



BeWell

NOVEMBER 2024
NEWSLETTER

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8 DIMENSIONS OF WELL-BEING



INTELLECTUAL



EMOTIONAL



PHYSICAL



SOCIAL



OCCUPATIONAL



FINANCIAL



ENVIRONMENTAL



SPIRITUAL

Well-Being Tips from the Top

CONVERSATION WITH ALEXANDRIA CIRKO, VICE PRESIDENT OF MISSION & MINISTRY AT ST. JOSEPH MEDICAL CENTER



What is your background and your current role at Penn State Health?

As far as my background, I was in the convent for 6 years as the Sister of the Blessed Sacrament. When I left the convent, I went into teaching Middle School for 21 years. I spent 6 years as a principal and 7 years as assistant superintendent for Catholic

Education in the Diocese of Allentown. So, I spent a very long time working in education.

I'm now the Vice President for Mission and Ministry here at St. Joseph Medical Center where I oversee the Spiritual Care Department and help to facilitate the ethics program. I am involved in many community outreach programs sponsored by the hospital. I do a lot of staff support and some patient visits. I'm also a board-certified chaplain. While I don't get as much face time with patients as I did in the past, I do have a lot of interaction with staff.

What is the most rewarding aspect of your role?

What I enjoy most are the interpersonal connections I have with patients and staff members. I get to spend time walking around the hospital getting to know people and trying to be supportive of staff if they're having a tough day. I like that

one-on-one contact and being able to journey with people as they're going through their ministry here at St. Joe's.

What was your biggest motivator to enter this career path?

When I was the assistant superintendent in the Catholic Schools office, a lot of my job was changing toward more interpersonal relationships with the principals, teachers and groups of children. If there was a tragedy in a school, I would go, and I would be there with the class where the particular tragedy took place or offering support to the principal and staff. I decided that I wanted to be a better listener and learn better ways of doing what I was doing, so, I began chaplaincy training. When COVID hit, I lost my job at the diocese, but I continued my work in chaplaincy. I am now a board-certified chaplain and I worked as a chaplain here at St. Joe's for a period of time after I completed my residency. I was here for several months, but needed to step away. I came back into the role I have now. I am grateful to be able to interact with people, to listen and journey with them if they're having difficulties, to share in their joys, or to sit with people in their sorrows. These are the things that are most meaningful to me.

What do you like to do to maintain your own wellbeing, and stay healthy?

For myself, it's threefold. I have my three dogs, my boys, Zach, Cooper, and Gibbs. Spending time with them...

(CONTINUED ON PAGE 2)

BeWell Commitment Statement:

Penn State Health's mission is to continually improve the health and well-being of the people of Pennsylvania, and beyond. To achieve this mission, we must support and empower our employees to be well by offering inclusive and engaging benefits. The Penn State Health BeWell program aims to foster a culture of well-being across the health system that supports and empowers employees, in all dimensions, to improve their quality of life.

...keeps me entertained and keep me young. Second, I have played the guitar since I was in 6th grade. On Sunday mornings, I travel up to Philadelphia (I live in Delaware), and I play my guitar at a nursing home for their Catholic service. I often stay for the Protestant service later in the morning, and help with the music. Lastly, I play golf. It's another outlet for me, being out in the fresh air and hitting the golf ball around and enjoying the quiet atmosphere. I have been playing golf for 60 years. It is something I really enjoy.

How do you encourage your employees or hospital staff to take care of their own mental wellbeing?

In my travels throughout the hospital, I get the opportunity to spend one-on-one time with staff and listen to their stories. I encourage them to step back, exhale, and take time to do what they love. Many of them like to walk or participate in different activities outside of work. So, in our encounters, I encourage them to engage in things they enjoy. Additionally, on Monday mornings I send out an email that I call "Mission Monday". This includes a quote and a reflection that hopefully reflects our Core Values. Mission Monday gets sent to about 1,000 people. I encourage staff to pace themselves, not be so serious about everything, and find to laughter and joy in some moments of the day.

What do you hope for the future of well-being at St. Joe's Medical Center or Penn State health as a whole.

Back on August 22nd, we celebrated our 151st anniversary of compassionate Catholic healthcare in the Berks County area. We live in an ever-changing world, so there are a lot of things that try to stifle us from living out our Catholic tradition and Catholic heritage. What we do is a ministry and I just hope that that sense of ministry continues, where it's not just a job where you clock in and clock out, but it's ministry and service to our patients who come to us in their time of need. I think people choose us for a reason; they know we're a faith-based hospital. Our core values align very much with Penn State Health. Our core values are reverence, integrity, compassion, and excellence. Penn State Health has teamwork in theirs. I think we can make the argument that both of those really do blend together. My hope for us here at St. Joe's is that we continue to be a ministry that touches not only physical health, but the body, mind, and spirit of the patients who come to us.

Is there anything additional that you want to add or share?

There's a lot going on in the world today, and a lot of people struggling. They don't come to St. Joe's to hang out for the weekend because we have great pizza or anything. They're here because they're in pain. They're here because they're scared or sick. They're here because they don't know what's going on sometimes. We offer a safe place for them. It is important for us to give them the best possible care that will help to bring them back to wellness.



Disco Friday was from 15 Friday's of celebrating leading up to the 150th Anniversary last year.



From the Annual Charity Ball last year, where the theme was the Roaring 20's. Alex had the opportunity to be the MC for the night.



The Boys. Pictured from left to right - Cooper, Gibbs (on the cedar chest), and Zach.

By Caitlin Byerly, a Project Coordinator with Penn State PRO Wellness. She facilitates components of the BeWell employee well-being initiative for Penn State Health employees in partnership with Penn State Health Human Resources.

Upcoming Events

Lunch & Learns:

Attitude of Gratitude

Dr. Tami West (SupportLinc)

Nov. 19, 2024 | Noon - 1 p.m

[REGISTER HERE](#)

Gratitude is the practice of affirming gifts and positivity in the world coupled with the recognition from which these resources stem. The practice offers physiological, psychological and social benefits improving on our bodies, minds and relationships. In this presentation, we'll discuss the many benefits of gratitude and provide simple and manageable ways that offer significant results to cultivate gratitude in our everyday life.



Upcoming:

Life Blend

Dr. Tami West (SupportLinc)

Dec. 10, 2024 | Noon - 1 p.m

Balancing the demands of work and family can be a difficult job. In this presentation, attendees will learn how to balance their work life with their personal life, in an effort to avoid burnout.



Emotional Well-being Mindstream™



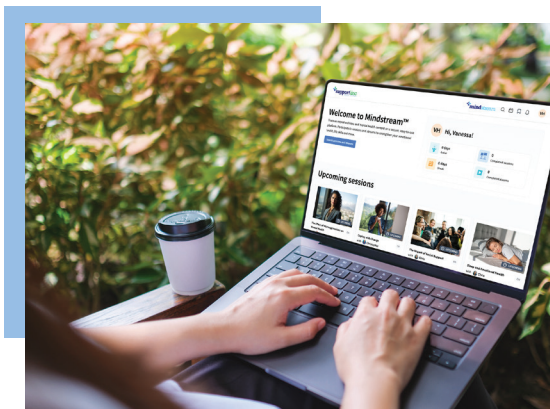
[Mindstream™](#) is a new, no-cost and confidential feature within Penn State Health’s SupportLinc Employee Assistance Program (EAP) for all employees and household members.

This engaging and easy-to-use platform is a fitness studio for your mind that provides unlimited access to live and on-demand sessions to help you strengthen your life skills and emotional health with a wide range of topics such as personal growth, relationships, sleep, stress, physical health, thriving at work and more. Personalize your experience and engage anytime and anywhere.

Visit your [SupportLinc EAP web portal](#) or eConnect mobile app with code **psh** to create an account. When logged in, click the Mindstream™ tile to get started. Try these sample sessions:

- [5-Minute Breathing Technique for De-Escalation for Healthcare Employees](#)
- [Calm Under Pressure](#)
- [Midday Recharge](#)
- [Post-Work Wind Down](#)

In the meantime, [check out this video](#) to learn more.



Spiritual Well-being

Zen Den



The Zen Den, located in the Milton S. Hershey Medical Center, hosted its Grand Opening on May 8, 2024, during Nurses and Hospital week celebrations. It is designed to be a quiet space with dimmed lighting, comfortable seating around a central faux fireplace ... and a spot to cuddle with our staff-support facility dog, Skye, when she has her “office hours.”



In 2022, based on evidence that respite/solace rooms can help reduce staff stress and anxiety, the Nursing Retention and Resiliency Council started to explore potential spaces at HMC. Later that year, Staff Support Chaplains joined the Council. Their vision also included the creation of a central space that gave

employees permission to briefly disengage from their work and rest, recoup, and recharge.

While designated space was at first elusive, one day CNO Michele Szkolnicki was thinking about Pop-Up Biergartens she experienced in Philadelphia. Inspired, she asked what it would take to try a pop-up format as an interim solution and a way to build the proof-of-concept for a permanent space.

So began the Staff **WELLness AREa** (WE ARE!) in 2023. A mobile cart transported LED lights, white noise machines, blankets, floor cushions, and a giant memory foam mattress that a team of nurses and chaplains set up in available conference rooms and advertised. Headlining these “Pop-Up Solace Rooms” was the promise of cuddle time with our staff support canine chaplain, Skye.

With very minimal advertising, each 7-8 hour event drew 60 to 100 people. Visitors included staff from all areas – clinical, office, support, therapy and more. A common theme for feedback was that “just 5 minutes” with reduced sensory stimulation and a home-like environment “made a huge difference.” A furry friend and a hot beverage helped, too.

The search for a permanent physical location continued, with an

emphasis on making this desired resource available to more employees, over more hours, that would serve as a highly visible symbol of commitment to HMC staff and students that WE CARE about our well-being. Pop Ups had minimal supply costs, but required hours of paid humans to set up, tear down, reserve space, and advertise. Persistence in advocating for staff, and willingness to pilot the pop-up model in the meantime, finally paid off. The former chapel space was designated for a semi-permanent home in December 2023. A small budget got the location a new coat of paint and minor renovations. Furniture donations, sweat equity, design savvy and ingenuity fueled the final furnishing and decor.

The Zen Den, located in the Milton S. Hershey Medical Center, hosted its Grand Opening on May 8, 2024, during Nurses and Hospital week celebrations. It is designed to be a quiet space with dimmed lighting, comfortable seating around a central faux fireplace, soft music/white noise, an offset space for solitude, and a spot to cuddle with our staff-support facility dog, Skye, when she has her “office hours.”

The core planning team developed a short mixed-methods survey with a QR code to track staff demographics and collect feedback about the Zen Den. On its opening day, over 100 staff visited and 75 left survey responses. Ninety-five percent of respondents reported that the Zen Den met or exceeded their expectations, and that they felt more refreshed after spending even a short time in the Zen Den. Currently, through an underutilized sign-in sheet, the team reports over 400 unique employee and student visits per month. A badge reader for security and better utilization reporting has been approved as a next step in making the Zen Den a continually valuable and relevant space for our healthcare workforce.

Feedback collection continues via an updated survey. A gift fund was established to collect donations and grant funding for further renovation, expansion and programming to support our teams. Two pilot programs are taking place in the Zen Den this fall: Music Therapy sessions for staff and Heart Based Meditation (also live-streamed).

For more information, contact core team members at ZenDen@pennstatehealth.psu.edu.

Financial Well-being

Holiday Savings Tips



Whether you're shopping for gifts, food or decorations, spending during the holidays can cause added stress. However, some careful planning and a little creativity can help you enjoy the festivities without financial fears. So, make a shopping list and 'check it twice' with these holiday savings tips.



Planning ahead

The best way to manage your spending this holiday season is by planning ahead so you don't get caught with unexpected bills when the festivities are over.

- **Develop a financial plan.** Experts recommend spending no more than 1.5 percent of your household annual income on holiday gifts and entertainment. Creating a budget before the busy season hits means your spending process will go smoother, and you will have ample time to pay bills.
- **Look back.** Review your spending from the past few years to help you allocate funds as well identify some areas where you can to save.
- **Put it on paper.** Write out everyone on your gift list and decide how much you want to spend on each person. Add costs for additional items such as cards, postage, gift-wrapping, meals, parties, travel, etc. and adjust accordingly to stay within your budget.
- **Stock up ahead of time.** Start adding a few holiday staples to each week's grocery list right now. This lets you take advantage of sale prices. You can also schedule your holiday groceries to arrive at your door long before you need them. By ordering in advance, you can avoid a last-minute grocery store shopping spree.
- **Save in advance.** After this holiday season ends, mark your calendar to start saving money long before next year's begins. Research suggests saving as early as the summer beforehand.

Savvy alternatives

If you want to enjoy more and worry less about spending, check out these ideas to help you do both. It doesn't take a lot of money to make the holidays enjoyable - just a lot of creativity and fun.

- **Draw names & create a spending cap.** This is an excellent way to ensure everyone receives a gift but only needs to buy one.
- **Host a white elephant exchange.** Ask everyone to "shop what they've got" and bring an amusing, impractical gift. The goal is to entertain partygoers rather than to gain a genuinely valuable or highly sought-after item.
- **Get creative.** Handmade gifts can be a special treat, and they save you money. Bake cookies, create a photo album, knit a blanket or scarf or compile favorite tunes into a music playlist.
- **Decorate with flair.** Don't get caught up in the over-priced decorations of the holidays. Instead, look around your yard for tree branches, holly, acorns, leaves and lots of other items that make festive decor. A bag of cranberries and popcorn create an old-fashioned holiday trim. Pour Epsom salt "snow" in clear containers and tie with ribbon



**For more tips and tricks, visit:
Holiday Toolkit — SupportLine**

Physical Well-being

The Medical Minute: Breast Density

Separating myth from fact



Mammograms remain the gold standard for detecting breast cancer in its earliest stages, potentially saving lives. So, why do some women receive a letter after a negative mammogram – meaning there’s no sign of cancer – asking them to consider additional tests?

The answer, according to [Dr. Rebecca Sivarajah](#), a specialist in breast imaging with [Penn State Health](#), boils down to the type of tissue in a woman’s breasts. “Most breasts include both fatty tissue and the fibroglandular, or dense, tissue,” she said.

While fatty tissue appears grey on a mammogram, dense tissue appears white. Some cancer lesions also appear white on a mammogram. “Therefore, high levels of dense tissue in some women may mask a cancer lesion on a mammogram,” Sivarajah said.

That’s why, six years ago, Pennsylvania enacted a law requiring radiologists to notify women with dense breast tissue about supplemental screenings following a negative mammogram. While the law raised awareness of the risks associated for women with dense breast tissue, the topic itself evokes many questions and myths.

Let’s separate some myths from the facts.

MYTH 1: I can tell my breast density by the way they feel.

Fact: “In general, you can’t determine breast density by ‘feel,’” Sivarajah said. Instead, a mammogram will determine breast density. The American College of Radiology breaks down breast density into four classes. Women whose breasts rank in the “fatty” or “scattered fibroglandular tissue” classes do not have enough dense breast tissue to raise concern. Women whose breasts rank in the “heterogeneously dense” and “extremely dense” classes have high breast density. An estimated 40% of U.S. women fall into those latter two classes.

MYTH 2: I can’t have dense breast tissue because I’m not overweight.

Fact: Obesity has little impact on breast density. “Being overweight or obese may increase the amount of fatty tissue in a woman’s breast, but it doesn’t increase the relative amount of dense breast tissue,” Sivarajah said. However, a woman’s breast density often decreases with age.

MYTH 3: Breast density doesn’t affect my cancer risk.

Fact: “Women in the highest density class (‘extremely dense’) are more likely to be diagnosed with breast cancer compared to a woman in the lowest density class (‘fatty,’” Sivarajah said.

MYTH 4: Because I have dense breasts, I don’t need a mammogram.

Fact: Supplemental tests do not take the place of a mammogram. “While dense breast tissue can make a mammogram less sensitive, mammograms can still find breast cancer,” Sivarajah said.

In fact, some potential signs of breast cancer, such as certain calcifications and distortions, can only be found with a mammogram.

For most women with high breast density, a screening breast ultrasound is the most common supplemental test. Penn State Breast Center offers Automated Breast Ultrasound Screening (ABUS), which uses soundwaves – not radiation – to create a 3-D image of the breast. During this screening, a padded, curve-shaped transducer is placed on the breast while the patient lies down. “The test is comfortable for most women,” Sivarajah says.

For women with a higher lifetime risk of cancer – 20 percent or more as determined by a doctor – breast MRI may be recommended as a supplemental test. This test uses magnets and contrast dye to enhance any potential lesions differently from dense breast tissue.

Most insurance plans cover ABUS or screening ultrasound of the breast.

Breast MRI is often covered by insurance for patients who have an elevated lifetime risk greater than 20%. Patients should check with their insurance carrier to verify coverage.

So, what’s the best next step for women who get a letter about their breast density? “Talk with your primary care doctor about whether a supplemental test is right for you,” Sivarajah said.

Source: [The Medical Minute: Breast density — Separating myth from fact - Penn State Health News](#)

The [Medical Minute](#) is a weekly health news feature produced by Penn State Health Articles feature the expertise of faculty, physicians and staff, and are designed to offer timely, relevant health information of interest to a broad audience.

Physical Well-being

Creating a Self-Care Schedule



Taking care of yourself is vital for stabilizing your mood, improving your mental health and maintaining your physical wellbeing. In fact, the [National Institute of Mental Health](#) notes that self-care can help you manage stress, increase energy levels and even lower your risk of illness. However,

sometimes life can become busy or stressful and taking time out of your daily routine to do something for yourself can be challenging.

Creating a schedule can be a great way to ensure you are caring for yourself regularly. Here are some simple ways to work self-care into your daily life.

- **List your best or favorite self-care activities and assign one to each day of the week.** For example, you go for a walk every Monday or perform a meditation practice every Friday. This will allow you to practice self-care without needing to decide on a new activity every day.
- **Use time blocks.** Block out a portion of your day to dedicate to self-care. This could be a half hour before work, an hour before bed or even just ten minutes of your lunch break. Marking this time in your calendar will not only help you remember your self-care activities but will ensure you have plenty of time to complete them.
- **Set goals.** What are your goals for self-care? Some examples are to ease stress and anxiety or to relieve feelings of depression. Consider

what you wish to gain from your self-care practices and create goals around it. This will help you determine how much time you need to schedule throughout the day or week to accomplish it. For example, if you wish to prevent burnout, you may set the goal to engage in a favorite hobby for a few hours every week.

- **Improve your bedtime routine.** Your sleep quality is one of the most important aspects of maintaining mental and physical health. Consider setting an alarm when it's time to go to bed or setting a reminder on your phone when it's time to log off social media. Check out the [Sleep Fitness Toolkit](#) to learn more about getting a good night's rest.

Regardless of how you incorporate self-care into your routine, remember to be kind to yourself and find what works best for you. Don't be afraid to try new things and let go of practices that aren't helpful.



Wellbeing Place provides you with a wide array of tips, resources, recipes, tools and ideas that will help you improve your overall health and wellbeing. To navigate the site, click the menu icon in the upper-left corner and select a category – or just page down and check out topics of interest to you.

WellBeing Place is powered by [Marquee Health](#) and [CuraLinc Healthcare](#).

For more information, visit: [Wellbeing Place](#)

Recipes

Turkey Soup

Make this easy soup with some leftover Thanksgiving turkey or rotisserie turkey anytime of year. It will be ready in about an hour.



Serves: 10 | Time: 60 minutes
Diabetic, Gluten Free, Heart Healthy

INGREDIENTS:

- 1 Tbsp olive oil
- 1/2 cup chopped onion
- 1/2 cup diced carrots
- 1/2 cup diced celery
- 1/8 tsp black pepper
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1 can (14.5 oz) diced tomatoes, with liquid
- 3 cups water
- 3 cups vegetable broth (gluten free if needed)
- 1 can great northern beans, rinsed and drained
- 2 cups cubed cooked turkey
- 1/2 cup cubed zucchini
- 1 Tbsp chopped fresh parsley

PREPARATION:

1. In a large saucepan, heat oil over medium heat until hot. Add onion and sauté until softened, about 4 minutes.
2. Stir in carrot, celery, pepper, oregano and basil. Cover and cook over low heat for 5 minutes.
3. Add tomatoes with their liquid, water, broth and beans and stir. Cover saucepan and bring to a boil. Lower heat and simmer gently for 30 minutes.
4. Add turkey, zucchini and parsley and cook until zucchini is cooked through and flavors are blended, about 8 to 10 minutes.



Recipe Source: [Click Here](#)

NUTRITION:

Serving size: 1 cup	Saturated Fat: 0g	Carbohydrates: 12g
Calories: 132	Cholesterol: 38mg	Fiber: 3g
Fat: 2g	Sodium: 422mg	Protein: 17g

Apple Crumble

Enjoy a healthy twist on this holiday classic. Sliced apples meet a warm, cozy blend of spices, coated with a light, crumbly oat topping. It's a dessert that embodies the spirit of autumn with each comforting spoonful.

Serves: 10 | Time: 75 minutes
Diabetic, Gluten Free



Recipe Source: [Click Here](#)

NUTRITION:

Serving size: 3/4 cup	Saturated Fat: 1g	Carbohydrates: 21g
Calories: 136	Cholesterol: 0mg	Fiber: 2g
Fat: 5g	Sodium: 48mg	Protein: 1g

INGREDIENTS:

Crumb Topping

- 1/2 cup old-fashioned rolled oats
- 1/4 cup finely chopped pecans or walnuts
- 2 Tbsp packed dark brown sugar
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp freshly ground nutmeg
- 2 Tbsp olive oil

Apple Filling

- 2 Granny Smith apples, peeled, cored and cut into 1-inch pieces
- 2 Red Delicious apples, peeled, cored and cut into 1-inch pieces
- 1 Honeycrisp apple, peeled, cored and cut into 1-inch pieces
- 2 Tbsp fresh lemon juice

PREPARATION:

Crumb Topping

In a medium mixing bowl, combine the old fashioned rolled oats, chopped pecans, brown sugar, vanilla extract, cinnamon and nutmeg. Drizzle with olive oil and stir to combine. Cover with plastic wrap and set aside.

Apple Filling

1. Set an oven rack in the middle of the oven. Preheat oven to 400°F. Line a 9x13 baking dish with parchment paper and lightly grease with nonstick cooking spray; set aside.
2. In a large mixing bowl, combine the cut apples, lemon juice, lemon zest and vanilla extract stir to combine. In a small mixing bowl, combine the brown sugar, granulated sugar, cinnamon, pumpkin pie spice, nutmeg, black pepper and sea

- 1 tsp lemon zest
- 1 tsp vanilla extract
- 1/4 cup packed dark brown sugar
- 1/4 cup granulated sugar
- 1/2 tsp ground cinnamon
- 1/2 tsp pumpkin pie spice
- 1/4 tsp freshly ground nutmeg
- 1/4 tsp freshly ground black pepper
- 1/4 tsp sea salt

Toppings & Garnishes

- Fat-free whipped topping, optional
- Fresh mint leaves, for garnish (optional)
- Cinnamon sticks, for garnish (optional)

salt. In small batches, sprinkle the sugar mixture over the sliced apples and stir to coat evenly. Transfer the apple mixture to the prepared baking dish, drizzling the excess liquid over the apples.

3. Bake for 30 minutes. Remove from oven and evenly sprinkle the crumb topping over the apples. Return to the oven and bake for an additional 15 to 20 minutes, until the fruit is tender and the topping is golden brown. Remove from the oven and allow to rest for at least 1 hour before serving (the filling will thicken as it cools).

Toppings & Garnishes

If desired, serve the homemade apple crumble with whipped topping and garnish with fresh mint leaves and a cinnamon stick.

WeightWatchers®



Weight health is personal. So are WeightWatchers® solutions.

Preventative care is all about taking proactive steps to maintain and improve your health, reducing the risk of chronic diseases, and ensuring a better quality of life.

Diabetes is one of the most common chronic conditions. Science shows that even modest weight loss (losing 5% of your body weight) can help ease insulin resistance. That's why WeightWatchers® created the Diabetes-Tailored Plan, a weight-loss program that takes your diabetes into account. *It's proven to help you lose weight, lower blood sugar, and enjoy life.**

Here's how it works:

- **Eat healthier, without the guesswork.** Your WeightWatchers customized nutrition plan is built for you, including a list of *ZeroPoint® foods* that takes your preferences *and* diabetes into account. These nutrient-rich foods are less likely to impact blood sugar levels, so you can enjoy them without measuring or tracking.
- **Nutrition, simplified.** Living with diabetes can feel like non-stop number crunching. WeightWatchers makes it easier by simplifying complex nutrition info into *a single, easy-to-understand number—a food's Points value.*
- **24/7 support.** WW's exclusive social network, Connect, means you never have to go it alone. Join the Living with Diabetes group to share tips and recipes, celebrate milestones, and meet other members on a similar journey.
- **The WW app + your CGM.** The WW app includes blood-sugar, food, and exercise tracking; tips for what to eat anytime; and tools to track your progress. *You can even sync the WW app with select CGMs.*



Whether you're interested in healthy habits and weight health, or you're looking for support with diabetes, WeightWatchers® has a program for you.

Penn State Health is proud to offer discounted pricing on WeightWatchers® memberships. All Penn State Health benefit-eligible employees (0.5 – 1.0 FTE) and spouses regardless of your enrollment in the medical plan can join WeightWatchers® for as low as \$8.48/month (up to six months per year) - that's over 50% off** the retail price! Learn more and sign up at www.com/PennStateHealth.

*Based on a 6-month multicenter trial. Apolzan JW et al. A Scalable, Virtual Weight Management Program Tailored for Adults with Type 2 Diabetes: Effects on Glycemic Control. Nutrition & Diabetes. 2023. Funded by WW International, Inc.

**Pricing reflects the cost for WW's Core membership plan through your organization. Monthly payment required in advance. You'll be automatically charged each month in accordance with company pricing until you cancel. Pricing may adjust to the standard monthly rate if your relationship with your organization changes or terminates, or the agreement between your organization and WW terminates.

Weight Watchers, Points, and ZeroPoint are trademarks of WW International, Inc.

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Peloton



Check out your Peloton benefit!

Penn State Health and Peloton have partnered to provide you with preferred pricing on Peloton Memberships and equipment, empowering you to reach all your well-being goals.

With the Peloton App, get access to motivating live and on-demand fitness and mindfulness classes to suit any mood, motivation style, experience level, music taste, and schedule—no equipment required. Ready to take your Peloton journey to the next level? Apply your Peloton benefit and receive preferred pricing on the Peloton Bike, Bike+, Row, Guide, and Tread.

November is Gratitude Month at Peloton. Join them in celebrating the moments and movements that have strengthened us throughout the year. Whether you're looking for a bit of mindfulness through a [guided meditation with Anna Greenberg](#) or you want to get a quick sweat with a [20-minute ride with Leanne Hainsby](#). Peloton will be putting gratitude front and center all month long.

Start the holiday season off strong with Peloton! Click here to [access your Peloton benefit](#) and remember, you can add the #LionStrong tag to connect with other Penn State Health employees throughout your Peloton well-being journey.