



EVERYDAY WELLBEING

October Is The Month for:

- Breast Cancer Awareness
- Bone and Joint Health
- Emotional Wellness

Breast Cancer Awareness Month, held in October every year, was created in 1985 to promote screening and prevention of the disease, which affects 1 in 8 women in the United States every year and 2.3 million women worldwide.



- In 2022, an estimated 287,500 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 51,400 new cases of non-invasive (in situ) breast cancer.
- 65% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer has spread outside of the breast), for which the 5-year relative survival rate is 99%.
- This year, an estimated 43,550 women will die from breast cancer in the U.S.
- Although rare, men get breast cancer too. In 2022, an estimated 2,710 men will be diagnosed with breast cancer in the U.S. and approximately 530 men will die from breast cancer.
- Breast cancer is the most common cancer in American women, except for skin cancers. It is estimated that in 2022, approximately 30% of all new women cancer diagnoses will be breast cancer.
- There are over 3.8 million breast cancer survivors in the United States.
- On average, every 2 minutes a woman is diagnosed with breast cancer in the United States.



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Every October, the United States Bone and Joint Initiative promotes Bone and Joint Health Awareness. Their focus is on educating the general public about musculoskeletal (bone and joint) conditions.

Bone and joint diseases affect roughly 50% of the nation's population. The disease presents itself in the form of arthritis in various kinds, Spondyloarthritis, osteoporosis, Metabolic bone diseases, Scoliosis, fractures, and muscle and ligament injuries which is a leading cause of chronic pain and physical disability worldwide for backs, knees, and hips.

How can you help keep your bones and joints healthy?

- Keep a healthy body weight – Additional weight can increase the stress on your hard-working joints.
- Physical activity helps maintain your bone density as you age.
- Exercise keeps your joints limber
- Improve your balance
- Make smart food choices rich in calcium and vitamin D which helps your body to absorb this essential nutrient.
- Seek medical advice for bone or joint pain, don't wait until you are at crisis level. Your pain can be something simple but possibly a sign of a major health issue. The sooner you intervene the better.

For more information, visit: <https://www.usbji.org/programs/public-education-programs/action-week>.



EVERYDAY WELLBEING

October Is The Month for: Emotional Wellness

ASSESS YOUR STRESS



- Breast Cancer Awareness
- Bone and Joint Health
- Emotional Wellness

While taking stock of our stress levels, it's an excellent time to make some changes, too. Emotional Wellness Month provides information and resources to help us do just that. Stress comes into all our lives in varying amounts. Depending on our demands, emotional health can take a toll. However, noting the causes of our stress helps identify the biggest offenders so we can stop them.

Calculate screen time

- In this digital world, the amount of time we spend online impacts our emotional health. We are bombarded by data, news, and alerts constantly. Consider reducing the amount of time spent in front of the screen. One way to reduce online and screen time is to unplug one day a week. Use the time to read a book, schedule a massage, and go for a walk. Rate your emotional wellness before and after your unplugged time.

How's your physical health?

- Keep up with routine health checks. Also, add healthy eating habits and increase physical activity to reduce overall anxiety.

Review your financial plan

- Make sure your plan aligns with your savings and income with our goals. You may need to readjust for the future or change current spending habits. Even planning for a dream vacation can improve emotional wellness when done responsibly.

Remember the relationships in your life

- This is a big one. Friends, family and even co-workers play a huge role in our emotional health. They improve our social and spiritual wellbeing by keeping us connected. Large or small, a well balanced, healthy, social community provides satisfying spiritual, emotional, recreational and educational benefits. As a result, our friends and family provide a strong support system we rely upon when a crisis strikes.

BY IDENTIFYING STRESSORS AND IMPROVING OUR EMOTIONAL HEALTH, WE ARE MORE LIKELY TO SURF THROUGH THE HIGHS AND LOWS IN LIFE MORE SUCCESSFULLY.

Access resources available to you

- Visit www.hrconnection.com (guest key: NBOE) and click the Wellness tab.



VOLUNTARY BENEFITS

Life Insurance Plans

Life insurance is one way to bolster your financial plan and protect your family's financial future. The best life insurance for you will depend on your financial goals, budget and how much cash value you want to build within a policy.

Investment Plans

To make a solid investment plan, you have to know why you are investing. Once you know the objective, figuring out which choices are most likely to get you there becomes easier.

Disability Plans

According to the Social Security Administration, a 20-year-old worker has a one-in-four chance of becoming disabled before reaching full retirement age.

Disability coverage provides you with the support you need if you were to become hurt or sick and could not work. Long-term disability insurance can offer years of replacement income, lasting well into your 60s in many cases, while short-term disability helps during a temporary injury or illness, or when you give birth.

FOR MORE INFORMATION ABOUT OUR VOLUNTARY BENEFITS, VISIT WWW.HRCONNECTION.COM (GUEST KEY: NBOE)

Additional Voluntary Benefits

Be sure to take advantage of our other benefits through these vendors.



WELLNESS TRENDS

Here are some of the top health and wellness trends for October 2022 to help you kickstart a new, healthier, happier lifestyle.



MINDFUL EATING

The idea behind it is to take your time while eating. Savour the flavours on your tongue, smell the aroma, and notice your dish's colours and appearance. Slowing down and being more aware of your eating is a great way to avoid 'shovelling' and overeating, which is closely linked to weight gain.

DIGITAL DETOXES

Whether you turn your devices off for a few hours, a day, a weekend, or a week, taking some time away from the pressures of social media and giving your eyes a break from those harsh blue lights is fantastic for our mental health.

FLEXIBLE, MINI-GOAL SETTING

Rather than your usual New Year resolutions, these flexible goals allow you to regain control of your days and provide a sense of achievement vital for your mental health. Whatever it is, make it achievable and schedule it in. You'll be amazed at what a tiny achievement does for your overall sense of wellbeing.



SIMPLIFIED SKINCARE

Many of us have reported problem skin over the past year, and chances are, it's linked to using too much product.

The overuse of beauty products can be too much for our skin to handle, leading to damaged moisture barriers and other issues. Simplified skincare has another benefit: it's cheaper and it may benefit your skin more than you'd think!

HOT AND COLD THERAPY

This wellness trend has been embraced by multiple experts, including biohackers, performance coaches, and recovery specialists. What's interesting is that a full ice plunge doesn't seem to be necessary. A cold shower or exposure to cold weather can offer a wide array of benefits to our physical and mental health.

"RADICAL SELF-CARE"

Radical self-care goes beyond putting yourself first to be at your best for others. It can also be used as a kind of preventative care routine to ensure you're at your happiest and healthiest best before you get sick or emotionally exhausted. This includes things like eating healthier, exercising regularly, maybe speaking with a therapist, and taking time out to practice self-care before burnout strikes.



ONLINE FITNESS CLASSES

Not only is it quick and easy to work out in your lounge now, but online classes (live streams or pre-recorded) offer a more accessible way to get fit in a way that suits your schedule with everything from 5-minute fitness routines to hour-long guided exercises. In addition, online classes make a nice change for those of us who don't feel comfortable working out in a gym due to intimidation or low self-confidence.

BACK TO NATURE

Not only is the fresh air brilliant for our physical health, but numerous studies have demonstrated how spending time in nature can dramatically improve mental health conditions, including relieving some of the symptoms of anxiety and depression.

TOUCH-FREE SPAS

These hands-free wellness centres will include things like isolation pods, floating tanks, and aromatherapy – which would be touch-free anyway – in addition to innovative new technologies that will enable you to enjoy a bit of pampering without anyone laying a finger on you.



Spotlight *On* *Mental Health*

What Is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental Health and Wellness

Positive mental health allows people to:

Realize their full potential

- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

For additional resources and tools, visit www.hrconnection.com (guest key: NBOE) select the Wellness tab and click EAP/Free Wellness Options



Important Announcements



The Office of Benefit Services has been working hard to provide you with the most robust programs and benefit offerings. We have some exciting developments coming soon!

Are you applying for credit, leasing or renting, financing a purchase, or applying for government services? If yes, we've made it easier for you to get proof of income or employment when you need it without calling HR.

We have partnered with The Work Number® from Equifax, which is a simple, quick, and more private way to help get your employment and income information to companies when needed. It's available 24/7 so that you can get the decisions you need when you need them.

From now on when asked for proof of employment or income, just send them to:

www.theworknumber.com

800-367-5690 M-F 8:00 am to 8:00 pm (ET)

member@equifax.com

To learn more about all the benefits of The Work Number service visit

<https://employees.theworknumber.com>. The

Employer Code is 3300.

Open Enrollment begins Tuesday, November 1st and ends at 11:59 EST on Tuesday, November 15th with webinars scheduled for Thursday, October 27th from 3:30 - 4:30 pm and Wednesday, November 9th from 3:30 - 4:30 pm. Detailed information regarding Open Enrollment information will be sent via email on 11/1.

Save time and download the new

 benefitexpressway app

from WEX in  Google Play or  Download on the App Store

A new benefits website is launching soon that will be replacing www.hrconnection.com. This new site will contain more digitized content including videos, graphics and other media so that you can Know More. Choose Better. Live well.





LOOKING AHEAD

Here's a sneak
peak at what's to
come in the next
issue:

- Everyday Wellbeing: November
- Open Enrollment (11/1 - 11/15)
- New Program: Maven
- Spotlight on: Healthy Skin
- New Benefits website
www.NBOEHRS.com