



August Wellness Newsletter

Special Points of Interest

-  Poker Walk Results
-  Corporate Cup
-  S.A.F.E. Place
-  CareHere Recipe
-  Financial Wisdom
-  CIGNA
-  Herb of the Month

Poker Walk Results

On Tuesday, July 19th, County employees joined with City of Battle Creek employees to participate in a collaborative Poker Walk. The weather was perfect and 74 County employees came out and participated in the mile long hike taking them along the scenic Linear Path. Prizes were determined as: Best Overall Hand City/County, then the top three hands for County.

- Best Overall Hand:**
Rick Redman (\$50 Meijer Card)
- Second Place:**
Leah Elliston (\$25 Meijer Card)
- Third Place:**
Cindy Parkinson (\$25 Target Card)
- Fourth Place:**
Dawn Spear (\$25 Meijer Card)

On Wednesday, July 20th, the Marshall Poker Walk was back for a second year. A BIG thank you to all the participants, who braved the heat.

- First Place:**
Heather Hoffman (\$50 Meijer Card)
- Second Place:**
Nina Baranowski (\$25 Meijer Card)
- Third/Fourth Place:**
Chris Bishop & Betsy Haadsma (each a \$25 Meijer Card)

On July 19th and 21st, the first Poker Walk, for Jail employees, was also held. A BIG thank you to Teresa Dunham and to all that made it possible.

- First Place:**
Vallen VanZyll \$50 Meijer gift card (3 queens)
- Second Place:**
Matthew Gault \$25 Meijer gift card (3 jacks)
- Third Place:**
John Jolin \$25 Meijer gift card (2 pairs)
- Fourth Place:**
David Tendziegloski \$25 Meijer gift card (2 kings with ace kicker)



A HEALTHY COMPETITION

**2016 Cereal City Corporate Cup
September 12th-
September 17th**



A HEALTHY COMPETITION

Have a Big Coffee, Help a Little



B.involved

All BIGGBY Locations in Battle Creek, Michigan

Show your support by purchasing your favorite BIGGBY® COFFEE beverage!

Present this voucher & \$1.00 from your full priced grande/super specialty beverage will be donated to

S.A.F.E. Place



Redeem between 08/01/16 & 08/31/16 at Battle Creek locations only.

Present this voucher & \$1.00 from your full priced grande/super specialty beverage will be donated to

S.A.F.E. Place



Redeem between 08/01/16 & 08/31/16 at Battle Creek locations only.

Present this voucher & \$1.00 from your full priced grande/super specialty beverage will be donated to

S.A.F.E. Place



Redeem between 08/01/16 & 08/31/16 at Battle Creek locations only.

Present this voucher & \$1.00 from your full priced grande/super specialty beverage will be donated to

S.A.F.E. Place



Redeem between 08/01/16 & 08/31/16 at Battle Creek locations only.

Present this voucher & \$1.00 from your full priced grande/super specialty beverage will be donated to

S.A.F.E. Place



Redeem between 08/01/16 & 08/31/16 at Battle Creek locations only.

sign up for **e-wards** in only **3** simple steps!

- 1 name (first & last) - so we know who you are!

- 2 birthday - so you can receive your FREE drink!

- 3 e-mail address - so we can send you FREE coupons every week!

Arugula Pear Walnut Salad



Ingredients

Salad

- 8 cups arugula
- 2 red pears, thinly sliced
- ½ cup chopped walnuts

Dressing

- 2 Tbsp Dijon mustard
- 1 Tbsp honey
- 1 Tbsp olive oil
- 1 Tbsp lemon juice

Instructions

- Combine arugula, sliced pears, and chopped walnuts in a medium size bowl.
- In a separate bowl, whisk together Dijon mustard, honey, olive oil, and lemon juice.
- Toss the dressing with the salad ingredients and serve. Yields 4 servings.

Fun Fact

Along with other leafy greens, arugula contains very high nitrate levels (more than 250 mg/100 g). High intakes of dietary nitrate have been shown to lower blood pressure, reduce the amount of oxygen needed during exercise and enhance athletic performance.

For more information about eating healthy, you may contact your health coach at wellness@carehere.com or call 877.866.6430.

Care Here!

Adding a little blue cheese crumbles would be very yummy

August Financial Wisdom

KEEP YOUR COOL

Avoid Making Emotional Decisions
With Your Investments



When it comes to investing, keep calm and invest on. Think long term, and don't let market fluctuations cause you to make hasty investment decisions. Figure out the level of risk you are willing to take on and invest accordingly.

Visit investor.gov.

International Foundation
OF EMPLOYEE BENEFIT PLANS 

Education | Research | Leadership

www.ifebp.org/retirement101

CIGNA Corner

LOOKING FOR MORE HEALTHY CHOICES? WE'LL HELP.

Cigna Healthy Rewards

You value your health enough to make smart choices and Cigna's Healthy Rewards** program can help with discounts on a wide variety of health and wellness programs and services.

Reward yourself.

You and your family members can enjoy instant savings using the attached wallet card when you visit a participating provider or shop online. Visit the Healthy Rewards website: www.cigna.com/rewards (password: savings) or call 1.800.258.3312 to get information on participating providers and save on the programs that are right for you.

HEALTHY REWARDS®

Reward yourself

Present this card to your Healthy Rewards provider to access discounts on a range of health programs services.

To find out more about Healthy Rewards or for a list of participating providers, call 1.800.258.3312 or visit Cigna.com/rewards
Password: savings

Together, all the way.™



This is NOT insurance.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Connecticut General Life Insurance Company, Life Insurance Company of North America, and Cigna Life Insurance Company of New York. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. 05/15/15 0475 © 2015 Cigna. Some content provided under license.

Healthy Rewards Discounts

CATEGORY	PROGRAM	DISCOUNT**
Weight management and nutrition	Healthyroads™ Weight Management	Up to 10%
	Registered dietician	Up to 25%
	Jenny Craig®	30%
Fitness club and equipment discounts	American Specialty Health Networks	10% off enrollment fees and/or monthly dues
	Just Walk 10,000 Steps a Day	Up to 25%
Vision and hearing care	Exams and eyewear	Discounts vary, see Healthy Rewards for further details
	Lasik vision correction	Up to 15%
	Hearing exams and aids	Up to 25%
	Hearing protection devices	Up to 50%
Tobacco cessation	Healthyroads™ Tobacco Cessation	Up to 10%
Alternative medicine	Acupuncture	Up to 25%
	Chiropractor	Up to 25%
	Massage	Up to 25%
Mind/body	Galam yoga equipment discounts	40%
	Healthyroads™ Mind/Body Program	Up to 10%
Vitamins, health and wellness products	drugstore.com™	5%
	ChooseHealthy.com™	up to 40%

Together, all the way.™



Offered by: Connecticut General Life Insurance Company, Life Insurance Company of North America or Cigna Life Insurance Company of New York.

* Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. Healthy Rewards programs are separate from your plan or insurance coverage. A discount program is NOT insurance, and you must pay the entire discounted charge. Participating providers are independent third parties solely responsible for their programs, products or services.

** Discounts represent the potential savings off a purchase compared to standard vendor prices as of January 2015 and are subject to change. Actual discount will vary and is not guaranteed. Discounts may not be available on every item or service.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Connecticut General Life Insurance Company, Life Insurance Company of North America, and Cigna Life Insurance Company of New York. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

859685 a 05/15 © 2015 Cigna. Some content provided under license.

Herbs of the Month:

Chives

Chives are one of the most well known herbs, but often one of the least used. Everyone seems to know someone else who grows chives but other than snipping onto baked potatoes, chives never seem to get used to their total potential.

Chives are a wonderful addition to the beginner's garden. They impart a light onion flavor in any dish and can be used interchangeably in recipes calling for onions. There is even a variety of chives that tastes like a blend of onion and garlic. Chives keep their lovely green color when cooked so they make a fancy addition to butters for an aromatic blended topping for corn on the cob, pasta dishes or garlic bread.



Chives make vinegar glow with beauty. In a literal sense, the vinegar actually glows with a shade of hot pink! By adding your chive blossoms to white vinegar, and keeping it out of direct sunlight, you can create deliciously flavored vinegar that is perfect for salad dressings.

Chive Blossoms Infused Vinegar

Ingredients

Chive blossoms
White vinegar or white wine vinegar

Instructions

Pick fully bloomed chive blossoms from plant, rinse and pat dry.
Fill a jar with blossoms, and pour vinegar in, fully submerging blossoms.
Seal jar tightly. Store in a cool, dark location for one to two weeks.
Strain blossoms from vinegar, and store liquid in an airtight container and use in recipes that call for any vinegar.



Herbed Avocado Spread

Ingredients

1 ripe avocado
6 teaspoons minced fresh chives
4 teaspoons minced fresh Italian parsley
1 tablespoon white wine vinegar
Pinch of kosher salt
Fresh ground black pepper

Instructions

Place the avocado in a medium bowl and mash with fork until evenly broken up. Add the chives and parsley (or any other of your favorite fresh herbs), vinegar, salt, and pepper to taste. Fold together until well combined.

This spread tastes great on a BLT, grilled or roasted chicken, roasted vegetables, or a seared piece of halibut.

