

July 2024

THE KEHP COLUMN



LivingWell Engagement Rewards

10 points = \$1 in rewards.



Medically enrolled employees may earn up to \$200 in gift cards and submit entries into sweepstakes to win prizes.



Medically enrolled spouses may earn up to \$100 in gift card and submit entries into sweepstakes to win prizes.

Quarterly Sweepstakes

10 points = 1 entry.



Eligibility: All KEHP employees (including employees who have waived health insurance), medically enrolled spouses, pre 65 retiree employees, pre 65 retiree spouses. *Sweepstakes prizes include Amazon gift cards, Target gift cards, AirPods Pro, and more!*



[LivingWell Engagement and Sweepstake Eligibility](#)

illuminating Wellness with Castlight and LivingWell

Explore quarterly recordings and register for upcoming webinars with the LivingWell Regional Well-being team and Castlight to shine light on your well-being.



THE KEHP COLUMN



Building a Self-Care Plan

Self-care involves deliberate actions individuals engage in to enhance their physical, mental, spiritual, and emotional well-being.

- **Physical.** Physical self-care can include sleeping well, exercising, and attending healthcare appointments.
- **Social.** Some face-to-face time with friends and family.
- **Mental.** Some examples of mental self-care are doing puzzles, reading books, or watching a movie.
- **Emotional.** Emotional self-care can include talking to a friend about how you're feeling or setting aside time to do activities where you can express your feelings safely.



Self-Care Handout

Source: Verywellmind.com. 5 Self-Care Practices for Every Area of Your Life. <https://www.verywellmind.com/self-care-strategies-overall-stress-reduction-3144729>. Accessed 06/03/2024.

National Minority Mental Health Awareness Month

July is National Minority Mental Health Awareness Month.

Mental health includes how we think, feel, act, handle stress, and relate to others. Make sure someone you love has access to the care they need this month. Get fast, easy, virtual psychiatrist and therapist visits whenever you need them through LiveHealth Online.



LiveHealth Online

Connect with a Castlight Care Guide

Connect with a trained expert who can help with everything from technical support and answering questions about your healthcare to helping you complete your Health Assessment over the phone. Conversations with Care Guides are private, secure, and provided at no cost.

Castlight Care Guides are available Monday - Friday from 8am-9pm ET. Chat in the Castlight app, call 1-800-681-6758, or email support@castlighthealth.com.

