It's football time in Rutherford County and TD to TRUE Wellness wants to help you to get in the game!

The Challenge
A 6 week challenge to encourage you to take Smart Steps in building healthy lifestyles and workplaces. The challenges are inspired by all dimensions of wellness and serves as a reminder that small steps can lead to big changes. In addition, the Rutherford County Wellness Challenge encourages a work environment that promotes healthy lifestyles, decreases the risk of disease, and enhances the quality of life.

Additional Information
- Teams of 5
- The program runs from October 23rd through November 24th.
- Register to your team no later than Thursday, October 19th.

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***The winning teammates will each receive a $125 Amazon Gift Card.***
Registration Form for True Wellness

Name:
Team Captain:
Team Members:
Email:
Team Name:
Diet Foods to Skip: Lighten up on these Substitutes!

Certain packaged foods marketed as "lite" or "diet" versions may not be helping your weight-loss efforts or your goal to eat healthier. Here are 5 to cross off your shopping list.

• Rethink your drink and skip the diet soda. Research done at Purdue University shows that drinking lots of soda with artificial sweeteners can boomerang and cause weight gain and even diabetes. Opt for water or herbal tea to stay hydrated and curb appetite between meals.

• Skip all diet foods that replace fat with sugar, like low-fat cookies. Keep in mind that even healthy-sounding foods like no-fat yogurt can be guilty of this unhealthy switch if flavored with sugar-added fruit.

• Ditch the reduced-fat peanut butter, which replaces good-for-you mono-unsaturated fats with sugar. Opt for regular, no-sugar-added peanut butter -- just watch portion sizes because it's calorie-dense.

• Margarine is often marketed as a good substitute for butter, but the ingredients in stick margarine are hardly healthy. The better alternative to both is extra virgin olive oil.

• Multigrain bread sounds great, but unless it's made from a variety of whole grains, you're getting refined flours without the original nutrients or the appetite-satisfying effect of fiber. Ditto with granola, which also has lots of carbs (often from added sugars), but not necessarily whole grains.

To shop smart, always read the labels on all packaged diet foods to see whether high-fat, high-calorie ingredients were replaced with healthy ones.
Rutherford County
Flu Shot Clinic

Free Flu shots for employees and dependents ages 3 and older participating in the Rutherford County Medical Plan.

MedPoint Walk-In Hours for Flu Shots
Blackman & Stewarts Creek Clinics
October 16th - 20th & October 23rd - 27th
7am - 6pm
Walter Hill Clinic
October 17th & October 24th
7am - 6pm

Flu Shots are also available at the Wellness Fair, Oct 13 from 3pm - 7pm
Crock Pot Chicken Taco Chili - Hearty and Delicious!

1 16 oz. can black beans, drained
1 16 oz. can kidney beans, drained
2 garlic cloves, minced
1 medium onion, chopped
1 jalapeno pepper, minced
1 green bell pepper, chopped
10 oz. package (1 1/4 cups) frozen corn kernels
1 8 oz. can tomato sauce
1 28 oz. can diced tomatoes, drained
1 tbsp. cumin
1 tbsp. chili powder
1 tsp. dried oregano
1 tsp. kosher salt
1/2 tsp. freshly ground pepper
2 boneless, skinless chicken breasts, uncooked
1/4 cup chopped fresh cilantro
Optional toppings: Additional cilantro, shredded cheese, chopped scallions, red onion, sour cream, etc.

DIRECTIONS:
Combine ingredients 1 through 14 in a slow cooker*. Stir until combined. Place uncooked chicken on top and cover. Cook on low for 6 hours or on high for 4 hours, stirring occasionally. Thirty minutes before serving, pull chicken breasts apart with two forks. Stir and continue cooking. Top with fresh cilantro or any other desired toppings.
Serve with Honey Jalapeño Cornbread, if desired.

Enjoy!

* Tip: If you don’t have a slow cooker, you can also use an oven safe, 5 1/2 quart or larger pot.
Supercharging Exercise With Interval Training
More results in less time

If your exercise routine isn't producing lower numbers on the scale, consider kicking it up a notch with high-intensity interval training. The concept is simple: alternate bursts of high-intensity activity with intervals of less strenuous movement. Doing high-intensity exercise, even for short periods, burns more calories than doing steady, moderate activity in the same amount of time, according to the American Council on Exercise. So, you can increase your intensity and your results without burning yourself out or spending more time exercising.

Here's how it works. If you're a walker, add in spurts of running or speed-walking. Walk at a slower pace for two minutes, then at the faster pace for one. Repeat the pattern until your workout is done. If you're a cyclist, the idea is the same. Go fast for a minute or two, then ease up for the next few minutes -- just don't go into complete coasting mode. Base the length of your hard interval on your overall fitness level, general health and how you feel that day. There are no time minimums, so you can make up your own combinations and vary them as often as you like. But keep in mind that the harder the high-intensity interval, the shorter it can be. So you might run full out for just 15 seconds and then jog lightly for 90 seconds or even longer. Aim for a total workout session of 20 to 30 minutes. As you build stamina, challenge yourself. Pick up the pace for a longer period of time. You'll likely see the benefits in the mirror in no time.
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  - Estimate service and procedure costs
  - Compare prescription drug prices at thousands of pharmacies in our network

- **Claims dashboard** lets you easily manage and track claims

- A digital view of your **Digital ID cards** allows you to, fax or email ID card information

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**PLUS SO MUCH MORE:**

- **Custom Health Team** feature lets you build your personal list of the in-network doctors, dentists and facilities you use, making it easy to keep track of names, phone numbers and addresses.

- **Proactive messages** help guide you to savings, incentives, coaching opportunities and other health resources.(if offered by your employer).

For illustrative purposes only.
Tips and reminders help you stay on track with appointments and preventive care.

Click-to-chat feature puts live, personalized support literally just a click away. Whether you have specific questions or you’re not really sure where to begin, your personal guide can make proactive recommendations, and is dedicated to getting you answers the first time you call - every time.

Rather talk live?
In addition to the click-to-chat feature, personal guides are also available by phone at <1.800.Cigna24>

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When you are dining out and are confused on what to order and you are trying to choose a healthier option, always try to picture "the balanced plate" in your mind. A balanced plate consists of 1/2 plate of vegetables, 1/4 plate lean protein source, and 1/2 plate whole grain or complex carbohydrate source. This gives your body the perfect balance of fuel to properly sustain your metabolism and blood sugar levels.

CHRISTI'S CORNER

WE ARE HERE TO HELP