NOVEMBER

# EMPLOYEE WELLNESS NEWSLETTER

## Benefits Spotlight

**TRS Virtual Health**

***Care that comes to you... anytime, anywhere!***

**Skip the waiting rooms and traffic. Get 24/7 virtual medical and mental health care for common illnesses such as colds, flu, allergies, sore throat and headaches. Prescriptions can be sent directly to your pharmacy!**



**RediMD**
**$0 copay: Primary, Primary+ and AC2**
**$30/visit: ActiveCareHD**

**https://tinyurl.com/RediMD**

**855-942-4900**

**Teladoc**
**$12 copay: Primary, Primary+, AC2**
**$42 copay: ActiveCare HD**

***Mental Health***
**$0 copay: Primary, Primary+, AC2**

**https://tinyurl.com/msxrpne**

**855-835-2362**

### Health Challenge

**From Nov. 4th-19th, join our Mental Health Challenge by practicing daily self-care. You may submit one entry each day you practice self-care - the more days you participate, the more chances to win!**

**Prize: A gift certificate for 6 free visits to The Joint Chiropractice.**

**Let's make self-care a daily habit and prioritize our mental well-being.**

**https://forms.gle/k8BVJYQpn1AC14HN9**

### October Challenge Winner!

**Congrats to Elva Hernandez the winner of the October Wellness Challege!**

### Self-Care Tips

**Taking time for yourself each day helps reduce stress and improve your mood. Try simple acts of self-care like going for a walk, listening to music, journaling, meditating, reading, spending time with loved ones, enjoying a warm bath, stretching, cooking a healthy meal, limiting screen time or getting a good night's sleep. Small moments of calm can make a big difference in your mental well-being.**

### Healthy Recipe

> **"Taking care of yourself starts with the little things, even what's on your plate"**

**A healthier you, one bite at a time.**

**Autumn Harvest Salad**

**https://tinyurl.com/yeddz6h2**

**Chicken, Broccoli and Sweet Potato Sheet Pan**

**https://tinyurl.com/y9b6vtc8**