



MARK YOUR CALENDARS!

Click [here](#) for upcoming October wellness webinars, and Wellness Month Activities!

Make the Most out of Your Retirement Savings with Fidelity

Thursday, October 5 at 12pm - 1pm

Richardson Training Room C and D & Online *Lunch will be provided to those onsite.

Learn about the different types of retirement accounts and the one you have, and more!



CHANCE TO EARN!

Remember, you have a chance to earn at \$35 Visa Gift Card by using the Expert Medical Opinion service by Doctor on Demand by Included Health. [Learn](#) more about the details!



BREAST CANCER AWARENESS MONTH

October recognizes Breast Cancer Awareness Month. [Learn](#) more about breast cancer treatments, symptoms, and how to maintain a well-balanced and positive quality of life.



DENTAL HYGIENE AWARENESS MONTH

October is Dental Hygiene Month! [Learn](#) more how to take care of your teeth and your overall all health!

WELLNESS MONTH

Are you happy with the state of your physical and emotional health? No matter where you are on the “wellbeing” spectrum, you can find ways to improve your day-to-day life. Need some ideas?

- **Live in the moment.** You’ve heard this advice before, but it’s quite valid. When you slow down and pay attention to your thoughts and sensations—while letting worries about yesterday or tomorrow float away—you’ll enjoy life more.
- **Build on your strengths.** Remind yourself about your skills and character strengths, and focus these powers on things you want to improve like health or friendships.
- **Invest in your health.** When you see the need to make some changes in diet or exercise, set small initial goals to get started. Identify something that’s a 2% change like walking 10 minutes a day or substituting fruit for sugared desserts.
- **Be grateful and celebrate.** Identify things you’re thankful for each day and allow yourself to enjoy your accomplishments.

Additional sources: Harvard Health Publishing, National Alliance on Mental Illness, Centers for Disease Control and Prevention, American Cancer Society, American Lung Association, VeryWellMind.com, NationalToday.com.



OPEN ENROLLMENT TIME!

Mark your calendars! Open Enrollment is coming - November 1st - November 15th, 2023. Be on the lookout for more information in the coming weeks!

GET A FLU SHOT SOON!

WHY GET YOUR FLU SHOT?

IT CAN SAVE LIVES

The flu can cause serious complications, such as dehydration, bacterial pneumonia and sinus infections, and worsening of chronic illnesses, like diabetes or COPD.

KEEP YOUR LOVED ONES SAFE

The flu virus spreads easily. When you get the vaccine, you protect yourself and those around you – especially those who are pregnant, elderly or have a weakened immune system.

YOU WON'T GET THE FLU FROM THE FLU SHOT

The flu vaccine contains an inactivated virus that cannot give you influenza.

ANY SIDE EFFECTS ARE USUALLY MILD

The flu vaccine is proven to be safe. If you experience any side effects, they are usually mild and only last a day or two.

NEEDLE-FREE FLU VACCINES MAY BE AVAILABLE

Not a fan of needles? Ask your Quantum Health Care Coordinators if the nasal spray option is right for you and where you can find it.

YOUR QUANTUM HEALTH CARE COORDINATORS ARE HERE FOR YOU

If you need support, a team of nurses and benefits experts is here to help with things like:

- Responding to any questions or concerns you may have about the flu vaccine
- Guiding you to nearby locations that provide the flu vaccine
- Confirming your coverage for the flu vaccine and other recommended immunizations



40-60%

The flu vaccine has been shown to reduce the chances of a sick visit to the doctor by 40% to 60%.¹

1. Vaccine Effectiveness: How Well Do Flu Vaccines Work? cdc.gov, August 2022.

The Quantum Health Care Coordinators can guide you to nearby locations that provide the flu vaccine. You can contact a Quantum Health Care Coordinator at www.liiquantum.com or call 1-877-220-2279. Monday through Friday from 7:30 a.m. to 9:00 p.m. CST