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NEW EAP PLATFORM

JUNE



Benefits Updates

2019 SoNM Health & Wellness Fair

When: Tuesday, June 11th
11:00AM to 2:00PM

Where: Montoya Bldg. Atrium
(1100 St. Francis Drive, SF)

Please stop by the Employee Benefits Bureau to collect your Fair Ticket! You'll need it to be entered into the Drawings for the Grand Prize and More!

GRAND PRIZE DRAWING:

\$500 Whole Foods Gift Card!!

Other Drawing Prizes:

Multiple \$100 Gift Cards to:
Whole Foods, La Montanita Coop,
Natural Grocers, and Sprouts!

Plus GREAT Door Prizes Announced To Attendees Throughout The Fair!

Need not be present to win drawing prizes.
Simply collect required stamps on your Fair Ticket, answer all questions and return to the EBB Table to be entered.

Sports Physicals at the SWHC!

Schedule your child's Sports Physical at the Stay Well Health Center between June and October, and they will automatically be entered into the Sports Physical Giveaway to win one of two \$50 Gift Certificates to Amazon!

It's quick, it's easy, it's convenient, and it's FREE!



This colorful dish can be a healthier dessert option or a tasty breakfast!

Ingredients:

For the crust:

- 2 C old fashioned oats
- 3/4 C oat flour
- 3 Tbsp. coconut oil
- 3/4 C honey
- 1 tsp. pure vanilla extract
- 1/2 tsp. ground cinnamon
- 1/8 tsp. salt

For the yogurt filling:

- 1 C plain Greek yogurt
- 1 - 2 Tbsp. maple syrup or honey
- 1 tsp. pure vanilla extract

For the fruit topping:

- 1-1/2 C berries
- 1/3 C mandarin oranges
- 1 medium kiwi, sliced

Preheat oven to 350 °F. Grease 10-inch round pan with cooking spray or line with parchment paper. Set aside.

In a large bowl, combine oats, oat flour, cinnamon, vanilla, and salt. Add honey and coconut oil and mix until dough is combined and sticks. Spread mixture into pan and press down firmly with a spatula or the bottom of a glass cup.

Bake at 350 °F for 10 minutes. Remove from oven and allow to cool completely.

Meanwhile, in a mixing bowl, combine yogurt with the honey and vanilla. Spread mixture over cooled crust. Decorate with your favorite fruits.

Recipe from: Cerner Wellness



**STAY WELL
HEALTH CENTER**
Serving SoNM/LPB Members
Covered under a SoNM
Employee Medical Plan

MISSED APPOINTMENTS

As we all know, health care is expensive. The Employee Benefits Bureau works hard to provide *FREE Quality Health Care* for our covered employees. It is a priority of the SWHC to be able to help our members when they need it, but with the large number of missed appointments, it's become difficult to provide necessary care to employees when they are needing it most. Please call the Health Center as soon as you know you will not be using your scheduled appointment. This way, we will be able to accommodate someone that is on our waiting list who is ill but unable to be seen.

No-shows are also a big financial burden on our SoNM's Health Fund. Cutting down on unused appointments will not only help us keep this service **COST FREE** for our members, but also helps elevate the financial burden, which also saves the employees money in future premiums.



New Web-Based Platform for Reducing Stress

A new Stress Reduction Platform bought to you through your Employee Assistance Program (EAP), a FREE benefit offered to ALL SoNM/LPB employees, their dependents, and all household members.



StressStop.com
Stress Management Training That Works

StressStop is a confidential, online suite of stress management and resilience-building resources which includes:

- Stress Profile
- Training Videos
- Relaxation Music
- Meditation
- Podcasts
- Yoga
- A Journaling Feature and much more

My Stress Tools helps you understand the root causes of your stress and gives you the help you need to dramatically reduce your stress and build your resilience.

STRESSSTOP WEBSITE:

<https://mystresstools.com/registration/tsg-nm>

Simply log on to get started.

EAP TOLL-FREE NUMBER:

855-231-7737

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**

Your Employee Assistance Program is available to help you, 24/7.