CONFLUENCE ACADEMIES

WELLNESS NEWSLETTER

CONFLUENCE CARES

October 2026

OCTOBER NATIONAL HEALTH OBSERVATIONS:

BREAST CANCER AWARENESS MONTH,
SUDDEN CARDIAC ARREST AWARENESS MONTH, &
WOMEN'S HEALTH MONTH

Health Actions of the Month:



*Schedule your Health Screenings

*Give Yourself Permission to Rest

In this Issue:

*Understanding the importance of early detection screenings

*Knowing the signs and symptoms of cardiac health

*Health consciousness for women at every stage in life

*Is your body sending you warning signs about your health?

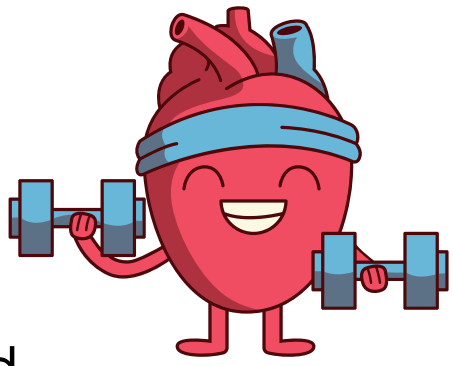
*Fitness Tips

*Recipes:

Pink Power Salmon Bowl

Strawberry Spinach Salad





BREAST CANCER AWARENESS

You're not alone!

Whether you're facing a diagnosis, undergoing treatment, celebrating survivorship, or supporting a loved one, remember that you're not alone. Together, we can spread hope, offer encouragement, and support those affected by breast cancer.

Understanding the Importance of Early Detection

Breast cancer is one of the most common cancers affecting women in the United States. According to the American Cancer Society, approximately 1 in 8 women will develop breast cancer during their lifetime.

The good news? Early detection through recommended screenings can help identify breast cancer when treatment may be more effective.

What You Should Know:

- Women ages 40–74 at average risk are generally recommended to receive a mammogram every two years under U.S. Preventive Services Task Force guidelines.
- Those with a family history or other risk factors may need earlier or more frequent screenings.
- Changes in breast size, shape, skin texture, or unusual lumps should be discussed with a healthcare provider.

Your Health Action: If you're due for a mammogram, schedule your breast cancer screening this month. Encourage someone you care about to prioritize their preventive care, too!

Think Pink. Take Action. Support One Another.



Every journey matters. Every person deserves support.
Need support? Visit cancer.org or call 1-800-227-2345.

SUDDEN CARDIAC ARREST AWARENESS

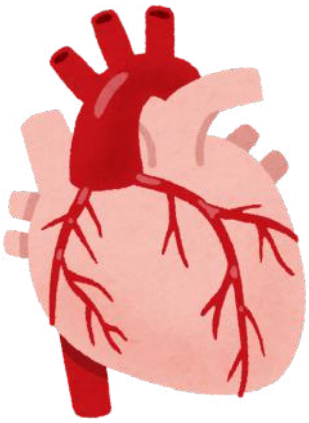
Know the Signs

Sudden cardiac arrest can happen to anyone, anywhere, and often without warning. Recognizing the signs and knowing how to respond with CPR and an AED can save lives. Awareness, preparation, and quick action make all the difference!

Know the Signs. Be Ready to Respond.

Sudden cardiac arrest occurs when the heart unexpectedly stops pumping blood effectively. Unlike a heart attack, which usually involves a blockage of blood flow, cardiac arrest is typically caused by an electrical malfunction that disrupts the heart's rhythm.

Cardiac arrest can happen to anyone, sometimes without warning.



Recognize the Warning Signs:

- Sudden collapse
- Loss of consciousness
- No normal breathing or only gasping
- No response when someone speaks to or touches the person
-

Every Second Counts!

If someone suddenly collapses and is unresponsive and not breathing normally:

1. Call 911 immediately.
2. Begin CPR, following dispatcher instructions.
3. Have someone retrieve an automated external defibrillator (AED) and follow its prompts.

Quick action, CPR, and early AED use can improve a person's chances of survival.

Wellness Challenge: Learn where the AEDs are located in your school building and consider completing a CPR/AED training course.



A Little Knowledge Could Save a Life.

WOMEN'S HEALTH MONTH

Empowering Women to Prioritize Health, Wellness & Self-Care

Women's Health Month reminds us of the importance of prioritizing physical, mental, and emotional well-being at every stage of life. From preventive screenings to healthy habits and self-care, **small steps today can lead to a healthier tomorrow!**

Your Health Matters at Every Stage of Life

Women's health extends far beyond annual checkups. From reproductive health and hormonal changes to cardiovascular wellness, bone health, and mental well-being, preventive care is important throughout life.

Four Ways to Prioritize Your Health:

1. Stay Current on Preventive Care

Schedule routine wellness visits and discuss recommended screenings for breast cancer, cervical cancer, blood pressure, cholesterol, and other health concerns.



2. Support Your Heart and Bones

Aim for regular physical activity, including walking, dancing, or strength training. A balanced diet with calcium, vitamin D, and heart-healthy foods can support long-term wellness.

3. Understand Life's Transitions

Changes associated with fertility, pregnancy, perimenopause, and menopause can affect physical and emotional well-being. Speak with a healthcare professional about symptoms, concerns, and treatment options.

4. Make Mental Health a Priority

Stress, caregiving responsibilities, work demands, and life changes can take a toll. Connecting with trusted people, seeking support, and making time for yourself are important parts of maintaining good health.

Remember: Preventive care is not a luxury. It's an investment in your future.

MENTAL HEALTH & SELF-CARE CORNER

Between lesson planning, supporting students, attending meetings, and managing responsibilities outside of school, it's easy to put our own needs last.

Rest is Productive, Too!

This October, we're reminding our Confluence Academies family that rest is an essential part of wellness, not something we have to earn.

Taking time to recharge can support concentration, emotional well-being, and our ability to navigate daily challenges.



Five Simple Ways to Recharge:

- Take a short walk during your lunch or planning break.
- Set aside 10–15 minutes each day for an activity you enjoy.
- Practice setting healthy boundaries around work and personal time.
- Prioritize a consistent sleep routine.
- Make time to connect with friends, family, or supportive colleagues.



October Wellness Challenge: Permission to Pause

Schedule at least **two intentional rest breaks each week.** Whether it's reading, listening to music, stretching, enjoying a quiet moment, or spending time outdoors, choose something that helps you recharge.
Put these breaks on your calendar and treat them with the same importance as any other commitment.

You can't do your best when you're running on empty. Give yourself permission to pause.

FITNESS TIPS

Move More, Live Healthier!

Benefits of Regular Exercise:

Staying physically active supports heart health, strengthens bones and muscles, and improves overall well-being. Regular movement can also help reduce the risk of chronic diseases, including certain cancers.



- Strengthen your heart and improve circulation.
- Help manage blood pressure and cholesterol.
- Lower the risk of heart disease and stroke.
- Support healthy bones and prevent bone loss.
- Improve flexibility, balance, and muscle strength.
- Reduce the risk of developing type 2 diabetes.
- Improve mood and reduce stress.
- Support better sleep and increased energy.
- May help lower breast cancer risk.

Fitness for a Healthier YOU!

Regular physical activity supports cardiovascular health, strengthens bones and muscles, and may help reduce the risk of breast cancer and other chronic diseases. Small, consistent movements can make a lasting difference!

Easy ways to fit exercise into your schedule:

- Take the stairs when you're able.
- Walk during part of your lunch or planning period.
- Stretch between classes or meetings.
- Park farther away to add extra steps.
- Invite a coworker for a quick walking break.
- Turn on your favorite music and dance!



REMEMBER THIS:

Every Movement Matters!

You don't need a gym membership or an intense workout to improve your health. Small, consistent movements throughout the day can make a meaningful difference.

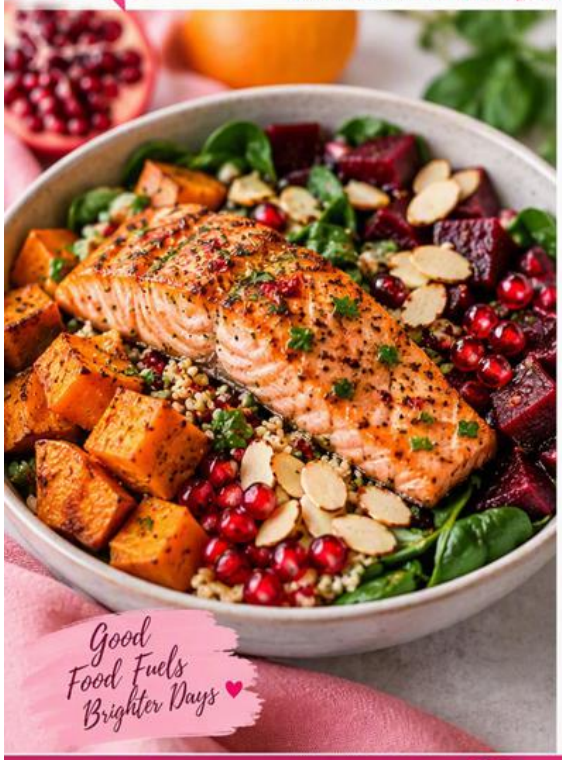
Start Small. Stay Active. Build a Healthier You!

THINK PINK, LIVE RED

SUPPORTING BREAST CANCER & HEART HEALTH AWARENESS

Healthy Food ♥ Stronger Hearts ♥ Brighter Tomorrows

Nourish Your Heart. Fuel Your Health.



PINK POWER SALMON BOWL

A colorful, nutrient-packed meal that combines heart-healthy omega-3s, antioxidant-rich vegetables, and fiber-filled whole grains to support overall wellness.

OMEGA-3 RICH | NUTRIENT DENSE | HIGH FIBER | HEART HEALTHY | BREAST HEALTH FRIENDLY

INGREDIENTS (Serves 4)

Salmon
- 4 salmon fillets (4–6 oz each)
- 1 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp paprika
- Salt and pepper to taste

Bowl Ingredients
- 2 medium sweet potatoes, diced
- 4 cups baby spinach
- 2 cooked beets, diced
- 1 cup cooked quinoa
- ½ cup pomegranate seeds
- ¼ cup sliced almonds

Citrus Dressing
- 3 tbsp olive oil
- 2 tbsp fresh orange juice
- 1 tbsp fresh lemon juice
- 1 tsp honey
- ½ tsp Dijon mustard
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F.
2. Toss sweet potatoes with olive oil and roast for 25 minutes or until tender.
3. Season salmon with garlic powder, paprika, salt, and pepper.
4. Bake salmon for 12–15 minutes, or until flaky.
5. Whisk together dressing ingredients.
6. Divide spinach among four bowls.
7. Top with quinoa, sweet potatoes, beets, pomegranate seeds, and almonds.
8. Add salmon to each bowl and drizzle with dressing. Enjoy!

NUTRITION FACTS

Per Serving (1 bowl)

Calories	525
Protein	34g
Carbohydrates	35g
Fiber	8g
Total Fat	28g
Saturated Fat	4g
Omega-3 Fatty Acids	~1,800 mg
Sodium	240 mg

HEART HEALTH BENEFITS

- ✓ Rich in omega-3 fatty acids
- ✓ Supports healthy cholesterol levels
- ✓ Excellent source of fiber
- ✓ Contains heart-healthy fats from olive oil and almonds

BREAST HEALTH BENEFITS

- ✓ Packed with antioxidants
- ✓ Rich in vitamins A and C
- ✓ Nutrient-dense whole foods
- ✓ Supports overall wellness and immune health

WELLNESS TIP

Eat the Rainbow!

Colorful fruits and vegetables contain powerful nutrients that help protect and nourish your body. Aim to include at least three different colors on your plate each day.

CONFLUENCE CARES! *Small Healthy Choices Today Can Lead to a Healthier Tomorrow.*

OCTOBER
BREAST CANCER AWARENESS MONTH
HEART HEALTH AWARENESS

Stronger Healthier Brighter Together

BERRY STRONG

A FRESH SALAD FOR BREAST & HEART HEALTH AWARENESS

NOURISH TODAY ♥ HEALTHIER TOMORROW

Healthy Choices Stronger Hearts Brighter Futures



Strawberry Spinach Heart-Healthy Salad

Light • Refreshing • Nutrient-Packed • Ready in 10 Minutes

INGREDIENTS (Serves 4)

5 cups fresh baby spinach
2 cups fresh strawberries, sliced
¼ cup red onion, thinly sliced
¼ cup feta cheese, crumbled
¼ cup walnuts, chopped
2 tbsp dried cranberries

LIGHT CITRUS VINAIGRETTE

2 tbsp fresh orange juice
1 tbsp fresh lemon juice
1 tsp honey
1 tsp Dijon mustard
1 tsp olive oil
1 tbsp water
Pinch of salt
Fresh cracked pepper



DIRECTIONS

1. Add spinach to a large serving bowl.
2. Top with strawberries, red onion, feta cheese, walnuts, and cranberries.
3. Whisk together all dressing ingredients.
4. Drizzle dressing over salad just before serving.
5. Toss gently and enjoy!

REAL FOOD REAL IMPACT | HEALTHY PEOPLE BRIGHTER TOMORROWS | SMALL STEPS BIG DIFFERENCE

NUTRITION FACTS

Per Serving

Calories	165
Protein	5g
Carbohydrates	15g
Fiber	4g
Total Fat	8g
Saturated Fat	2g
Sodium	120mg

HEART HEALTH BENEFITS

- ✓ Walnuts provide heart-healthy omega-3 fats
- ✓ Olive oil contains healthy unsaturated fats
- ✓ Spinach contains potassium and fiber that support cardiovascular wellness
- ✓ A light dressing helps reduce excess calories while adding fresh flavor

BREAST HEALTH BENEFITS

- ✓ Strawberries are rich in antioxidants
- ✓ Spinach provides folate, Vitamin C, and iron
- ✓ Colorful fruits and vegetables help support overall wellness
- ✓ Nutrient-dense ingredients support a healthy lifestyle

WELLNESS TIP

Eat More Color!

The natural red color of strawberries comes from powerful plant compounds called antioxidants. Pairing colorful fruits with leafy greens is an easy and delicious way to add more nutrients to your day.

CONFLUENCE CARES!

OCTOBER
BREAST CANCER AWARENESS MONTH | HEART HEALTH AWARENESS

Small Healthy Choices Today Can Lead to a Healthier Tomorrow.

WELLNESS COMMITTEE NEWS

Stay Connected. Stay Informed. Stay Well!

Your Wellness Resources, One Click Away!

Looking for wellness tips, upcoming activities, or important announcements? Visit the Confluence Academies Wellness Committee Website to stay informed and connected!

How to Find Us: ***Confluence Academies Homepage → Staff → Wellness Committee***

Discover Your Campus Wellness Center!

Your campus' Wellness Center is a space dedicated to supporting staff health and well-being! Stop by to explore available resources, wellness information, and upcoming opportunities.

Coming Next Month: We'll spotlight each campus Wellness Center with photos and details about what you'll find! In the meantime, watch for emails from your Wellness Champions and check out the flyers posted in your Wellness Center.

PAS: Support When You Need It!

Your well-being matters! PAS offers resources and services to support your mental and physical health.

Stay informed about available programs and opportunities by checking your email for PAS updates and reviewing informational materials posted in your campus Wellness Center.

Remember: A healthier Confluence starts with YOU!

CONFLUENCE ACADEMIES
COMMUNITY. ACHIEVEMENT.

Cigna App

YOUR HEALTH HAS MET ITS APP

Life can be busy and complicated. The myCigna App is a simple-to-use tool that can help make your life easier (and healthier) while you're on the go. The myCigna App helps you personalize, organize and access your important plan information on your phone or tablet. Use the myCigna App and log in anytime, from just about anywhere, to:

- Manage and track claims
- View, fax or email ID card information
- Find in-network doctors, and compare cost and quality information
- Review your coverage
- Track your account balances and deductibles
- Submit receipts for reimbursement from your Cigna HRA
- Order your Cigna Home Delivery Pharmacy prescriptions online and view order history
- View medication costs based on your plan and look for lower-cost alternatives

FEEL BETTER PROTECTED

Cigna is as committed to helping protect your health information as they protect your health and well-being. With Cigna's enhanced security your personal health information is protected on mycigna.com

DON'T FORGET!

myCigna App users
log in with just one touch
When you download the myCigna App
you can access your account with just a fingerprint
on any compatible device.

Download the myCigna App for your mobile device.

GET IT ON Google play | Download on the App Store | amazon apps Available on kindle fire



Cigna Additional Resources

HEALTH INFORMATION 24/7

Not sure whether to head to the emergency room, call your doctor, or just get quick advice after hours? Cigna's Health Information Line connects you with a nurse anytime to help you decide and find reliable information.

The 24/7/365 nurse helpline provides health information and guidance—nights, weekends, and holidays.

We're here when you need us:

- Decide where to seek care (e.g., ER vs. doctor) for injuries or symptoms.
- Get general health information (e.g., conditions like arthritis).
- Find doctors when you're away from home.

To listen:

- Hundreds of health podcasts in English and Spanish available via live stream.

To access:

- Call the toll-free number on your Cigna ID card and ask to speak with a nurse.

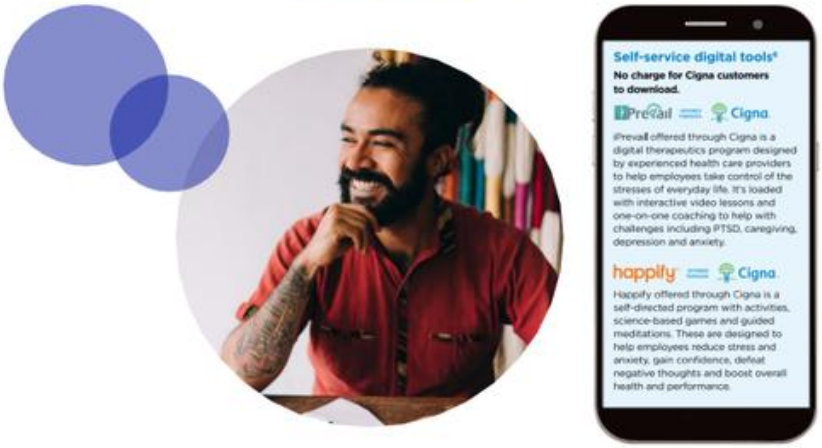
Visit mycigna.com for more information

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Looking for fast, confidential mental health support for your team? Cigna's behavioral health network and Employee Assistance Program (EAP) offer quick access to care, digital self-help tools, and practical work-life resources. It's designed to make getting help easier, whether in person, online, or by phone.

- Fast access: first-time appointment in 5 business days and callback within 1 business day; virtual counseling available.
- Broad network: counselors, psychiatrists, and psychologists.
- Centers of Excellence for substance use and eating disorders.
- No prior authorization for routine counseling.
- Specialty coaching for autism, eating disorders, and substance use.
- Digital tools including iPrevail (guided programs and coaching) and Happify (activities, games, meditations).
- Three face-to-face visits with an in-network mental health provider, live chat and unlimited phone support.
- Annual wellness check-up covered 100%.
- Legal support: 30-minute consultation and discounts.
- Financial: 30-minute consultation and tax preparation discount.
- Identity theft guidance: 60-minute consultation.

Get started via mycigna.com or the myCigna app.



BUILD HEALTHY HABITS THAT LAST WITH OMADA TO PREVENT DIABETES

Looking to build healthier habits and lower your risk for type 2 diabetes or heart disease? Omada for Cigna is a digital lifestyle change program that helps you lose weight, gain energy, and improve how you eat, move, sleep, and manage stress—one step at a time.

- **What it offers:** interactive online lessons, a professional Omada health coach, smart tools, data-driven insights, and an online peer support group—plus resources like recipes, articles, and discussions.
- **Cost and eligibility:** available at no additional cost if you (or covered adult dependents) are enrolled in your company's Cigna medical plan, are at risk for type 2 diabetes or heart disease and are accepted into the program.
- **How to get started:** visit tomadahealth.com/omadaforcigna to check eligibility.

Cigna Additional Resources

CONVIENIENT BACK AND JOINT PAIN RELIEF – RecoveryOne

Did you know? Musculoskeletal (MSK) conditions affect more than one out of two American adults. However, cost, inconvenience and lack of local access puts care out of reach for many.

Benefits for You:

- No additional cost as part of your medical plan benefits.
- On demand, personalized exercise program that can be done anytime, anywhere.
- Dedicated health coach and access to licensed physical therapists.



recoveryone™

BACK AND JOINT PAIN RELIEF JUST GOT BETTER

RecoveryOne for Cigna is an online exercise program included in your health plan benefits and includes computer vision feedback technology through Montion Trainer.

Motion Trainer, adapts and tracks body motion and exercise repetitions, providing visual and audio form corrections without the need for wearable sensors. Motion Trainer can help increase engagement and adherence — two key drivers of back and joint pain recovery, improved health outcomes, and reduced healthcare costs. Motion Trainer is available for members newly enrolling in care pathways for acute and chronic back pain. Neck, knee and shoulder pathways will quickly follow.

With RecoveryOne, you can access all of this at no additional cost:

- Online exercises you can do when you want, from the comfort and convenience of home
- Personalized programs to meet your needs
- A multimedia app to guide you through exercises with the support of Motion Trainer
- Unlimited video, voice and chat communications with your support team
- Weekly check-ins with a certified health coach to help keep you on track

IDENTITY FORCE – ID THEFT PROTECTION

IdentityForce identity theft protection is included at no additional cost for employees with Cigna medical coverage (and dependents up to age 26). The program helps monitor for fraud, alerts you to suspicious activity, and provides full restoration support if your identity is compromised.

Why Protection Matters

- Modern identities include biometrics, health data, property records, and social media
- Criminals use this information for fraud and social engineering
- Identity theft can cause long-term financial and emotional harm

Key Features of UltraSecure ID

- Dark Web, SSN, credit, and financial account monitoring
- Alerts for bank activity, social media risks, and data breaches
- Password manager, secure storage, lost wallet help
- Child monitoring and medical ID fraud protection
- Daily credit monitoring (1 bureau) and quarterly credit score
- White-glove restoration and $1M identity theft insurance

Enrollment Options

- Email link sent to registered mycigna.com users
- Call **833-580-2523**
- Visit **cigna.identityforce.com/starthere**

IdentityForce®
A TransUnion® Brand