



Work Hard, Play Harder

Did You Know?

You don't have to train like an athlete to get the benefits of exercise. The important thing is to move your body every day.

Low-impact exercise is a great option if you have painful joints or other health issues. It can help you ease into exercise safely. Low-impact exercise can improve your health by building strength needed for everyday activities; improving your balance and lowering your risk of falls; increasing your energy and reducing fatigue; maintaining a healthy weight; preventing joint injuries and existing conditions from worsening; and reducing stress and anxiety.

October is Breast Cancer Awareness Month

Spread the Word, Not the Flu

With COVID-19 vaccines now available, in addition to the regular flu shot, people may be wondering whether to get a flu shot this year. Because the flu shot and COVID-19 vaccines protect against different viruses, it's important to get both vaccines. Flu vaccination is a key preventative measure for slowing the spread of the flu.

During the 2019-2020 flu season, vaccination prevented an estimated 7.5 million flu illnesses; 3.7 million medical visits; 105,000 flu hospitalizations; and 6,300 flu deaths.

CDC recommends that everyone age six months and older should get an annual flu shot by the end of October. Vaccination in October allows time for antibodies to develop and provide protection during the peak flu season.

There is no longer a recommended waiting period between getting the COVID-19 vaccine and other vaccines. However, people should consult with their pharmacist or health care provider when deciding what vaccines are right for them.

For more information, visit the CDC flu resource page at <https://www.cdc.gov/flu/resource-center/index.htm>.

Source: www.mycigna.com

October is Breast Cancer Awareness Month. Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissue or metastasize to other areas of the body. No one knows the exact cause of breast cancer, but we do know that it is always caused by damage to a cell's DNA.

One in eight women will be diagnosed with breast cancer in her lifetime. Breast cancer is the most common cancer in American women, except for skin cancers. It is estimated that in 2021, approximately 30% of all new women cancer diagnoses will be breast cancer. But there are over 3.8 million breast cancer survivors in the United States.

In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, there has been a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been

declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options.

While you can't usually prevent cancer, it is important to be proactive about your health. According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams and scheduling regular clinical breast exams and mammograms.

Many breast cancer symptoms are invisible and not noticeable without a professional screening, but some symptoms can be caught early just by being proactive. Any time an abnormality is discovered, it should be investigated by a healthcare professional.

For more information or access to helpful resources, visit www.nationalbreastcancer.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.

Olympic Action Activity Challenge

The Olympic Action Activity Challenge will conclude on October 15, 2021. Hopefully the more than 200 participants are having fun learning interesting facts about the Torch Route through Japan while they track their favorite activities and reach achievements for tracking 6,000; 8,000; and 10,000 steps per day throughout the challenge. Top finishers will be announced at the end of the challenge, and all active participants will earn a prize for joining the challenge! Stay tuned for updates!

Up Next: Rock Your Wellness Trivia Challenge

Our next wellness challenge will begin on November 1, 2021, and will run until the end of the month. During the Rock Your Wellness Trivia Challenge, participants will work their way along a virtual map and learn about inductees to the Rock & Roll Hall of Fame by completing their favorite physical activities. Be on the lookout for fun nutrition trivia questions each week. This challenge is designed for all fitness levels. Push yourself harder each day and see what fitness goals you can achieve! And remember, this is NOT just a steps challenge, any fitness activity counts! As always, all active participants will earn a prize.

Employee Health Fair – NOW A VIRTUAL EVENT!

This year's employee health fair will now be a VIRTUAL event and will be held on Friday, November 12, 2021, from 2-4 p.m. More details will be forthcoming closer to the event. All virtual attendees will be entered into a raffle drawing for some awesome prizes! Stay tuned for updates!

Flu Shot Clinics

Unfortunately, since we will not be able to be in-person for our annual employee health fair again this year, PharmaCare has offered to visit schools/buildings to hold flu shot clinics for any that are interested. If your school or building would like to schedule a clinic, please email Jennifer Hare of PharmaCare at jhare@3ipc.com.

Crock Pot Sweet Potato Chipotle Chili

Try this tasty and healthy recipe with a kick of spice! Sweet potatoes are packed with Anti-inflammatory nutrients, ideal for those who suffer with arthritis or asthma.
Source: Cigna



Ingredients:

- 2-3 sweet potatoes, peeled and chopped (around 3-4 cups)
- 3 cups broth (use less for a thicker texture)
- 1 lb. ground lean pork, beef, chicken, or turkey
- 1 tbsp. olive oil
- 14 oz. diced canned tomatoes (drained). You can use the garlic or onion flavor if you like.
- 1 cup chopped white onion
- 2-3 cups chopped cauliflower (add as much or little as you like)
- 1 tsp. minced garlic
- 2 chipotles in adobo, chopped, or substitute ½ cup hot chipotle salsa
- ¼ tsp. cumin
- ½ tsp. paprika
- ¼ tsp. black pepper
- Sea salt to taste
- ½ shallot (diced) or ¼ cup red onion (optional)
- Herbs to garnish

Directions:

1. Chop and peel your potatoes. Place them in a microwave-safe bowl and steam with 1 tbsp. of water for 90 seconds.
2. Add ground meat to the crock pot with broth and oil.
3. Add tomatoes, sweet potato, onion, and cauliflower and mix all together.
4. Add your seasonings and chipotle peppers with sauce.
5. Stir and cook on high for 3-4 hours.
6. Add shallots the last hour (optional).
7. Add more paprika and/or black pepper and sea salt to taste when finished cooking.
8. Garnish with fresh herbs, such as cilantro or basil.