



# SLPS Wellness News:

May 2023

## In this Issue

- Simply Engaged
- Real Appeal
- Summer Community Resources
- Employee Assistance Program
- Health Tips
- Peloton App Membership Changes
- Featured Recipe

## Earn up to \$200 with Simply Engaged!

Through Rally®, you can access the SimplyEngaged® health and wellness activities available to you. For each Health Action you complete, you'll earn Rally Coins, which you can redeem for rewards. Plus, you can earn financial incentives. Rally's digital experience gives you one place to track your activities and rewards.

To get started, go to [myuhc.com](https://myuhc.com)® > Health Resources > Rally

Activity	Reward
Complete the Health Survey and watch a video	<b>\$25.00</b> + Rally coins
Complete a virtual visit	<b>\$25.00</b> + Rally coins
Complete a coaching program	<b>\$100.00</b> + Rally coins
Complete a biometric screening	<b>\$75.00</b> + Rally coins
Complete physical activity check-ins	<b>\$20.00</b> /month + Rally coins

## Real Appeal

Real Appeal on Rally Coach™ is a proven weight management program designed to help you get healthier and stay healthier. It's available to you and eligible family members at no additional cost as part of your benefits.

Receive a FREE success kit after your first group session! Join today at [enroll.realappeal.com](https://enroll.realappeal.com) or scan this code.



**Real  
Appeal**

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SLPS Wellness Website:  
[www.slps.org/wellness](https://www.slps.org/wellness)

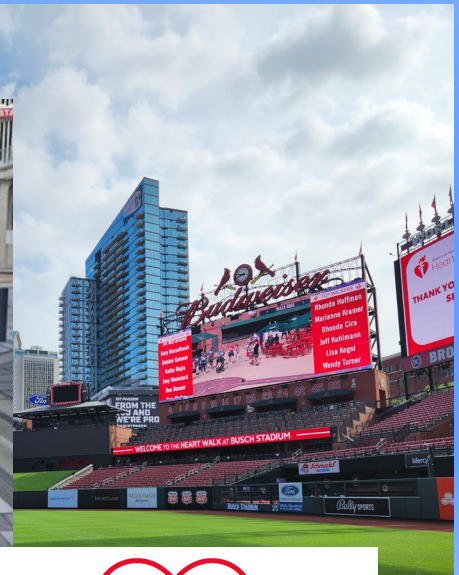


# Community Resources

Although school is no longer in session, Summer is the perfect time to stay on track with your health and fitness goals. Check out these resources within your community that support your well-being!

- Take advantage of the warm weather and stay active this summer by participating in many virtual or in-person challenges and events!
  - Join one of [Health Code's](#) many virtual challenges, such as **Triathlon in a Month (July)** or **Dog Days of Summer (August)**
  - Register for a local race in the St. Louis area [here](#)
- Support local produce and businesses at a St. Louis area **Farmers Market**. Check out a few of these markets in the city or view this [article](#) for more information.
  - Soulard Farmers Market: 730 Carroll – Wednesday – Friday 8am – 5pm and Saturday 7am – 5:30pm
  - Tower Grove Park Farmers Market: Tower Grove Park, west of Center Cross Drive – Saturdays, 8am – 12:30pm
  - University City Farmers Market: 6655 Delmar – Saturdays, 8:30am – 12:30pm
- **St. Luke's Hospital** hosts several online and in-person educational programs throughout the year. For event information and additional details, visit their website [here](#).

Check out these photos from our recent events!



## Employee Assistance Program

Make self-care and your own mental health a priority this year with the help of Optum. The Optum EAP is a personal support service that can assist with a range of needs.

Review the attachments [here](#) for additional details or download the [mobile app](#) to get started today!

**24/7. Confidential. No cost to you.**

**Optum**

## May Health Observances

May is National Vision Health, Mental Health and Physical Fitness month! Check out these educational UHC resources for tips and tricks to better your health and well-being in these areas:

- [Digital Eye Strain \(video\)](#)
- [Recognizing Burnout \(video\)](#)
- [Exercise Nutrition \(video\)](#)

### Peloton App Membership Ending June 2023

Don't fret! While the Peloton App membership is expiring June 30<sup>th</sup>, there are still free and discounted fitness options available through UnitedHealthcare. Review the following flyers for more information:

[Apple Fitness+](#) – FREE for UnitedHealthcare members

[Club Fitness](#) – Employee discount

[Gateway Region YMCA](#) – Employee discount



### Featured Recipe:

#### Shrimp fried cauliflower rice

- |                                             |                                          |
|---------------------------------------------|------------------------------------------|
| - 2 tbsp. toasted sesame oil, divided       | frozen cauliflower (such as green giant) |
| - 10 oz. medium shrimp, peeled and deveined | - ½ tsp. black pepper                    |
| - 5 large eggs, lightly beaten*             | - ¼ tsp. light kosher salt               |
| - 1 cup sliced green onions, divided        |                                          |
| - 16 oz. fresh or                           |                                          |

Click [here](#) for directions, nutrition information and more!

*\*sub egg-whites for a healthier alternative*



### Upcoming Events

Events will resume with the start of the school year in August & September.

In the meantime, keep an eye out for communications with event details to stay up to date!