



# Wellness Newsletter



## Charger Fit Contest Winners

Congratulations go to Alicia Abernathy and Laurie Joiner! Alicia was the winner of the Wellness Wednesday \$50 gift card, and Laurie was the winner of the "UAH Spring Into Action" MoveSpring Challenge \$75 gift card. Thank you to everyone who participated in our Wellness Wednesday webinar and MoveSpring Challenge. Be on the lookout for more opportunities for a chance to win a gift card from Charger Fit!



## Gilsbar Boost Your Active Minutes Challenge

The goal of this challenge is to increase the number of minutes you are physically active each day. Finding time each day to exercise is key in preventing disease and maintaining a clear mind. Registration for the Boost Your Active Minutes Challenge will be from April 6, 2022 - to April 19, 2022. Your goal is to log 150 active minutes per week (600 total minutes) over four weeks to earn up to **30 wellness points**. Enroll through the Wellness Challenge tile in your Gilsbar account. The challenge begins on April 20, 2022, and will run through May 17, 2022. Watch yourself climb the leaderboard by tracking your active minutes!



APRIL 2022

## UPCOMING EVENTS

Gilsbar's Boost Your Active Minutes Challenge Registration

APRIL 6 - APRIL 19

Gilsbar's Boost Your Active Minutes Challenge

APRIL 20 - MAY 17

Wellness Wednesday  
APRIL 27

---

## CONTACT US

256-824-2259

Shelbie King Hall 102

[chargerfit@uah.edu](mailto:chargerfit@uah.edu)

[www.uah.edu/hr/wellness](http://www.uah.edu/hr/wellness)



@UAHChargerFit



# Wellness Wednesday

**Coming Soon: Virta Health.** Learn more about a new Diabetes reversal program offered by UAH! This month's Wellness Wednesday will be held on April 27, 2022, @ 10:00 am. Devon Thornberry, a Customer Success Manager from Virta Health will be giving an overview of the new diabetes management program offered to eligible health plan participants by UAH. Virta is the first and only clinically proven treatment to reverse type 2 diabetes safely and sustainably without medication or surgery. Participants in the webinar will learn what diabetes reversal means and how reversal is achieved through the Virta Health program. All attendees will receive **30 points** added towards your wellness incentive. For those who register for this month's Wellness Wednesday, you will be entered into a random drawing for a **\$50 gift card**. Click [here](#) to sign up!



# April is National Esophageal Cancer Awareness Month

Across the United States, esophageal cancer is a growing concern. That is why the month of April has been designated as Esophageal Cancer Awareness Month. According to the American Cancer Society, esophageal cancer starts when cells in the lining of the esophagus begin to grow out of control. Esophageal cancer can start anywhere along the esophagus. It starts in the inner layer of the esophagus wall and grows outward through other layers. There are two main types of esophageal cancer: Squamous Cell Carcinoma (formed from the squamous cells that line the inner layer of the esophagus) and Adenocarcinoma (cancer that replaces the squamous cells in the lower part of the esophagus). Research shows that about 20,640 men and women will be diagnosed with esophageal cancer in 2022 and of that 20,640 cases, 16,410 men and women are estimated to die. Esophageal cancer is more common in men than among women. Esophageal cancer makes up about 1% of all cancers diagnosed in the United States. Although many individuals who are diagnosed with esophageal cancer will die from the disease, treatment has improved and survival rates are getting better. For more information on esophageal cancer, please visit the American Cancer Society's webpage.



# SageView Presents: Money Matters 2022 Financial Wellness Workshop

Join SageView for their annual two-part webinar series "Money Matters" SageView's National Education Team will cover six essential financial topics everyone should know. The first "Money Matter" financial series will be held on Tuesday, April 12, 2022 @ 1:00 pm. For more information about the Spring Workshop, check out the flyer below. Click [here](#) to register for series one of the "Money Matters" workshop.

SAGEVIEW Presents: Money Matters 2022 FINANCIAL WELLNESS WORKSHOP	
Join SageView for our annual two-part webinar series hosted by our National Education Team as we cover six essential financial topics everyone should know. Each 60-minute workshop will have three webinars led by experienced SageView advisors. After each session you'll receive a one-page flyer with key concepts for you to keep!	
You can join us for the whole workshop or just attend specific sessions -- it's up to you!	
SPRING WORKSHOP	FALL WORKSHOP
Tuesday, April 12, 2022 11:00 am PDT / 2:00 pm ET	Tuesday, October 4, 2022 11:00 am PDT / 2:00 pm ET
11:00 am <b>Target Date Funds</b> Do it myself or do it for me? A deep dive into understanding Target Date Funds and all the investment options in your retirement plan.	11:00 am <b>Cybersecurity and your Finances</b> Be the master of your money and protect your assets, your future and yourself.
11:20 am <b>Automating Healthy Financial Health</b> Simplify your finances by using the power of automation to save more for emergencies, retirement and other financial goals.	11:20 am <b>Countdown to Retirement</b> Be the master of your money and you're financially ready to retire, including your net worth, emergency savings and all retirement income sources.
11:40 am <b>Debt Management and Prioritizing Your Savings</b> How much should you pay? How to build your retirement plan versus other goals, emergency savings and paying off debt? Why it's worth you through how to prioritize your savings and build a plan.	11:40 am <b>Taxes in Retirement</b> After your last paycheck, taxes don't seem like a thing. Strategies for drawing down assets in retirement.

# Register For TIAA's Live Webinars:

Join TIAA for April's monthly financial webinars. Remember your financial health is just as important as your physical health. To register, click [here](#).

**Register now for TIAA's live webinars**

**Keep your financial goals on track with TIAA's live webinars. Reserve your spot today.**

**Register now**

**Visit TIAA.org/webinars to reserve your spot today.**

**Money at Work: Sharpening investment skills**  
Four more years in your savings strategy to verify you're on the right track, and if you're off track, learn what adjustments you need to make. Learn how to plan your investments and hold on to as much of your nest egg as possible.  
April 12 at 12 p.m. (ET)

**Looking to have your retirement savings into a paycheck for life?**  
You diversify your investment portfolio before retirement to help offset risk. A similar strategy can help you pay for retirement. Learn how creating a diversified income plan that uses a combination of income sources and includes annuity income can help you pay for retirement. We'll also show you how to use your 401(k) and IRA to help you pay for retirement and more. (This session is recorded on demand.)  
April 12 at 2 p.m. (ET)

**Quarterly economic and market update**  
Take a break from the news and get the latest on the financial markets, including key market trends, the U.S. economy, policy and politics, and creating a public market. We'll also cover the challenges that markets have and how to navigate them.  
April 12 at 3 p.m. (ET)

**Inside Money: Managing income and debt**  
Discover how to build your money plan today by using your cash flow more effectively, managing your debt and better managing debt.  
April 14 at 12 p.m. (ET)

**Retirement Income Diversification - What, Why and How**  
Learn about income diversification, why it's important and how it connects into your retirement income strategy. It highlights the four key retirement risks and potential income sources that can help create a strategy to mitigate them.  
April 14 at 2 p.m. (ET)

**An Introduction to Alternative Investments: Real estate**  
Investment alternatives are important! This session will help investors understand TIAA's innovative approach to real estate and how it can help diversify an investment portfolio. Participants will receive an in-depth look at the TIAA Real Estate Report. (This session is recorded on demand.)  
April 19 at 12 p.m. (ET)

