



**INSIDE THIS ISSUE...**

Break Free of Devices.....	1
Soup Recipe.....	1
Rally Deadline .....	2
Gatekeeper Reminder.....	2
Sweepstakes Winners.....	2

# BenefitsWise

*"Better Benefits Through Collaboration"*



## Take Back Your Life! Simple Ways to Break Free of Your Devices

Do you feel like your devices are taking over your life? You're not alone. Being online can be addictive, so the trick is to recognize this fact and train yourself to break away. There was life before cell phones, tablets, and streaming TV — you can do it!

### Tips to keep your digital device use in check:

**Follow the 20-20-20 rule.** Suffering from a bout of computer vision syndrome? You're probably familiar with the symptoms: strained, dry eyes, blurred vision, and headaches. Poor posture can also cause neck and shoulder pain. Experts say for every 20 minutes, take a 20-second break to focus on something 20 feet away. While you're at it, stretch out your arms, legs, and neck.

**Take standing breaks.** Instead of emailing a question to your office mate, walk to her cubicle and ask her in person. Take the stairs when possible, or start an office lunchtime walking group. Consider a sit-stand desk if that's an option.

**Power down at night.** Avoid tuning into digital devices for at least a half hour before bedtime, suggests the National Sleep Foundation. Bonus points for banning devices from the bedroom entirely so you're not tempted to check them late at night or first thing when you wake up.

*Brought to you by our Brand Partners at Rally*

## Mexican Chicken Soup

Do you need a quick and easy mid-week meal? Try this recipe:

### Ingredients:

- 3 pounds chicken pieces (skin removed)
- 2 cups tomatoes (chopped)
- 1 clove garlic (minced)
- ½ cup onion (chopped)
- ¼ cup mild canned chilies (diced)
- 2 cups canned pinto or garbanzo beans (drained)

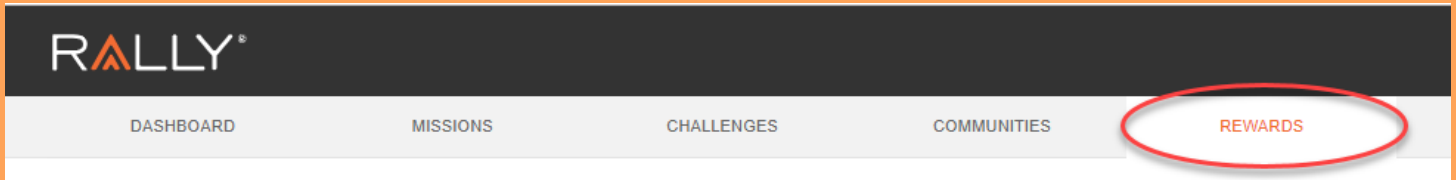
### Preparations:

1. Place chicken pieces in a large saucepan and add enough water to cover.
2. Cook until tender, about 25 minutes.
3. Remove chicken pieces from the broth.
4. Add tomatoes, garlic, onion and chilies.
5. Remove chicken meat from the bones and return meat to broth.
6. Add beans, and salt and pepper to taste. Simmer for about 15 minutes.

*Brought to you by our Brand Partners at Lockton*



# Don't Forget to Redeem Your Rally Rewards!



**Thanks to your engagement...** We are proud to report our covered members and spouses contributed to another successful year of BlueRewards powered by Rally! *Way to go!*

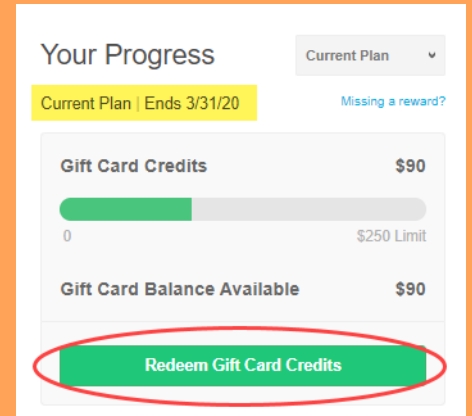
ICUBA wants to recognize our engaged members for a job well done. Employees and spouses covered by the ICUBA medical plan may redeem incentives for completing program activities like annual wellness visits to your PCP, onsite events, preventive screenings, and biometrics; just to name a few. After completing the Rally Survey (*instructions included below*), these activities are worth real dollars redeemable for electronic gift cards in Rally.

Private sweepstakes were a big hit this year too — Sweepstakes prizes were awarded including \$50 Amazon gift cards, resistance workout bands, travel tumbler mugs, healthy cookbooks, wireless headphones, and many more items. Keep syncing your device and participating in Rally City Challenges and checking into Rally Missions for a chance to win.

We are so proud of our members that are actively involved on the path to better overall wellbeing.

### **Please note:**

Unused dollars will not carry into the next plan year, so we encourage you to spend your dollars now. **Please visit the Rewards tab (shown on the Rally toolbar above) to redeem current incentive dollars for electronic gift cards by 03/31/2020!** A short runout period will apply for activities achieved in late March.



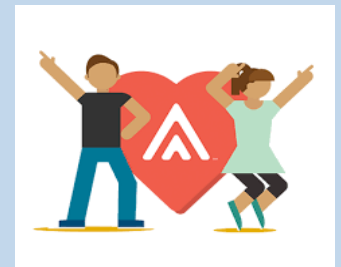
## Rally Survey Gatekeeper!

### If your rewards are pending....

1. First, log in to your My Health Toolkit® account from the Single Sign-On section at [ICUBAbenefits.org](http://ICUBAbenefits.org) or for participating spouses by visiting [www.MyHealthToolkitFL.com](http://www.MyHealthToolkitFL.com). Then, log in to Rally.
2. Under your **Profile**, complete the Rally Survey to gain access to rewards.
3. Within Rally, choose and redeem any gift cards you've earned by the end of the plan year (deadline 03/31/2020).

## Congratulations to our Private Sweepstakes Winners!

Amanda Speights, Nova Southeastern University  
Amantha Terwilliger, Saint Leo University  
Ian Walters, Rollins College  
Jessica Berno, Barry University  
John Newman, The Bolles School  
Juliet Jarrett, Nova Southeastern University  
Kyle May, Palm Beach Atlantic University  
Laurel Habgood, Rollins College  
Leslie Funck, Florida Institute of Technology  
Meredith Beasley, The University of Tampa  
Sheryl Walaszek, Saint Stephens Episcopal School  
Thomas Vellinga, Florida Institute of Technology  
Tiffany Garcia, The University of Tampa



Remember to stay engaged in Rally by participating in US City Challenges, the Rally Survey and the Rally Missions for more chances to win cool prizes and earn coins! The easiest way to access Rally is through the mobile app or the [ICUBAbenefits.org](http://ICUBAbenefits.org) > My Health Toolkit.

Remember to visit our website—<http://ICUBAbenefits.org>

This user friendly site is your one stop shop for all things benefits! Visit our single sign-on section located below the scrolling banner and gain access to ICUBA's Brand Partners including BCBS My Health Toolkit, Rally, OptumRx Prescription Drug Portal, Resources for Living EAP, SurgeryPlus, Aetna Navigator, and the ICUBA MasterCard!

