

GROWING WELLNESS



Know Your Numbers- Biometrics and Finances

Knowing your blood pressure, cholesterol, blood sugar and body mass index (BMI) are vital in determining whether you are at risk for developing major illnesses. As you are setting goals for the New Year, consider learning your numbers so you have a better understanding of your overall health.

Setting financial goals? Access Financial Wellness services through our EAP. Receive 30-days of financial coaching and a 90-day financial wellness action plan at no cost!



Live Well, Work Well

The January edition of Live Well, Work Well includes a Dry January challenge, tips for preventing skin irritation during the cold winter months, information on National Blood Donor month, and a new recipe to try!

National Monthly Awareness

January is National Blood Donor month. Winter is one of the most difficult times to collect enough blood donations to meet patient needs. Learn more about blood donation and see if you meet the America Red Cross' requirements to donate safely!

