

# BEE WELL

Thomas County Wellness Newsletter

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*"I have one life and one chance to make it count for something... My faith demands that I do whatever I can, wherever I am, whenever I can, for as long as I can with whatever I have to try to make a difference."*

- Jimmy Carter



Scan the QR code to learn more about the superfood of the month!

# Collard Greens



Collard greens, a member of the vegetable family on MyPlate, are more than just a southern staple! These dark, leafy greens are packed with essential nutrients that offer a multitude of health benefits.

They are particularly rich in Vitamins K and A, which are crucial for bone health and vision. Collard greens also offer a big boost of calcium, which supports our bones and teeth. Rich in fiber and antioxidants, collards are a great addition to anyone's diet.

With only around 12 calories per cup (chopped), collard greens are a nutrient-dense vegetable. They are super versatile! Enjoy them boiled, sautéed, added to soups and stews, or even added to baked goods!

### NUTRITION FACTS

per 1 cup chopped collard greens (36g)

Calories	12
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	6mg
Carbohydrates	2g
Dietary Fiber	1g
Total Sugars	0g
Protein	1g



## Collard Green & Black-Eyed Pea Soup

### INGREDIENTS

- 1 Tbsp. olive oil
- 1 large onion, diced
- 1 large carrot, sliced
- 1 stalk celery, sliced
- 5 cloves garlic, (4 sliced + 1 whole), divided
- 1 sprig fresh thyme
- ¼ tsp. crushed red pepper, optional
- 4 c. chicken broth, reduced-sodium
- 1 can diced tomatoes (15-oz)
- 5 c. collard greens, chopped, tough stems removed
- 1 can black-eyed peas, (15-oz) drained, rinsed
- 6 slices whole grain bread, 1/2" thick
- 6 Tbsp. reduced-fat Mozzarella or Swiss cheese, shredded
- 2 slices bacon, cooked, finely chopped

### METHOD

1. Heat oil in a Dutch oven (or oven safe pot) over medium heat. Add onion, carrot and celery and cook, stirring, until just tender, 5–7 minutes.
2. Add sliced garlic, thyme and crushed red pepper and cook, stirring, until fragrant, about 15 seconds. Increase heat to high and add broth, tomatoes and their juice. Bring to a boil, scraping up any browned bits.
3. Stir in collard greens, reduce heat to maintain a simmer and cook, stirring occasionally, until the greens are tender, 5–10 minutes. Discard the thyme sprig. Stir in black-eyed peas; remove from the heat and cover.
4. Position rack in upper third of oven; preheat broiler.
5. Place bread slices on a baking sheet and broil until lightly toasted, 2–4 minutes. Cut remaining garlic clove in half and rub each bread slice with cut ends. (Discard garlic.) Turn the slices over and top with cheese. Broil until the cheese is melted, 1–3 minutes. Serve the soup topped with the cheese toasts and bacon.

This dish meets the Live Better nutritional guidelines for an entree. Serving size: 1 1/3 cups • Yield 6 servings • Calories: 173; Total Fat: 2g; Sat. Fat: 2g; Cholesterol 7mg; Sodium: 762mg; Total Carbs: 23g; Fiber: 5g; Sugars: 5g; Protein: 10g; Potassium: 380mg; Calcium: 160mg

# LIVE BETTER Wellness Wednesday Tip



## Wellness Wednesday Tip



This Live Better message is brought to you by Archbold and our partner UGA Extension Office.



Live Better is an Archbold-led collaborative of key community leaders and partners focused on improving the overall health of the citizens of Thomas County, Georgia.



### Build a Powerful Plate!

What you eat gives you energy for the whole day, so make sure to build a Powerful Plate for a Powerful You!

**Power Players:** Fill half your plate with colorful fruits and veggies. They're packed with vitamins and minerals that help you grow strong and healthy.

**Energy Boosters:** Add whole grains like brown rice or whole-wheat pasta. These are like fuel for your body, giving you energy for all your adventures!

**Build Muscles:** Include lean protein sources like chicken, fish, or beans. These help build and repair muscles!

# Employee Assistance Program

GEORGIA'S PUBLIC EDUCATION

## Employee Assistance Program

a partnership with:



MONTHLY TIP

## Shine Your Inner Light

Everyone has a unique set of strengths and qualities that make them who they are. Sometimes, however, it's easy to forget how special and capable we truly are. Your inner light, the unique qualities that define you, is something to embrace, celebrate, and share with the world. By identifying your positive traits and learning how to highlight them, you can present a more authentic, confident version of yourself in everyday life.

- **Reflect on Your Positive Traits.** Take a moment to reflect on the qualities that make you stand out. Are you compassionate, creative, determined, or perhaps a great listener? Ask for feedback from friends, family, or colleagues to gain insight into the strengths others see in you. Journaling can also help you pinpoint the characteristics that set you apart and help you feel proud of who you are.
- **Embrace What Makes You Unique.** Once you've identified your positive traits, take time to embrace them. Sometimes we can feel self-conscious or hesitant to show certain aspects of ourselves, but those qualities are what make you special. Let go of comparisons to others and focus on the unique value you bring.
- **Practice Self-Acknowledgment.** To truly shine your inner light, it's important to practice self-acknowledgment. Celebrate small victories and recognize the moments when you've exhibited your positive traits. Whether you handled a difficult situation with grace, helped a colleague with a project, or offered a kind word to someone in need, acknowledge these actions.
- **Present Your Best Self to the World.** Confidence comes from consistently putting your best foot forward. This doesn't mean trying to be perfect or someone you're not—it's about being genuine and highlighting your strengths in ways that feel natural. Practice speaking with confidence, maintain positive body language, and embrace opportunities to showcase your unique qualities in both personal and professional settings. When you feel connected to your authentic self, it's easier to shine in all aspects of your life.

If you ever need support in exploring or strengthening your inner light, your Employee Assistance Program (EAP) is here to help. With access to free, confidential counseling, you can gain valuable insights and tools to boost your confidence and navigate life's challenges with a more positive, authentic approach.

### Help Starts Here

Free, confidential access to professional consultants and online resources, 24 hours a day, 7 days a week, 365 days a year.

1-866-279-5177  
EAPHelplink.com  
Code: GADOE

# Employee Assistance Program



## Your Employee Assistance Program Online Seminar

### Shine Your Light: Finding Your Inner Glow

Identify your positive traits and learn how to highlight them in everyday life, resulting in a more genuine and confident self-presentation.

**JANUARY 2025**

#### LET US HELP

Visit the website below starting January 21

**WEBSITE:** [EAPhelplink.com](http://EAPhelplink.com)

**TOLL-FREE:** 1.866.279.5177

**COMPANY CODE:** GADOE

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

## SHBP Biometric Screenings

SHBP Biometric screenings are coming to Thomas County Schools again this Spring. Be on the lookout for an email with dates and locations coming soon!





## 2025 Wellness Overview

### Become a healthier you in 2025 with the *Be Well SHBP*<sup>®</sup> well-being program

SHBP members and their covered spouses enrolled in Anthem Blue Cross and Blue Shield (Anthem) and UnitedHealthcare Commercial (non-Medicare Advantage) Plan Options can earn 480 points and choose to redeem them for either:

- **A \$150 Sharecare Rewards Visa<sup>®</sup> Prepaid Card** (to use anywhere Visa is accepted; expires within 12 months from when it was issued) **OR**
- **480 well-being incentive credits** (to apply toward eligible medical or pharmacy expenses)

#### Getting started is easy. Here's how.

##### Create your account and take these steps to earn 240 points

- ✓ If you haven't already, register for an account at [BeWellSHBP.com](https://BeWellSHBP.com)
- ✓ Take the RealAge<sup>®</sup> Test for the 2025 program year and earn 120 points.  
*This step is required to unlock your account and earn points.*
- ✓ Complete a biometric screening for 120 points.



##### Earn up to an additional 240 points by choosing from the following activities

- ✓ **Complete coaching sessions with a well-being coach. Earn 40 points** up to 6 times, for a maximum of 240 points. *You can only earn 40 points per calendar month, but you can do as many sessions as you would like.*
- ✓ **Participate in a monthly rotating online challenge. Earn 40 points** up to 6 times, for a maximum of 240 points. *You can do as many challenges as you would like, but can only earn a maximum of 240 points by completing 6 challenges.*
- ✓ **Complete a Preventive Screening Exam. Earn 60 points** for completing a colonoscopy, mammogram, pap smear, or prostate screening exam. You can earn up to 120 points for completing 2 exams.

##### Finally, select your reward

- ✓ **Redeem your points by visiting the Sharecare Redemption Center and choosing between a \$150 Sharecare Rewards Visa Prepaid Card or up to 480 well-being incentive credits\*.**

*\*Members must have all 480 points earned in 2025 to redeem the \$150 Sharecare Rewards Visa Prepaid Card. The points you earn in 2025 can be redeemed for well-being incentive credits in increments of 120. Note: Once you redeem any of the 2025 points for well-being incentive credits you will no longer be able to select the Sharecare Rewards Visa Prepaid Card option.*

Have questions? Call **888-616-6411** (Monday – Friday 8 a.m. – 8 p.m. ET) [BeWellSHBP.com](https://BeWellSHBP.com)

# Be Well SHBP

Visit [BeWellSHBP.com](https://www.BeWellSHBP.com) for detailed program information and links to program activities. Earn 480 points in 2025.

✓ **If you haven't already, register for an account at [BeWellSHBP.com](https://www.BeWellSHBP.com).**

## ✓ **Find Out Your RealAge**

This scientifically-based online assessment determines your body's true age and provides recommendations to improve your well-being.

**(Points cannot be awarded until completion of the RealAge Test.)**

## ✓ **Know Your Numbers**

Get a biometric screening either at an SHBP-sponsored screening event, at a Quest Diagnostic Patient Service Center, or have your doctor fill out the 2025 Physician Screening Form. It is the member's responsibility to make sure that the 2025 Physician Screening Form is complete, submitted to and received by Sharecare no later than December 1, 2025.

## ✓ **Well-being Coaching**

Earn 40 points for one completed coaching session per month. You can earn 40 points up to six times, for a maximum of 240 points in 2025.

**Note:** You may complete as many coaching sessions as you like in a month; however only a maximum of one session in a calendar month qualifies you for 40 points.

## ✓ **Online Challenges**

Earn 40 points for completing a challenge. You can earn 40 points up to a maximum of 240 points:

- Steps Challenge (Complete and track 21 days in January, April, or September)
- Stress Challenge (Complete and track 21 days in May)
- Sleep Challenge (Complete and track 21 days in February or June)
- Nutrition Day Challenge (Complete and track 21 days in March, or October)
- Hydration Challenge (Complete and track 21 days in July)
- Green Day Challenge (Complete and track 21 days in August)
- Kindness Challenge (Complete and track 21 days in November)

## ✓ **Preventive Screening Exam**

Complete a preventive screening exam (colonoscopy, mammogram, pap smear or prostate screening) by August 31, 2025 and earn 60 points for each exam, up to 120 points. Members can self-attest to exams completed in September, October, November, and December 1, 2025.

✓ **Redeem points for one option. Select between redeeming your 480 points for 480 well-being incentive credits OR for a \$150 Sharecare Rewards Visa Prepaid Card when you complete all of the activities. Redeem points by navigating to the Rewards section of the App or website found under the "Achieve" section. Whichever option you choose first is final and you cannot change it for another option.**

**Points:** Points must be redeemed through the Sharecare Redemption Center and do not automatically transfer into member's HIA/MIA/HRA with Anthem or UnitedHealthcare. Points can be redeemed for well-being incentive credits in increments of 120 points.

**Well-Being Incentive Credits:** Well-being incentive credits will be available in your HRA/MIA/HIA within 30 days from redemption. Any points that have not been redeemed by midnight on 12/15/2025 will be transferred to your HRA/MIA/HIA as well-being incentive credits OR

Sharecare Rewards **Visa Prepaid Card:** You can redeem points for the \$150 Sharecare Rewards Visa Prepaid Card only if you have earned all 480 points in 2025. If you have already started redeeming your points for well-being incentive credits, you will not be eligible to receive a prepaid card. The Sharecare Rewards Visa Prepaid Card can be used anywhere Visa is accepted.

**Note:** Sharecare Rewards Visa Prepaid Card will be sent directly to the member or covered spouse redeeming their points within 4-8 weeks from redemption.

**Rollover Credits:** All unused well-being incentive credits earned in 2024 will automatically roll over in 2025 to your HRA/MIA/HIA dependent on the plan selected during Open Enrollment. SHBP will deposit your unused points as credits in incentive accounts in April 2025.

**Note:** Points for online challenges are earned by tracking your activity. Points cannot be awarded until completion of the RealAge Test. Completion of any other program activity prior to completion of the RealAge Test for 2025 will not have points awarded until completion of the RealAge Test.

The 2025 incentives do not apply to covered dependent children or members enrolled in the Kaiser Permanente and Medicare Advantage Plan Options. To earn points, complete your activities between January 1, 2025 and December 1, 2025.

Points are not automatically redeemed and transferred for Medicare Advantage members. Please redeem your points in the Sharecare Redemption Center before transferring into an SHBP Medicare Advantage Plan Option.

Have questions?  
Call Sharecare at 888-616-6411  
(Monday – Friday 8 a.m. – 8 p.m. ET)  
[BeWellSHBP.com](https://www.BeWellSHBP.com)

