

Health & Wellbeing Catalog

2 0 2 3 E D I T I O N



Hello!

What is the 2023 Health & Wellbeing Catalog?

The catalog is a guide to the opportunities Health & Wellbeing is providing in 2023 to help employees learn how to improve their health and better understand the benefits and resources available to support their efforts.



How to use it:

1. Review the catalog



2. Call your Health & Wellbeing team at **205.257.4163**



3. Ask for direction, answers to questions, recommendations or to schedule presentations.



4. Enjoy!



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& Wellbeing Experts**

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We look forward to providing employees with healthy tips, helping hands, and high-fives.

THE HEALTH & WELLBEING TEAM

205.257.4163

We're YOUR Health & Wellbeing Team.



Cindy Harmon
APC WELLNESS COORDINATOR SR



Cindy Freeman
ADVOCATE II,
HEALTH AND WELLBEING



Angie Vilchez
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Michelle Smith
HR ANALYST I, HEALTH AND WELLBEING



Libby Browne
HR QUALITY
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For SCS Operations,
please contact Cole Billingsley.

205.473.8153



Cole Billingsley
SCS OPERATIONS
WELLNESS COORDINATOR

Monthly Wellbeing Topics

If we were you,

WHAT WOULD WE DO?

Learn something new,

EARN DOLLARS, TOO!



**OUR WELLBEING
TOPICS ARE:**

**MONTHLY OCCURRING
LIFE SKILL LEARNING
DOLLAR EARNING
HEALTH AFFIRMING**

**EARN UP TO \$120 OVER THE COURSE OF 2023 IN YOUR HRA/HSA/FSA
by reading each Monthly Wellbeing Topic on Southern*LifeStyle* Rewards
or MySource single sign-on.**

SOCOREWARDS.COM

A RESOURCE FOR EMPLOYEES & THEIR FAMILIES

Weekly
Meal Plans

Meditation

Workouts

APC NOURISH .COM

Workout
Recovery

Mental
Health
Webinars

Wellbeing
Tips &
Topics

NO USERNAME OR PASSWORDS REQUIRED



Monthly Must-Have Emails

Check Your Inbox the First Tuesday of Every Month for our top APCNourish.com picks for the month.



EXAMPLE OF NEWSLETTER BUNDLE TOPICS

Health & Wellbeing
MONTHLY MUST-HAVE BUNDLES
Your monthly digest for all things Health & Wellbeing
APRIL 2023

BALANCED OVER BUSY
WEBINAR: TUES, APRIL 18, 2023 @ 10AM CST
Becoming an Effective Stress Manager

2024 Wellness Incentive
THIS APRIL:
Lab work is covered on a physical.

GIVE IT A GO!
ACTION ITEM:
Participate in the SleepCharge Sleep Checkup and earn \$25.

GET TO KNOW
Brian Burns
FITNESS INSTRUCTOR

PROPEL

Tools and resources to enhance your career development

SESSION DETAILS

Health & Wellbeing - APC, Operations and Southern Power

SESSION DESCRIPTION

This Health & Wellbeing team's mission is to connect employees and their families to the high-quality healthcare resources they need, while also providing health and wellness programs that educate and reward employees for pursuing preventative care. Cindy Harmon, Cole Billingsley and Lacey Loveless will be leading a discussion to help you become more informed about these resources and programs.

DATE & TIME

Tuesday, September 19, 2023, 11:00 AM - 12:00 PM

LEADERSHIP COMPETENCY

Business Execution

FACILITATOR

Cindy Aldridge; csaldrid@southernco.com

Balanced Over Busy: 2023 Mental Health & Wellbeing Webinar Series

Your mental and emotional wellbeing affects every aspect of your life. Join us for webinars throughout the year, where you'll learn new skills to improve your mental and emotional wellbeing.

The Truth About Dieting

TUESDAY, JUNE 20 2023, 10 AM CST

We know that many diets fail to produce lasting results, but what does work? In this webinar we will discuss why diets are not effective long-term and identify ways to achieve a healthy weight through better nutrition. When to eat, what to eat, how much to eat... all of this and more will be covered in this webinar to leave you with a good idea of how to achieve and maintain weight loss for your long-term health!

Cultivating Calm

TUESDAY, AUGUST 15 2023, 10 AM CST

In today's world feeling stressed, pressured, and chaotic can seem like the norm, but it doesn't have to be. We can develop the capacity for peace, serenity, and calm. In this webinar learn how to develop habits that will help you find calm in your life.

Coping with Loss

TUESDAY, OCTOBER 17 2023, 10 AM CST

All human beings are impacted by loss and grief, which can be a scary and painful time. Understand what you and others are experiencing when grieving and discover coping resources to utilize during times of loss.

Substance Misuse and Your Loved Ones

TUESDAY, NOVEMBER 14 2023, 10 AM CST

Substance use doesn't just impact those that are addicted to substances but can also have devastating effects on those around them—especially their loved ones. This webinar will explain symptoms of drug use and an overview of withdrawal symptoms of substances such as alcohol, opiates, and a few others. We will review what addiction is and how it is a chronic brain disease. Enabling a loved one will be discussed but also what you can and should do for yourself. It is important to know that as a loved one of someone who is addicted to substances, you are not alone.

Your Benefits from Head to Toe

Tips, Resources, and Educational Offerings from Head to Toe

ORDER YOUR POSTERS FOR YOUR WORKSPACE TODAY!

YOUR BENEFITS FROM HEAD TO TOE

Remember to log activity on SouthernLifeStyle Rewards to earn dollars in your HRA/HSA/FSA account. SOCOREWARDS.COM

For more information about these benefits and others, contact your Empowered Health team at 205.257.4163.

Alabama Power Company
emPOWERed HEALTH
CONNECTING YOU TO QUALITY HEALTHCARE

The Head to Toe series has grown from just “Your Benefits” to the following offerings:

- Your Hydration and Electrolyte Balance
- Your Mental and Emotional Wellbeing
- Your Musculoskeletal Health and Movement
- Your Sleep
- Your Nutrition and Smart Immunity

YOUR HYDRATION AND ELECTROLYTE BALANCE FROM HEAD TO TOE

Hydration is essential for your health. It helps regulate body temperature, lubricate joints, and maintain blood volume. Dehydration can lead to fatigue, dizziness, and headaches.

HYDRATING & HEALTHY

- Drink water throughout the day.
- Eat fruits and vegetables with high water content.
- Avoid sugary drinks and alcohol.

DEHYDRATING & DETRIMENTAL

- Excessive alcohol consumption.
- High caffeine intake.
- Hot weather without adequate hydration.

CHALLENGE: Stay hydrated, even when you're not thirsty.

YOUR MENTAL AND EMOTIONAL WELLBEING FROM HEAD TO TOE

Mental and emotional wellbeing is crucial for overall health. It affects your ability to cope with stress, maintain relationships, and enjoy life.

PRIORITIZE TO PROSPER

- Practice stress management techniques.
- Engage in activities you enjoy.
- Seek support from friends and family.

CHALLENGE: Take time for yourself, even when you're busy.

YOUR MUSCULOSKELETAL HEALTH AND MOVEMENT FROM HEAD TO TOE

Musculoskeletal health is essential for movement and overall well-being. It involves maintaining strength, flexibility, and proper posture.

MOVEMENT IS MEDICINE

- Engage in regular physical activity.
- Stretch regularly to improve flexibility.
- Maintain a healthy weight to reduce strain on joints.

CHALLENGE: Move your body every day, even if it's just for a few minutes.

YOUR SLEEP FROM HEAD TO TOE

Quality sleep is essential for physical and mental health. It helps the body repair itself, regulate hormones, and improve cognitive function.

RESTED & RECHARGED

- Establish a consistent sleep schedule.
- Create a relaxing bedtime routine.
- Avoid caffeine and alcohol before bed.

CHALLENGE: Prioritize sleep as a non-negotiable part of your health routine.

YOUR NUTRITION AND SMART IMMUNITY FROM HEAD TO TOE

Nutrition is the foundation of good health. It provides the body with the energy and nutrients it needs to function properly and fight off illness.

IMMUNE-BOOSTING FOODS

- Leafy green vegetables.
- Citrus fruits.
- Nuts and seeds.

IMMUNE-WEAKENING FOODS

- Processed meats.
- High-sugar snacks.
- Alcohol.

CHALLENGE: Eat a variety of colorful fruits and vegetables.

2023 Presentations

All presentations:

- Can be given in-person or over Microsoft Teams
- Vary in length and run between 15-25 minutes
- Are scheduled by contacting Health & Wellbeing

You Gotta Eat This! Healthy Snack Taste Testing

Learn how snack time can be both healthy AND delicious! This presentation features a look at healthy food choices, followed by a snack taste test with employee volunteers.

ADDITIONAL DETAILS:

- Requires one month scheduling in advance
- Cost of snacks, packaging, and mailing is absorbed by workgroup
 - Cost estimate: \$12-\$15/employee
- Health and Wellbeing team will either shop for snacks or provide shopping list (Workgroup preference)

A taste of what's to come!



ADDITIONAL PRESENTATION OPTIONS:

YOUR NUTRITION AND SMART IMMUNITY FROM HEAD TO TOE

Nearly 70% of your immune system is housed in your gut, so keeping your digestive system in tip-top shape by being mindful of the foods you put in it can be key to strong and healthy immunity.

IMMUNE-BOOSTING FOODS

WATER

FRUIT: berries, mango, tomatoes, papaya, pomegranates, oranges

VEGETABLES: leafy greens, artichokes, bell peppers, mushrooms, broccoli, sweet potatoes, carrots, onions

FERMENTED FOODS: sauerkraut, kimchi, miso, tempeh, kefir

HEALTHY OILS: olive, flaxseed, coconut, safflower, avocado, almonds

HIGH-QUALITY PROTEIN: Eggs, beef, chicken, fish (such as salmon, mackerel, anchovies, sardines), and legumes (such as lentils, chickpeas, and black beans)

SPICES: turmeric, ginger, rosemary, garlic

DARK CHOCOLATE: aim for 70% or more cocoa content

IMMUNE-WEAKENING FOODS

ADDED SUGAR: sugar, corn sweetener, agave, fructose, sucrose, dextrose

ARTIFICIAL SWEETENERS: Aspartame, Saccharin, Sucralose, Acesulfame K

SUGAR-SWEETENED DRINKS: soda, sweet tea, sports drinks, energy drinks

ALCOHOL

GRAIN PRODUCTS: wheat, corn, soy

REFINED CARBOHYDRATES: white bread, refined flour, pasta

PROCESSED MEATS

1. A balanced and varied diet helps you stay healthy.
2. Avoid fast foods or quick fixes.
3. Exercise, quality sleep, laughter, positivity, and tobacco cessation help boost your immune system.

CHALLENGE: Boost your immune system through daily steps. Either incorporate one immune-boosting food or eliminate one immune-weakening food from your diet each week.

Control your Health & Wellness Team at **205.287.4163** | Learn more about Your Nutrition & Smart Immunity from Head to Toe.

KEY TAKEAWAYS

- Nearly 70% of your immune system is housed in your gut
- Immune-boosting vs. immune-weakening foods
- Can include sampling of lesser known immune-boosting foods

YOUR BENEFITS FROM HEAD TO TOE

EMAC: Assistance finding a primary care provider, specialist or finding a local testing center. **844.913.2832**

HEALTH & WELLNESS: Register services at **205.287.4163**

LIFE SOURCE: Digital Health & Wellness Program. Follow us on social, reach out for help. Customer service: **800.888.2077** | **877.26.8162**

EPIC HEARING AIDS: Hearing care. **800.378.8164**

END MD: End of life medical care. **844.841.5876**

CUSTOMIZED INNOVES: Innovation for your business. See your provider for more information. **844.841.5876**

TOTAL BRAIN: Brain training services, meditation, and training modules for overall health. **844.208.8918**

RELAXATION: Relaxation audio guides for stress management, meditation, and other sleep-related services. **877.416.7387**

MOLIVE: Supplement modules for mental health. **877.468.9439**

EMAC HEALTH: Digital mental therapy for those with depression, anxiety, and more. **855.968.2777**

Remember to log activity on SouthernLifeStyle Rewards to earn dollars in your HRA/HSA/FSA account. **SOURCEWARDS.COM**

For more information about these benefits and others, contact your Empowered Health team at **205.287.4163**.

KEY TAKEAWAYS

- Full list of benefits and how to contact them
- The benefit of using these services
- Reminder to log activity on SouthernLifeStyle Rewards account to see rewards

HEAT-RELATED ILLNESSES

HEAT-RELATED ILLNESSES LIVE ON A SPECTRUM.
Heat Cramps — Heat Exhaustion — Heat Stroke

THIS MEANS:

- They increase in severity as you move along the spectrum.
- Heat cramps are uncomfortable, sometimes disabling, but they won't kill you.
- Heat exhaustion is uncomfortable and can cause long-lasting issues, but it won't kill you (if treated so it doesn't progress to heat stroke).
- Heat stroke can kill you.
- They may occur in order, but they don't have to.
- Meaning, you might have heat cramps and then they progress to heat exhaustion and then that progresses to heat stroke. BUT it doesn't have to happen that way. Heat stroke can occur suddenly without obvious symptoms of heat cramps or heat exhaustion occurring first.
- Some symptoms overlap.
- Meaning, with some symptoms, there isn't a clear-cut line between heat exhaustion and heat stroke, they can occur with both.
- Fatigue, headaches, dizziness, and agitation can occur with heat exhaustion and with heat stroke.

Luckily, there are some very defining symptoms to let us know the difference between heat exhaustion and heat stroke. It's important to know the difference so you take the appropriate course of action.

KEY TAKEAWAYS

- Difference between heat exhaustion and heat stroke
- Risk factors
- Treatments for each

GO WITH THE FLOW

Your guide to balancing and boosting your electrolytes and staying hydrated

Let's be real — we all know we need to stay hydrated to be healthy and safe. Drinking water is key for staying hydrated and supporting a range of vital bodily and brain functions. It can also help you drive faster to where you want to go. But there's more to it than that. Staying hydrated can help you stay healthy and safe. It's important to know the difference between heat exhaustion and heat stroke. It's important to know the difference so you take the appropriate course of action.

Want to know more about electrolytes and hydration? Visit www.southernlifestyle.com/health-wellness for more information.

Want to see your doctor? Visit www.southernlifestyle.com/health-wellness for more information.

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Go with the Flow: Balancing and Boosting Your Electrolytes and Staying Hydrated Naturally

- Tips for hydration and electrolyte balance
- Stay hydrated with electrolyte-rich foods and supplements
- Can include a sampling of healthier-option electrolyte drinks

BETTER BY 1%

Better by 1% KEY TAKEAWAYS

- Change doesn't happen overnight
- Incremental increases of 1% compound over time
- Learn starting points for small changes that make big differences

Contact your
Health & Wellbeing Team
by calling the
Empowered Health line.

205.257.4163

