

# STEP INTO WELLNESS



Diocese of Palm Beach  
2025 Healthiest Employers Award Winner



September 2025



Goals keep you focused, so set two or three for the fall season. Maybe you want to train for a half marathon, consistently log your nutrition or exercise three to five times a week. Whatever it is, write it down and put it where you can see it.

Record your daily exercise, plus what and how much you eat. Some researchers have found that just the act of recording results in better choices and a healthier diet. By writing everything down, you also may start to notice patterns. For example, you may observe that the days you don't exercise are also the days you eat poorly. You can then take appropriate action.

Nutrition is an important part of your fitness plan. Find out what fruits and vegetables are in-season and load them into your cart every week. You will save money and consume the vitamins and nutrients when they're at their peak.

Don't allow boredom to sabotage your goals. Keep your exercise routine fresh and varied so your body stays interested (and fit). Skip the outdoor routine once a week to join a fitness class or try running interval sprints instead of biking them.

Integrate "speed" walking into your walk.

You are not the only one who could benefit from a fit lifestyle this fall. Encourage a family member or friend to join you for a run, hike or even a fitness class. Exercise partners keep your motivation high, and you can both encourage each other to continue towards your goals.

[www.active.com](http://www.active.com)

## September Florida Blue Resources and Webinars

**Sept 9<sup>th</sup> at 1:00pm ET: Blue Zones: Live Better, Longer.** Join us to learn the healthy habits the longest-lived people living in the Blue Zones of the world.



**Sept 10<sup>th</sup> at 1:00pm ET: Ask the Dietitian: Healthy Eating for Longevity.** Continuing the longevity theme, Lauren will review the healthy eating patterns that may help prevent chronic disease.

Point your smart phone camera to the QR Code below:



**Sept 17<sup>th</sup> at 12:00pm ET: Acute Care Needs: Seeking Care with Primary Care, Urgent Care, and the ER.** Listen to two emergency doctors discuss care options when sudden health needs arise.



**Sept 18<sup>th</sup> at 1:00pm ET: Hope in Action: Tools for Understanding and Preventing Suicide.** Join Dr. Adam Lucas at Lucet for a live webinar about the warning signs and how to recognize the risks and support people who are struggling.



## In this issue:

- Fall Into Fitness
- September Webinars
- Fall Safety Tips
- September Happenings
- Wellness Expo in Photos
- Know Your Benefits— Free Over The Counter Meds
- Health and Wellness Expos Remaining Dates and Scheduling Info

## Fall Safety Tips

### Use Caution With Space Heaters

A space heater is an effective way to warm up a chilly room, but it's essential that you read the instructions on the unit before you use it. If your space heater requires venting, make sure you've vented it to the outdoors. Always allow at least three feet of empty area around any space heaters you set up. While we're on the topic, never use your stove or oven to heat your home—it's a gas leak or fire hazard waiting to happen.

### Change Smoke Alarm Batteries

This is your friendly reminder to check/change the batteries in your smoke alarms and carbon monoxide detectors after you turn back your clocks at the end of Daylight Saving Time. Don't just put the new batteries in—double check that the alarms are working.

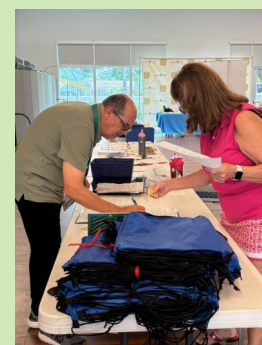
### Look Up Before Pruning Trees

Before pruning your trees, make note of where power lines are located before you set up your ladder.

## Wellness Expo Photos

## September Happenings Calendar

Sept 1 - 30	World Alzheimer's Month
Sept 1 - 30	Prostate Cancer Awareness Month
Sept 1 - 30	Food Safety Education Month
Sept 1 - 30	Healthy Aging Month
Sept 25	Women's National Health and Fitness



**Don't Get Left Out of the Picture!!!**

**Join us at one of the next Wellness Expos!  
St. Helen, Cardinal Newman and St. Luke!**

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





## FREE Prescriptions Available!

We would like to remind you about an important feature of your prescription benefit plan that may help you save money on prescriptions. Certain Over-The-Counter (OTC) medications (listed below) are covered by your prescription benefit plan for a \$0 copay.

OTC medications do not legally require a prescription, but to have OTC medications covered under your prescription drug benefit plan, you must obtain a written prescription from your doctor and present it to a pharmacist to be filled. The prescription must indicate OTC for you to receive it for a \$0 copay.

Remember, your doctor is the most qualified person to choose the appropriate medicine for you. Ask your doctor about the OTC alternatives below to find out if they are right for your treatment plan. The following steps may help you to save money on current prescriptions in the therapeutic classes listed below:

- ☐ Tell your doctor that your benefit plan has coverage of the OTC products below.
- ☐ If your doctor is comfortable in moving your treatment to an OTC medication, obtain a written prescription from your doctor for the OTC medication. **Ask the doctor to indicate "Over-The-Counter" or "OTC Version" on the written prescription.**
- ☐ Take the OTC prescription to a pharmacy to have it filled, make sure to tell the pharmacist or pharmacy technician that your benefit plan covers certain OTC items.

**The following OTC medications are covered by your Diocese of Palm Beach Prescription Benefit Plan at a \$0 copay:**

**Gastrointestinal Medications (Proton Pump Inhibitors):**

Prilosec OTC (20mg)

Omeprazole OTC (20mg)

Prevacid 24HR OTC (15mg)

Zegerid OTC

Nexium OTC

Pantoprazole (Protonix)

Lansoprazole (Prevacid)

Rabeprazole (Aciphex)

Omeprazole (Prilosec)

(Including all Generic or Store Name versions)

**Allergy Medications:**

Allegra/D OTC & Fexofenadine /D OTC

Claritin /D OTC & Loratadine /D OTC

Zyrtec /D OTC & Cetirizine /D OTC

Pseudoephedrine OTC

(Including all Generic or Store Name versions)



## 2025 Employee Health and Wellness Expo Information

Below are the locations and dates for the 2025 Employee Health and Wellness Expos. For those who have not attended one of the events in the past, we have professionals from Health Designs who will take your blood pressure, glucose and cholesterol. **The screenings are free! Now is the time to mark your calendars and select your destination for the upcoming 2025 Health, Wellness and Safety Expos coming to a location near you!**

All employees are encouraged to attend and participate as this is a diocesan sponsored event.

Both full time and part time staff are invited.

If there is not an event scheduled at your specific work site, you are warmly invited to attend one that is most convenient for you and your staff members.

Please share these dates with **ALL** of your staff. You do not have to stay for the entire period of time that the Expo is running. If coverage is an issue, plan to rotate in specific blocks of time so everyone at your school or parish have a chance to attend. You can even carpool in groups. [You do not have to be covered by diocesan health insurance to participate.](#)

By taking advantage of one of the Expos and biometric screenings, you will earn a \$50 gift card. All you have to do is attend one of the events and get your biometrics completed (one little finger stick) AND complete the health assessment. You will get your results in a matter of minutes (blood pressure, cholesterol, LDL, glucose, and triglycerides and A1C if your glucose is 120 or over and you have not been diagnosed with Diabetes ).

To schedule your **biometric screening** please use the online **Pick A Time Scheduler** to select the health fair location and time you wish to select for your screening. **YOU CAN BEGIN SELECTING YOUR TIME NOW!** - the online link is:

**<https://pickatime.com/DOPBHealthscreeningschedule>**

### HEALTH, WELLNESS AND SAFETY EXPO DATES AND LOCATIONS

Oct 3	St. Helen School Gymnasium,	1:00 PM – 3:00 PM	2050 Vero Beach Ave., Vero Beach
Oct 16	Cardinal Newman HS Café,	1:00 PM – 4:00 PM	512 Spencer Dr., West Palm Beach
Dec 5	St. Luke School	1:00 PM – 4:00 PM	2896 S. Congress Ave., Palm Springs

**PLEASE COME AT YOUR SCHEDULED TIME— WALK IN SLOTS ARE LIMITED**

**NOTE: Please do not register for more than one location—gift cards are limited to one per employee**

Biometric screenings will once again include a **full lipid panel** which includes **LDL and Triglycerides** along with A1C screening for those who present with glucose levels of 120 or higher (fasting or non-fasting) and who are non-diagnosed diabetics.

**The \$50 gift card will be presented to you at the expo!**

**The Employee Health and Wellness Expos are for EMPLOYEES ONLY**

**You do not have to be covered by diocese health insurance to participate!!!**

**Please only come at your selected appointment time.**

