

National Nutrition Month

Did you know March is National Nutrition Month? With the promise of spring in the air, it's a great time to focus on eating habits that support your health and wellness. Check out our nutrition tips, recipes, meal planning presentation, and join the Hydration Challenge! If you need some guidance, contact Grace Tesmer, our registered dietitian at gtesmer@sasd.net. Nutrition coaching is a FREE service available to all SASD staff and spouses.

TIMELY: Healics Dashboard Changes

With the switch to our 100-point system, the [MyHealics.com](https://myhealics.com) dashboard will be changing at the beginning of April. We suggest that you download and save your



previous year's Individual Health Profiles as a PDF because you will no longer be able to access them after March 31, 2021. When you receive your new report (following this year's bioscreen) you will receive an updated report which will show a comparison including the past 5 years of data. For more information about the upcoming dashboard changes, please watch this [short video](#) from Healics.

COVID-19 Vaccine Update

When you schedule your COVID-19 vaccine appointment, make sure that you will be available for the second dose.

Pfizer's second dose is 21 days following the first dose. Moderna's second dose is 28 days following the first dose. You are eligible to receive 10 wellness points **AFTER** your **SECOND** dose.



Nutrition Tips: Grace Tesmer

Kick-starting your day with a wholesome breakfast could make the difference between feeling energized or feeling sluggish. Although eating breakfast may not be for everyone, it can help you power through your morning by energizing you, keeping you alert and focused, and suppressing those mid-morning cravings that pop up. Key items for a nutritious breakfast include: fruits and vegetables, whole grains, low-fat dairy, and lean protein. These food groups provide fiber, carbohydrates, fat, and protein - all which contribute to keeping you satisfied until your lunch hour.



Whether breakfast is at your kitchen table or on-the-go, nutritious options are always available to you.

If you find your mornings busy and are looking for a quick breakfast, give some of these ideas a try:

- Oatmeal, with berries and peanut butter
- Whole grain toast with peanut butter and bananas
- Low-fat yogurt topped with granola, fruit, or nuts

If you wake up in the morning and before you know it you're out the door, try these suggestions:

- Egg Muffin Cups (recipe page 3)
- Overnight Oats (recipe page 3)
- [Chocolate Chia Seed Pudding](#)

Get Started with Health Coaching - Aly

Krey

Have Health Coach Aly help you turn your goals into a reality! Sessions are held over the phone and typically last 30 minutes. Earn 5 points per session for up to 30 points. This free resource is for staff and spouses on SASD insurance. Contact Aly Krey at alyson.krey@healics.com, or (262) 289-7828, to set up your appointment.



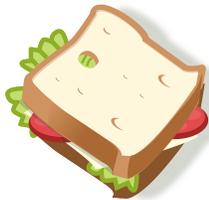
View this short [video](#) to learn more about Health Coaching and what to expect from your appointment.

Key Topics:

- What is health coaching?
- What can you expect?
- Is it right for you?
- How do you schedule an appointment?

Lunch 'N Learn

Point Value = 1 point (up to 5 points)
Watch the short videos and take the quizzes below to earn points.



March: Mastering Meal Planning

Point Value = 1 point

Video - <http://bit.ly/march-lunch-n-learn>

Quiz - <http://bit.ly/march-lunch-quiz>

Expires - April 30, 2021 at 11:59 p.m.

February: Men's Health at Any Age

Point Value = 1 point

Video - <http://bit.ly/feb-lunch-n-learn>

Quiz - <http://bit.ly/feb-lunch-quiz>

Expires - March 31, 2021 at 11:59 p.m.

"If you can't be a good example, then you'll just have to serve as a horrible warning." - Catherine Aird

Webinar: Advance Directives

Point Value = 1 point

Date: March 23, 2021

Time: 4:00 - 5:00 p.m.

Presenters: C. Freund and L. Mitchler

Zoom:

<http://bit.ly/advanced-directives>



Join members of the Advance Care Planning Coalition of Sheboygan County for an insightful conversation on advance directives and tips on getting started.

Christine Freund is a certified social worker with a minor in aging and adult life. Her job duties include assisting people with completing advanced health care directives.

Lee Mitchler is a medical social worker with the Sharon S. Richardson Community Hospice. She also worked in hospital medical floors, dialysis, and Level 1 Trauma Centers.

Feel Great, Hydrate Challenge

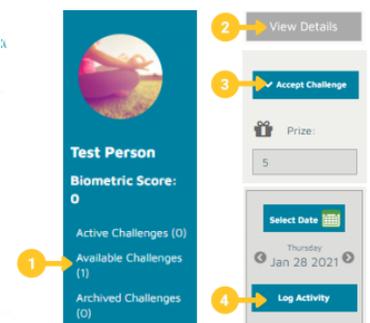
Point Value = 1 point

Timeframe: March 1 - 31, 2021

Requirement: 15-day commitment

Track Progress: Myhealics.com

This challenge requires 15 check-ins. Simply drink 64 ounces of water per day for at least 15 of the 31 days during the challenge.



1. Go to Myhealics.com.
2. Click your name on the left blue navigation bar.
3. Type your screen name. Have fun with it!
4. Select your avatar photo (or select default).

5. Save.
6. Click on the Home button.
7. Select "Available Challenges" on the blue bar.
8. Click the "View Details" gray button.
9. Select the blue "Accept Challenge" button.
10. Click the blue "Log Activity" button.

Nicotine Cessation Program

Point Value = 20 points

Dates: April 5, 12, 19, and meet with Nurse Practitioner
Time: 5:00 - 6:00 p.m.

New for April, we are offering our Nicotine Cessation Program as a "group offering". Go through the program with others that are trying to quit for added support.

Sign up to receive motivation, planning and activities to help you quit smoking! You will meet virtually with Aly Krey on Monday April 5, 12, and 19. During the fourth week, you will meet with a nurse practitioner at the InHealth Clinic to strategize how to quit and receive additional support. To register, please email or call [Aly Krey](#) at (262) 289-7828.

Overnight Oats

Prep Time: 5 Minutes

Total Servings: 1

- ¼ cup rolled oats
- ½ cup milk (almond, coconut, or dairy)
- 1 ½ tsp chia seeds
- 1 tsp maple syrup
- Pinch of sea salt



Measure oats, milk, chia seeds, maple syrup and salt into 8 oz. jars. Stir to combine thoroughly. Add toppings of your choice. Cover tightly with a lid. Refrigerate overnight. Mix and eat cold straight from the jar, or transfer to a bowl, add a little more milk and reheat in the microwave.

Overnight Oats Add-in Combinations:

- Raspberries, blueberries, and/or strawberries
- Strawberries, bananas, and walnuts

- Pineapple, orange, and almond flakes
- Pineapple and coconut
- Peanut/almond butter, banana, and dark chocolate

View recipe online at flavourandsavour.com.

Egg Muffin Cups

Prep Time: 10 minutes

Cook Time: 15 minutes

Yield: 12 muffins

- 1 tablespoon olive oil
- 1 cup chopped red pepper
- 1 cup chopped green pepper
- 1 cup diced yellow onion
- 2 cups chopped baby spinach
- 1 cup sliced mushrooms
- 2 cloves garlic
- salt to taste
- 4 whole eggs
- 4 egg whites



Preheat the oven to 350F. Grease muffin tin. Heat a large skillet over medium heat. Once hot, add in oil, peppers, and onion. Sauté for 5-7 minutes, or until peppers are tender. Add spinach and mushrooms. Cook for an additional 2 minutes. In the last 30 seconds, add in minced garlic. Season with salt.

Crack eggs and egg whites into a bowl and whisk together. Stir in cooked veggies. Pour the egg/veggie mixture evenly into the prepared muffin pan. Bake for 15-20 minutes, or until the tops are firm to the touch and eggs are cooked. Cool slightly and serve. Drizzle hot sauce on top if desired.

Store leftovers in the refrigerator for up to 4 days, or freeze. To reheat, pop them in the microwave until warm.

By Jennifer Debth at Showmetheyummy.com.

*If it takes longer than 60
seconds to decide if you should
keep something, you probably
don't need it.*