



Fred's Healthy BeansTalk

...extending your Lifetime Warranty



Suicide Prevention Awareness

Did you know September is Suicide Prevention Awareness Month? In 2016, almost 45,000 Americans died by suicide, making it the 10th leading cause of death. Among people ages 35-54, it's the 4th leading cause of death. Men of all ages are four times more likely to die by suicide than women. Warning signs someone is considering suicide include:

- Withdrawal from family and friends
- Sudden or excessive rage
- Self-destructive behavior
- Increased drug and/or alcohol use
- Threatening to hurt themselves

We at Fred Beans care about your mental health all year. All employees and their dependents have free access to our EAP through Health Advocate. Licensed professional counselors can help you confidentially over the phone or refer you to in-person resources for additional help. The National Suicide Prevention Lifeline also offers free, 24-7 assistance if you call 800-273-8255.


Remember, seeking help is a sign of strength. It's important to take care of your mental health, just as you take care of your physical health. We also need to encourage each other to seek help. If you are worried about a friend, co-worker, or loved one, reach out with your concerns. Start a conversation and tell them about available resources in a non-judgmental way. Together, we can stamp out suicide.



Fit for Longevity with Angela Nash


Routine:
 • Exercising three to five days a week for 30-45 min, combining HIIT cardio and free weight and body weight exercises.
 • She consumes a healthy diet consisting of half of her body weight in ounces of water a day, veggies, most carbs at breakfast and lunch only, protein with every meal, and healthy fats like avocados and nuts here and there.

Benefits:
 Stress reduction, quick recovery, sleeps better, and is in the same size clothes as her 40's as she was in her 20's



Health Highlight with Josie Espindola

• An A1C test indicated I was prediabetic, and with a family history of diabetes, I was motivated to change my habits.
 • I met with CHARGE nutritionists and began eating whole foods, rich in vitamins/minerals, more protein and healthy fats. I now exercise daily, with my walking app, Zumba classes, and Yoga.
 • I am no longer pre-diabetic, I sleep great, have a stronger immune system and feel energized. I am grateful Fred Beans takes Healthy Living seriously.



Employee Health Highlights

Congratulations to Angela Nash, West Chester Ford and Josie Espindola, Newtown Ford, on their health transformations!

Angela exercises 3-5 days each week, doing a combination of high intensity interval training and free and body weight exercises. She fuels her body by eating protein at each meal. Now, Angela sleeps better and has less stress.

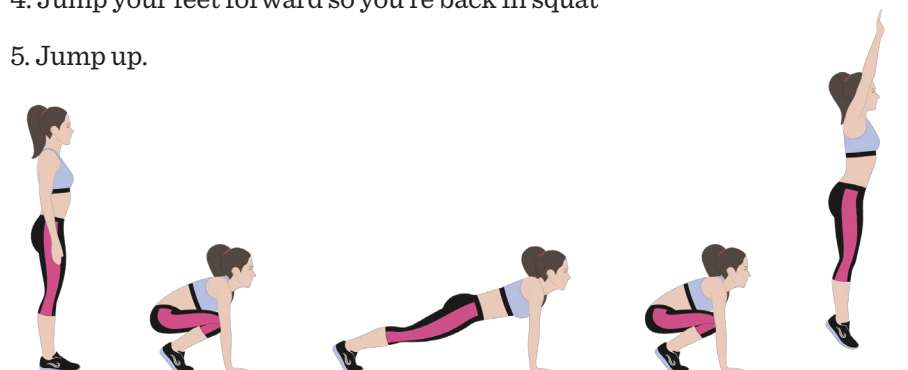
Josie was diagnosed as pre-diabetic, so she met with a nutritionist. She began exercising daily, practicing yoga, Zumba and walking. Josie improved her diet to focus on foods rich in vitamins, minerals and health fats. Today, she is no longer pre-diabetic.

We hope Angela and Josie inspire you to eat healthier and get moving!

Fall Fitness Challenge

Our fall fitness challenge is burpees. The challenge runs from September 15th to October 16th. Burpees are a great total body exercise.

1. Stand with feet hip-width apart
2. Drop into a squat, hands to the ground
3. Kick your feet back into a push-up
4. Jump your feet forward so you're back in squat
5. Jump up.



Choosing a Mental Health Professional

You don't need to have suicidal thoughts to benefit from talking with a mental health professional. They can help you cope with stress in your work life, deal with grief after the loss of a loved one, address anxiety around financial issues, or offer counseling on many other matters that bother you. The Mental Health Parity and Addiction Equity Act guarantees insurance coverage for mental health services is offered at the same benefit level as coverage for medical services. This means you pay the same copay to see a cardiologist or a psychiatrist.

It's important you are comfortable with the mental health professional you select. Here are some questions to ask:

- What types of treatment do you offer?
- How will we determine treatment goals?
- How will we measure my progress?
- How do you handle emergencies?

Fitness Discount at the YMCA

Fred Beans employees can get a 35% discount on membership to the YMCA in Bucks County. You can also get a free one month trial membership (must be redeemed by March 31, 2019). The YMCA will waive the initiation fee. Visit <https://www.fredbeans.com/fred-beans-employee-portal/healthy-living/gym-membership-discounts/> to get started.

Take care of your knees and back with a visit to the chiropractor. Independence Blue Cross covers 20 visits per year. If you have the POS or PPO plan, there is a \$50 per-visit copay. If you have the HDHP plan, you pay 60% after the deductible. An additional acupuncture benefit* is coming on July 1st. Stay tuned for details!



*Note: This benefit will need to be through an INN provider who can be located at www.ibxpress.com.



Fight Flu

Flu season will be here soon. The flu shot is a safe and effective way to protect yourself. People over age 50, those with chronic lung disease, diabetes or heart disease, and people with extreme obesity are especially vulnerable to the flu virus. However, we encourage everyone to get vaccinated.

Fred Beans will offer our employees free flu shots at the following locations:

Tuesday, September 24th:

1. Flemington Toyota: 10am-12pm
2. Newtown Ford: 11am- 12pm
3. Langhorne Ford: 1pm-3pm

Thursday, September 19th:

1. Doylestown Ford: 10am-12pm
2. Management: 12:30pm- 2:00pm
3. Parts Warehouse: 2:30pm-4:00pm

With each free flu shot you will receive a \$5 CVS gift card to be used on your next \$25 purchase. Now, there's no reason not to roll up your sleeve!



Achieve Well-being

Independence Blue Cross helps you reach your well-being goals. Simply log onto ibxpress.com to complete your profile. You can create a personalized action plan to get fit, eat right, sleep better and manage stress. Remember to sync your devices to track your progress. You'll get reminders and encouraging emails and texts to keep you motivated. Start your wellness journey today!

IBC Fitness Reimbursement



As an Independence Blue Cross Member, you are entitled to reimbursements for workouts at qualified fitness centers through the Achieve Well-Being program. If you visit 120 times per year, you can get up to \$150 back. Visit <https://reimbursements.ibx.com/ibc> to get started.

Eat Right to Improve Your Mood

Honey Mustard Salmon with Kale*

Ingredients

- 1/4 cup grainy Dijon mustard
- 2 tablespoons honey
- 4 salmon fillets
- 1 bunch kale, stemmed and sliced
- 2 shallots, sliced
- 2 tablespoons olive oil
- 1 lemon, cut into wedges



Directions

1. Mix mustard and honey and spread on salmon.
2. On baking sheet, toss kale, shallots and 1 tbsp. oil.
3. Top with salmon fillets and roast at 400 degrees until salmon flakes with a fork, about 10 minutes.
4. Drizzle with remaining oil and serve with lemon.

5. Makes 4 servings

*Recipe courtesy of Rachel Ray Every Day

EAT CLEAN



Fight Depression Through Diet

Certain foods can lift your mood. Folic acid in leafy green veggies, fruits and nuts and whole grains has been shown to lower the risk of depression. Foods rich in Omega-3 fatty acids, like salmon, walnuts and olive oil can help stabilize your mood and improve the effectiveness of some antidepressant medication. Depression rates are higher among people with Vitamin D deficiency. Consider adding milk, orange juice or breakfast cereal fortified with Vitamin D to your diet.



Reduce Stress At Work

80% of Americans feel stressed on the job. Prolonged periods of stress can be harmful to your long-term health, so try one or more of these coping strategies:

- Plan and prioritize
- Use all your resources
- Separate work and home life
- Focus on what you can control
- Take a break

Who is My Healthy Living Representative?	
Andrea Volm - Wellness Consultant	
AutoExpress/AutoRent	Nissan Doylestown
Bill Dannehower	Jill Katona
Ford Newtown	Cadillac/Used Car Annex
Josie Espindola	Bill Pytleski
Subaru	Ford Langhorne
Frances Freezeman	Jeanine Smith
Chevy	VW Doylestown
Al Damone	Pam Zurad
Hyundai Langhorne	CARSTAR Doylestown
Kim Dorsey	Anna Reif
Hyundai Doylestown	Nissan Flemington
Christine Leister	Nicole Carrol
Detail	Ford Boyertown
Sam Zook	Leigh Ann McCabe
Parts / Carquest	Dodge
Ashley Mathews Jamie Watts Beth Snyder	Tara Valentine
Toyota Flemington	Management
Cathy Cannon	Dan Milewski
Hyundai Flemington	Ford West Chester
Janine Pignatone	Angela Nash

Wellness Calendar of Events

Please check out the following for Healthy Living Opportunities:

Thursday, September 12th

Lunch N' Learn for Suicide Awareness

Friday, September 13th

Jeans Day for Suicide Awareness

Thursday, September 26th

Lunch N' Learn for Financial Wellness:
Creating a Workable Budget: Cut Back or Cut Out

Wednesday, October 9th

Lunch N' Learn for Hereditary Breast and Colorectal Cancers – Are you at Risk?

Flu Shot Clinic Dates

Tuesday, September 17th

Newtown Ford: 11:00 a.m. - 12:00 p.m.
Langhorne Ford: 1:00 p.m. - 3:00 p.m.

Thursday, September 19th

Doylestown Ford: 10:00 a.m. - 12:00 p.m.
Management: 12:30 p.m. - 2:00 p.m.
Parts and Warehouse: 2:30 p.m. - 4:00 p.m.

Tuesday, September 24th

Flemington Toyota: 10:00 a.m. - 12:00 p.m.

Upcoming events and resources

- **Every Friday through October 4th:** Weight Watchers 13-week session
- **Friday Drop Off's:** Stoney Lane Organic Farm CSA Friday drop off's at the Annex Bldg; 12:00 - 1:00 through mid October
- **Coming in September:** CVS onsite Flu Clinics at Fred Beans. Free flu shot with \$5 gift card to CVS with \$25 minimum purchase

