

## Vitality for Life. Small Steps, Lasting Care.

September is a reminder to care for your health at every stage of life. Make room for movement, rest and everyday habits that work for you. This month, explore healthy aging, learn about newborn screening and recognize when you or someone you care about may need support.

### Recharge with Everyday Self-Care

Self-care can begin with small choices that fit your day. Give yourself time to move, rest and enjoy a healthy routine. Try these simple starting points:

- ✓ **Make room for movement.**  
Choose a short walk or another activity that fits your abilities and interests.
- ✓ **Build up gradually.**  
Adults generally need 150 minutes of moderate activity each week, plus strength activities on two days. Begin with what you can do.
- ✓ **Keep rest in your routine.**  
Choose a consistent bedtime and make space to unwind at the end of the day.
- ✓ **Take a listening break.**  
Explore the calendar's Magic Sounds music link.



**LISTEN** → [Cigna Healthcare Presents Magic Sounds](#)

### Give Newborns a Healthy Start

Expecting a baby or supporting a growing family? Learn about newborn screening.

Consider asking your baby's health care provider:

- Which conditions does our state screen for?
- When and where will my baby be screened?
- How will we receive and understand the results?
- Who should we contact if more testing is needed?

Newborn screening helps identify serious conditions early, sometimes before a baby shows any signs.

Screening is not a diagnosis. Follow up promptly if your baby's care team recommends more testing.



**READ MORE** → [About Newborn Screening](#)

## Support Your Health as You Age

Your health needs can change over time. Everyday habits and regular care can help you stay engaged in life.

You might:

✓ **Stay active in ways you enjoy.**

Choose movement that suits your abilities, and discuss new limitations with your health care provider.

✓ **Build a balanced plate.**

Include vegetables, fruit, whole grains and lean protein in your meals.

✓ **Keep your mind engaged.**

Try a new hobby, read something interesting or make time to connect with people you care about.

✓ **Keep up with routine care.**

Ask about eye, hearing and dental checkups, and discuss any changes you notice.

**READ MORE** → [Aging: What to Expect](#)

---

## Recognize When Support Is Needed

Suicide warning signs deserve attention. Reach out if you notice concerning changes in yourself or someone else.

Know the signs and where to turn:

- Saying life has no purpose or expressing a wish to die
- Describing feeling trapped or like a burden to others
- Pulling away from friends, family or usual activities
- Showing marked mood changes or increased alcohol or drug use

Call or text 988 for free, confidential support, 24/7.

If there is immediate danger or a medical emergency, call 911.

**READ MORE** → [Suicide Awareness and Prevention](#)

---

## Need More Support?

Mindfulness can be a helpful daily tool, but you do not have to manage stress, anxiety or personal challenges alone.

Now Optics offers an **Employee Assistance Program** through **Carelon Wellbeing** at no cost to you. This confidential benefit can help with mental health support, legal and financial guidance, child and elder care resources, and more.

**Carelon Wellbeing:** 855-590-3966

**Learn more:** Visit the Now Optics Benefits site and go to the EAP section.