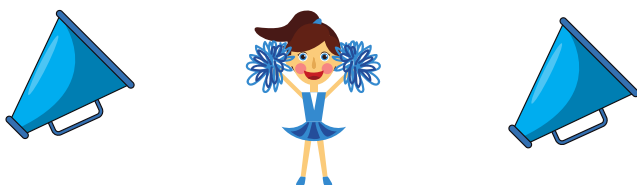




Wellness Newsletter

UAH Faculty and Staff Health and Wellness Fair

To "Kick Off" Open Enrollment this year, we are planning a Pep-Rally (For your Health)! Mark your calendars now to plan to join us for this fun event. The 2022 Faculty & Staff Health and Wellness Fair will be held on Friday, October 14th from 11:00 a.m.- 2:00 p.m. in the Conference Training Center (CTC) Building Exhibit Hall. You will have the opportunity to meet and speak to all of our benefit providers as well as external vendors who offer products and services related to health and wellness. All attendees are encouraged to show their team spirit by wearing their favorite team colors. Tailgate-style snacks and refreshments will be provided on a first come first serve basis. Attendees will receive a free giveaway item, and you can visit all of the vendor booths to be entered in a drawing for great door prizes! Look for more information coming soon. See you there!



Gilsbar is Rebranding to HealthComp

This fall, you may notice some changes in the material and websites provided to you by Gilsbar. Gilsbar is rebranding from its current branding, name, and logo, to HealthComp, their managing entity.

Key Changes include the following:

- Enhancement of member-facing technology, from myGilsbar.com to HCHealthBenefits.com.
- For any questions, members should continue to contact CustomerService@Gilsbar.com through December 2022
- Gilsbar's logo will be replaced by the HealthComp logo on all materials in January 2023.
- Gilsbar Wellness app will be changing to HealthComplete in December 2022.



SEPTEMBER
2022

UPCOMING EVENTS

Wellness Wednesday
SEPTEMBER 28 @ 10:00 A.M.

Workout With Charger Fit
SEPTEMBER 16, SEPTEMBER
22, SEPTEMBER 30



CONTACT US

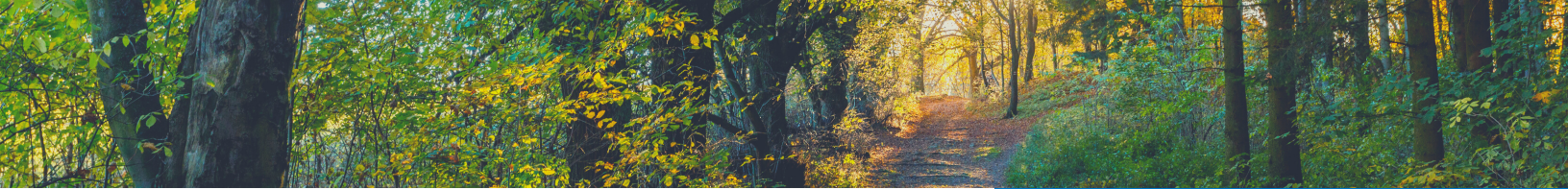
256-824-2259

Shelbie King Hall 102
chargerfit@uah.edu

www.uah.edu/hr/wellness



@UAHChargerFit



Mental Health Emergencies in the Workplace

Emergencies can happen at work. Know what to do to help.
Like a physical health emergency, a mental health emergency can happen anytime, anywhere. If someone trips and breaks their ankle at work, coworkers need to be able to support the person and get them the help they need. The same is true if someone has a mental health crisis at work, so let's review what they are, the signs to watch for, and how you can help.

What is a mental health emergency?
A mental health emergency (also known as a mental health crisis) is any situation where a person's mental health state puts them at acute risk and/or prevents them from being able to function and care for themselves. In prior years, it was common to refer to these crisis situations as "nervous breakdowns." That isn't a medical diagnosis, it's a vague term and can be demeaning. We prefer mental health emergency because it accurately describes the situation—there is an emergency at hand, including mental health concerns.

- Common signs of a mental health emergency**
- » Inability to function at work
 - » Extreme inability to take care of hygiene
 - » Sudden and intense mood changes
 - » Psychosis » Paranoia » Extreme anger
 - » Violence » Suicidal thoughts
 - » Self-harm
 - » Extreme isolation

Source: Uprise Health



Wellness Wednesday

Our next Wellness Wednesday is scheduled for September 28, 2022, at 10:00 am. This month's speaker will be Patrica Hall, a Senior Analyst from Payflex, and she will be giving an overview of the Flexible Spending Accounts (FSA) and Health Savings Account (HSA). All attendees will receive 30 points (Max 150 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



Apple Cinnamon Bars

Makes: 24 servings

- Ingredients**
- 4 medium apples
 - 1 cup flour
 - ¼ tsp. salt
 - ½ tsp. baking soda
 - ½ tsp. cinnamon
 - 1 cup brown sugar
 - 1 cup oats (uncooked)
 - 1 cup shortening

- Preparations**
- 1) Preheat the oven to 350 F.
 - 2) Put the flour, salt, baking soda, cinnamon, brown sugar and oats in the mixing bowl. Stir together.
 - 3) Add the shortening to the bowl. Use two table knives to mix the ingredients and cut them into crumbs.
 - 4) Lightly grease the baking dish with a little bit of shortening.
 - 5) Spread half of the crumb mixture in the greased baking dish.
 - 6) Remove the core from the apples and slice them. Put the apple slices into the baking dish.
 - 7) Top the apples with the rest of the crumb mixture.
 - 8) Bake in the oven for 40 to 45 minutes.
 - 9) Cut into squares.

- Nutritional Information (per serving)**
- Total calories 99
 - Total fat 5 g
 - Protein 1 g
 - Sodium 53 mg
 - Carbohydrate 14 g
 - Dietary fiber 1 g
 - Saturated fat 1 g
 - Total sugars 7 g

Source: myplate.gov



September is Prostate Cancer Awareness Month

Prostate cancer is a serious disease that affects nearly 13 out of every 100 American men. September is Prostate Cancer Awareness Month. As such, take the time to learn about the risks and symptoms of this deadly condition.

Ignoring prostate health can lead to even greater health complications. That's because age is the most common risk factor when it comes to prostate cancer. In other words, the older you are, the higher your chances of developing the disease. Beyond age, other risk factors include race and family history.

So, if you're a man over the age of 55, consider speaking with your doctor about your risk of developing prostate cancer. Be on the lookout for symptoms such as urination trouble, bloody urine, frequent urination or pain in the pelvis region that doesn't go away. Even younger men can consider looking into prostate exams, especially if they have a family history of cancer. The sooner prostate cancer is caught, the more treatable it is.

Source: Zywave, Inc



The Art of Mindful Eating

Taking time to be mindful of your eating process and not focusing on restricting calories could enhance your awareness of the experience, improve your relationship with food and help you lose weight. Mindful eating can be an essential practice in today's multitasking world. Multitasking while eating can lead to less satisfaction with your meals, less awareness of the food and, often, overeating. Mindful eating makes you fully aware of the eating experience and your thoughts and feelings about food. This concept encourages focusing on preparing and consuming your food in a distraction-free environment. By thinking about the food, you may become more aware of the signals your body sends to your brain that indicate satisfaction and fullness, which can help you improve your general health and well-being.

Tips for Mindful Eating Mindful eating may sound simple, but it takes practice. Consider the following mindful eating tips:

- Evaluate your appetite and continue to assess while eating.
- Start with small portions to help respect your hunger and satiety cues.
- Engage your senses while eating, noticing what you see, smell, feel, taste, and hear.
- Eliminate distractions as they can fuel a negative relationship with food or lead to overeating or emotional eating.
- Chew your food more, allowing additional time for digestion and recognizing your body's cues.
- Don't skip meals since it can increase your risk of extreme hunger, often leading to quick and unhealthy food choices.

You can start small by attempting the practice once a week—for example, establish a “Mindful Monday.” Contact a registered dietitian if you need additional help or guidance with mindful eating or general eating habits.

Source: Lockton

TIAA Quarterly Webinars

Attend live webinars to help boost your financial know-how



Have You Completed Your Biometric Screening and Health Assessment? Deadline Approaching!

Biometric Screening

To complete your your biometric screening, you may schedule an appointment with the Faculty and Staff Clinic through the employee portal. You can also have the biometric screening completed with your own physician. To receive credit towards your wellness incentive, you must have your physician complete a form and provide it to the Faculty- Staff Clinic. Email Chargerfit@uah.edu or visit the Charger Fit website to obtain the screening form. 50 points will be awarded and a \$50 gift card will be mailed to all eligible employees who complete the screening. Remember, completion of the biometric screening is mandatory to receive the wellness incentive at the end of the year, and must be completed no later than October 31 , 2022.

Health Assessment

The Health Assessment is an online tool that gives you a personalized health profile. The assessment covers areas such as diet, exercise, tobacco use, and more. 50 points will be awarded to your wellness incentive. Completion of the Health Assessment is mandatory to receive the wellness incentive at the end of the year, and must be completed no later than October 31, 2022.

COMPLETE YOUR ASSESSMENT

1. Login to your Wellness Center at myGilsbar.com or via the Gilsbar Wellness app.
2. Click the HEALTH ASSESSMENT tile.
3. Complete and submit the Health Assessment.