



2024 PACE Wellness Program is Here!



We are shaking things up a bit with the 2024 PACE Wellness Program. Some components are the same – you will still track your points on WellSteps platform – but we have completely revamped the points criteria. We hope you will enjoy this new, upgraded Wellness Program!

Here are details about the 2024 PACE Wellness Program:

Employees, spouses, and early retirees on the PACE medical plans are eligible to participate. Dependent children are not eligible to participate. **You can earn up to \$175 by completing 1,700-2,500 points in 2024.**

If you and your spouse (if eligible) participate and reach the maximum reward, you can earn \$350 for your household!

1,700 points?! That's way different from last year with the 6-12 points!

- Correct! We have updated the points structure to place more points on the activities that are harder to complete.
- For example, submitting a biometric screening form and meeting the health outcomes can earn you 600 points.

There are no more required activities to earn the reward!

- Yes, you read that correctly!
- If you reach 600 points or more, you'll earn a reward.
- The higher the amount of points you earn, the higher the reward you earn. Simple as that!

New this year – Health Coaching sessions are available to help you achieve your health and wellness goals.

Information on how to enroll in the Health Coaching Program coming soon!

The biometric screening verification form is an option to earn points this year. If you participate in this activity, you must have your physician or physician's office complete the verification form for you. Biometric results from November 16, 2023 to present will be accepted.

There will be 4 campaigns offered throughout the year. The more campaigns you participate in, the more points you can earn!

Register/Log in Today!

1. Log in at www.wellsteps.com/PACE. All PACE members must register each program year.
2. Your username is the initials of your name and your 6-digit date of birth. For example, John Smith born 2/15/72 would have the username **JS021572**.
3. For spouses, please put the **employee's username with a "-s" at the end**. For example, John Smith's spouse would use the username JS021572-s to register. Then select the company (PACE) and enter the spouse's information for birthdate, email, etc.
4. Once you register, you will use your username and password to log in and see your wellness points.

Special early registration drawing: Register and log on to your WellSteps account by **February 29, 2024**, you will be entered into the prize drawing (**10 winners will win \$25 e-gift card!**).

Make sure to put your correct email when registering!

If you have any questions, please contact Dayna Gowan (PACE Wellness Coordinator) at dgowan@keenan.com.



February Recipe



Simple & Healthy Sesame Noodles with Broccoli and Chicken

Nutritional Information

Calories: 240 per Serving

Fat: 9g per Serving

Carbohydrates: 27g per Serving

Protein: 13g per Serving

Ingredients

8 ounces whole-wheat spaghetti noodles	3 cloves minced garlic or 3/4 teaspoon garlic powder
2 Tablespoons sugar	1 1/2 cups fresh or frozen broccoli
3 Tablespoons soy sauce	1 1/2 cups cooked, diced chicken breast
2 Tablespoons rice vinegar	1 Tablespoon sesame seeds
1/4 cup vegetable oil	

Directions

Wash hands with soap and water

Cook pasta according to package directions and set aside

While pasta is cooking, toast sesame seeds in a saucepan over medium heat and stir constantly and cook until light brown

Mix together sugar, soy sauce, and vinegar in a small bowl then set aside

Heat oil in a large skillet over medium heat (300 °F in an electric skillet)

Add garlic and broccoli and cook on medium until soft.

Add chicken and cook until heated through then add drained pasta and soy sauce mixture and mix well and sprinkle sesame seeds on top

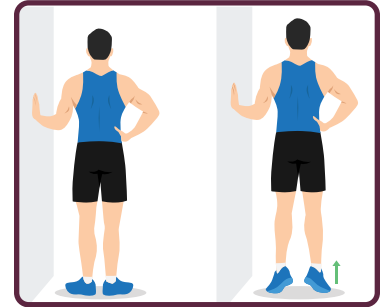
Refrigerate leftovers within 2 hours

Source: <https://medlineplus.gov/recipes/sesame-noodles-with-broccoli-and-chicken/>

February's Move of the Month

Heel Raises

- Stand tall and hold onto something for support, such as a chair
- Lift both heels off the ground, coming up onto the balls of the feet
- Hold raise for a count of two, then slowly lower heels to the ground



Source: <https://www.safework.nsw.gov.au/resource-library/six-simple-stretches>

February is American Heart Month

February is recognized as American Heart Month, which aims to raise awareness about the dangers of heart disease. **Heart disease is the leading cause of death for both men and women in the United States and is also a major cause of disability.**



Below are some ways to prevent heart disease and live a healthier and more active lifestyle.

- Exercise regularly. Get at least 150 minutes of physical activity each week – that's just 30 minutes a day, 5 days a week.
- Eat healthy foods. Choose items low in sodium, added sugar, and trans fats.
- Reduce stress and improve sleep. Try a relaxation strategy that incorporates mindfulness, such as yoga or meditation.
- Quit smoking and stop using tobacco products. Set a quit date and let those close to you know about it, including your doctor. Ask your family and friends for support in your effort.
- Limit alcohol use. Excessive alcohol intake can lead to high blood pressure, heart failure, or stroke.
- Know your numbers. Check your blood pressure and cholesterol regularly.

Source: <https://www.dhs.gov/employee-resources/blog/2021/02/02/american-heart-month>