
Rooted in Wellness

NOV 2025



FOSTERING WELLNESS, INSPIRING HEALTH

SLPS WELLNESS DAY HUGE SUCCESS!!

Our recent Employee Wellness Day event
was a resounding success, attracting more
than

450
Employees

A day filled with relaxation, health, and fun.
Held on Friday for the first time, the change
was a hit. Employees enjoyed complimentary
massages, flu vaccines, and biometric
screenings, all while winning

*Prizes
Galore!*

The energy was high, the turnout was
fantastic and the feedback overwhelmingly
positive. Wellness Day continues to be a
highlight of our SLPS community!

In this newsletter
you can expect:

Open Enrollment

Insurance ?'s

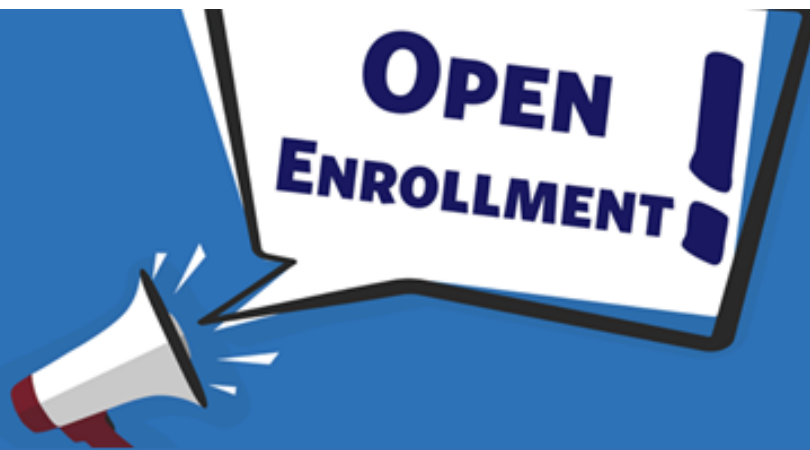
[UHC Rewards](#)

[Nov. Challenge](#)

Wellness Whiz
Quiz

Wellness Day Pix

Recipe



November 11 - 23, 2025

This is your yearly opportunity to review your benefits and make updates for yourself and your dependents.

All benefit changes take effect January 1, 2026.

During Annual Enrollment, you'll be able to:

- Review/Change your current benefit elections
- Add or remove coverage for yourself or dependents
- Update your beneficiary information
- Re-enroll in your Flexible Spending Account (FSA) for 2026

More details including plan updates and instructions for logging in to myslpsbenefits.com will be shared soon!

Health Insurance Confusing



You're not alone!

Half of Americans say they don't understand words like **premium, deductible, or copay**.

If you've ever wondered, "What does that even mean?" I've got you covered.

Watch: [Health Insurance 101](#) – A quick video that breaks it all down

Read: [How Health Insurance Works](#) – A simple guide to the basics

Glossary: [Just Plain Clear](#) - Look up any term in plain English

You don't have to figure it out alone.
Contact [Leah](#), I'm here to help.

YOUR TO-DOS

Earn Your
\$300

You have until 12/31/2025

NOVEMBER WELLNESS CHALLENGE

*Balance is
Sweet*

November is Diabetes Awareness Month. Whether you have Diabetes or want to prevent it this challenge is for you. Work on finding balance in your eating and lifestyle.

wellness **WISDOM**

Starting this month, we are introducing a fun and interactive way for you to win prizes.

*Wellness Whiz
QUIZ*

Each quiz will feature questions based on the newsletter content.

Look for the link at the bottom of each newsletter



Get your free **Hearing Screening** through November

All FT/PT employees, substitutes, retirees, volunteers and their loved ones 18 and older

The screenings will be available to you at no cost, at the clinic location most convenient for you.

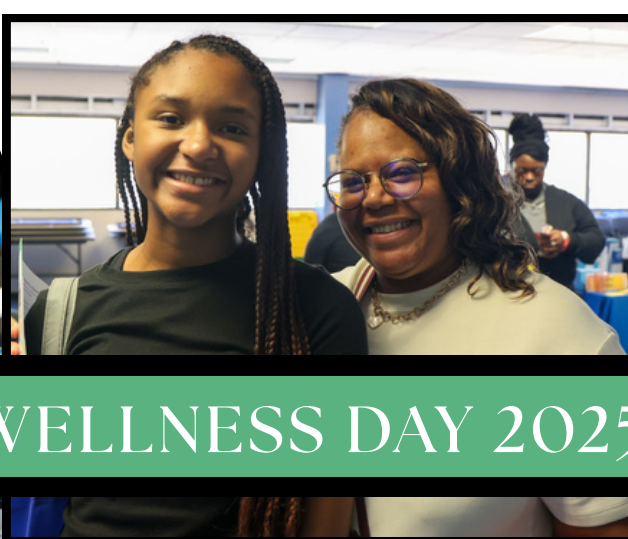
REACH OUT TO
Elizabeth Savens
Outreach Program Director
314-866-7996





WELLNESS DAY 2025





Green Chicken Enchilada Soup

from allthehealthythings.com

Total Time: 6 hours

Serves: 4-6

Ingredients

- 2 lbs. boneless skinless chicken thighs
- 1 small yellow onion, diced
- 6 garlic cloves, minced
- 2- 4oz cans green chilies
- 2- 15oz cans pinto beans, drained and rinsed
- 1- 15oz can black beans, drained and rinsed
- 1- 15oz can green enchilada sauce
- 1 Tbsp ground cumin
- ½ tsp chili powder
- ½ tsp paprika
- 1 dried bay leaf
- 1 ½ tsp kosher salt
- ¼ tsp black pepper
- 1 tsp dried oregano
- 32oz low-sodium chicken broth
- juice of 1 lime

For the Slurry

- 1 cup half and half
- 1 Tbsp cornstarch

For Serving - optional

- chopped cilantro
- sharp white cheddar
- finely diced red onion
- avocado
- sour cream/Greek yogurt
- lime juice
- tortilla chips



Directions

1. Add chicken, onion, garlic, green chilies, beans, enchilada sauce, spices, bay leaf, salt, pepper, broth, and lime juice to base of slow cooker.
2. Cook the soup on high for 3-4 hours until chicken is tender, easy to shred, and an internal temperature of 165 degrees.
3. Remove chicken and use 2 forks to shred the meat. Set aside.
4. Whisk together half and half and cornstarch. Pour into the soup and cook for 15 minutes until thickened.
5. Add shredded chicken back to slow cooker and stir until incorporated.
6. Serve the soup with your favorite toppings and enjoy.

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<u>Wellness Whiz Quiz</u>	<u>leah_hammel@uhc.com</u>

