

rooted in wellness

January

Newsletter

2025



Kickstart Your Year

Say "Cheers!" to a New Year

Kick off this new year with new healthy habits. Don't be afraid to start small. Simple, healthy habits can lead to big changes over time.

Five Simple Habits to Start Now

- **Prioritize Sleep:** Create a wind down routine and keep your bedtime and wake time consistent. With better sleep, you'll have more energy and less brain fog.
- **Get Hydrated:** Aim to drink half your body weight in ounces of water each day. For example, if you weigh 160 pounds, you should strive to drink 80 ounces of water.
- **Develop Gratitude:** Take five minutes a day to pause and list three things you're grateful for. This practice will help you focus on the positive and boost your mood.
- **Move More:** Build more movement into your routine. This can be as simple as parking a bit further away from the store, choosing stairs over elevators, or taking a walk around your block.
- **Visit Your Doctor:** Regular doctor visits help identify health problems early and ensure you are getting all recommended health screenings for your age and health history.



Better Living

Bring Fresh Air Indoors

Bring fresh air indoors this winter with no-fuss houseplants. Certain houseplants not only purify the air, but they may have the power to provide you with allergy relief and decrease your stress levels too. A few plants to consider bringing into your space this winter, include:

- Aloe vera
- Rubber tree
- Weeping fig tree
- Peace lily
- Gerbera daisy
- Moth orchid

Be sure to find a safe place to put your indoor greenery if you have pets or young children.



Your FSA is Fully Funded



Your Healthcare Flexible Spending Account (FSA) funds are available on the first day of the plan year.

This means, if you elected to contribute \$500 in your FSA this year, that full \$500 is available to you now! Eligible Healthcare FSA expenses include copays, deductibles, prescriptions, certain over-the-counter items, and more. Check out [FSAStore.com](https://www.fsastore.com) for all the ways you can use your FSA dollars.

Explore Benefits