




AETNA 98Point6—Virtual Care


If you currently participate in Sun Health’s medical insurance you can take advantage of the benefits 98point6 has to offer. 98point6 allows you to meet with a healthcare provider from the comfort of your home 24/7 on-demand and it’s text-based. Click [HERE](#) to watch a quick video to learn more about this benefit.

Introducing: Banner|Aetna’s New Virtual Care Solution—delivered by 98point6

Banner|Aetna now offers access to 98point6—on-demand primary care delivered via secure, in-app text messaging, that’s accessible anytime, anywhere. With 98point6, U.S.-based, board-certified doctors answer questions, diagnose and treat, outline care options, order prescriptions and labs as appropriate, and can refer to specialists and resources in the Banner|Aetna network, all through the convenience of one app.

HSA/High Deductible Health Plan Members:
\$5 out of pocket cost per visit
All Others: \$0 out of pocket cost per visit*



On-Demand
Whether you’re feeling unwell or have a health-related question, simply sign in and start a visit whenever you’re ready. No appointment needed.

Text-Based
Connect with a 98point6 doctor right from your phone. Get treatment for a cough at work or get care for your child’s stomach pain while at a weekend barbecue.

Quality Care
U.S.-based, board certified 98point6 doctors diagnose, treat, prescribe medication and order labs as appropriate and follow up. Audio and video support are also available as needed.

24/7
Virus in the middle of the night or itchy rash over the weekend? Get immediate, non-emergency care around the clock—even after hours and on holidays.

Available now for all employees and dependents ages 1+ enrolled in an eligible Banner|Aetna plan.

Get ready for a 98point6 visit today.
[Learn more at: 98point6.com/banner-aetna-members](https://98point6.com/banner-aetna-members)

Healthy Holiday Eating Tips

- Don’t skip meals.** Skipping a meal with the goal of saving calories prior to a holiday event can often backfire and lead to overeating due to ravenous feelings of hunger. Having a filling snack, such as fruit, string cheese, yogurt or a small handful of nuts, can help to curb your appetite and prevent overeating.
- Contribute a healthy dish.** Ensure at least one nutritious choice is available at potlucks by contributing a healthy dish.
- Choose your splurges.** Scan the buffet or dinner table and choose a couple holiday favorites to splurge on instead of foods that you can have any other day of the year.
- Think Color.** Make a plate look festive by including fruits and veggies. Aim to cover half the plate.
- Choose drinks wisely.** Stick to calorie-free drinks, such as water, tea or seltzer, instead of high-calorie festive drinks. Alcoholic beverages contribute empty calories and can cause you to make poor judgments with food. If you do choose to drink alcohol, do so in moderation, and alternate each alcoholic drink with a glass of water.
- Visit the people, not the food.** Move socializing away from the buffet or appetizer table to prevent mindless eating.
- Say no to food pushers (politely).**
- Savor seasonal treats.** Having treats once a year will not make or break your weight. Make sure you take time to really taste and enjoy that special treat when you have it.
- Eat until you are satisfied, not stuffed.** No one likes that icky, stuffed feeling after a meal. Eat slowly, and check your fullness levels while you’re eating. Remember — there are always leftovers!
- Don’t feel guilty.** If you did overindulge, don’t beat yourself up. Just make sure your next meal is healthy, and be sure to



SUN HEALTH: OPERATION THANKSGIVING

Resident and Employee Thanksgiving Volunteer Opportunity:

Any employee experiencing a hardship this holiday season is able to request a Thanksgiving box containing a traditional Thanksgiving meal.

Residents and employees can help by:

- Donating financially to the program with cash, or check. Checks should be made out to Sun Health Senior Living. Drop-off locations are:

Corporate:	Carolynn Bianco’s desk
La Loma Village:	Chaplain Alrick or Sandy Sweezy
The Colonnade:	The Front Desk or Lorie Norton
Grandview Terrace:	The Life Enrichment office or Sarina Sadler.

2. Help assemble the boxes:

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| La Loma Village: | Tuesday, November 24, 1:00 PM, parking lot behind Sonoran |
| The Colonnade: | Wednesday, November 25, at 10:00 AM, Milano patio |
| Grandview Terrace: | Wednesday, November 25, at 1:00 PM, West Patio. |

*** If you want to donate the cost of a meal, the cost is estimated to be \$35.00 ***



FY21 Sun Health Fundamentals Part 1 & 2 Deadline Date - November 13th

Below is the list of all Sun Health Fundamentals classes, and instructions for how to access them.

FY21 Sun Health Fundamentals Part 1	How to Access FY21 Sun Health Fundamentals
Sun Health Electronic Devices, Email and Internet	Directly from Sun Health University (Pryor)
Sun Health Loss Prevention	Step 1: Go to Sun Health University (Pryor Learning Solutions) – https://lms.pryor.com/Account/Login .
Sun Health Fire and Disaster	Step 2: Log in using your username and password.
Sun Health Hazardous Materials and Chemicals	Use your Sun Health email (example: jane.smith@sunhealth.org), or your personal email if you don’t have a Sun Health email.
Sun Health Conflict of Interest Policy	If needed, click I forgot my password >> to reset it.
Sun Health Workplace Harassment	You will receive an email with password reset instructions.
FY21 Sun Health Fundamentals Part 2	
Sun Health Residents Rights	Step 3: Within Sun Health University (Pryor), go to My Training > My Registered Training.
Sun Health Corporate Compliance Program	
Sun Health Infection Control	
Sun Health Confidentiality & Non-Disclosure	Step 4: At the top of the list you will see the assigned FY21 Sun Health Fundamentals Part 1 & 2 learning path. Click LAUNCH to begin.

****Note: If you do not have an email associated with your Pryor account, unable to access it, and/or were not assigned the FY21 Sun Health Fundamentals Part 1 and Part 2 classes, then please contact your HRC/HR Manager asap.**





15 MINUTES TO WEDNESDAY WELLNESS

During the second Wednesday of each month the Wellbeing Champions will host a virtual Lunch & Learn. Team Members are encouraged to join us while enjoying their lunch and learning ways to live a healthier more vibrant life! Each L&L is scheduled for 15 minutes from 12-12:15pm. Below you will find the lunch and learn schedule as well as the materials distributed during previous lunch and learns. If you have any questions please reach out to your Wellbeing Champion.

Please visit the Employee Portal > Wellbeing Tab > Lunch & Learns for more details.


Month	Presenter	Topic	Description
November	Melva & Teri	Dodge Diabetes	Don't sugar coat it!
December	Tina	Maintain, Don't Gain	Healthy Holiday Eating Habits
January	Yelitza	Vibrant Benefits 4U	Come join us as we discuss your company paid benefits & perks!
February	Michelle	Caring for YOU and YOUR Smile	Brush up & down and all around!
March	Financial Specialist	Plan Today for Tomorrow.	Sun Health Retirement Plans, Fun Facts & how to maximize your retirement benefit.
April	Teri	Easy Peasy Ways to Save Money	Come learn ways to easily save money.
May	Stephanie/Yelitza	Open Enrollment	All you need to know about Open Enrollment.
June	Fire Department	Heat & Water Safety	Heat & Water Safety is the key for a safe summer for you and me.


Live In The Moment—Making Social Connections & Friendships


Interacting with others and forming connections is an essential part of staying happy and upbeat. Many of us enjoy being in a busy environment or surrounded by friends and family. But even if you can't interact face to face, there are still ways to stay connected.


It's not exactly news that being alone can lead to loneliness. And loneliness can lead to depression and anxiety. But you may not know that it's also associated with other serious conditions like heart disease. So it's no surprise that socializing and staying connected with others are recommended by mental health experts to help ward off these issues.


Read on for tips and ideas on how you can make connections that are important to your well-being.

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Arrange a virtual hangout
Go on virtual lunch and dinner dates. Lunch dates and romantic dinner plans can still happen with the help of a smartphone or laptop video call. Enjoy a meal and relaxing conversation with your friends or special someone right from your device.
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Get moving
Exercise right at home. You can get great workouts from online exercise videos, yoga and other fitness apps.
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Take a virtual tour
Travel or tours postponed? No worries. Several museums offer virtual tours you can enjoy. Get comfy in front of your computer or smart TV and explore.
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Have a game night
Put away your devices and dust off the board games, trivia challenges, dominoes and cards. You can also virtually invite friends to the occasion and have them join in on the fun via webcam.
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Adopt a pet
Pets can be comforting and may also lower stress and blood pressure. Adopting a pet is a great way to improve your mood and prevent you from being lonely.