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MARCH 2024

EATING WELL

As March is National nutrition month I wanted to highlight an aspect of the Mediterranean diet that has little to do with food. This aspect of sharing meals is important, it encompasses age old traditions and cultures of strengthening relationships with others. It reduces stress, improves mental health and provides meaningful conversations, shared experiences and creates bonds. It also teaches us to be mindful and present. So I challenge each and every one of you to share a meal or two each week with family or friends. It can have a profound impact in yours and someone else's life and health.

“GOOD NUTRITION CREATES
HEALTH IN ALL AREAS OF OUR
EXISTENCE. ALL PARTS ARE
INTERCONNECTED”

-T. COLLIN CAMPBELL

- Beyond the Table
- Embrace Your Path News and Events
- Calm App
- Sword Health Virtual Physical Therapy
- Special Event

BEYOND THE TABLE



When looking at nutrition, I know it is source of fuel for my body and brain. Fuel is necessary for me to complete all my daily activities and of course those that come up by surprise. Does the fuel you are putting in your body cause it to thrive, have energy and most importantly heal or does it cause pain, sluggishness, and brain fog.

Carbohydrates provide fuel for your brain, muscles, heart and lungs; eat a variety of whole grains, fruits and vegetables. **Protein** provides energy and helps to build muscle and repair cells, it can be found in meat, poultry, fish, and plants: beans, legumes, soy, tofu, nuts and seeds. **Fat** also provides energy, helps to build covering around nerves and helps with hormones. It can be found in nuts, seeds, avocados, olives, eggs, fatty fish (salmon) and yogurt.

So fuel your body with a wide variety of healthy foods, I guarantee you will notice a difference in how you feel.

RECIPES FOR MARCH

[Farmhouse Apple Bacon and Egg Casserole](#)

[Savory Penne with Lentils and Kale](#)

[Berry and Barley Spinach Salad](#)

[Healthy Spinach and Artichoke Dip](#)

[Slow Cooker Minestrone Soup](#)

[Fresh Fruit and Herb Sparkling Water](#)

[Chocolate Chip Pumpkin bars](#)

Upcoming Events

Embrace Your Path

Last Saturday Health Screening

Saturday, April 13th
8-9:00am

BLaST IU 17, 2400 reach Rd,
Williamsport

Click here to Register:

<https://upmchealthypartners.as.me/LCIC>



Courses coming Up:

Monday, 3/11, 5pm-6pm

Manifest Your Desires and Work Through Limiting Beliefs. This workshop is for people who desire to get clarity on their direction and confidently take action toward a life of fulfillment and freedom.

Click link to register:

[Manifest Your Desires](#)

Tuesday, 3/20, 6-7pm **Cooking with Carnie, TBD**

Click link to register:

[Cooking with Carnie](#)

Monday, 3/26, 5-6pm, **Mindfulness in the Workplace.**

This workshop is designed for employees who desire to cultivate a mindfulness practice to invite more ease into their work day. In this workshop, you will learn about what mindfulness is, the benefits of mindfulness, and simple and effective mindfulness practices that you can begin to implement right away.

Click link to register: [Mindfulness](#)

Embrace Your Path News

We have 5 months left in our wellness year, which doesn't end until July 31st, so you have plenty of time to complete your points and action items. If you haven't taken a class for your platinum level there are 3 in March. Remember you can also complete a personal pathway in the health advocate system that will count for your platinum course.

We have one Saturday health screening left on April 13th so if you need to redo your health screening or are a new employee and missed out at the ones in your district, you can complete one then. We do have two more dates at Penn College on Friday, March 15th and Wednesday, April 17th. Anyone may also come to the Penn College health screenings.

Remember annual physicals can be sent to me via email, by fax or mail. All other preventative exams can be uploaded to health advocate with the exception of dental. If you have Delta dental, I automatically upload those for you once per month.



Fostering Connection with Calm

Did you know a good night's sleep can improve your physical and mental health? It might seem hard to accomplish when you have a lot on your mind and a never-ending to-do list. But we can all do our best to develop a better sleep routine that works for our lives.

Get started with these curated sleep resources from Calm:

Sleep Stories

Try Crossing Ireland by Train narrated by Cillian Murphy as he transports you on a magical trip across the sweeping landscapes of Ireland. Or consider Extreme Sleeps: Mt. Everest narrated by Anna Acton as she helps you find slumber on the highest mountain in the world.

Falling Back to Sleep

Use this sleep meditation session to let go of your thoughts so you can effortlessly get a good night's sleep.

Infinite Piano for Sleep

Click play once and enjoy unique piano music created by real musicians for as long as you need until you fall asleep.

Rolling Thunderstorm

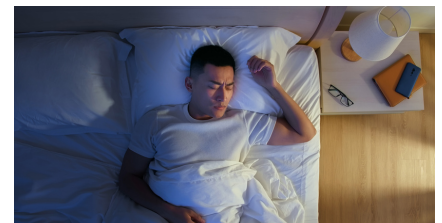
Listen to the sounds of rolling thunderstorms as you close your eyes and fall asleep.

Join a Calm App Webinar to learn how to personalize your app experience or deep dive into monthly themed topics to enhance your mental health toolkit.

Check out the Calm app for more options that suit your daily needs. Haven't activated your free Calm Premium subscription yet? The Calm App is free for all Full time employees.

<https://www.calm.com/b2b/lcic/subscribe>

Or use the QR code to sign up.



On February 1st, a new benefit was added to Highmark BCBS for our members. Sword Health, the virtual physical therapy program is open to all insured members age 13 and up. It is at no cost to insured members. Please see the brochure below. If you are interested in participating in this program just click the link below the brochure to get started.

HIGHMARK | HIGHMARK Virtual Physical Care Program

A virtual musculoskeletal (MSK) program, offered by Highmark, to free people from chronic, acute and post-surgical pain



The virtual physical care program delivers 100% virtual care from licensed physical therapists through a clinical-grade, digital platform at **no cost to your patients**



How does the program work?

- The virtual physical care program lasts 8 to 12 weeks
- Patients complete 3 to 5 session per week
- Sessions last 20 to 30 minutes
- Sword physical therapists revise sessions 2 to 4 times per week
- Video calls and reassessments occur at least every 4 weeks
- Patients and therapists connect 2+ times per week through the patient's preferred communication channel (Sword chat, email, or video)
- Wireless sensors connect to a secure tablet to guide patients through exercises, provide real-time feedback, and track program engagement

Overview

- Highmark's virtual physical care program powered by Sword Health helps your patients manage their MSK pain
- Patients receive a "digital therapist" which includes a preloaded, secure tablet with the patient's customized exercise program and 2-5 (depending on the body area) wearable sensors
- The sensor-based "digital therapist" technology gives real-time feedback that's more accurate than human eyes
- The program applies to all major joints including lower back, shoulder, neck, elbow, hip, knee, ankle, and wrist
- Sword can address acute, chronic, pre- and post-surgery pain and rehabilitation needs
- A baseline survey conducted at the start of the program assesses pain level (0-10), surgery intent (0-100), medication use (yes/no) and frequency (number of times/week)
- Sword will consult with patients who have multiple affected joints to determine the best joint to start with and how to prioritize treatment

Eligibility and Exclusion Criteria

Program Eligibility

- ≥ 13 years old
- Covered by a commercial or self-insured plan that has opted into the program

Exclusion Criteria

- < 13 years old
- Patients receiving active cancer treatment
- Certain neurological, cardiac, respiratory, or similar health conditions
- High fall risk
- Inability to bear weight on affected limb or follow commands
- Significant trauma to affected area within 3 months
- Pain from non-MSK causes

What Does This Mean to You?

- Sword sessions don't count against your patients' allowed number of PT visits in their benefits
- Sword may be considered a part of preoperative, pre-procedure or pre-advanced imaging conservative therapy if clinicians document the use of Sword in a patient's chart. Please refer to the relevant medical policy, which may require that Sword use, as conservative therapy, meets a required time frame. If a patient has multiple affected joints, Sword will consult with the patient to determine the best joint to start with and how to prioritize treatment going forward
- Functional outcome measures used to address the patient's initial complaint include:
 - Neck Disability Index (NDI)
 - Quick Disabilities of the Arm, Shoulder, and Hand (QuickDASH)
 - Oswestry Disability Index (ODI)
 - Hip Disability and Osteoarthritis Outcome Score (HOOS)
 - Knee Disability and Osteoarthritis Outcome Score (KOOS)
 - Foot and Ankle Ability Measure (FAAM)

The following entities, which serve the noted regions, are independent licensees of the Blue Cross Blue Shield Association: Western and Northeastern PA: Highmark Inc. d/b/a Highmark Blue Cross Blue Shield, Highmark Choice Company, Highmark Health Insurance Company, Highmark Coverage Advantage Inc., Highmark Benefits Group Inc., First Priority Health, First Priority Life or Highmark Senior Health Company. Central and Southeastern PA: Highmark Inc. d/b/a Highmark Blue Shield, Highmark Benefits Group Inc., Highmark Health Insurance Company, Highmark Choice Company or Highmark Senior Health Company. Delaware: Highmark BCBSD Inc. d/b/a Highmark Blue Cross Blue Shield. West Virginia: Highmark West Virginia Inc. d/b/a Highmark Blue Cross Blue Shield, Highmark Health Insurance Company or Highmark Senior Solutions Company. Western NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Cross Blue Shield. Northeastern NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Shield. All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies. Sword Health, Inc. is an independent company that provides wellness services for your patients' health plan. Sword Health Professionals provides its services through a group of independently owned professional practices consisting of Sword Health Care Providers, P.A., Sword Health Care Providers of NJ, P.C. and Sword Health Care Physical Therapy Providers of CA, P.C.

Sword Health

Special Event

NIGHT OF EMPOWERMENT

BE INSPIRED, MOTIVATED, AND UPLIFTED AS WE COME TOGETHER TO EMPOWER EACH INDIVIDUAL IN OUR COMMUNITY



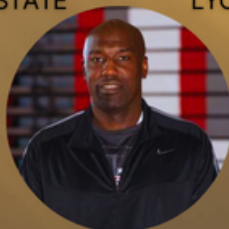
LT. WILLIAM C. SLATON
STAFF SERVICES SECTION
COMMANDER FOR THE PA STATE
POLICE



EMMA THOMPSON
ADMINISTRATIVE OFFICER AT
LYCOMING-CLINTON JOINDER BOARD
HUMAN SERVICES AGENCY



DR. MOHAMED OSMAN
PAIN MEDICINE PHYSICIAN AT UPMC
SUSQUEHANNA



COACH ALLEN TAYLOR
MATH TEACHER & HEAD BASKETBALL
COACH AT WAHS



DAWN DICKEY
DIRECTOR OF DISABILITY AND ACCESS
RESOURCES AT PCT

29
FEB
THURSDAY

REGISTER HERE:



**PCT KLUMP
ACADEMIC
CENTER**

312 SUSQUEHANNA ST,
WILLIAMSPORT, PA

5:30 PM - 6:45 PM
NETWORKING WITH PANELISTS
7 PM - 8 PM
MODERATED PANEL DISCUSSION



POWERED BY:



**Pennsylvania
College of Technology**
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**LYCOMING
COLLEGE**