmed fish, and learn about an array of cholesterol lowering, heart-healthy whole foods.

[Click Here to Access Webinar](#)

Why Do I Care So Much About What They Think? - Learn to Live Webinar

Friday, February 10th @ 11am EST

Tuesday, February 21st @ 12pm EST

Thursday, February 23 @ 5pm EST

Use access code *RCAB* to register

Increased heart rate, sweaty palms, self-conscious thoughts, feeling isolated and lonely? Do you worry about other's judgment of you too much? You aren't alone. Break through your social anxiety and fear of other's judgment by learning evidence-based strategies to help you live more fully!

[Click Here to Register for 2/10](#) - [Click Here to Register for 2/21](#) - [Click Here to Register for 2/23](#)

Food & Mood: You Are What You Eat Inside & Out

Tuesday, February 28th @ 6:30pm

What we eat and when we eat it impacts our mood and stress level. This webinar will offer information on certain foods that may trigger stress and strategies to enhance your mood through food.

[Click Here to Register](#)



In Case You Missed It...

You can still view the recorded webinars from last month below. **After viewing these webinars, please self-report your viewing to benefits@rcab.org** and you can earn 25 HRA/HSA dollars. Points are awarded for a maximum of six wellness webinars/family activities per Plan Year. **You can access webinars for 60 days following their live recording date.**

James Parker-Ashley Fitness Class

[Click Here to Access Webinar](#)

Goal Setting & Reaching Resolutions

[Click Here to Access Webinar](#)

Healthy APPetite: Apps & Tools to Manage Your Wellness Goals

[Click Here to Access Webinar](#)



Let us know what you want to see!
Please email Kara Lavertu at klavertu@rcab.org with your webinar topic ideas or requests.

THE
WELLNESS
CORNER



Healthy Waldorf Salad

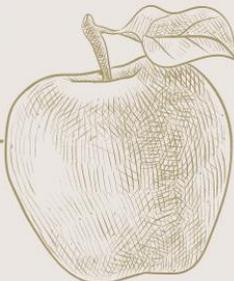
Ingredients

- 1/4 cup plain Greek yogurt
- 2 teaspoons granulated sugar
- 1 cup red grapes
- 1 1/2 Tablespoons lemon juice
- 2 large apples
- 1 cup green grapes
- 2 stalks celery
- 1/2 cup chopped walnuts

Directions :

1. Whisk together the yogurt, sugar, and lemon juice. Set aside as your dressing.
2. Chop all fruit and vegetables into bite-sized pieces.
3. Add the grapes, apples, celery, and walnuts to a mixing bowl and stir until well combined.
4. Season with salt and pepper. Chill until ready to serve.

Enjoy!



*This month's recipe is brought to you by Easy Budget Recipes
(<https://easybudgetrecipes.com/healthy-waldorf-salad/>).*

In good health,
Roman Catholic Archdiocese of Boston Benefits Department