



## Wellness Newsletter

November 2021



### HSA

Health Savings Account

### FSA

Flexible Spending Account

### HRA

Health Reimbursement Account

#### Which Expenses are Eligible for HSA, FSA and HRA Reimbursement?

Health Reimbursement Accounts (HRAs), Health Savings Accounts (HSAs), and Flexible Spending Accounts (FSAs) can be great cost-savings tools. You can use them to reimburse yourself for eligible health care, dental, and dependent care expenses. But it's important to know which expenses can be reimbursed. Click below to learn more.

[Learn More](#)

#### Changing Lives by Integrating Mind and Body® (CLIMB)

**Podcast:** The CLIMB program helps to incorporate mindfulness and stress management in your everyday life. Even if you are not a participant in the program, the podcasts (available in English and Spanish) can teach you simple methods to calm the mind and body and strengthen awareness. Click below to learn more.

[Learn More](#)



#### Cook & Learn Recording: Food & Gratitude

This pre-recorded webinar was prepared by Trish Ruzicka Wright, RDN, LD, a Registered Dietitian Nutritionist. This webinar focuses on practicing gratitude and bringing healthier recipe to the table.

[Watch Now](#)



#### Supporting Coworkers and Others After a Traumatic Event

When a traumatic event occurs, it affects people in different ways. You may want to offer support to those who are struggling, but you may not be sure what you should say and not say. Here are some suggestions to help guide you. Click below to learn more.

[Learn More](#)



#### How to Be Happy Every Day with These 10 Simple Tips

For many, finding happiness is a life-long effort that they adapt along the way. While there are no rules about how to be happy, many people have success with the ideas outlined here. Click below to learn more.

[Learn More](#)

#### Club Fitness Discounts Available

Did you know that Club Fitness discounts are available to all Zoltek employees in St. Louis? Unfortunately, this benefit is not available in Utah. All regular full-time employees and their dependents are eligible to participate in the program.

[Learn More](#)



#### No-Sugar-Added Sweet Potato Casserole

Instead of loading up this comfort food side with tons of brown sugar and marshmallows, we have turned to sweet spices, vanilla, and inherently sweet dried fruit to enhance the natural sweetness of the sweet potatoes. A topping of pecans and pepitas replaces traditional marshmallow topping to keep it healthy and add texture and color for a beautiful casserole.

[Get the Recipe Here](#)

## UPCOMING



Take the **Online Health Assessment** on [mycigna.com](https://mycigna.com) to be eligible for one of sixteen \$50 gift cards.

Get a **Wellness Exam** by 11/30/21 to be eligible for one of sixteen \$50 gift cards. These include:

- Well Woman Exam
- Annual Physical
- Mammogram
- Colonoscopy/Sigmoidoscopy
- Prostate Cancer Screening
- Flu Shot

Visit [zoltek.com/wellness](https://zoltek.com/wellness) anytime for more information.