NEW U is a wellness committee responsible for promoting health and wellness among staff and faculty. We strive to provide information, events and ideas to educate and motivate you into a healthier lifestyle.

*PAISBOA Workshops for March - EASY VEGETARIAN DINNER

MARCH 26, 2024, 12:00 PM - 1:00 PM EST

Step into the kitchen to craft a delicious and nutritious plant-based dinner that is good for your body, the planet, and your wallet. This workshop is designed for everyone, whether you’re a seasoned chef or new to cooking. Learn to prepare a simple yet satisfying vegetarian dish you can easily make on a busy weekend.

Visit the PAISBOA HBT Wellbeing Hub to register.

PAISBOA Health Benefit Trust is proud to partner with the National Council for Mental Wellbeing to offer a series of webinars, led by expert facilitators, designed to help you learn more about managing behavioral health issues. *Earn A Wellness Point

Happy Spring!

Spring Forward!

Sunday, March 10

Remember to turn your clocks ahead one hour at 2:00 a.m. as Daylight Saving Time begins.

Wellness Commitment 2024

The Requirements to being a Wellness Participant in 2024:

1. Complete a Health Risk Assessment at ibxpress.ibx.com/csportalibx/wellness-profile
2. Receive one dental screening/cleaning or an annual vision screening.
3. Receive one preventative service. (Annual routine exam, mammogram, colonoscopy, etc.)
4. Participate in at least 5 activities throughout the year in a wellness activity sponsored by NEW U or individual activities. These 5 activities must be in at least (2) of the following categories: Nutrition, stress management, fitness & wellness education.

Wellness participants will receive an additional $300 in their health savings accounts during the year. Those who satisfy the wellness requirement by June 7, 2024 will receive the $300 in June. Otherwise, those who satisfy the wellness requirement by December 6, 2024 will receive the $300 in December.
March is Colorectal Cancer Month.

Colorectal cancer is a disease in which cells in the colon or rectum grow out of control. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus. Abnormal growths, called polyps, can form in the colon or rectum and overtime, may turn into cancer. Screening tests help find the cancer at an early stage when treatment works best.

Symptoms of colon cancer include a change in bowel habits, blood in your stool, diarrhea, constipation or feeling that the bowel does not empty all the way, abdominal pain, aches or cramps that don’t go away and weight loss.

It is recommended screenings for colorectal cancer start at age 45 and you should talk to your doctor about which test is right for you.

Stool Tests—used to detect if there is blood in the stool. Stool tests are mostly done once a year.

Flexible Sigmoidoscopy—The doctor puts a short, thin, flexible, lighted tube into the rectum and lower third portion of the colon to check for polyps. This test is done every five years or every 10 years with a stool test.

Colonoscopy—The doctor uses a longer, thin, flexible, lighted tube to check inside the rectum and the entire colon for polyps. This test should be repeated every 10 years.

Visit www.cdc.gov for more information.

Yoga at the Berman—Spring Semester—Tuesday’s at 5:30 beginning February 13 through April 30. (No class on March 5) Classes are open to all levels.

Yoga at the Berman • Berman Museum of Art (ursinus.edu)

Classes are held in the Pfeiffer Wing (lower level) of the Berman Museum beginning at 5:30.

$20 DROP IN RATES
PUNCH CARD RATES, paid in advance at first class:
**no refunds if you do not attend
8 Classes: $120
6 Classes: $90

Payment will be collected at class, cash or check.

*Participation in this activity will earn a Wellness Point

*HUSK NUTRITION—Sign in

You can virtually meet with a HUSK Registered Dietitian for a customized one-on-one nutrition consultation.

- Up to 6 visits are covered by your Independence Blue Cross insurance with Ursinus
- On another plan? HUSK is in network with many insurance carriers and can verify your insurance coverage.

Questions? Contact info@huskwellness.com

*Husk is formerly The Charge Group

*Earn a Wellness Point