



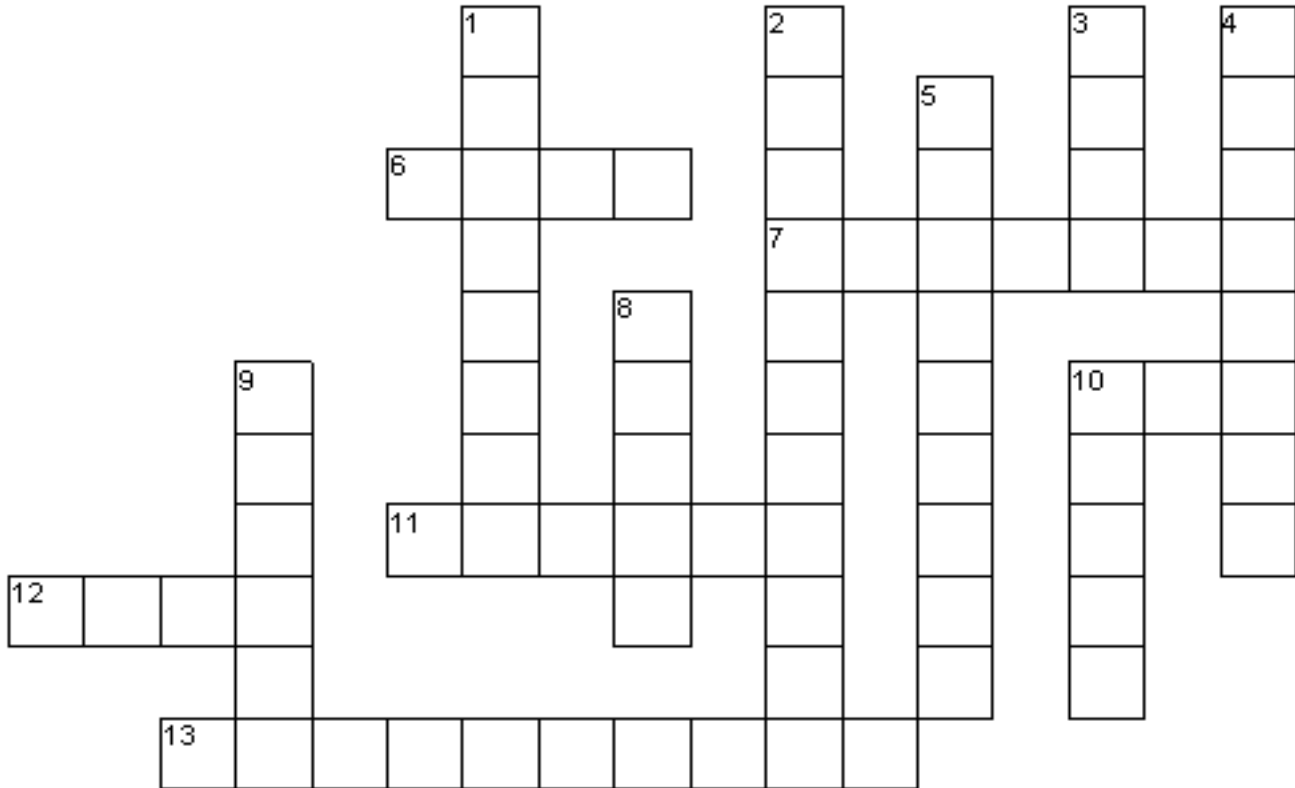
ALL EMPLOYEES: TRAIN YOUR BRAIN FOR 2024

A PUZZLER WILL BE ATTACHED TO YOUR PAY CHECK EACH MONTH AGAIN THIS YEAR. WHEN SOLVED CORRECTLY & TURNED IN, THAT EMPLOYEE IS ELIGIBLE FOR POINTS TOWARDS A WELLNESS DAY OFF. EACH PUZZLE IS WORTH 2 POINTS AND A TOTAL OF 24 POINTS ARE POSSIBLE FOR THE YEAR.

JANUARY 2024 PUZZLER OF THE MONTH

PAIN IN THE BRAIN!

Health



www.CrosswordWeaver.com

Across	Down
6 caused by injury or illness	1 pain in the head
7 general medical examination	2 movement of blood in the body
10 in good physical condition	3 synonym for feeble
11 heaviness	4 large medical care center
12 what you eat	5 surgical intervention
13 transfer of an organ	8 you do this to clear your throat
	9 person who treats illnesses
	10 high temperature

NAME: _____ Please return the completed puzzle to:
Heather, Cory, Heri, Catherine, Richard or Wade S.



A healthy city begins with healthy people.

wellness newsletter

Vida Health Coaching

Vida Health — your free health benefit through AWC Employee Benefit Trust — will match you with a health coach who will help you manage diabetes, reach a healthy weight, feel less stressed, and make lifestyle changes that lead to a happier, healthier life. Your coach will develop a personal plan and guide you every step of the way.

Ready to get started?

- Access Vida by logging into your **Health Central** powered by Castlight account.
- Navigate to **Benefits**.
- Select **Vida Health** and click the **Visit** button.
- If using your mobile device, you will be asked to download the Vida Health app.
- Choose your employer as your organization to use Vida for free.
- Choose the health area you want to focus on.
- Pick your coach and schedule your first session.

All employees, spouses, domestic partners, and retirees covered under a Trust medical plan are eligible for Vida Health at no charge.



ComPsych Webinars and Training

AWC's Employee Benefit Trust is hosting a series of free live webinars facilitated by ComPsych, our EAP provider. With an array of topics covering grief, parenting, finances, legal issues, and more, the one-hour webinars are hosted the second Tuesday of every month at 1 p.m. PT.

Scheduled presentations for this quarter are:

What to Say When You Don't Know What to Say

January 9

Know Before You Go: Preparing for a Visit to the Doctor

February 13

Staying Engaged and Advancing Your Career as a Remote Employee

March 12

[Guidanceresources.com](https://guidanceresources.com)

ComPsych has many on-demand topics including finances, stress, eldercare, communication, parenting, healthy living, and more. These short (5-10 minute) sessions include interactive features and help you build practical skills to deal with real-life challenges.

Register for webinars and find a full list of free on-demand sessions at **guidanceresources.com**. For first-time users, choose **Register** and enter **trusteap71** under **Organization Web ID**.

ISSN 1096-4606
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