



Work Hard, Play Harder

Did You Know?

Your daily habits influence a lot: how you eat, sleep, your energy, and how you feel. The best way to change a habit is to start small.

Looking to change an unhealthy habit this year? Try making a list to help you think about your daily routine. Write down unhealthy things you might do every day. Pick one habit on this list to change and make a simple plan. For example, swap out an afternoon sugary drink for water. Focus on the new habit for the next 7 days. If you slip, forgive yourself, and simply start over for another 7 days. Change is hard, but these steps will help you meet your goals!

January is National Blood Donor Month

NEW for 2022: Virtual Primary Care and Dermatology

Virtual primary care includes two services: virtual wellness screenings and routine care. Virtual wellness screenings are a replacement for an in-person wellness exam. Routine care visits help members manage conditions and establish a relationship with a PCP. Primary care is offered by appointment only.

Virtual dermatology launched on January 1, 2022. MDLIVE requires members to describe their condition, take a picture (or several) of the affected area, and upload them to the MDLIVE for Cigna portal. A doctor will respond with a treatment plan within 24 hours. There is no “live” conversation with a doctor via phone or video; consults are completed via messaging.

Access MDLIVE by logging into myCigna.com and clicking on “Talk to a Doctor”. You can also call MDLIVE at 888-726-3171. Phone calls are unavailable for dermatology. Select the type of care you need – medical care or counseling. Costs will be displayed on by myCigna.com and MDLIVE. Follow the prompts for an on-demand urgent care visit, to make an appointment for primary or behavioral care.

Source: www.MyCigna.com

The month of January is usually a period of critical blood shortages. People stop donating blood during the holidays and when they get sick during cold and flu season. Blood drives also get snowed out during the winter months.

National Blood Donor Month was implemented on December 31, 1969, and was meant to honor voluntary blood donors and to encourage more people to give blood at a time when more blood is needed.

A blood donation is truly an altruistic gift that an individual can give to others in need. In only 45-60 minutes, an eligible individual can donate one unit of blood that can be separated into four individual components that could help save multiple lives.

To donate blood, find a blood donation facility to make an appointment. Blood can also be donated during blood drives. When making an appointment, be sure to ask the following questions:

- What are the general donor requirements? (Most places

require a minimum weight of 110 lbs., be at least 16 years old, and be generally healthy)

- What kind of identification is required?
- If you have any particular health concerns or have traveled outside of the country, it’s also a good idea to inform the blood bank at the time you are making an appointment.

During a pre-donation screening, an employee will ask you some confidential questions about your health, lifestyle, and disease risk factors. A short health exam will be conducted, and a drop of blood from your finger will be tested to ensure that your blood iron level is sufficient for you to donate.

After donating, it is recommended that you increase your fluid intake for the next 24-48 hours; avoid strenuous physical exertion or heavy lifting or pulling with the donation arm for 5 hours; and eat well-balanced meals for the next 24 hours.

Source: www.aabb.org



Questions?

Visit Cigna’s website at www.mycigna.com for more personalized information. For other questions, contact a Cigna representative at

1-800-244-6224.

Rock Your Wellness Trivia Challenge

The Rock Your Wellness Trivia Challenge concluded on November 30, 2021. All active participants will receive an ACPS logo vest. They are in the process of being delivered. Once organized, they will be sent to schools in the courier.

Nutrition Awareness Challenge

The Nutrition Awareness Challenge began on January 4, 2022, and will conclude on February 4, 2022. During the month-long challenge, employees will track their intake of vegetables, fruits, proteins, and water. Score points for each serving of vegetables, fruits, and proteins, and for each cup of water that you drink. Participants will work towards a predetermined goal to complete the challenge. Good luck, and have fun!

Make Resilience a Ritual

Life doesn't come with a map. There are twists and turns. Resilience is about finding inner strength, knowing how to deal with the bad and bouncing back better. And it's a skill everyone can improve upon. Whether it's signing up for a cooking class, joining a book club, or planning a vacation, find something that will put a bright spot on your horizon. It's nice to have something to look forward to. Here are four ways to build resilience:

1. **Strengthen connections.** Friends and family are big resilience builders. Set up a weekly coffee date or video call and stay committed to it. Having a close network to lean on in times of need is key.
2. **Give back.** Whether it's volunteering in your community or taking part in a fundraiser, helping others helps ground you and gives you a sense of purpose.
3. **Nurture number one.** Eat well, hydrate, move your body and get plenty of sleep.
4. **Stay positive.** Focus on desired outcomes versus negative results, and know that life is full of phases and changes.

Cheesy Spaghetti Squash Boats

Stuffed spaghetti squash makes for such a fun presentation. Cook the chicken in advance so this weeknight-friendly recipe is low-carb but seriously satisfying.

Source: www.macrostat.com



Ingredients:

- 1 medium spaghetti squash, halved with seeds removed
- 1 tsp. olive oil
- ½ tsp. salt
- 2 cups broccoli florets
- 8 oz. cooked chicken breast, diced
- ¼ cup low-fat cream cheese
- ¼ cup shredded cheddar cheese
- 1 tsp. granulated garlic
- 2 tbsps. Parmesan cheese, grated
- Optional garnish, red pepper flakes

Directions:

1. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper.
2. Rub olive oil all over the inside of the spaghetti squash halves and season with a pinch of salt. Transfer both halves to the baking sheet (cut sides down), and roast for 25-35 minutes or until the flesh is easily pierced.
3. Once cool enough to handle, use a fork to pull out the flesh in long shreds. Transfer them to a large bowl and set the shells aside. Increase oven temperature to broil.
4. Meanwhile, bring a medium saucepan of water to a boil. Add broccoli florets and simmer until just fork tender, about 4-5 minutes. Drain water and pat dry.
5. Add the hot broccoli to the bowl with the squash along with the chicken breast, cream cheese, cheddar cheese, and granulated garlic. Use tongs to toss until everything is well incorporated. Season with salt and pepper to taste.
6. Divide squash mixture between two shells and place back on the baking sheet. Top each half with Parmesan cheese and broil for 2-3 minutes until the top is browned and bubbly.