

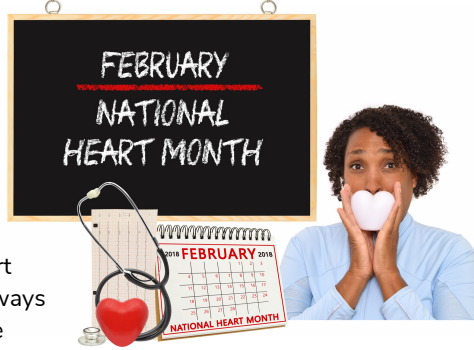


# Wellness Newsletter



## Wellness Wednesday

We are gearing up for our first Wellness Wednesday of the year and we are excited about the incredible line-up of speakers for 2023! February is American Heart Month, and this month's Wellness Wednesday presentation will focus on the importance of heart health. Stephanie Cline, (Director, Heart Challenge) from the American Heart Association will be sharing lifesaving tips to keep your heart healthy, discussing the difference between cardiac arrest and a heart attack (signs/symptoms), Essential 8 (eight ways for better heart health), and ways to manage stress. Wellness Wednesday will be held on February 8, 2023, @ 10:00 am. Make plans to join us and learn ways to keep the heart healthy and combat the number one killer in America, "heart disease". 30 points will be added to your wellness incentive for all attendees. Also, attendees will be entered into a random drawing for a **\$50 gift card**. Click [here](#) to register!



## HealthComp: Go Green Challenge

The "Go Green" is focused on going green! The goal is to build awareness of eco-friendly living and ultimately decrease our environmental footprint. There are lots of behaviors we can modify that benefit the environment, and through this challenge, you'll learn a number of ways you can positively impact the world we all share. Registrations begin February 1st - February 14th. You can enroll by logging into your wellness portal at [hhealthbenefits.com](http://hhealthbenefits.com) via the Wellness Challenges tile. The challenge will begin on February 15, 2023, and end on March 16, 2023. This is a question-based challenge. Your progress will be marked by you answering questions throughout the challenge. Earn 30 points towards your wellness incentive for completing the challenge.



## FEBRUARY 2023

### UPCOMING EVENTS

Workout With Charger Fit  
FEBRUARY 3, FEBRUARY 10,  
FEBRUARY 17, FEBRUARY  
24

Wellness Wednesday  
FEBRUARY 8, 2023

Go Green Challenge  
Registration  
FEBRUARY 1 - FEBRUARY 14



### CONTACT US

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# The Importance of Anxiety Screening

The U.S. Preventive Services Task Force (Task Force) now recommends that adults under the age of 65 get regularly screened for anxiety. It's meant to help primary care clinicians identify early signs of anxiety, which can go undetected for years. This is the first time the agency has recommended anxiety screening in adult primary care without symptoms.

The Task Force noted that the lifetime prevalence of anxiety disorders in adults in the United States is 40.4% for women and 26.4% for men. The recommendation was prioritized due to anxiety's public health influence and the country's increased focus on mental health in recent years. The guidance stops short of recommending anxiety screening for people 65 and older since many common symptoms of aging—such as trouble sleeping, pain, and fatigue—can also be symptoms of anxiety.

If you already show signs or symptoms of anxiety, contact your doctor to be assessed and connected to care. Anxiety screening tools, including scales and questionnaires, have been developed and are available in primary care.

## Common Red Flags of Anxiety

Anxiety is a feeling of unease, worry, or fear. Occasional anxiety is a part of everyday life, but anxiety disorders involve more than temporary worry or fear. Here are some warning signs of anxiety, according to the National Institute of Mental Health:



Restlessness, irritability, or feeling wound up



Excessive worry about everyday things



Physical symptoms (e.g., headaches, muscle aches, and stomach aches)



Sleep Disturbances

Source: Lockton

# Diseases That Disproportionately Affect African Americans

According to the U.S. Department of Health and Human Services Office of Minority Health (OMH), Black Americans are more likely to be affected by diabetes, sickle cell anemia, cancer, heart disease, stroke, asthma, pneumonia, and HIV/AIDS. When further broken down by sex, it is found that additional health issues related to maternity, obesity, and stress are largely affecting Black women. According to the National Institutes of Health, Black women are 3 to 4 times more likely to die of pregnancy-related complications, more than 80% of midlife Black women are overweight, and all Black women are predisposed to have higher rates of stress. It's important to note that often, these diseases occur together or may mutually influence one another. For example, struggling with diabetes can put a patient at a higher risk of having a stroke or heart attack. However, before diving into how to prevent these health issues from intruding on one's life, it's necessary to understand what they are and where they come from.

Source: Oak St. Health



# Salmon Patties Recipe

Makes: 6 servings

## Ingredients

- 16-oz. can salmon
- 1 Tbsp. lemon juice
- Cold water
- ¼ cup celery (minced)
- 1 Tbsp. green pepper (minced)
- ½ of a medium onion (minced)
- 2 large eggs
- ½ cup breadcrumbs
- 2 Tbsp. all-purpose flour
- ½ teaspoon ground black pepper
- 1 Tbsp. vegetable oil

## Preparations

1. Open the can of salmon, and drain the liquid into a liquid measuring cup. Add lemon juice and cold water to the salmon liquid to make ½ cup liquid total, and set aside.
2. Put the salmon in a separate mixing bowl. Mix in the celery, green pepper and onion.
3. In another small bowl, beat the eggs. Then, add them to the salmon mixture.
4. Add the breadcrumbs, flour, black pepper and the salmon liquid mixture to the salmon mixture, and stir until all ingredients are mixed.
5. Use ½ cup measuring cup to measure the salmon mixture. Shape into a ½-inch thick patty and place on a plate. Repeat to make six patties.
6. Heat the oil in a skillet over medium heat, then add patties. Cook in batches if needed.
7. Cook for 2 to 3 minutes (or until golden brown) on each side.
8. Remove patties from the skillet, and place them on a clean paper towelled plate to drain.

## Nutritional Information

- (per serving)
- Total calories 138
  - Total fat 1 g
  - Protein 4 g
  - Sodium 177mg
  - Carbohydrate 29 g
  - Dietary fiber 5 g
  - Saturated fat 0 g
  - Total sugars 4 g

Source: myplate.gov



# 2023 UAH Foundation Staff Awards: Call For Nominations

The University community would like to recognize those staff employees who go beyond the ordinary requirements of their jobs and who make a difference at UAH. Nominations are being accepted for four employees to receive the 2023 UAH Foundation Staff Awards. The recipients of these prestigious awards will be presented with a Certificate of Appreciation and a check for \$1,000.

The award categories are:

- Staff Excellence Award (two awards: one non-exempt employee and one exempt employee)
- Facilities Excellence Award
- Leadership Award

You are encouraged to nominate an individual who meets the eligibility and selection criteria and who deserves recognition for their outstanding achievements and/or commitment to the University. Awardees from the previous three years (2020, 2021, 2022) are not eligible for nomination. Please visit [www.uah.edu/hr/awards](http://www.uah.edu/hr/awards) to view the previous staff award recipients for the years 2020-2022 and also for more information regarding UAH Staff Award guidelines.

As part of the nomination process, a statement of key reasons for your nominee is required. Click [here](#) to submit your nomination and upload your statement of key reasons. You may also submit additional supporting documents via email to [staffawards@uah.edu](mailto:staffawards@uah.edu). Nominations must be submitted by **5:00 p.m. Tuesday, February 28, 2023**.



## America Saves Week 2023

February 27 - March 3

Saving enough for the future doesn't happen overnight. That's why it's so important to keep taking small steps now that can make a big difference later. To celebrate America Saves Week this year, challenge yourself to contribute an extra penny on every dollar to your retirement account. That's just 1% now with the potential for a lot more in growth by the time you retire. And with pretax contributions, more money goes into your account than comes out of your paycheck. One percent doesn't seem like much now, but look at the difference between saving 3% and 4% over time!

Don't delay – start today. Tell your employer that you want to save more now!

Need help with budgeting and managing debt? Help is right here! You can also watch a short video on paying down credit card debt management [here!](#)

### Join a Webinar During America Saves Week

**Tuesday, February 28, 2023 1pm ET | Paying Down Debt is Saving**

- Registration Link:  
<https://event.on24.com/wcc/r/4084868/9A4F48717571A07B7AF6D680190D2B6E>

**Wednesday, March 1, 2023 1pm ET | Saving for Major Milestones Opening Doors to the Future – Save in a 529 College Savings Plan**

- Registration Link:  
<https://event.on24.com/wcc/r/4084894/0CC2F380FE14A3CC7F5C00B83EA9F93D>

**Thursday, March 2, 2023 1pm ET | Putting Your Money to Work for You Invest for Success: 5 Principles You Need to Know**

- Registration Link:  
<https://event.on24.com/wcc/r/4086684/D1127504E3B87D9DA7617A1E3EDAF747>

