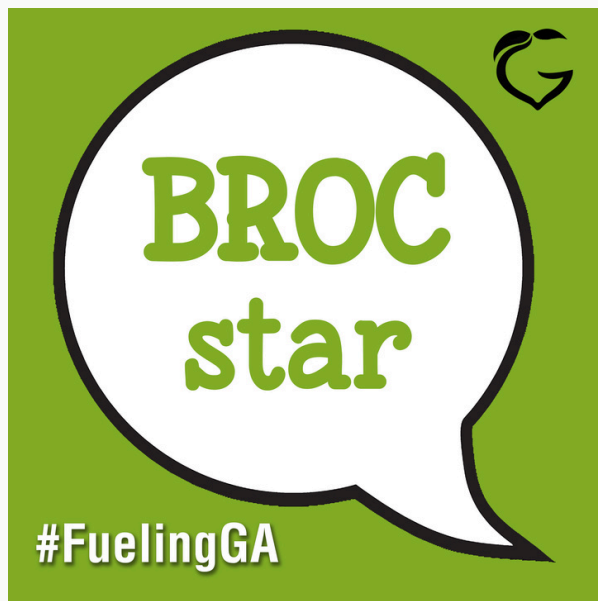


BEE WELL

Thomas County Wellness Newsletter

February 2025

Vol. 56



IN THIS ISSUE

Live Better Superfood: Broccoli

Employee Assistance Program

Superfood Recipe

Be Well SHBP Biometric Screenings

*"Spread love everywhere you go.
Let no one ever come to you
without leaving happier."*

- Mother Teresa



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

Broccoli



Broccoli is a champion of Vitamin C, boasting around 90% of the daily recommended value in just one cup. This essential vitamin strengthens the immune system and promotes healthy skin. Broccoli is also rich in Vitamin K, like other green veggies on MyPlate! Vitamin K is essential for blood clotting and bone health.

Broccoli is loaded with antioxidants that can reduce inflammation and lower our risk for chronic diseases. Full of fiber, broccoli also keeps us feeling fuller for longer. Broccoli is a low calorie, nutrient dense vegetable that belongs in your diet! Steaming or roasting helps preserve the nutrients in broccoli, but you can enjoy this veggie in a variety of ways!

NUTRITION FACTS

per ½ cup chopped, cooked broccoli

Calories	25
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	30mg
Carbohydrates	6g
Dietary Fiber	3g
Total Sugars	0g
Protein	2g



Ham & Broccoli Breakfast Casserole

INGREDIENTS

- | | |
|--|---|
| 2 c. broccoli florets | 1 c. reduced-fat Cheddar cheese, shredded |
| 4 c. frozen hash brown potatoes, thawed | 8 eggs, lightly beaten |
| 2 Tbsp chives (or ½ c. fat-free milk green onions) | ½ tsp. salt |
| 6 oz. low-sodium cooked honey ham, thinly sliced & chopped | ½ tsp. black pepper, ground |
| | ¼ tsp. garlic powder |

METHOD

1. In a medium saucepan, cook broccoli in boiling, lightly salted water 3 minutes; drain. Rinse with cold water; drain.
2. Coat a 2-quart rectangular baking dish with cooking spray. Add potatoes and chives to prepared dish; toss to combine. Top with broccoli, ham, and cheese.
3. In a medium bowl, combine the eggs, milk, salt, pepper, and garlic powder. Pour egg mixture over potato mixture. Cover with foil and chill overnight.
4. To serve, preheat oven to 350°F. Bake, uncovered, 50–55 minutes or until eggs are set (160°F.). If necessary to prevent over-browning, cover with foil for the last 10 minutes.

This dish meets the Live Better nutritional guidelines for an entree. Serving size: 1 portion •Yield: 8 servings
Calories: 219; Total Fat: 9g; Saturated Fat: 4g; Cholesterol 206mg; Sodium: 550mg; Total Carbohydrate: 20g; Dietary Fiber: 2g; Sugars: 2g; Protein: 15g; Potassium: 170mg; Calcium: 259mg

GEORGIA'S PUBLIC EDUCATION

Employee Assistance Program

a partnership with:



MONTHLY TIP

Stride Forward: Achieving Your Goals with Confidence

Reaching your goals can feel overwhelming, but with the right approach, success is within your reach. Follow these tips to set yourself up for achievement:

1. Set Attainable Objectives

Start by defining clear, specific, and realistic goals. Use the SMART framework: goals should be Specific, Measurable, Achievable, Relevant, and Time-bound. For example, instead of saying, "I want to get fit," try "I will exercise three times a week for 30 minutes."

2. Break Goals Into Milestones

Large goals can seem daunting. Break them into smaller, manageable steps to create a roadmap for success. Celebrate each milestone you accomplish—it builds momentum and keeps you motivated.

3. Initiate Positive Change

Taking the first step is often the hardest part. Identify one small action you can take today to move closer to your goal. Remember, progress, no matter how small, is still progress.

4. Overcome Obstacles

Challenges are inevitable, but your mindset matters. Focus on solutions instead of dwelling on setbacks. If a plan doesn't work, adapt and try a different approach.

5. Stay Consistent

Consistency is the key to long-term success. Dedicate time and effort regularly to your goals and track your progress to stay accountable.

Every journey starts with a single step. By setting clear goals, taking actionable steps, and staying consistent, you can confidently work toward achieving your aspirations. If you need additional support, your EAP offers free and confidential counseling, along with tools, resources, and guidance to help you stay on track and reach your goals.

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



Stride Forward

Learn to confidently achieve goals, including setting attainable objectives, initiating change, and breaking down goals into manageable milestones.

FEBRUARY 2025



LET US HELP

Visit the website below starting February 18

WEBSITE: EAPHelpLink.com

TOLL-FREE: 1.866.279.5177

COMPANY CODE: GADOE

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

Superfood of the Month Recipe



Roasted Broccoli and Cauliflower

a recipe from Georgia School Nutrition Division

MAKES: 8 cups PREP TIME: 5 minutes plus bake time CATEGORY: Side

Ingredients:

- 4 cups Cauliflower florets
- 4 cups Broccoli florets
- ¼ cup Olive oil
- ½ tsp Black pepper
- ½ tsp Salt

Steps:

1. Preheat oven to 425 degrees F.
2. Line a baking pan with parchment paper.
3. Wash cauliflower and broccoli florets.
4. Stir selected spices into olive oil before pouring over broccoli and cauliflower florets.
5. Evenly space florets on lined baking pan.
6. Bake for about 15-20 minutes until tips are slightly brown.

Tip: Have fun spicing this recipe up by flavoring with your favorite herbs and spices.

Be Well SHBP Biometric Screenings

- SHBP-sponsored onsite screening events are coming to Thomas County Schools in March and April.
- Members and their covered spouses enrolled in Anthem and UnitedHealthcare Commercial (non-Medicare Advantage) Plan Options can participate in the Be Well SHBP® well-being program and earn incentives. The screening is private and provided at no additional cost to you.
- It will give you results of your important health numbers (including blood sugar, hemoglobin a1c (HbA1c), cholesterol, blood pressure and BMI.)
- If you complete your RealAge™ Test and biometric screening, you earn 120 points for each activity (up to a total of 240 points).
- Below is a list of location dates and times, plus how to register. Now is the time to schedule your biometric screening appointment. Registration will close 2 weeks prior to the event date.

Thomas County Schools 2025 SHBP Biometric Screenings		
Location	Date	Time
Garrison Pilcher • Gymnasium	Monday, March 10 th	7 am – 3:30 pm
Board of Education • PLC	Thursday, March 27 th	7 am – 3:30 pm
TCCHS • Conference Room	Thursday, April 3 rd	7 am – 3:30 pm
Thomas County Middle School • Science Lab	Wednesday, April 16 th	7 am – 3:30 pm

How to schedule an appointment:

- If you have not registered for the BeWell SHBP® program, [register here](#).
- If you have already registered for the BeWell SHBP® program, you can [log in here](#).
- Once logged into your Sharecare account, click on the “Achieve” link on the left-hand side of the page.
- Click on the “Programs” tile.
- Click on the “Health Screening” tile. This will redirect you to the Quest scheduler.
- Read the Terms and Conditions and click “Accept & Continue”.
- Read the consent language, click on “I accept” then click the “Continue” box.
- Confirm your personal information and mailing address is correct and click “Save”.
- To schedule a screening at a Patient Service Center (PSC) click on “Schedule a Screening” or to schedule a screening at an onsite event click on “Make an Appointment”.
- Search for and select a desired location.
- Choose desired date and time.