

STEP INTO WELLNESS



Diocese of Palm Beach
2025 Healthiest Employers Award Recipient



HAPPY NEW YEAR

Skip the Resolutions: WHAT?!?!?!?!?!?!?

How SMART goals can make 2026 your healthiest, happiest year yet. As another year begins, many of us feel pressure to reinvent ourselves through lofty New Year's resolutions – but often, those promises lead to guilt and burnout rather than balance.

A gentler, more sustainable approach is to set SMART goals, which are Specific, Measurable, Achievable, Relevant and Time-bound.

This framework shifts the focus from drastic overhauls to mindful progress that supports your overall well-being. Instead of vowing to "get fit," try something specific, like taking a 30-minute walk three times a week.

Rather than "be more productive," commit to spending 10 focused minutes each morning planning your day.

These realistic intentions build momentum and confidence, helping you feel grounded instead of overwhelmed. SMART goals encourage you to honor where you are, move at your own pace and celebrate each small success.

When you release the pressure to transform overnight, you create space for meaningful, lasting change.

In 2026, let your wellness journey be guided by self-compassion, steady growth and genuine joy in the process.



Preventive Health

Health Goals and New Habits January is a time when many people want to reset their health goals and start new habits for a new year.

The key to getting new goals to stick with you is to pick objectives that matter to you and choose one goal at a time.

Developing new healthy habits is often difficult because results aren't seen immediately. Good, healthy habits have long-term, often delayed rewards and results. Be patient and keep long-term results in mind!

Talk with your primary care provider for guidance on which healthy goals would be best for you because they are familiar with your health needs and medical history.

Some of the most common goals for a new year are to:

- Increase physical activity: Build strength and endurance over time.
- Aim for 30 minutes moderate activity each day.
- Eat healthier: Increase water intake. Limit alcohol consumption. Increase fruits and vegetables.
- Avoid sugary beverages, baked goods and fried foods.
- Improve sleep: Develop a nightly routine. Optimize sleep environment. Aim for seven hours or more each night.



Jan 2026

In this issue:

- Happy New Year!
- Preventive Health and Goals
- Wellness Webinars
- January Happenings
- Florida Blue Centers
- Glaucoma Awareness Month
- Know Your Benefits— First Stop Health
- Diet and Eye Health

Wellness Webinar Links



Beyond the New Year Diet: Tips for a healthy eating routine

Learn practical ways to build healthier eating habits that support long-term wellness from one of the Sanitas dietitians.

Point your smart phone camera to the QR Code below



Glaucoma Awareness Month

Why the urgency? Glaucoma, often called the silent thief of sight, is a leading cause of irreversible blindness in the United States, yet as many as half of the people who have it don't know they are affected.

What Is Glaucoma, and Why Does It Matter?

Glaucoma is not just one disease. It is a group of eye conditions that damage the optic nerve, the cable that sends visual information from your eye to your brain. Most types of glaucoma are linked to intraocular pressure, although some people develop glaucoma even with normal eye pressure.

A 2024 meta-analysis estimated that about 4.22 million adults in the United States have glaucoma, and more than 1.4 million already have vision loss from the disease. Globally, glaucoma affects an estimated 80 million people, a number expected to rise as populations age.

There's no cure, but early detection and treatment can slow or prevent further vision loss. That's why awareness in January, and year-round, matters.

Why Glaucoma Is Called the Silent Thief of Sight

For the most common form, primary open-angle glaucoma, there are usually no early warning signs. Vision changes start slowly, usually with side (peripheral) vision. People often compensate without realizing it, which is why glaucoma can progress for years before anyone notices and why regular eye exams are crucial.

By the time central vision is affected, optic nerve damage is permanent. Treatment can help preserve remaining sight, but it cannot restore what is already lost.

That's the harsh reality: You can feel fine, drive, read, and work, and still have glaucoma quietly damaging your eyes.

Subtle Changes That May Suggest Glaucoma

These can show up gradually, especially with open-angle glaucoma:

Slowly worsening peripheral (side) vision

Trouble seeing in dim light

Mildly blurred or patchy vision in one or both eyes

Frequent prescription changes that don't fully fix your vision

Because these changes are so gradual, many people miss or dismiss them. Regular eye exams are the only reliable way to catch glaucoma early.

Contact VSP to schedule your vision appointment.

www.vsp.com or 800.877.7195

January Happenings Calendar

Jan 1	New Years Day
Jan 1 - 31	National Blood Donor Month
Jan 1 - 31	National Glaucoma Awareness Month

FLORIDA BLUE CENTERS

**Kickstart healthy habits
in 2026 at your local
Florida Blue Center!**

Call us at 1-877-352-5830 to learn more
or visit FloridaBlue.com/Centers



**Reserve your spot
by scanning this
QR code.**

You can also see a full calendar
of Florida Blue Center events.

Florida Blue's Community Specialists are social workers who can help anyone in the community find programs and services, including:

- Community support programs
- Food programs
- Transportation services
- Referrals for financial assistance
- Medical care
- Referrals to mental health facilities and programs
- Government programs
- Referrals for housing assistance
- Children and youth services
- Military and veteran services
- Help understanding your Florida Blue health plan's benefits
- Life planning/advance directives

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at cwaring@diocesepb.org or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at smaulden@diocesepb.org or 561-775-9574. Be sure to visit the wellness web page at www.diocesepb.org/wellness for helpful links and information.

Know Your Health and Wellness Benefits! First Stop Health



Care that travels with you

Getting care while you're out of town can be a pain. Your employer provides First Stop Health's services at no cost to you. There are no hidden fees or copays, so you can focus on feeling better.

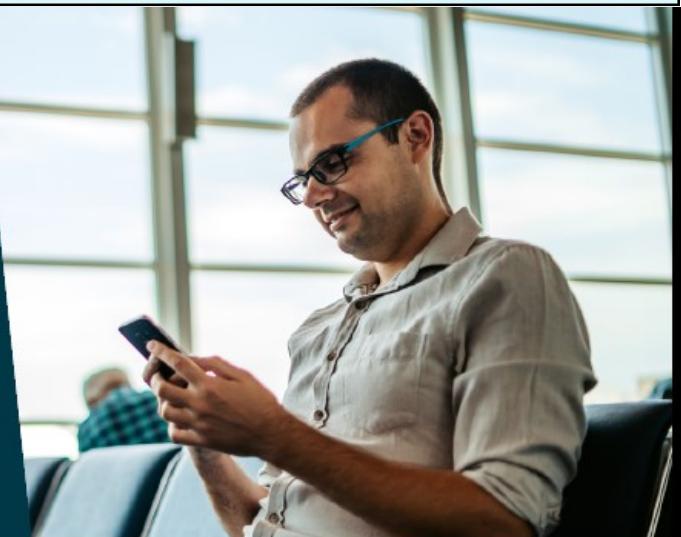
With First Stop Health Virtual Urgent Care, you can talk to a doctor via phone or video:

- ✓ **From wherever you are.** A hotel room, an airport, the beach, or wherever your travels take you.
- ✓ **Any time of day.** Doctors are available 24/7 for those jet-lagged nights and sight-seeing days.
- ✓ **For forgotten prescriptions.** Doctors can help you get one-time refills at your nearest pharmacy when appropriate*.



Download the app

Use the app to request care in just a few taps, review visits, download sick notes, and more.



Reasons for care

- Skin rash
- Medical questions
- Allergies
- Sinus issues
- Fever
- Pink eye
- Cold and flu
- COVID-19
- UTI
- Cough and congestion
- Nausea
- Stomachache
- Minor Injury
- And more

First Stop Health services are not intended to constitute a health plan. *Providers at First Stop Health do not prescribe controlled substances. Costs according to your medical plan may apply for prescriptions.

EYES ON THE PRIZE: HOW DIET AFFECTS EYE HEALTH

Our vision supports our overall health in ways we many not realize, and good nutrition plays a big role in that. A nutritious, balanced diet can support eye development and health from childhood to adulthood. As we age, our eyes are at risk for disorders like cataracts, macular degeneration and glaucoma. Fortunately, we have powerful tools to support our eye health.

KEY NUTRIENTS FOR EYE HEALTH

Vitamins A, C, E
Lutein and zeaxanthin
Omega-3 fatty acids
Zinc



MY OPTOMETRIST SAID I
HAVE BAD VISION, BUT I
DON'T SEE THE PROBLEM.

TIPS FOR MAINTAINING EYE HEALTH

GET YOUR GREENS: Broccoli, kale, kiwi, grapes, turnip greens and spinach are rich in lutein and zeaxanthin, which protect eyes from sun damage and age related changes.

PUMPKIN: Beta carotene (Vitamin A) prevents night blindness and macular degeneration. Find it in pumpkin, butternut squash, carrots and sweet potatoes.

GOOD FAT IS ALL THAT!: Omega-3 fatty acids benefit eye health by reducing inflammation and enhancing tear production. Enjoy fatty fish such as salmon and mackerel, chia seeds, sunflower seeds and walnuts

“C” WHAT THIS NUTRIENT CAN DO!: Vitamin C reduces cataract risk and visual acuity loss. Find it in oranges, berries, papaya, peppers and tomatoes.

BLINK FOR ZINC: Important to our retina, include zinc-rich foods like grass fed beef and poultry, oysters, beans, legumes, chia seeds, pumpkin seeds and nuts like pecans.

Refresh your routine and discover how delicious supporting your eyesight can be!

