



SmartFHR News

Green Circle Life Newsletter



Eating Well at Home: Food Inflation

If you've been to the grocery store recently, you are no stranger to climbing prices. The cost of food across the globe is up nearly 7%, with experts predicting even higher prices in the months to come. So, what can you do about it?

- Shop for store or generic brands. They can be up to 20% less expensive!
- Check your pantry stock. Plan meals around ingredients you already have on hand.
- Enjoy a meatless Monday. Swap costly meat with beans, lentils, quinoa, or tofu.
- Purchase fruits and veggies in their canned, frozen, dried, or fresh forms- whichever is less expensive. Review the nutrition facts label for added sugar and salt.
- Buy in bulk to help you get more for less.
- Get creative with leftovers. Bring leftovers for lunch or get a bonus dinner with less effort.

SmartFHR™ Feature

The To-Do List

The To-Do feature in the SmartFHR™ App reminds you to complete important tasks such as signing up for benefits during annual benefit enrollment, finishing your wellness assessment, or joining a new wellbeing challenge to earn rewards.

Contact us for a demo of the SmartFHR™ platform or the Covid Passport at info@greencirclelife.com or call us at 866-292-9645

From the Desk of Green Circle Life Health Partners

May is Stroke Awareness Month

Stroke is a leading cause of disability and death in America. It occurs when blood flow to an area of the brain is decreased or cut off, either because of a clogged artery or a burst vessel. Anyone can have a stroke at any age, but certain factors increase your chances of a stroke including:

- Smoking tobacco products
- Having heart disease and high cholesterol
- Having diabetes
- Physical inactivity and obesity
- Taking oral birth control pills
- Infections and inflammations, like COVID-19

A stroke is a medical emergency. The sooner a person receives treatment for a stroke, the less damage is likely to happen. Use the letters in "F.A.S.T." to spot stroke signs and know when to call 9-1-1.

F=Facial drooping: One side of the face may be drooping or numb. The smile is uneven or lopsided.

A=Arm weakness: May not be able to lift both arms and keep them there because of weakness or numbness in 1 arm.

S=Speech: May have slurred or garbled speech. They may have problems understanding what you are saying to them or not be able to talk at all even though they appear awake.

T=Time: If any symptoms present, even if the symptoms go away, call 911 and go to a hospital immediately.