



## Have you completed the Healthy High Five?

Complete any 5 of the following activities and receive \$150 toward a **one-time bonus** or **charitable donation**:

- Health assessment
- Biometric screening
- Sign up for a PCP
- Well visit with your PCP
- Dental cleaning
- Second dental cleaning
- Flu shot
- Breast cancer screening
- Cervical cancer screening
- Colorectal cancer screening
- Chlamydia screening
- A1c test
- Retinal eye exam

To earn the reward, you must complete 5 activities and report them in CaféWell by December 31.



**Learn more:** PS Web > Healthy Life > Healthy High Five



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## Make Your Own Healthy Trail Mix

Whether you're powering through a busy afternoon at work, traveling, or on the go, having a custom healthy snack on-hand is a great way to feel well and stay energized!

### Protein & Healthy Fat

#### Nuts, seeds, or beans (pick 2-3)

- Peanuts
- Almonds (raw or roasted)
- Sunflower seeds
- Hazelnuts
- Dried edamame (soybeans)
- Dried peas (wasabi)
- Dried chickpeas

### Healthy Energy

#### Dried fruit (pick 3)

- Raisins (regular or golden)
- Dried blueberries
- Dried banana
- Dried cranberries
- Dried cherries
- Dried apple "chips"

### Filling Fiber

#### Grains (optional – pick 1)

- Granola
- Bran cereal
- Wheat Chex
- Savory sesame sticks (low fiber)
- Pretzels (low fiber)



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