



BeWell

OCTOBER 2026
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 DR. MICHAEL KUPFERMAN, CEO, PENN STATE HEALTH



Michael Kupferman, M.D., became CEO of Penn State Health in June 2025. A fellowship-trained head and neck cancer surgeon, he sat down with us to talk about what well-being means in a high-stakes environment — and what he does to protect his own.

Can you share a little about your background and the impact you hope to make at Penn State Health?

My background is in head and neck cancer surgery. I love taking care of patients; it's part of who I am. Over time, I've spent many years not only in the operating room, but also leading and developing oncology programs regionally, nationally, and internationally. I then moved into leading medical groups and academic community partnerships and later led an academic enterprise at another health system. Now, I have the distinct privilege of being part of Penn State Health.

What brought me here was the incredibly strong focus on patient care, academic medicine, innovation, training the health care workforce of the future, and bringing tomorrow's therapies to our patients today. The partnership with and commitment to Penn State University and the Penn State College of Medicine are also core to who we are, and those elements are what attracted me here.

I also want us to keep delivering on the promise of being Pennsylvania's most trusted health system and providing care to our community where they need us, when they need us, and how they need us. I want us to continue investing in our health system, our people, and the clinical programs we have here.

What role do you believe employee well-being plays in delivering exceptional patient care and advancing our mission at Penn State Health?

Well-being is essential to patient care. We work in a very high-stakes environment and meet patients during some of the most difficult times in their lives. It's not only direct care providers, physicians, nurses, and allied health team members, but everyone who interacts within the health system, including finance, marketing, environmental services, and food services. Everyone touches patient care in some way, shape, or form.

We need to show up at our best because patients rely on us not only for their care, but also for emotional, psychological, and physical support. If we're not at our best or able to be fully present, our patients recognize that.

I spent many years as a surgeon, and it was always important to me how I showed up for my patients. Patients are acutely aware of how members of their care team show up each day. Whether it's answering the phone, providing a healing touch, or offering a warm smile, every interaction sends a message.

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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.

It's heartening to see team members who show up with a strong sense of well-being every day. Dwayne, one of our patient transporters, is a great example. He brings joy to every patient he meets, whether welcoming them when they arrive or helping them at discharge with a smile.

That's what health care is about. It's a high-stakes, high-stress environment, and when we take care of our own well-being, we're better able to be fully present and provide the exceptional care our patients deserve.

Can you share a personal habit, routine, or perspective that helps you maintain resilience and balance in your own life?

One personal habit that helps me maintain resilience and balance is making time to exercise for an hour each day, early in the morning or in the evening. That's my sacred time. It's how I physically, emotionally, and psychologically decompress, and I often get some of my best thinking done while exercising.

I typically swim, run, use the elliptical, or ride my Peloton. I especially enjoy swimming because of the quiet and lack of distractions. I don't listen to music when I swim, so it gives me uninterrupted time to think and reflect.



Spending time with my family is also important to me. We love to hike and ski, and I personally enjoy backpacking. Staying active, spending time with family, and staying grounded in my faith are all important to maintaining balance in my life. I'm also starting to play golf – we have some beautiful courses here in Central PA.

What message would you like employees and leaders across the organization to hear about prioritizing mental health, stress support, and self-care?

Asking for help is not a sign of weakness. It's a sign of strength. That's true across every part of health care, from primary and specialty care to surgery and imaging. To do this work well, we have to prioritize our own mental health and our ability to manage stress.

If you need support, I encourage you to reach out. Take breaks when you need them, find opportunities to decompress throughout the day, and take advantage of the resources available to support stress management and mental well-being. Ask your leaders or your peers for help when you need it.

Leaders have an important role in creating an environment where people feel comfortable doing that. As leaders, we need to show up, acknowledge when support is needed, and model that behavior ourselves. I ask my team for feedback on how I show up — in meetings, with other leaders, with our patients, employees, and physicians, and at public and donor events. I ask especially after difficult conversations: how did that land, and how can I be better? I think it's important for leaders to demonstrate that asking for help is a normal and important part of maintaining our own well-being.

If you could encourage every employee to do one thing to support their well-being this year, what would it be?

Block the time. Put it on your



calendar the way you would put a patient on the schedule, and protect it the same way. Mine is an hour before or after the workday, and I don't give it up. It doesn't have to be an hour, and it doesn't have to be exercise. Everyone has different ways of decompressing, whether that's exercising, spending time with family, reading, listening to music, or simply taking time to step away and reset — but it has to be on the calendar, or it won't happen.

In a high-stress environment like health care, taking care of ourselves allows us to continue doing the work we do each day while also being there for our patients, our colleagues, and the people who matter to us outside of work.

What does "Our Commitment to Your Well-Being" personally mean to you as CEO?

To me, it means continuing to invest in our people and creating an incredibly strong, patient-focused culture. I aspire for Penn State Health to be the best place to receive care and the best place to work.

I want Penn State Health to be a place where physicians, nurses, physical therapists, and everyone involved in patient care are able to do their best work and feel proud to be part of an exceptional organization. Investing in our people is essential to ensuring our success for the future and continuing to deliver on our mission of outstanding patient care, research and innovation, and training and education.

By Allison Haczewski, 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.

BenefitHub

[Log In Today](#)

Penn State Health provides members with exclusive perks through BenefitHub, including many health and well-being perks. Stack savings in four easy steps:

- Check the portal first to compare deals across retailers and more
- Purchase a gift card for a discounted rate where available
- Complete purchase through the merchant link in the BenefitHub portal using the gift card
- Get retailer discount and cash back

Lunch and Learns



November Emotional Eating

[VIEW RECORDED
SESSION](#)

This training is designed to help you: understand what emotional eating is and its causes, recognize if you are engaging in emotional eating, learn practical tools to reduce emotional eating, and develop your own plan against emotional eating.

Presented by: SupportLinc

Upcoming:

Save the date for this
upcoming Lunch and Learn!

Finding Balance in a Digital World

December 8, 2026, Noon - 1 p.m

This presentation explains how social media shapes behavior both personally and professionally. It highlights benefits like networking and collaboration, as well as risks such as stress, reduced productivity, and blurred boundaries. The session emphasizes generational differences in communication and offers practical tips for healthy communication, setting boundaries, and managing stress in a digital world. **Presented by:** SupportLinc.

Register: <https://redcap.link/Dec2026LunchandLearn>

Share Your Well-Being Ideas

Have an idea for a well-being challenge, Lunch & Learn topic, program, activity, or resource you'd like to see offered? Let us know! Your feedback helps us plan meaningful BeWell programs for employees across the system.

Submit your ideas →



What's New

BeWell

Lunch and Learn: Compassion Fatigue

Missed the live session? It's not too late to benefit from our Compassion Fatigue Lunch and Learn. Learn how to recognize the signs of compassion fatigue, protect your well-being, and build resilience with simple strategies you can use every day.

Watch the recording here →

Your Well-Being, All in One Place

Looking for ways to support your well-being? The BeWell website is your go-to resource for programs, tools, and resources to help you feel your best at work and at home.

Explore BeWell and find resources to support your well-being:
<https://bewell.pennstatehealth.org>

Financial, Emotional Well-being Protect Your Loved Ones



A little planning can bring peace of mind

Life changes, and your benefits should keep up. Take a few minutes to review your life insurance and retirement beneficiaries to make sure your designations reflect your current wishes and the people you want to protect. Beneficiaries can be updated anytime throughout the year, not just Open Enrollment.

It's a small step that can make a big difference for those you love.

Life insurance beneficiaries: If you are enrolled in Basic and/or Supplemental Employee Life Insurance, it's important to review and, if necessary, update your beneficiary information to reflect your current wishes. Doing so guarantees that your benefits are directed according to your preferences.

Not sure if you have Basic and/or Supplemental Life? If you are a full-time employee, you are automatically enrolled in Basic Life Insurance, which is provided at no cost to you. Both full-time and part-time employees are eligible to elect Supplemental Life Insurance to enhance coverage options.

To view current benefits and verify coverage, [click here](#) for instructions on how to view current benefits. [Click here](#) for detailed instructions on how to update a life insurance beneficiary in GHR.

Retirement Beneficiaries: Review or update your retirement beneficiaries through Empower's website at <http://retire.pennstatehealth.org>. Taking a few moments now to verify and update your beneficiary information can provide peace of mind and ensure your benefits are aligned with your wishes. If you have any questions or need assistance, please visit [mySolutions](#) and search **beneficiary* or contact the HR Solution Center at 717-531-8440.

Take care of today. Plan for tomorrow. Be well.

Social Well-being

Be an Effective Team Player at Work



Working well with others isn't always easy, especially when priorities shift or communication breaks down.

But the way you show up and interact with your team can make a big difference in how work gets done and how people feel along the way.

Communicate openly

Share updates, ask questions, and don't assume others know what you're thinking. If something feels off, bring it up sooner rather than later.

Listen actively

Give others your full attention. Ask questions to understand their point. You don't have to agree, but you do need to hear them out.

Accept feedback

Take feedback as information, not criticism. Clarify what's meant and focus on how it can improve the work.

Address issues directly

If something's not working, talk to the person involved rather than venting. It builds trust and helps avoid unnecessary tension.

Be accountable

Own your work, meet deadlines, and follow through on

what you say you'll do. If a mistake happens, acknowledge it, fix it, and move forward.

Stay flexible

Plans change, projects evolve, and sometimes your idea won't be the one chosen—and that's okay. Adjust and keep moving forward with the team.

Respect how others work

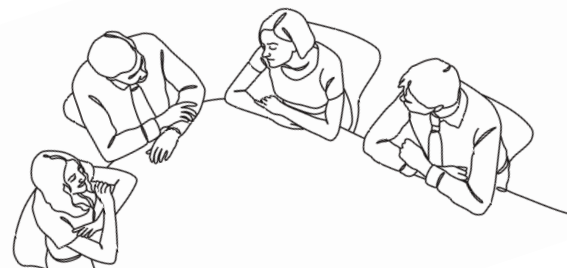
People communicate and process information differently. Notice what works for others and adjust how you collaborate.

Support your team

Celebrate wins, offer help when it's needed, and focus on the team's shared goals.

You don't have to be perfect to be a strong team player. Paying attention to how you communicate, collaborate, and support others can help build trust and make work feel more productive—and more positive—for everyone.

Source: [HealthAdvocate](#)



Emotional Well-being

Caring for Yourself During Busy Seasons



At Penn State Health, every role contributes to supporting patients, families, coworkers, and the community.

Taking time to care for your own well-being can help you better manage stress, maintain resilience, and stay at your best both at work and at home.

Tips for self-care & stress management

- Take a few moments between tasks or shifts to pause, breathe, and reset.
- Prioritize rest and recovery, especially during busy schedules, long shifts, or periods of increased demand.
- Stay hydrated, fuel your body with nutritious foods, and incorporate movement whenever possible throughout the day.
- Connect with trusted coworkers, friends, and family members who can provide support and encouragement.
- Practice mindfulness, deep breathing, gratitude, or other relaxation techniques to help manage stress in the moment.
- Recognize the signs of stress, compassion fatigue, or burnout, and seek support early when challenges begin to feel overwhelming.
- Focus on what you can control and give yourself grace during times of uncertainty or high demand.
- Schedule time for activities outside of work that help you recharge and maintain balance.

How SupportLinc EAP can help

The SupportLinc Employee Assistance Program (EAP)

offers confidential, convenient resources designed to support your mental well-being and help you navigate life's challenges. Penn State Health employees, their spouses, dependents, and household family members have access to up to 10 confidential counseling sessions per concern, per member, per year at no cost. Additional resources include work-life support, Guided Paths focused on stress management, resilience, sleep, emotional well-being, and healthy habits, as well as digital tools, self-assessments, articles, and videos available anytime. Care Advocates are available 24/7 to provide in-the-moment support, guidance, referrals, and care navigation tailored to your needs.

Support is just a call or click away

Whether you're managing a stressful situation, looking to strengthen your well-being, or simply seeking additional support, SupportLinc is here to help.

SupportLinc is a confidential benefit available 24/7 to all Penn State Health employees, their spouses, dependents, and household family members.

- Call 24/7/365: 888-881-5462
- Visit: mysupportlinc.com
- Utilize group code: psh

Taking care of yourself is an important part of continuing to support those around you. Reach out today to explore all that SupportLinc EAP has to offer.

Emotional Well-being



Staying Flexible During Change

When you think of the word flexible, images of gymnasts and yoga classes may be the first to come to mind. However, being emotionally and mentally flexible is actually important to your overall wellbeing, particularly during times of change.

Learning to recognize your strengths and how to use them when life throws you a curveball can reduce stress and anxiety. And like many things, the more you practice, the more you learn. Here are a few ways you can increase your flexibility so you can continue to move forward when change happens:

- **Maintain a sense of perspective.** Try to step back from your thoughts and see the bigger picture. Ask yourself, «How big is this problem really?» and «What do I need to do?» Remember to keep things in proportion and avoid dwelling on worst-case scenarios. Remind yourself that though this might be hard, it's only temporary.
- **Accept change and learn how to calm yourself.** Change

and uncertainty are part of life. When you accept this, you'll be better able to react to disruption with flexibility. When you feel yourself responding to a challenge with escalating stress and anxiety, take steps to destress such as deep breathing, changing your focus and going for a quick walk. Starting a regular meditation practice can also help.

- **Anticipate challenges and plan ahead.** Realize that things aren't set in stone and think through different scenarios. Focus on the positive ways in which you can meet roadblocks and seize new opportunities. This will help you feel more in control and prepared, and less overwhelmed by what could potentially happen.

Staying flexible in the middle of change is quite possible and will help you be at your best when the current situation is resolved.

Source: [Wellbeing Place](#)

Environmental Well-being



Reducing Your Carbon Footprint

If you are looking for ways to reduce your footprint and live a more sustainable lifestyle, there are many ways to do so:

- **Use energy-efficient light bulbs**, such as compact fluorescent and LED light bulbs. These light bulbs consume less electricity than conventional incandescent light bulbs, helping you to save money on your household energy bills.
- **Take care of your car.** Cars that are properly maintained are safer and more energy efficient. Be sure to regularly change the air filter and make sure the tires are always properly inflated.
- **When possible, try ride sharing, public transportation, walking, or biking where you need to go.** Virtually all modes of transportation consume energy, thus impacting your carbon footprint. However, sharing a ride or taking an alternative means of transportation reduces the amount of gas emissions and can save you money.
- **Choose organic.** The production of organic food puts less stress on the environment. Eating organic foods reduces your carbon footprint and promotes the consumption of healthier food options.

- **Only use the amount of water that you need.** Water that goes down our drains and sewers must be processed through water treatment plants, even if the water is clean. Take shorter showers, purchase a water efficient shower head, limit the amount of time spent watering your lawn, and be sure to turn off the water when you're not using it.
- **Recycle!** Recycling is good for the environment because it keeps excess waste out of landfills and trash incinerators. Recycling also allows items to be reused for other purposes, reducing the demand on resources and creating a more circular economy.
- **Compost.** When sent to a landfill, food waste decomposes without air and produces methane, a greenhouse gas 25 times more potent than carbon dioxide. However, when kitchen and garden waste are composted or recycled through your food waste bin, these emissions are significantly decreased. Plus, composting supplies you with free fertilizer that you can use in your garden to help your plants prosper and grow.

For more green activities, please [click here](#).

Source: [Wellbeing Place](#)

Financial Well-being

Financial Well-being for Fall



Planning ahead after summer spending

Summer is a time for fun, travel, and making memories. But all those activities—vacations, camps, dining out, and back-to-school shopping—can add up fast. This time of year is a great time to pause, take a breath, and check in on your finances.

If your finances feel off track after summer spending, you're not alone. Many people overspend a little during the summer months. The good news is that there are simple steps you can take now to get back on track before life starts getting even busier.

Start with a money check-in

The first step to better financial wellness is knowing where you stand. Look at your most recent bank statements and credit card balances. Ask yourself:

- Did I spend more than I planned this summer?
- Are there any subscriptions or services I no longer use?
- Do I have any unexpected charges or fees?

Understanding your current spending habits helps you make better choices moving forward.

Set new goals for the fall

Now is a good time to set one or two simple money goals for the fall. These can be as small as skipping takeout once a week, finding one subscription to cut, or putting \$20 a week into savings. The key is to make your goals realistic and specific. That way, you are more likely to stick with them.

Also, remember that the holidays are coming sooner than you think. Consider setting a goal of socking away money for the holidays. Even a small amount each week can add up quickly.

Create a fresh budget

A budget is simply a plan for your money. Think about your needs for the fall. Will you have new school expenses? Are there birthday gifts or other events to plan for?

Try writing out what you expect to earn and spend in a typical month. Then, look for one or two areas where you can cut back. Maybe it's streaming services you no longer use, or snacks you grab on the go. These small changes can make a big difference.

Use the tools and resources available to you

If your workplace offers an Employee Assistance Program (EAP), check to see if financial support is part of it. Through these types of programs, you may have access to helpful tools like budgeting worksheets, savings calculators, online webinars about money management, or consultations with financial experts.

Fall into good habits now

By taking small steps today, you can feel more in control of your money tomorrow. Making a few smart choices now can help you enjoy the fall season with less stress and more peace of mind.

Remember, financial well-being is part of your overall well-being. Taking care of your money is another way to take care of yourself.

Source: [HealthAdvocate](#)

Physical Well-being

Fall-ing into Healthy Habits



The change in temperature, vibrant leaves on trees, and the wind down to the end of the year – it must be fall.

It's the perfect opportunity to pause and reflect on what you've accomplished this year and what healthy habits you'd like to create for the rest of the year. Let's explore five easy ways to "fall" into wellness this season.

Scan the aisles for seasonal foods

This fall, nourish your body from the inside out with nutritious foods that are in season – particularly produce options. Fall is often associated with harvest for good reason! From hearty squash, bright beets, and broccoli to crisp apple varieties, fresh figs, and cranberries, this season offers a variety of delicious options. Make it fun and incorporate seasonal fruits and vegetables into your fall recipes for a burst of flavor and essential nutrients.

Get outdoors

Mild temperatures beg for time spent in the beauty of nature. Take yourself and your family or friends outside with walks, hikes, reading, dining, or local community-organized festivals and events. Outdoor activities can boost your mood, relieve stress, increase your physical activity, and provide a refreshing change of scenery.

Don't sleep on sleep

You can always work on improving your sleep habits. Bedtime is important so you can stay healthy, maintain energy and focus, and obtain adequate rest. With daylight savings hitting mid-fall for most, it's a great time to focus

on improving your sleep habits aiming to get eight hours nightly. Create a calming bedtime routine during cooler evenings that lead into the winter months - dim the lights, reduce screen time, and prepare for a restful sleep.

Set new goals

Take some time to think of goals you'd like to set or achieve before the year closes out. Reassess your health goals and reflect on what is most important to you. Want to exercise more and be less sedentary, maintain a healthier weight, practice mindfulness? Whatever it might be, use fall to set realistic goals and act. Progress, not product!

Practice mindfulness and gratitude

Winding down towards the end of the year is an opportune time for reflection and gratitude. Take the pressure off to perfect your health and wellness, instead just take a few minutes each day to settle into the moment. Notice where you are, take in your senses, and take some deep breaths while feeling thankful for the season and where you are in your health journey. This simple practice can enhance your mental health, reduce stress, and promote a more positive outlook as the days grow shorter.

Take advantage of the season to encourage healthy habits. Fall into healthy habits like eating seasonal foods, getting outside, and expressing gratitude. Just as the leaves change, your healthy habits can too!

Source: [Wellbeing Place](#)



Physical Well-being

Be in the Know: Functional Beverages



From prebiotic sodas and electrolyte drinks to protein coffees and energy drinks, functional beverages have been increasingly popular over the last few months.

While they may offer benefits like hydration, protein, or fiber, not every product is as beneficial as the marketing suggests.

What should you look for?

- **For hydration:** Water is still the best everyday choice. Electrolyte drinks can be helpful during prolonged or intense exercise, heavy sweating, or significant fluid losses, but most people don't need them for typical daily activities.
- **For gut health:** Look for beverages that provide meaningful amounts of fiber or prebiotics rather than relying on claims like "supports gut health." Prebiotic sodas can be a convenient way to add fiber, but they shouldn't replace naturally fiber-rich foods such as fruits, vegetables, beans, whole grains, nuts, and seeds.
- **For protein:** Protein shakes, smoothies, and protein coffees can be convenient sources of protein. Check the Nutrition Facts label for the actual protein content rather than relying on the word "protein" on the front of the package.
- **Watch the added sugar:** Some functional beverages contain as much added sugar as traditional soda. When possible, choose options with little or no added sugar, especially if you drink them regularly.

What should you limit or avoid?

- **High amounts of added sugar:** Can quickly turn a "healthy" beverage into a source of excess calories.
- **Excessive caffeine:** Energy drinks and highly caffeinated coffees can contribute to jitters, headaches, increased heart rate, and poor sleep.
- **Long lists of added ingredients:** More ingredients don't necessarily mean more benefits. Be cautious of broad claims about "detoxing," boosting immunity, or dramatically improving metabolism.
- **Unnecessary supplements or herbal ingredients:** Some products contain ingredients with limited evidence supporting their advertised benefits.
- **Very high doses of electrolytes:** More isn't always better. Electrolytes may be useful in certain situations, but for most routine daily activities, water is sufficient.

Written by Mackenna Caruso, RDN, LDN

Sodexo Clinical Nutrition, Penn State Health Holy Spirit and Hampden Medical Center

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Recipes



Healthy Pumpkin Muffins

INGREDIENTS:

- 3 cups oat flour (or make your own - puree old-fashioned oats in a blender!)
- 1 tbsp pumpkin pie spice
- 1-1/2 tsp baking soda
- 3/4 tsp fine sea salt
- 2 eggs
- 1 cup unsweetened almond milk (plain or vanilla)
- 1 cup pumpkin puree
- 1/2 cup pure maple syrup
- 3 tbsp melted coconut oil
- 1 tsp vanilla extract
- optional: raw sugar for sprinkling

PREPARATION:

1. Preheat oven to 375F Line 12 muffin cups with baking cups or grease lightly.
2. Whisk oat flour, pumpkin pie spice, baking soda and sea salt until evenly combined. Set aside.
3. In a separate large mixing bowl, whisk eggs, almond milk, pumpkin puree, maple syrup, melted coconut oil and vanilla extract until evenly combined. Fold the dry ingredients into the wet ingredients, stirring until just combined (do not overmix).
4. Spoon the mixture into prepared baking cups. Sprinkle raw sugar over each. Bake 15-18 minutes, or until a toothpick inserted in the center of a muffin comes out clean. Remove from the oven and cool on a wire rack for 5 minutes before removing muffins from pan.
5. Enjoy!



Recipe Source: [Wellbeing Place](#)

Easy Turkey Chili



Recipe Source: [Wellbeing Place](#)

INGREDIENTS:

- 2 cups low sodium chicken broth
- 1 cup chopped onion
- 1-pound lean ground turkey
- 28 ounce can fire roasted crushed tomatoes
- 15 ounce can kidney beans
- 15 ounce can black beans
- 15 ounce can pinto beans
- 4 cloves garlic (minced)
- 3 tbsp tomato paste
- 2 tbsp chili powder
- 1 tbsp olive oil
- 1 tbsp brown sugar
- 1 tbsp ground cumin
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp black pepper

PREPARATION:

1. Turn Instant Pot on saute setting. Add the olive oil and onion and cook 2 min, until onion softens. Add the ground turkey and break it up and cook until turkey is cooked through. Turn off the Instant Pot and add the garlic.
2. Add the brown sugar, chili powder, cumin, oregano, salt, pepper and tomato paste. Stir to combine. Add the broth, scraping up any bits from the bottom of the pot.
3. Add the crushed tomatoes and then beans on top of the meat mixture and DO NOT stir in.
4. Seal the Instant Pot lid and turn the valve to sealing. Pressure cook on high pressure (manual) for 12 minutes.
5. Allow the Instant Pot to naturally release for 10 minutes (by leaving it off after it finishes cooking). Then, carefully do a quick pressure release (use caution and make sure to use a towel or cloth to cover any exposed skin!) to release the remaining steam and pressure. Once the float valve drops down, carefully open the Instant Pot away from you, as the steam will be hot.
6. Stir and serve chili with toppings, as desired.

WeightWatchers®



Fall Into Healthy Habits with Weight Watchers

As the days grow shorter and routines shift, October is the perfect time to embrace healthy habits that help you feel your best. Taking care of your body is an act of self-love—and you don't have to do it alone. The strength of the Weight Watchers community can help you stay grounded, motivated, and supported every step of the way.

With Weight Watchers' Core+ program, you'll find:

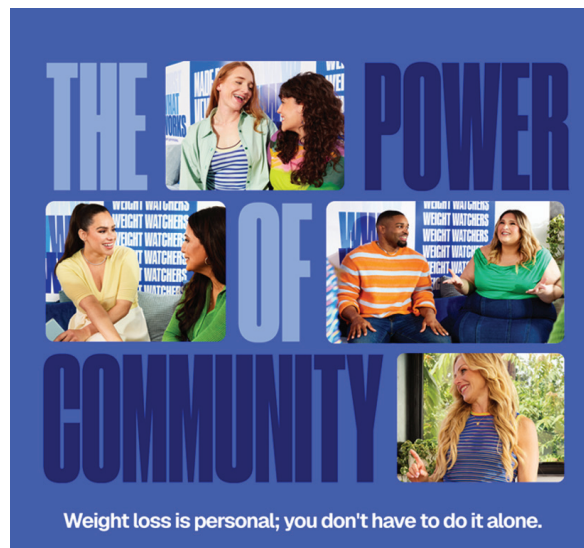
- **Shared Connection:** Find your crew and swap strategies that go beyond the scale.
- **Collective Accountability:** Stay consistent with a team that makes progress feel like a joint win.
- **Total Acceptance:** Lean on a

judgment-free zone for the highs, lows, and plateaus.

- **Real-Life Expertise:** Get guidance from Coaches who have walked in your shoes.
- **Ultimate Flexibility:** 400+ weekly experiences designed to fit your schedule.

Join Weight Watchers today to find the community that nourishes your body and mind.

Penn State Health employees and spouses also get access to exclusive discounted membership plans starting at \$9.75/month.* Join now at www.com/PennStateHealth.



*Pricing reflects the cost of an eligible WW membership plan through your organization. If your membership includes a monthly payment, it is required in advance. You'll be automatically charged each month, if applicable, 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 is the trademark of WW International, Inc. ©2024 WW International, Inc. All rights reserved.

Peloton



Sign up for your Peloton benefit for as low as \$4.99/month today!

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.

Preferred pricing, just for you: through our partnership you can save \$250 off a new Bike, Bike+, Tread, Tread+, and Row+ and save \$5/month on all monthly memberships! Go to onepeloton.com/benefits/corporate to sign up or purchase Peloton Equipment. Don't forget to add the #LionStrong tag to connect with other Penn State Health employees throughout your Peloton well-being journey.

Strength training supports more than just muscle. It can help build stability, support bone and heart health and improve your overall mood. Explore what this means for

you and classes that can help you build a solid routine.

Three reasons to get strong:

1. **Build a strong foundation** - strength training builds the muscle and stability that support joint flexibility, balance, and everyday movement. Over time, it can also help you move with more confidence and lower your risk of injury.
2. **Support whole-body health** - resistance training can help preserve bone density, particularly for postmenopausal women. It may also support heart health by improving blood pressure, insulin sensitivity, and cholesterol levels.
3. **Boost your mood** - resistance training can help combat anxiety, boost cognition, and increase endorphins. It instills a sense of deep accomplishment as you feel your body growing stronger every day.

