

March 2024

THE KEHP COLUMN



March Madness Meal Prep

March is National Nutrition Month and a great time to reflect on your food choices. The resources below are provided to help you save time when planning nutritious meals and reduce stress with a game plan before you hit the grocery store!



[Start simple with MyPlate](#)

[Grocery Game Plan Weekly Calendar](#)



[Meal Prep 101](#)

[Grocery Game Plan Grocery List](#)



Healthier Slam Dunk Appetizers

Holidays, festivals, and celebrations are a time for gathering with family and friends for special meals. Eating healthy at these times can be especially hard. Check out healthy appetizer recipes from EatingWell.



[EatingWell: Healthy Appetizer Recipes](#)

illuminating Wellness with Castlight and LivingWell



April 11th 2:30 - 3 PM ET

Join the LivingWell Regional Well-being team as they partner with the new 2024 wellness vendor, Castlight, to assist in finding a primary care provider, your claims, deductibles, and more!



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Create Your Own Steps Challenge

Does March Madness bring out your competitive side?

Create your own 7-day steps challenge on Castlight and invite up to 100 coworkers to encourage more physical activity and build stronger connections. Those you invite will receive an email and push notification from the Castlight app letting them know they can join the challenge.

Have fun getting in more steps!



[Create Your Own Steps Challenge FAQ](#)



Quarterly Sweepstakes

Who can enter? All KEHP employees (including waivers), medically enrolled spouses, pre 65 retiree employees, pre 65 retiree spouses can enter the LivingWell quarterly sweepstakes.

How do I enter? Log into Castlight and earn points through qualifying actions, then use those points as sweepstake entries! Entries cost 10 points* each. Enter into as many sweepstake prizes each quarter as you would like.

*All points designated towards Sweepstakes are non-refundable.



[LivingWell Quarterly Sweepstakes](#)

Connect with a Castlight Care Guide

Connect with 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.



Kentucky Employees' Health Plan

[LivingWell Calendar](#)



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.