



## Oral Health: More Than Just Clean Teeth!

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



### Oral Hygiene and Its Impact on Your Overall Health

Taking care of your mouth isn't just about making sure your teeth and gums are clean. Oral health impacts your overall physical health. When you brush your teeth and floss, harmful bacteria that may have entered through your oral cavity is kept under control. If you don't maintain proper oral hygiene, bacteria can build up, causing tooth decay and gum disease. Some medications, like antihistamines, painkillers, and decongestants can decrease the amount of saliva in your mouth, causing dry mouth and damage to teeth and gums. Physical conditions or diseases linked to poor oral health include endocarditis (an infection in the lining of the heart), cardiovascular disease, birth complications for pregnant women, and pneumonia. Physical conditions that may adversely affect your oral health include diabetes and osteoporosis. Since oral health is so interconnected with your overall health, what steps should you take to improve and maintain good oral hygiene?

Brushing your teeth at least twice per day (for at least two minutes each time), flossing, and using mouthwash are simple ways to maintain oral health. Eating a healthy diet, limiting your consumption of sugar, and replacing your toothbrush or toothbrush head every three to four months also contribute to healthy teeth and gums. Visiting your dentist for routine check-ups and professional cleaning are also crucial to oral health. The RCAB Dental Plan covers 100% of preventive visits, which include two teeth cleanings per calendar year. To find out more about the RCAB Dental Plan, visit [catholicbenefits.org/dental/dental.htm](https://catholicbenefits.org/dental/dental.htm). To log in to your Delta Dental account or create one for the first time, visit [deltadentalma.com](https://deltadentalma.com). You can use the Delta Dental tools to find an in-network dentist and learn more about your dental benefits. Visit [Your Oral Health - Delta Dental Mass](#) and [Grin! Magazine | Oral & Dental Health | Delta Dental \(grinmag.com\)](#) for dental tips and timely articles about oral health!

#### LOOKING AHEAD...

##### March's Challenge is UpBeat

Complete 500 minutes of cardio and earn \$50 into your HealthEquity HRA or HSA!

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

Register [here](#) by March 31, 2023 to win a gift certificate or one of 10 FitBit watches.

##### Surviving Spring Allergies

Get ahead of pollen this Spring and be ready to take on allergy season.

##### Wellness Webinars

This month we focus on developing healthy habits, nutritious dishes from around the world, secrets to a good night's sleep, and intermittent fasting!

##### Wellness Corner

Let's make PB&J Overnight Oatmeal!

**March's WellRight Challenge is UpBeat**

The UpBeat Challenge invites you to complete at least 500 minutes of cardio exercise over the next 31 days. The goal of cardio exercise is to raise your heart rate for 20 minutes or more at a time. Cardio can lower your blood sugar, strengthen your heart, and help regulate blood sugar.

**Participants must also complete the University Course "What's the Best Cardio?" 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>.



**SIGN UP = EARN REWARD\$**

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. If enrolled 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, register at [ahealthyme.com/login](https://ahealthyme.com/login). If you register in the *ahealthyme* Program by March 31, 2023, you will be entered in a raffle to win one of 10 Fitbits. If you register in *ahealthyme* and attend a webinar on the RCAB Health Benefit Trust Wellness Program, you will earn \$25 into your HealthEquity HRA or HSA account. Register for a webinar [here](#). If you register in *ahealthyme* and enroll your spouse, you will be entered in a raffle to win one of 10 \$25 gift certificates. Take advantage of this incentive promotion offered for only a limited time!**

-- *Surviving Spring Allergies* --

Spring arrives on March 20<sup>th</sup> and ushers in warmer weather, budding trees, and new flowers. For seasonal allergy sufferers, Spring brings symptoms like sneezing, congestion, and itchy eyes. Although allergies can make you miserable, you can take steps to reduce allergy triggers and keep them under control.

- ✂ Try to stay inside as much as possible during windy days and take advantage of going outside after a day of rain, which helps remove pollen from the air. Pollen count is highest in the morning, so be sure to avoid early morning exposure.
- ✂ Remove outdoor clothes as soon as possible and wash away the pollen from your skin and hair after being outside, especially after mowing or gardening.
- ✂ Consider purchasing an air purifier for your house to help filter air.
- ✂ Try an over-the-counter allergy remedy. Antihistamines, decongestants, nasal sprays, and allergy eye drops can help eliminate or reduce unwanted symptoms and allow you to enjoy the Spring season. Don't forget these purchases are eligible for reimbursement with your HRA or HSA dollars, so save your receipts!

## 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.

### **Habit Change: Building the Good, Breaking the Bad - Learn to Live**

Use access code **RCAB** to access webinar

**AVAILABLE ANYTIME**

Learn tips on how to kick old undesirable habits or start new healthy ones. Apply what you learn to build healthy dental habits!

[Click Here to Access Recording](#)

### **Global Cuisine Made Healthy**

**Wednesday, March 15<sup>th</sup> @ 6pm**

From Thailand to Italy, participants learn how to incorporate “best in health” attributes from a variety of countries. The webinar includes information about traditional cultural food favorites and their health benefits. Attendees receive recipes and shopping lists to turn their home kitchen into a global destination!

[Click Here to Register](#)

### **Unmasking the Secrets to a Better Night's Sleep**

Use access code **RCAB** to access webinar

**AVAILABLE ANYTIME**

How does the amount or quality of sleep affect you? You may be surprised by the far-reaching impact that lack of sleep can have on our lives. Learn practical ways you can improve your sleep.

**View anytime between March 1-31, 2023 and you'll be entered in a raffle to receive 1 of 20 Learn to Live sleep masks.**

[Click Here to Access Recording](#)

### **Intermittent Fasting - Health & Harmony**

**AVAILABLE ANYTIME**

Intermittent fasting is an eating style that involves eating within a specific time period and fasting the rest of the time. It can be an effective way to manage your weight. Research shows many benefits, such as increased energy, brain power, cellular protection, and controlled blood sugar levels. You will learn tips on how to make intermittent fasting easy for you!

[Click Here to Access Recording](#)



## 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](mailto: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.**

### **Detoxifying Your Diet: Eating for Optimal Health**

[Click Here to Access Webinar](#)

### **Why Do I Care So Much About What They Think?**

[Click Here to Access Webinar](#)

### **Solutions for Heart Health**

[Click Here to Access Webinar](#)

THE  
WELLNESS  
CORNER

# PB&J Overnight Oats

## Ingredients

- $\frac{2}{3}$  cup of rolled oats
- 1 tablespoon of strawberry jam
- 3 tablespoons of nut butter
- $\frac{1}{2}$  cup of vanilla Greek yogurt
- $\frac{2}{3}$  cup of any type of milk
- $\frac{1}{2}$  teaspoon of vanilla extract
- 1 teaspoon of chia seeds, optional
- strawberry, quartered, optional

## Instructions

1. In a jar or sealable container, add the oats, jam, nut butter, yogurt, milk, vanilla extract, chia seeds, and strawberries. Stir together.
2. Seal the jar or container and place in the refrigerator overnight or for up to five days.
3. Top with additional strawberries, if desired.

Enjoy!

*This month's recipe is brought to you by Betsy Carter at Tasty  
(<https://tasty.co/recipe/pb-j-overnight-oats>).*

In good health,  
Roman Catholic Archdiocese of Boston Benefits Department