

NOVEMBER 2026

Wellbeing at Work

Upcoming Events

Cancer Awareness Challenge: October 19 - November 15



It's not too late to join! Researchers say if we stopped using tobacco, maintained a healthy weight, exercised regularly, avoided diets rich in red meat, and ate diets rich in fruits and vegetables, we would prevent two-thirds all cancers.

[Click or scan to register](#)

Jog your Memory Presentation: Five with Strive Recording



In this 5 minute recorded presentation you will learn 5 facts and 5 resources regarding memory and brain health.

Click "Attend Wellness Presentation" on the portal under Education and complete the form to earn 200 points!

[Click or scan to watch now!](#)

Strive Monthly Webinar:

Metabolism Matters
November 18
12:00-12:30 EST



Your metabolism is more than just how fast you burn calories—it affects your energy, mood, weight, and long-term health. Learn how it works, what slows it down, and simple ways to support it through lifestyle habits that work.

[Click or scan to register](#)

Stress Eating: What It Really Means

Stress eating is not a lack of willpower—it's biology. When you're overwhelmed, your brain craves quick comfort to temporarily regulate your nervous system. Understanding the craving—sweet, crunchy, salty—helps you choose something satisfying without guilt or spiraling. Awareness makes eating more intentional and less reactive.

Scan to read



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◆ Important News ◆

The Strive Portal has reset for the 2027 program year

What does the New Year mean for you?

- The 2027 Program Year will run from 10/19/2026 - 09/30/2027 for your 2028 Wellness Incentive
- The first time you log in after the reset you will be required to complete your annual Health Risk Assessment for the new program year
- Well-Visit forms will be accepted from 10/19/2026 - 09/30/2027
- [Click here](#) or scan QR Code for the 2027 Well-Visit form



Benefits Corner ~ Teledoc

Did you know...with Virtual Care by Teladoc Health, you and everyone on your health plan can get virtual medical and mental health care from your phone, tablet, or computer.

Scan the QR code to learn more about Teledoc!

**Reminder: Open enrollment is starting soon!
Be sure to elect your 2027 benefits from November 2-13.**



[Click here for more information](#)



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