



MY wellness

Employee Wellness Newsletter

Open Enrollment Health Fair

by MSJC Benefits Office

Open Enrollment is upon us! This is the time of year when health plan rates are announced and you have the opportunity to make changes to your elections for the upcoming plan year. Take a moment to attend one of our Health Fair sessions on:

Monday, May 6th

Menifee Valley Campus / 8:00 am - 11:30 am / Room 1011
San Jacinto Campus / 1:00 pm - 4:30 pm / Room 200

Wednesday, May 8th

San Jacinto Campus / 8:00 am - 11:30 am / Room 200
Menifee Valley Campus / 1:00 pm - 4:30 pm / Room 3020

Knowledgeable representatives from our benefit vendors will be available to answer your health and wellness questions including those from Anthem, Kaiser Permanente, VSP, MES, Delta Dental and Met Life. Come learn about the full array of benefits available to you and how you can best take advantage of our programs. American Fidelity will be there to assist with your flex spending, dependent care, and 403b questions. There will be opportunity drawing prizes, freebies, and breakout sessions for Complete Care (MERP) and the Health Reimbursement Arrangement (HRA) plan offered to new or prospective retirees.

Please note: This is the only time during the year that you may make changes to your dependent care, flex spending accounts and health and welfare plans without a qualifying event.

Keenan & Associates will be on hand to answer questions on insurances, wellness programs and [Benefit Bridge](#). Open Enrollment begins May 1 through May 31st, 2019. Make use of our generous benefits for a healthier you!



Open Enrollment Due Date

If you are making changes to your health benefits, life insurances, or other voluntary benefit policies, you must submit your changes on [Benefit Bridge](#) prior to the deadline on [Friday, May 31, 2019](#). Make your changes early to ensure your updates are processed and confirmed before the close of Open Enrollment this May.

Healthy Tip!

Start an herb garden. Basil, oregano, and parsley add flavor to recipes and contain antioxidants.

May Events

6 & 8 Open Enrollment Health Fairs

29 Wednesday Wellness Walk

Open Enrollment

May 6, 2019 / 8:00 am-11:30 am / MVC Room 1011
1:00 pm - 4:30 pm / SJC Room 200

May 8, 2019 / 8:00 am-11:30 am / SJC Room 200
1:00 pm - 4:30 pm / MVC Room 3020

Wellness Wednesday Walk

May 29, 2019 / 10:30 am / SJC @ Eagle / MVC @ Café / TEC @ Ent. / SGP @ 100



Inspiration - Vegan Diet

by Brittany Macias

Veganism, the consumption of plant-based food products and avoidance of animal products, always seemed to be an outlandish and unrealistic lifestyle choice. However, adopting a vegan lifestyle in March 2017 was one of the best decisions I have made regarding my own personal health and wellness. Throughout my childhood and adult life, I consumed the traditional American diet and my health suffered tremendously. I had digestive issues, lacked energy and focus, had frequent headaches, a weak immune system, and experienced depression. I constantly felt “sick” and believed this was “normal.”

In search of a change, I watched a documentary on Netflix, titled **“Forks Over Knives.”** This focused on the medical findings of Dr. T. Colin Campbell, a nutritional biochemist from Cornell University, and Dr. Caldwell Esselstyn, a former surgeon at Cleveland Clinic. Their findings showed that most chronic diseases that afflict us can be controlled or reversed by implementing a plant-based diet and eliminating animal-based and processed foods. “The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.” – Forks Over Knives

In an effort to improve my health, I took the leap. I incorporated fresh fruits, vegetables, nuts, grains, and seeds into my diet and cut out meat, dairy, and eggs. The health issues I had been experiencing had diminished significantly and my mood improved almost immediately. Although it is has been a process, I am continuing to learn how to use food to nourish and heal my body. Making minor dietary changes can be a great benefit to your health. I encourage those who have been curious to give it try. Your body will thank you later!

For delicious vegan recipes, please visit
<https://nutriciously.com/simple-vegan-recipes-for-beginners/>

Financial Wellness

Our financial wellness contributes to our overall wellness. When we stress about finances, it can impact our physical health. Worrying about the future or lack of preparation when it comes to personal finances can decrease your ability to be calm and prepared.

The MSJC Benefits office reminds us to review our beneficiaries on an annual basis, even if there are no changes. If you have a life event (marriage, birth, death or divorce) take the time to review and update your beneficiary at that time. If you have other accounts outside of MSJC, use this time to review your beneficiaries on all policies, bank accounts, or insurances.

To prepare for tax season, review your expenses from last year to pre-plan flex spending account allocations. If you elected payroll deductions through the Section 125 plan for medical or childcare reimbursement, file claims now before the next fiscal year to utilize what you allotted last year. Your receipts for doctor's appointments, dental work, or prescriptions may qualify. Visit the Benefits website for information or speak with an American Fidelity representative during Open Enrollment. One-on-one appointments can be made at one of our health fair sessions on May 6 and May 8, 2019.

Open Enrollment is a great time to assess your financial goals and the changes you want to make in 2019-2020. Take time to research a variety of financial resources for ideas that work best for you and your family. You may also utilize the MSJC benefit Employee Assistance Program (EAP) by calling (888) 327-0020 (code: REEP).

“

Do more for the world
than it does for you.
- Henry Ford

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MSJC Employee Wellness