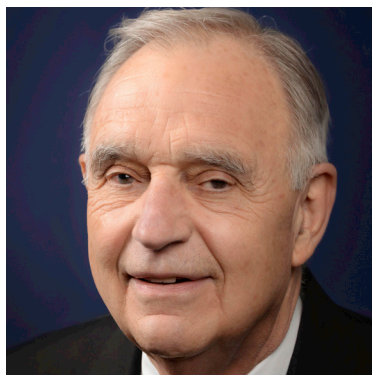




Fred's Healthy BeansTalk

...extending your Lifetime Warranty



Stop Those Aches and Pains

Musculoskeletal conditions are common among people who do physical labor, like those of you who work in our body shops, and among people who stand frequently during their jobs, like those of you on our sales floors. You don't need to resign yourself to pain, though. Treating those conditions naturally can prevent opioid overuse. The amount of Fred Beans employees who took more than 3 narcotics per month for low back pain was over half the norm. The amount of employees who continually used opiates for back pain or neck pain for over a year was also higher than average. Instead of costly prescriptions, you can work to prevent pain. Musculoskeletal conditions are heavily impacted by lifestyle choices. This edition of Beanstalk reviews the ways that we can work together to start healthier habits, like with, diet, exercise and stretching help to relieve back pain and arthritis

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Fred Beans

Employee Health Highlights

Congratulations to Van Queen, Fred Beans Parts & CARQUEST of Doylestown and Benton Vories, Fred Beans Special Finance Department on their health transformation!

Van lost 63 pounds participating in the on-site Weight Watchers program. His A1C levels fell from 10.5 to 5.5. Van no longer needs diabetes medication.

Benton had successful Gastric Sleeve surgery. Benton no longer has sleep apnea or diabetes and has completed two 10 mile races.

We hope Van and Benton's health transformations inspire you!



April Fitness Challenge

Our last 30-Day Fitness Challenge was our most successful. 72 employees completed The Push Up Challenge!

Our next 30-Day Fitness Challenge—Squat Thrust— will start on March 11th and finish on April 9th.



Squat thrusts are the less intense cousin of the Burpee. They accomplish much of the same gains, with emphasis on the core, lower body and upper body.

From April 12th through May 11th, we will be facilitating our next 30-Day Fitness Challenge—The Biggest Mover Step Challenge. This will get us moving and ready for the Bucks Strong YMCA 1 mile Fun Run and 5K race on Saturday May 11th.

Don't Forget to Make Your Wellness Screenings!

As a reminder, Fred Beans offers employees who visit their Primary Care Physician for an annual physical examination along with height and weight measurements, a blood pressure reading, as well as cholesterol and blood sugar testing will receive a \$50 per pay credit towards their premium cost for medical coverage in 2019-2020 as a part of our wellness initiative. Once your physical is complete, it is vital to review your results and develop strategies with your doctor to ensure any problem areas are addressed, all while working towards your health goals. Our Independence Blue Cross medical plans cover your annual physical so getting your wellness visit is no cost to you. Your doctor can certify your fulfillment of the physical and associated testing by completing the Wellness Screening form (or Waiver Affidavit, if applicable).

Please be sure to complete your annual physical and return your completed forms to Fred Beans Human Resources prior to June 14, 2019 in order to ensure your credit is secured and applied for the July 1, 2019 renewal. For additional details or if you have any questions, please contact your HR Department at 215-345-8270 ext 2413.

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.

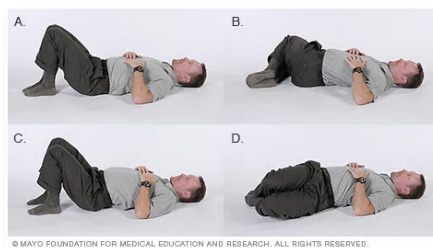
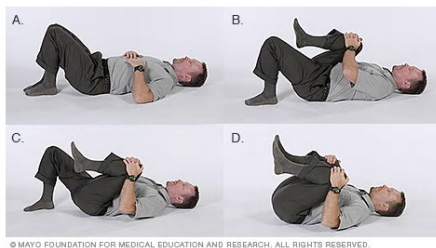
Take care of your knees and back with a visit to the chiropractor. Independence Blue Cross covers 20 visits per year. If you have the POS or PPO plan, there is a \$50 per-visit copay. If you have the HDHP plan, you pay 60% after the deductible. An additional acupuncture benefit* is coming on July 1st.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



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

Protect Your Back

If you suffer from low back pain, you may think back pain is an occupational hazard. But, there are simple exercises to avoid those nagging aches.



Strengthen Your Back

Complete these exercises twice a day, morning and night:

Knee-to-chest stretch

1. Lie on your back with knees bent and feet flat on the floor.
2. Using both hands, pull up one knee and press it to your chest.
3. Tighten your abdominals and press your spine to the floor.
4. Hold for 5 seconds.
5. Return to the starting position and repeat with opposite leg.
6. Return to starting position and repeat with both legs at the same time.
7. Do each stretch two to three times.

Lower back rotational stretch

1. Lie on your back with knees bent and feet flat on the floor.
2. Keep your shoulders down and roll your bent knees to the right and hold for 10 seconds.
3. Return to center.
4. Repeat, rolling knees to the left and holding for 10 seconds.
5. Do each side three times.

Get Connected with IBC

Once you sign up with IBC, you'll get:

- Personalized reminders it's time to schedule your annual physical or a preventive health screening
- Access to important plan information, like a virtual ID card
- Connection to customer service with one tap
- Info on valuable resources you might not know about
- Tips for saving money on your health care

Visit www.ibx.com/getconnected to get started. Have your insurance card ready. You'll need your ID number to sign up. Save time and money today!

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 Fight Inflammation

Braised Chicken Thighs with Spinach

Ingredients

- 4 6-ounce bone-in chicken thighs (skin removed)
- 1 tsp. olive oil
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1 small yellow onion (peeled and chopped)
- 3 cloves garlic (peeled and minced)
- 1 tsp. dried thyme
- 1/2 tsp. dried rosemary
- 1 cup water
- 1 10-ounce package spinach

Directions

1. Heat skillet over medium-high heat. Add 1 tsp. oil. Add chicken, top side down. Cook about 8 minutes on each side, or until deeply browned. Remove the chicken to a dinner plate and set aside.



2. Reheat skillet over medium heat. Add the onion, garlic, thyme and rosemary. Cook about 5 minutes, until the onion is soft and golden. Return the chicken to the pan.
3. Add the water and cover. Continue cooking for about 30 minutes.
4. Add frozen spinach and cook for about 10 minutes.
5. Serve hot.

Makes 4 servings

EAT CLEAN



Lower pain and inflammation with your diet

Spinach and other leafy green vegetables are anti-inflammatory foods. Chronic inflammation can contribute to arthritis and low back pain. Other smart food choices include nuts, veggies like tomatoes, carrots and beets, fruits like strawberries, blueberries and oranges, chicken, turkey and fish rich in Omega-3's, like salmon. When fighting inflammation, think about the rainbow. Fill your plate with a variety of brightly colored fruits and veggies.



March is Colon Cancer Awareness Month!

The American Cancer Society recommends the following to lower your risk of colon cancer:

- Get screened, starting at age 45
- Stay at a healthy weight and avoid gaining weight around your mid-section
- Limit red meat and processed meats and eat more fruits and veggies
- Avoid drinking excessive alcoholic beverages
- Don't smoke or quit smoking

Who is My Healthy Living Representative?

Andrea Volm - Wellness Consultant

AutoExpress/AutoRent	Nissan
Bill Dannehower	Dan Agee
Ford Newtown	Cadillac/Used Car Annex
Josie Espindola	Bill Pytleski
Subaru	Ford Langhorne
Zaahid Munshi	Suzy Buehler Jeanine Smith
Chevy	VW Doylestown
Al Damone	Pam Zurad
Hyundai Langhorne	CARSTAR Doylestown
Suzy Buehler	Anna Reif
Hyundai Doylestown	CARSTAR Langhorne
Christine Leister	Suzy Buehler
Detail	Ford Boyertown
Sam Zook	Leigh Ann McCabe
Parts / Carquest	Dodge
Carolyn Meer Xiomara Sanchez Beth Snyder	Tara Valentine
Flemington	Management
Cathy Cannon Nicolas Porras	Dan Milewski
VW Devon	Ford West Chester
Dana Shemfeld	Lisa O'Donnell



Upcoming events and resources

- **Tuesday, May 14th:** Langhorne Health Fair in Kia Showroom
- **Friday, May 17th:** Health Fair at Ford Doylestown 11-2
- **Friday, May 17th:** Jeans Day in Honor of Employee and Health Fitness Awareness

Wellness Calendar

----- of Events -----
Please check out the following for Healthy Living Opportunities:

Wednesday, April 3rd

Cardiovascular Fitness LNL 12-1 at Management Live. Broadcast at Ford Langhorne and Parts

Friday, April 5th

Jeans Day for Walk at Work National Health Day Hanusey Community Park 4757 Gordon Rd. Doylestown, PA 18902

Tuesday, April 9th

Completion Day of Fitness Challenge #6

Friday, April 12th

Fitness Challenge #7 begins — The Biggest Mover Step Challenge to prepare for the Bucks County YMCA 5K, 1 Mile Fun Run

Tuesday, April 25th

Sugar vs. Carbs LNL at Management. Live Broadcast at Ford Langhorne and Parts

Friday, April 26th

Jeans Day for Autism Awareness

Thursday, May 2nd

Bikeworks Biking 12-1 in Bucks at Management with live Broadcast at Parts and Ford Langhorne

Saturday, May 11th

Completion of the Step Challenge Fitness Challenge #7 at the Bucks Strong Doylestown YMCA 5K, 1 mile Fun Run

Thursday, May 16th

Lunch N' Learn for Skin Cancer Awareness