



ILENE SHAPIRO
COUNTY EXECUTIVE

○ E-Newsletter | ○ Summer 2024

Wellness focus

TAKING COUNTY WELLNESS TO A WHOLE NEW LEVEL...
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The difference between the impossible and the possible lies in a person's determination. - Tommy Lasorda

VIRGIN PULSE TRANSITIONING INTO PERSONIFY HEALTH

BECAUSE HEALTH IS PERSONAL™

A company driven to engage and empower people to live healthier lives.

The epitome of our new brand lives in our name, which emphasizes our commitment to creating a health experience that puts people at the center. Our verbal expression sets us up to communicate in a determined and passionate way - expressing our commitment to healthier lives and healthier businesses. We inspire and influence positive action, and engage audiences with a purposeful dynamism that feels motivating and accessible.

Our new visual expression builds on this people-first approach with our humanist logo and our emotive landmark, Percy. Optimistic, empowering color and typography support a system focused on the uniqueness of our audiences.

This brand was built with you in mind. Together, we are redefining expectations and getting people more deeply engaged in their health.

Directly from Personify Health.

Q3 Introduction to members and what is to come.

Q4 Multi-channel communications outlining what will be different, what will be the same, and what is next.



January 2025
Personify Health will be completely live for a new member experience.

VIRGIN PULSE (PERSONIFY HEALTH) TIPS

Take a Break

If you sit at your desk all day, make sure you get up and move around every 20 to 30 minutes. It can help with repetitive injuries and ease any symptoms you might have. Also, try setting up your workspace by:

- Putting your computer display/monitor at eye level.
- Keep your feet firmly on the floor.
- Make sure your chair supports your lower back.

Breathe Fresh Air

Dust and germs enter your lungs when you breathe. As your body handles these processes normally, the lungs are prepared. There are small hairs called cilia which line the tubes of your lungs. The cilia move mucus out of your lungs.

The dust and germs leave your body as you sneeze, cough or clear your throat. Although your body prepares for these things, it is best to support the cilia by avoiding dust and pollution.

In the Know *Better Homes & Gardens* | June 2024

Things to help boost your well-being...

- ❖ Try the low-impact game of pickleball. You can take an average of 3,322 steps during a one-hour game. You not only get your steps in but burn some calories, build muscle, and increase flexibility. If you want to learn more about pickleball, visit usapickleball.org.
- ❖ Superfruit...Kiwi contains nearly 100% of your daily vitamin C needs, as well as pertaining fiber and magnesium. To improve your mood, vitality, and sleep quality, eat two kiwis daily. Vitamin C helps with impaired brain function and depression. So, grab a spoon and take a scoop of the tart, but sweet fruit and get your smile on.
- ❖ Researchers linked a diet with high ultra-processed foods can lead to 32 health issues, including cancer, heart disease, and anxiety. For the average American, 58% of daily calories come from ultra-processed foods. When shopping, try to aim for whole foods. If you plan to buy packaged foods, check the ingredients for a smaller list, which means it is less processed. Swap out the processed foods like chips and donuts for fruit and nuts. Less really is more.



Hidden Meanings of Flowers

Costco Connections | May 2024

Try communicating with flowers...The U.K. charity Royal Collection Trust says flowers have held symbolic meaning for centuries, but during the Victorian era the communication with pretty plants became popular (i.e. floriography or flower language). According to the Almanac, here are meanings behind some popular blooms.

- Daisies:** Innocence and loyalty
- Forget-me-nots:** remembrance of
- Poppies:** Consolation
- Red Roses:** Romantic love
- Tulips:** Passion and love
- Violets:** modesty, faithfulness, and watchfulness



START EARNING MONEY TO HELP COVER MEDICAL EXPENSES

DO YOU WEAR GLASSES OR CONTACTS?
HOW ABOUT A VISIT TO THE DOCTORS OFFICE?
DO YOU TAKE VITAMINS OR HAVE A PRESCRIPTION?
ARE YOU VISITING YOUR DENTIST ON A YEARLY BASIS?

These are all reasons you should join Virgin Pulse.
The earned rewards can help cover your medical expenses.
Get started today, you have until mid-December to earn.

Get up to \$600 if on the single plan and the family plan allows up to \$1,100.

Learn more by visiting our [website](#).
Contact the Wellness Team with any questions you may have.

*Please make sure all PCP forms and routine visits are submitted
prior to the end of the Quarter in order to receive your Points/Rewards.



LOCAL EVENTS & ACTIVITIES

Find activities to do around town from the Hiking Spree with Summit Metro Parks to Story Time with the Akron-Summit Public Library. Visit the *Employee Benefits website* for our activities and events.

Visit their websites to get more information:

Akron-Summit Public Library
services.akronlibrary.org/events

Akron/Summit Convention & Visitors Bureau
www.visitakron-summit.org/things-to-do/

Downtown Akron Partnership
www.downtownakron.com/calendar

Summit Metro Parks
www.summitmetroparks.org/ProgramsAndEvents.aspx

Healthy RECIPE

Cinnamon Sugar Butter Grilled Peaches

-Source: Food Network



Servings: 4
15-minute meal

Ingredients and measurements

- 1 stick of unsalted butter, room temperature
- 1 tsp cinnamon sugar
- 2 tbsp granulated sugar
- Pinch salt
- 4 ripe peaches, pitted and halves
- Canola oil
- Mint leaves, garnish

Add butter into a small bowl and stir until smooth. Mix cinnamon sugar, granulated sugar and salt until combined.

Pre-heat the grill on high. Brush the peaches with oil and grill them until golden brown and slightly cooked through. Top the peaches with a couple teaspoons of butter and the mint leaves for garnish.

A nice summer snack or dessert is ready to be served!

~personify[™] HEALTH

Keep those Points and Rewards going...
THE PERSONIFY HEALTH THIRD QUARTER
starts on July 1st.

Get started today and start earning...
it is never too late.

There are many ways to earn points throughout the year, be sure to check the [Human Resources - Employee Benefits website](#) to