

Choosing New Insurance This Open Enrollment?



4 questions to consider

It's important to make sure you have the right coverage you need for your—and your family's—health expenses for the upcoming year. Take time to review your health needs over the past year to help you determine what type of coverage you might need ahead. Ask yourself:

Did your health change? Did you receive a diagnosis for a condition that requires frequent doctor visits or medications?

How often did you see your doctor, and what were your costs?

Did you require specialists, ongoing tests or treatments, or other regular services like chiropractic?

Did you meet your deductible, or did your health plan not cover your healthcare needs all the way through the year?

Doing your homework will help ensure that you make the best choices.

Reach for the (Fruit and Veggie) Rainbow!

It is common knowledge that eating fruits and vegetables is good for your health. But did you know that you can get greater nutritional benefit by eating a variety of colors? The differences in color of fruits and vegetables are caused by nutrients that influence their pigmentation. Here are some tips to help you eat more colorful foods:

- **Make a multicolor salad.** Use spinach, tomatoes, red cabbage, carrots, blueberries, yellow peppers and white onions. Top with a splash of oil and vinegar.
- **Drink a smoothie.** Try making a smoothie by blending three different colored foods. Try green kale, yellow pineapple and blueberries for a high nutrient trio.
- **Double up.** Mix and cook two vegetables at once for more color. Opt for broccoli and cauliflower; peas and carrots; peppers and onions; or spinach and tomatoes.
- **Plan ahead.** Wash and cut strips of red peppers, carrots and celery as an afternoon snack. Raw cucumbers and broccoli are also delicious!



What to Know about Prescription Stimulants



Misuse of stimulant pills like Adderall and Ritalin by college students to enhance academic performance, has made its way to the workplace. Some workers are using these pills to improve job performance and handle the pressures of balancing work/life responsibilities. However, misusing stimulants is dangerous. It's illegal to obtain them without a prescription, and using them can lead to anxiety, rapid heartbeat, sleep loss, addiction and even overdose. Consider these safer ways to enhance productivity and stay focused:

- **Reevaluate your workload.** Consider talking to your manager about changing deadlines.
- **Delegate tasks.** Ask coworkers if they can help on a project. At home, divvy up chores.
- **Practice good time management.** Use a daily, prioritized task list broken into time allotments with the most difficult tasks heading the list.
- **Build in time for rest and relaxation.** Even taking a brief walk can help boost your energy, production, and mood, which can translate into better performance!

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