Weekly Wellness Webinar

Healthy Habits Campaign
June 3, 2025

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Agenda

- Resilience through fitness and nutrition
- Exercise and immunity
- Sugar Free Challenge
- Preventive care reminders
- Upcoming Activities
- Resources

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What is Resilience

Video- Cigna Resilience: GROW Forth

Cigna Resilience | The Cigna Group Newsroom

Resilience Through Fitness and Nutrition

How fitness helps build resilience

- Improves mental and physical health
- Helps us cope with stress
- Growth mindset
- Face challenges as opportunities
- Regular exercise increases endorphins
- Boosts mood
- Activates brain regions involved in attention and motivation

How to Build Resilience, One Day at a Time - The Upside

Exercise and Immunity

- **Increased White Blood Cell Production:**
Exercise stimulates the production of various white blood cells, including macrophages, which engulf and destroy bacteria and viruses.
- **Enhanced Circulation of Immune Cells:**
Exercise promotes the circulation of immune cells, allowing them to patrol the body more effectively and reach areas where viruses and bacteria are present.
- **Macrophage Activation:**
Exercise can activate macrophages, which play a crucial role in removing cellular debris and stimulating other immune cells.
- **T Cell and Natural Killer Cell Activity:**
Aerobic training can increase the number of T cells and natural killer cells, which are essential for fighting infections and cancer cells.
- **Cytokine Release:**
Exercise triggers the release of cytokines, which are signaling molecules that help coordinate the immune response and prevent overreactions.
- **Reduced Stress and Inflammation:**
Regular physical activity helps reduce stress, which can weaken the immune system. It also helps regulate inflammatory responses, preventing excessive inflammation that can be harmful.

Sugar Free Challenge

*Join us as we embark on the Fed Up - Sugar Free Challenge and take the pledge to go 10 days **SUGAR FREE!***

JUNE 3RD - JUNE 12TH

WHAT DO YOU MEAN SUGAR FREE?

Cut sodas and other sweetened beverages and foods that have ADDED sugars. EAT real, fresh, whole foods and no products that contain added sugar in any of its many forms. This includes artificial sugars and sugar substitutes

WHAT'S IN IT FOR ME?

Sugar is known to increase inflammation, decrease immune function, feed bad bacteria in your gut, and has been linked to chronic diseases such as cardiovascular disease, diabetes, depression and migraines. After the challenge, you may feel an improvement in sleep, energy, focus, and concentration. You may even lose some weight!

Challenge Tracker

Track all foods throughout your day for all 10 days.

Sample Day: B: 3 eggs; S1: Veggies with hummus; L: Salad with chicken, mixed veggies, olive oil & vinegar; S2: Berries with nuts; D: Chicken, broccoli and sweet potatoes

JUNE 3RD - JUNE 12TH

DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
☐ No added sugars!	☐ No added sugars!	☐ No added sugars!	☐ No added sugars!	☐ No added sugars!
☐ Oops, I had too many!	☐ Oops, I had too many!	☐ Oops, I had too many!	☐ Oops, I had too many!	☐ Oops, I had too many!
FOOD JOURNAL	FOOD JOURNAL	FOOD JOURNAL	FOOD JOURNAL	FOOD JOURNAL

Preventive Care Reminders

Health Screenings for Men and Women:

Blood Pressure: Blood pressure measures the force of blood against the walls of an artery. Adults should start getting screened at age 18. Normal range: <120 & <80 mm HG[2]

Body Mass Index (BMI) and healthy weight: BMI is based on a person's weight and height and provides a way to estimate the effect of weight on health. The higher the BMI, the greater the risk of some diseases, including high blood pressure, coronary artery disease, stroke, osteoarthritis, some cancers, and type 2 diabetes. Healthy Weight BMI: 18.5-24.9

Cholesterol: Cholesterol is an important type of fat (lipid) that is made by the body. It is needed for the body to function. However, excess cholesterol in the blood can build up in blood vessels and may lead to hardening of the arteries (atherosclerosis), heart attack, and stroke. Normal total cholesterol: <150 mg/dL.[4]

- **Low-density lipoprotein (LDL)** is called "bad cholesterol." Most efforts to lower cholesterol are aimed at reducing levels of LDL. Normal LDL: <100 mg/dL.[4]
- **High-density lipoprotein (HDL)** is called "good cholesterol." It can help remove excess cholesterol from the blood vessels. Normal HDL: 40 mg/dl in men and 50 mg/dl in women.[4]

Colon cancer: Screenings should should start at age 45. You may need to get screened earlier if you have other risks, such as family history.[5]

Depression and Anxiety: Talk with your provider if you are feeling sad, depressed or losing interest in activities you used to enjoy.

Diabetes: Diabetes is a chronic disease that affects how your body turns food into glucose. Adults age 35 or older who are overweight or obese should get screened for prediabetes and type 2 diabetes. Normal fasting blood glucose <100mg/dl; Prediabetes 100-125 mg/dl and Diabetes 126mg/dl or higher.[1]

Lung cancer: Screenings should start annually at age 50 with 20 pack-year smoking history, and currently smoking, or have quit within the past 15 years.

Health Screenings for Men:

Abdominal aortic aneurysm: This is a dangerous bulge in a blood vessel. Screening should start between ages 65 to 75, if you have ever been a smoker.

Prostate cancer: Screenings start at ages 45 and older or age 40 with risk factors.

Health Screenings for Women:

Breast cancer: Starting at age 40, talk with your provider about when and how often to get a mammogram.

Cervical cancer: Get a Pap test starting at age 21. If your test is normal, you can wait three years before your next Pap test. Starting at age 30, you can choose to get a Pap test every three years, or get both a Pap test and a Human papillomavirus (HPV) test every five years.

Osteoporosis: Osteoporosis is a disease that makes your bones thin, brittle, and easy to break. It's related to the loss of bone mass that happens as a natural part of aging. Get a bone density screening starting at age 65, unless you have other risk factors.[7]

Schedule your annual well visit today. Your well visit is covered at no cost when you use an in-network provider.*

Upcoming Wellness Activities

- **Genomic Life Meeting**
  - > 6/11 @ 101 Tower (9-11am)
- **In-Person EAP Seminars @ 101 Tower**
  - > 6/19: "Dealing with Difficult People" 12-1pm
  - > 7/17: "The Power of Connection: Loneliness" 10-11am
  - > 8/21: "Navigating Back to School Challenges" 10-11am
  - > 9/24: "Healthy Life Tips for Men" @ Men's Health Event

Large Events:

- Men's Health Event- September 24 @ Galleria Mall from 10am to 1pm
- Health Fair- October 9 @ Carter Park from 10am to 2pm

Want to attend an upcoming wellness event, including in-person EAP seminars?

CLICK HERE to browse events on LauderShare. Advanced registration is required.

Virtual Wellness Activities

Weekly Wellness Webinars with Adam and Wendy

Tuesdays 10-10:30am

CLICK HERE TO JOIN

Lighten Up: Power of Humor

Wednesday, June 18

1:30-2:30pm

CLICK HERE TO REGISTER

6 Week Sleep Lab Series

Wednesdays 12-1pm

July 9 to August 13

CLICK HERE TO REGISTER

EAP Wellness Webcasts

Live and On-Demand

CLICK HERE TO GET STARTED

Maintaining Healthy Habits Through Challenges

- Happify | Get Started

Worry less. Enjoy life more.

With Happify offered through Cigna Healthcare

We're committed to helping you take control of your health – and that includes your emotional health. That's why we're partnering with Happify, a free app with science-based games and activities that are designed to help you:

- Defeat negative thoughts
- Gain confidence
- Reduce stress and anxiety
- Increase mindfulness and emotional well-being
- Boost health and performance

86%
of regular users saw happiness improvements in 2 months**

Using Happify is fun, free, quick and easy.

Answer a few simple questions
This will help determine which games and activities suit you best. Based on your answers, Happify will recommend a track to start on.

Play the games and activities
Aim for a few minutes a day, 2–3 days a week. There are 60+ interactive programs available, including self-reflection activities, articles, audio content, webinars and more.

Measure your progress
Track your happiness score by taking a short assessment every two weeks.

Keep going (and smiling)
There's always room for more. Continue engaging to strengthen your well-being skills and live a more fulfilling life!

Sign up and download the free app today at happify.com/Cigna.*

happify™

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Cigna Healthcare Lifestyle Management Programs

Our health advocates provide personalized support to help you make lasting changes.

- **Weight management:** Learn to manage your weight using a non-diet approach that helps you change habits, eat healthier and become more active
- **Quit tobacco:** Develop a personal quit plan to become — and stay — tobacco-free
- **Reduce stress:** Understand the sources of your stress and learn coping techniques to better manage it in all areas of your life

Call 800-244-6224 to get started

Use the telephone coaching program for the support you need.

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Wellness Resources

3 Month Core Membership Access!!!
Contact Adam.Clawson@Cignahealthcare.com for more information and access code

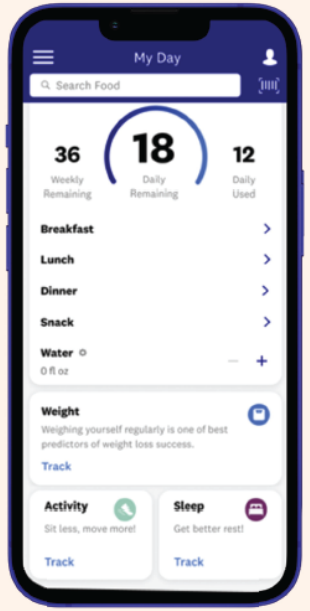
WeightWatchers

As little as 5% weight loss makes a big difference.
Weight loss can reduce the risk for chronic conditions – including type 2 diabetes, heart disease, osteoarthritis, and obesity-related cancers – and ultimately lower your healthcare costs.[1]

anywhere, anytime

Our award-winning app is at the heart of the member's experience, putting anywhere, anytime access at their fingertips.

- Science-backed nutrition plans
- Meal planning tool & recipes
- Tracking features
- On-demand workouts



- 24/7 live coaching
- Members-only digital community
- Audio lessons promoting behavior change
- Mindfulness & meditation resources

City’s Health and Wellness Center

Located at 4750 N. Federal Highway
Suite 300, Fort Lauderdale, FL 33308

Office Phone#: (754) 206-2420

Hours of Operation:
Mon-Wed/ Fri: 7am-4pm
Thurs: 7am-6pm
Sat 8am-Noon
Closed daily for lunch: 1pm to 2pm

City Health and Wellness Center | City of Fort Lauderdale, FL