

Wellness News

November – December 2022

Get in the Habit

As we wrap up 2022, let's finish strong with the **Get in the Habit (GIH) program!** Don't let the holiday hustle disrupt your physical activity routine. As a reminder, anyone who successfully completes 10 out of 12 GIH cycles in 2022 will earn an additional two hours of paid time off (PTO). To complete the monthly challenge, you must do one of these:

- Sync 70 miles to Rally® (health plan users).
- Sync 150,000 steps to Alliance (non-health plan users).
- Visit the on-site fitness center 16 different times.

You can view your earned wellness PTO in the Absence app in OurHRConnect. Find step-by-step instructions on viewing your PTO [here](#).

If you need help syncing your device or have any questions regarding GIH, the [Wellness department](#) is happy to help!



Flu Shots

It's not too late to get your flu shot this year! Getting a flu shot is critical to keeping your body strong and healthy. Do your part to help reduce the spread. If you are in the Columbia area, you can swing by the on-site employee clinic at the Percival Road location to receive a flu shot. If that is not a convenient location for you, you can receive the vaccine from any pharmacy network (CVS, Walgreens, etc.) that accepts your health plan. When you receive your shot, let the clinic know you have wellness benefits and are 100 percent covered.



To meet the flu shot component for the 2023 Healthy Lifestyle Discount, you must get a flu shot and upload proof to OurHRConnect or submit your medical or religious accommodation form to Flu.Forms@bcbssc.com by Dec. 2, 2022.

For more details about the 2023 Healthy Lifestyle Discount, visit the [Wellness app](#) in OurHRConnect.

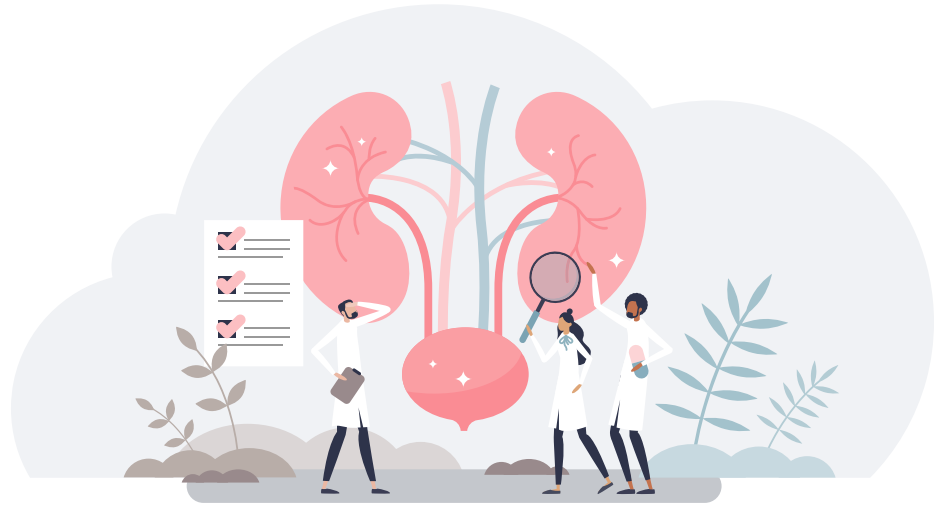
Bladder Health Month

November is National Bladder Health Month. Although most people do not actively think about their bladder health, bladder conditions, such as overactive bladder, affect over 33 million American adults each year. Examples of other bladder conditions include urinary incontinence, urinary tract infection, nocturnal enuresis (bedwetting) and bladder cancer.

There are several ways to maintain your bladder health year-round. Here are a few tips that lower the chances of developing serious bladder conditions:

- **Drink six to eight cups of water each day.**
- **Avoid consuming an excessive amount of spicy foods.**
- **Limit caffeine and alcohol intake.**
- **Stop smoking. Cigarette smokers are two to three times more likely to be diagnosed with bladder cancer.**

Remember to speak with your health care provider about any concerns with your bladder health. While most Americans feel embarrassed to speak about their bladder issues, a simple conversation about lifestyle changes can help alleviate bladder conditions.



For more information on bladder health, visit the [Urology Care Foundation*](#) website.

Financial Wellness Tip

It's almost time to start shopping for the holidays, which often leads to financial stress. However, there are ways to limit the financial burdens of the holidays ahead of time. Check out these tips on how to successfully budget for the holidays:

- 1. Begin with a list of holiday expenses** to start saving ahead. List anything you expect to spend money on, like gifts, travel, holiday food, gift-wrapping supplies, etc.
- 2. Decide on your spending limit** to determine how much you have available to cover holiday expenses. Use money you have set aside, and do not plan to spend now and pay off debts later.
- 3. Assign money to each category in your budget** by determining how much you plan to spend on gifts, office parties, travel, etc.
- 4. Keep track of all your purchases throughout the holiday season.** Bring your gift list on shopping trips and subtract the amount you spend from your total holiday budget to keep yourself accountable.
- 5. Take advantage of sales** like Black Friday and Cyber Monday to save money on essential gifts.



Employee Assistance Program — Family Ties

People develop many relationships throughout their lives, but family is often the most important. Family can provide unconditional love and support you in each decision you make. Therefore, it is important to nurture and strengthen your relationship with your family. Here are some tips to help build this relationship:

- **Find ways to spend more time together.** Dedicate a substantial time each day to connect with your loved ones.
- **Connect during family meetings.** Have a family meeting each week to talk about what is going on within the family.
- **Schedule family outings and trips.** Plan events like trips to a park or museum, where family can make enjoyable memories together.
- **Handle arguments in a positive way.** Stick to the issue at hand without bringing up past problems.
- **Listen to differing perspectives.** Listen to other people's perspectives, and talk about your feelings.
- **Accept feelings and work toward solutions.** Value other people's feelings and opinions to work through conflicts.

To learn more about these tips, read this [article*](#) from First Sun.



Empowering You To Be Well

Questions? Contact [Wellness.Dept.](#)

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