

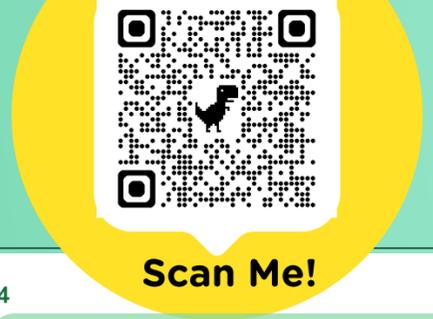
November 2024 **BENEFIT U**

Important Reminder: Take the opportunity to explore and update your benefits during open enrollment, November 1st - 15th!

Sunday

Scan for the digital copy of the **BenefitU Interactive Calendar**. Enjoy daily tips to help practice activities that support your health & wellbeing.

Monday



Tuesday

November is Diabetes Awareness Month! Join us in empowering your wellness with this month's motto: *Prevent, Manage and Thrive!*

Wednesday

Thursday

Friday

1
Open Enrollment Begins!
TIME: 8 AM - 4 PM
Adam's Complex,
20 Interchange Dr.
FLU SHOTS: 9 A - 12PM, 1 - 3 PM

Saturday

2
HOW WILL YOU CELEBRATE YOUR HEALTH TODAY?

3
MANAGE YOUR STRESS: LOWERING YOUR STRESS LEVELS THROUGH MEDITATION, YOGA, EXERCISE, AND OTHER PRACTICES CAN HELP YOUR IMMUNE SYSTEM FUNCTION PROPERLY

4
Scan Me!
EXPLORE YOUR BENEFITS! STOP BY THIS WEEK TO SPEAK WITH **CREATIVE WORKSITE SOLUTIONS** AND **MISSION SQUARE RETIREMENT**.

5
Open Enrollment: 8 AM - 4 PM at Adam's Complex, 20 Interchange Drive
IMPORTANT REMINDER: FLEXIBLE SPENDING ACCOUNT (FSA) DO NOT ROLL OVER. IF YOU WANT TO KEEP YOUR FSA ACCOUNT FOR 2025, YOU MUST RE-ELECT FOR THIS BENEFIT.

6
MOVE WELL: DID YOU KNOW EXERCISE IS ONE THE BEST WAYS TO MANAGE YOUR BLOOD SUGAR? TAKE A PRE-LUNCH WALK TO BOOST ENERGY AND SUPPORT DIGESTION.

7
EAT WELL: MONITOR PORTION SIZES AND BALANCE MEALS WITH HEALTHY CARBS, PROTEINS AND FATS TO **MAINTAIN STEADY BLOOD SUGARS.**

8
JOIN US FOR LUNCH! ENJOY A COMPLIMENTARY MEAL FROM **11 AM - 1PM**. LUNCH IS SERVED WHILE SUPPLIES LAST, SO BE SURE TO STOP BY EARLY!

9
JOIN US
2024 #HONORMARK 5K
8 AM AT DAFFIN PARK!
CITY EMPLOYEES GET REIMBURSED FOR THEIR ENTRY FEE!

10
REST AND RELAXATION: PRIORITIZE SOME TIME INTO YOUR SCHEDULE TO REST AND RECHARGE SO YOU'RE READY TO TACKLE MONDAY.

11
VETERAN'S DAY
TAKE A MOMENT TO REFLECT AND THANK THOSE WHO SERVED OUR COUNTRY AND PROTECTED OUR FREEDOM.

12
Open Enrollment: 8 AM - 4 PM at Adam's Complex, 20 Interchange Drive
INTENTIONAL EATING: PRACTICE MINDFUL EATING DURING YOUR MEAL. SAVOR EACH BITE AND STOP WHEN YOU FEEL COMFORTABLY FULL TO ENJOY THE DAY WITHOUT OVERINDULGENCE.

13
ARE YOU IN THE MIDDLE OF A HECTIC WEEK? TAKE A BREAK AND GO FOR A 20-MINUTE WALK. A SIMPLE WALK CAN DO WONDERS FOR YOUR HEALTH AND MOOD!

14
WORLD DIABETES DAY - RECOGNIZE THE IMPORTANCE OF UNDERSTANDING, PREVENTING, AND MANAGING TYPE 2 DIABETES.

15
COMPLETE YOUR WELLNESS ACTIVITIES TO SAVE \$1000 ON MEDICAL PREMIUMS IN 2025! LOG IN TO YOUR ACCOUNT: WWW.CITYOFSAVANNAHHEALTHPLAN.COM OR CALL 866-360-7926.



16
GREAT AMERICAN SMOKEOUT: SUPPORT SOMEONE QUITTING SMOKING OR CONSIDER TAKING STEPS TOWARD A SMOKE-FREE LIFESTYLE.

17
YOUR HEALTH IS AN INVESTMENT, NOT AN EXPENSE.

18
REGULAR MOVEMENT IS KEY TO MAINTAINING ENERGY AND REDUCING STRESS! NEED WORKOUT IDEAS? **EXPLORE A VARIETY OF 20-MINUTE SYDNEY CUMMINGS WORKOUTS YOU CAN DO AT HOME!**

19
LIMIT PROCESSED FOODS: HIGHLY PROCESSED FOODS MIGHT BE TASTY IN A PINCH, BUT THEY'RE TERRIBLE FOR YOUR HEALTH. STICK TO HEALTHY WHOLE FOODS FOR A WELL-BALANCED DIET.

20
PRIORITIZE SLEEP: AIM FOR 7-9 HOURS OF SLEEP TO ALLOW YOUR IMMUNE SYSTEM TO FUNCTION AT ITS BEST.

21
MANAGING DIABETES STARTS WITH KNOWLEDGE: LEARN MORE ABOUT THE CITY'S **DIABETES MANAGEMENT PROGRAM & HOW IT CAN SUPPORT YOU** IN MAKING HEALTHY CHOICES!

22
PARTNER UP: FIND AN ACCOUNTABILITY PARTNER TO HELP MAKE YOUR HEALTHY JOURNEY SUCCESSFUL AND FUN! SHARE RECIPES, TRY A NEW FITNESS CLASS TOGETHER OR MEET FOR WEEKLY WALKS.

23
UNPLUG & UNWIND: TAKING TIME TO "UNPLUG" CAN BE BENEFICIAL TO YOUR WELLBEING. LEAVE THE PHONE AT HOME AND ENJOY BEING IN THE MOMENT WITH FAMILY AND FRIENDS.

Healthy Tips to Prepare for Thanksgiving:

24
THANKSGIVING PREP, EAT WELL: START PLANNING A BALANCED THANKSGIVING MENU. CONSIDER HEALTHIER SWAPS LIKE MASHED CAULIFLOWER INSTEAD OF MASHED POTATOES.

25
STAY MINDFUL, BE WELL: TAKE FIVE MINUTES TO REFLECT ON GRATITUDE. WRITE DOWN THREE THINGS YOU'RE THANKFUL FOR THIS YEAR TO CULTIVATE A POSITIVE MINDSET FOR THE WEEK.

26
PRIORITIZE MOVEMENT, MOVE WELL: SCHEDULE A 30-MINUTE WALK OR LIGHT WORKOUT TODAY. KEEPING YOUR BODY ACTIVE EARLY IN THE WEEK WILL HELP WITH ENERGY AND STRESS MANAGEMENT.

27
STAY HYDRATED, EAT WELL: FOCUS ON HYDRATION TODAY. DRINK PLENTY OF WATER TO HELP YOUR DIGESTION AND MANAGE HUNGER CUES TOMORROW.

28
Happy Thanksgiving
SHARE WHAT YOU'RE GRATEFUL FOR WITH FAMILY AND FRIENDS.

29
MAKE TIME TO MOVE: AFTER A BUSY DAY OF SHOPPING OR RELAXING, SET ASIDE TIME TO FOCUS ON MOVING YOUR BODY. ENJOY A FAMILY WALK, LIGHT WORKOUT OR OUTDOOR ACTIVITY TO STAY ACTIVE AND CONNECTED.

30
WHAT WILL YOU COMMIT TO FOR A HEALTHIER DECEMBER? AS YOU PREPARE FOR DECEMBER, CONSIDER ONE OR TWO HEALTHY HABITS YOU WILL FOCUS ON DURING THE HOLIDAY SEASON.