

# BEE WELL

Thomas County Wellness Newsletter

March 2025

Vol. 57

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*"Train up a child in the way he should go: and when he is old, he will not depart from it."*

**~Proverbs 22:6**

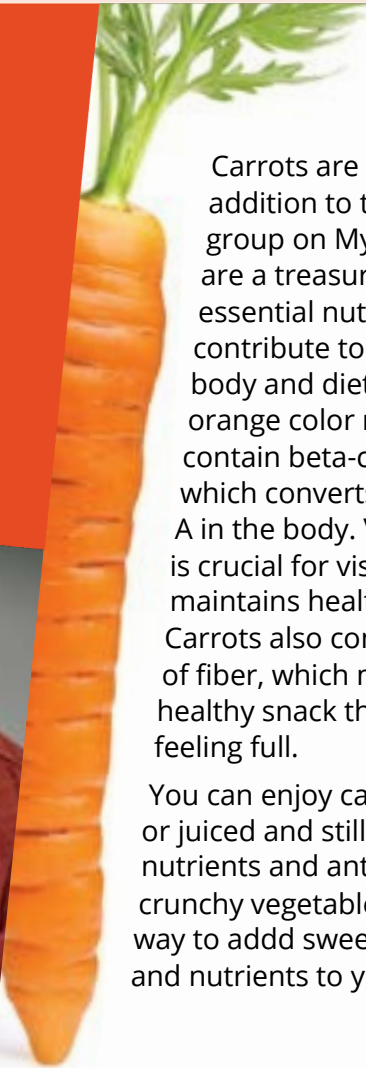


Above Photos from the Live Better Superfood Try-Day at Garrison-Pilcher February 28, 2025



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

# Carrot



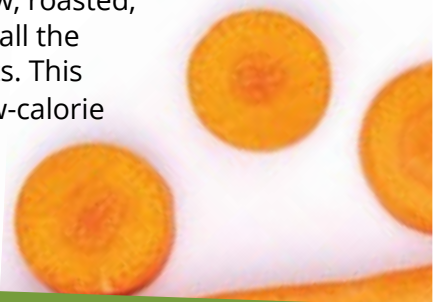
Carrots are a bright addition to the vegetable group on MyPlate! They are a treasure trove of essential nutrients that contribute to a healthy body and diet. Their bright orange color means they contain beta-carotene, which converts to Vitamin A in the body. Vitamin A is crucial for vision, and maintains healthy skin! Carrots also contain lots of fiber, which makes it a healthy snack that leaves us feeling full.

You can enjoy carrots raw, roasted, or juiced and still receive all the nutrients and antioxidants. This crunchy vegetable is a low-calorie way to add sweetness and nutrients to your diet.

## NUTRITION FACTS

1 cup medium carrot (61g)

|               |      |
|---------------|------|
| Calories      | 25   |
| Total Fat     | 0g   |
| Saturated Fat | 0g   |
| Cholesterol   | 0mg  |
| Sodium        | 42mg |
| Carbohydrates | 6g   |
| Dietary Fiber | 2g   |
| Total Sugars  | 3g   |
| Protein       | 1g   |



## Wellness Wednesday Tip

### Family Fun Night

- Looking to spend more time as a family? Here are some fun ideas to make the most of family time:
- Pick a theme:** Superheroes? Video game night? Let everyone vote on a fun theme for your night together.
  - Unplug and Play:** Put away the electronics and focus on board games, charades, blanket forts, or even just taking walks.
  - Team Up:** Work together on a family project like making pizzas or decorating cookies. Sharing a task builds teamwork and happy memories.
- Remember, the best part is being together and having fun!



## Carrot Cake Oatmeal Bars

### OATMEAL BAR INGREDIENTS

2 cups old-fashioned rolled oats  
½ cup chopped toasted  
pecans or shredded  
unsweetened coconut  
1 tsp baking powder  
1 tsp ground cinnamon  
¾ tsp ground ginger  
¼ tsp baking soda  
¼ tsp ground nutmeg  
¼ tsp salt

½ cup low-fat milk  
2 large eggs, at room temperature  
6 Tbsp light brown sugar  
¼ cup unsweetened applesauce  
½ cup shredded carrot  
¼ cup raisins

### GLAZE TOPPING

2 oz cream cheese, softened  
1 ½ Tbsp confectioners' sugar  
2 Tbsp low-fat milk  
½ tsp vanilla extract

### METHOD

1. **To make oatmeal bars**, stir oats, pecans, baking powder, cinnamon, ginger, baking soda, nutmeg and salt together in a large bowl. Whisk milk, eggs, sugar and applesauce in a medium bowl until well combined. Add the milk mixture to the oat mixture; stir until well combined. Fold in carrot and raisins. Let the mixture stand at room temperature for 30 mins, stirring occasionally.
2. Preheat oven to 350°F. Line bottom and sides of an 8" square baking pan with foil. Lightly grease with cooking spray.
3. Spread the mixture evenly in the prepared pan. Bake until set and edges are starting to turn golden, 35–40 mins. Let cool in the pan for 10 mins. Using the edges of the foil as handles, transfer to a cutting board and let cool to room temperature.
4. **Meanwhile, make the glaze topping.** Place cream cheese and confectioners' sugar in a small bowl; beat with an electric mixer on medium speed until smooth. Add milk and vanilla; continue beating until smooth. Spread over the top of the cooled oat bars. Cut into 9 pieces.

This dish meets the Live Better nutritional guidelines for a side.  
Serving size: 1 bar • Yield: 9 servings

Calories: 203; Total Fat: 7g; Saturated Fat: 3g; Cholesterol 63mg; Sodium: 209mg; Total Carbs: 17g; Dietary Fiber: 2g; Sugars: 13g; Protein: 9g; Potassium: 245mg; Calcium: 91mg

Superfood of the Month:

# Carrot



Archbold



GEORGIA'S PUBLIC EDUCATION

## Employee Assistance Program

a partnership with:



### MONTHLY TIP

## Body to Brain: Harmony in Motion

Did you know that moving your body can calm your mind? Physical activity is more than just a way to stay in shape—it's a powerful tool for maintaining mental health. Regular movement helps reduce stress, improve mood, boost energy, and enhance focus. The connection between body and brain is undeniable, and integrating movement into your daily routine can bring a sense of balance and harmony.

Here are some strategies to make physical activity a natural part of your day:

- 1.Start Small:** Commit to just 10 minutes of movement. A brisk walk, light stretching, or a quick dance session can make a difference. Gradually increase the time as it becomes a habit.
- 2.Incorporate Movement into Routine:** Park further from the entrance, take the stairs, or do a few stretches during TV commercials. Small changes add up!
- 3.Try Mindful Movement:** Activities like yoga, tai chi, or Pilates combine physical exercise with mental focus, helping you feel grounded and centered.
- 4.Socialize While Exercising:** Walk with a friend, join a sports league, or participate in a fitness class. Building connections while being active strengthens both body and mind.
- 5.Make It Fun:** Choose activities you enjoy—dancing, cycling, swimming, or hiking. When you love what you're doing, it won't feel like a chore.

If you need support in creating a balanced lifestyle, reach out to your EAP for resources, guidance, and additional tools to help you thrive

### 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**

## BE WELL SHBP BIOMETRIC SCREENINGS

- SHBP-sponsored onsite screening events are coming to Thomas County Schools.
- 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. Registration will close 2 weeks prior to the event date.

| Thomas County Schools 2025 SHBP Biometric Screenings |                       |                |                     |
|------------------------------------------------------|-----------------------|----------------|---------------------|
| Location                                             | Date                  | Time           | Registration Closes |
| Board of Education<br>• PLC                          | Thursday, March 27th  | 7 am – 3:30 pm | Closed 3/13         |
| TCCHS<br>• Conference Room                           | Thursday, April 3rd   | 7 am – 3:30 pm | 3/20                |
| Thomas County Middle School<br>• Science Lab         | Wednesday, April 16th | 7 am – 3:30 pm | 4/2                 |

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.

For any issues registering for a biometric screening, please call 1-888-616-6411.

# 2025 BE WELL SHBP PROGRAM OVERVIEW



## 2025 Wellness Overview

### Become a healthier you in 2025 with the **Be Well SHBP®** 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® 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® 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)

# 2025 BE WELL SHBP PROGRAM OVERVIEW

Visit [BeWellSHBP.com](https://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://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://BeWellSHBP.com)

