

Monthly Newsletter

HEALTHY BY CHOICE
POWERED BY PROCARE RX
MARCH 2025



TAKING CARE OF YOURSELF IS THE MOST POWERFUL WAY TO BEGIN TAKING CARE OF OTHERS. –
BRYANT MCGILL

A fresh year, a fresh start—and a fresh HBC Program to keep you moving, motivated, and feeling your best. This newsletter is your go-to source for all things wellness, packed with updates, inspiration, and maybe even a little fun along the way.

We're kicking things off with big news — The brand-new HBC logo! It's more than just a new look; it's a symbol of our commitment to supporting your health in meaningful ways (and let's be honest, it looks pretty cool, too).

This year, we're focusing on the 5 Pillars of Wellness — because balance isn't just for yoga class. Whether it's Body Balance, Mindset, Connection, Core Values, or Life Integration, these pillars help guide us toward healthier habits, stronger relationships, and overall well-being.

Inside this issue, you'll find words of encouragement from our leadership team, a breakdown of the Lean Forward Challenge, and details on upcoming 5K events to get you moving — whether you're walking, running, or just showing up for the post-race snacks.

You'll also meet Yakira, whose inspiring health journey is a reminder that small steps lead to big change. Plus, we're sharing expert tips on mindset and self-care, along with a Recipe of the Month that proves healthy eating doesn't have to be boring.

None of this would be possible without the dedication of our Employee Experience & Wellness Committee — a team of passionate employees who help shape and drive our wellness initiatives. Their work behind the scenes ensures that our programs stay meaningful, and engaging. A huge thank you to them for making workplace well-being a priority!

Wellness isn't just about hitting the gym or eating salads — it's about creating a lifestyle that helps you thrive. So let's make 2025 the year of feeling good, moving more, and supporting each other along the way.

Now, grab a coffee (or a green smoothie, we don't judge) and enjoy the newsletter!

IN THIS NEWSLETTER YOU CAN EXPECT:

Word Of Encouragement

A heartfelt note from our CEO/CFO.

New HBC Logo Reveal

You've Seen It—Now It's Official!

Employee Spotlight

This month, Yakira shares her journey to reclaiming her confidence and health.

Community News:

Event Announcements – Upcoming Wellness Events, 5K Races, and Group Coaching Sessions. Tips & Resources.

Wellness Made for you:

Take on the Lean Forward Challenge and track your progress! Share your Wins.

Recipe of the Month:

A delicious and nutritious meal to fuel your wellness journey.

Welcome to the First Edition of Our Newsletter!!

As we embark in a new HBC, we are excited to launch this monthly newsletter to keep you informed, inspired, and connected. Each edition will highlight key updates, celebrate achievements, and share opportunities to grow both personally and professionally. To kick things off, we are honored to include a heartfelt note from our CEO/CFO, reflecting on the start of 2025 and the incredible progress we've already made together.

Although this note was started sometime around the end of the year, when I turn back to finish the communication a 'few minutes later', I notice that almost 3 weeks have passed and I am no longer having to correct my date notations from 2024 to 2025!

With benefit of those few weeks' hindsight, I am beyond pleased to announce that almost all of our scheduled 100+ groups slated to go live on 1/1 actually went live with executed contracts, nominal if any set up adjustments and the first round of billing to those new groups went out the door last week.

Our offices have faced some rather atypical weather and rose to the challenge of working collaboratively to ensure that pharmacy and our clients' members' calls did not go unanswered, member cards were delivered, mid-month tax payments were processed and there were only a few missed scans on Theranica shipments.

Personally, many of us make New Year's resolutions to try to improve our health and Alex has developed a solid program to help each of us succeed in those areas and I hope that each of you will prioritize self-care as highly as you do your other responsibilities.

Happy (belated) New Year's!
Barbara Rambo
CEO / CFO



You've Seen It—Now It's Official! A Freshed Look for a Fresh Start.

Drumroll, please...



We're beyond excited to introduce our brand-new HBC logo! This fresh, modern design isn't just a new look—it's a symbol of energy, growth, and our unwavering commitment to wellness.

At the heart of HBC are our 5 Pillars of Wellness, guiding us to a healthier, more balanced life:

- ◆ **Body Balance** – Move, nourish, and care for your body
- ◆ **Mindset** – Cultivate resilience and mental well-being
- ◆ **Connection** – Build strong, meaningful relationships
- ◆ **Core Values** – Align your life with what truly matters
- ◆ **Life Integration** – Create harmony between work, health, and personal growth.

These 5 Pillars of Wellness aren't just words—they're the foundation of a healthier, happier, and more connected workplace. By embracing these principles, we're creating an environment where everyone can thrive—physically, mentally, and emotionally.

Our new HBC logo represents this journey—a fresh start, a renewed commitment, and a shared vision for well-being that goes beyond the workplace. Because when we take care of ourselves, we show up stronger, more engaged, and ready to support one another.

Why the Change? Because We're Leveling Up! Our new logo represents renewed commitment to making health and wellness a priority for everyone. It's bold, it's inspiring, and—just like HBC itself—it's designed to motivate and empower YOU on your wellness journey!

And guess what? This is just the beginning. Think of this new look as the first step in a bigger, better HBC experience! We've got exciting programs, events, and surprises in store, and we can't wait for you to be part of it.

So keep an eye out—you'll be seeing this new logo everywhere! From newsletters to events to wellness challenges, HBC is back, better than ever, and here to support YOU!

#HealthyByChoice #NewLookSameMission
#WellnessForAll

A stylized, handwritten-style logo consisting of the letters 'HBC' in a dark blue or black color.



This month's story is about how Yakira went from feeling lost in her health journey to reclaiming her confidence and well-being, one step at a time.

I went to a doctor's appointment last month and faced the dreaded weigh-in. They had one of those old scales where they need to move the slider every 50 pounds. Every time I saw her moving it higher and higher, almost reaching 300, I could not believe it. When did this happen?

I started evaluating my food choices, activity levels, and mental health, and I found that things were not good all around. I decided this had to change, or it would become harder and worse if I kept going like this. I began by wearing clothes I knew I liked and felt comfortable in, which started to build my confidence a little. Once I had restored a bit of that, I proceeded to make changes in the foods I ate, adding more greens.

After a while, that gave me the energy I needed to begin exercising, which was a very pleasant surprise. All I can say is this: the journey is one step at a time. It will not be easy, and you will learn a lot of things along the way. You will make mistakes, but ultimately, the way you feel about yourself and your choices is the most important thing at the end of the day.

Yakira Pereira -
Puerto Rico



MAIN THEME

Pillar of the Month: Body Balance

This month, we're focusing on building self-care habits, fostering emotional resilience, and nurturing relationships that support your well-being. Self-care isn't just about taking breaks; it's about creating a lifestyle that promotes balance, health, and positivity. Let's set the foundation for a successful and fulfilling year together!

HAPPY BIRTHDAY

We couldn't be more excited to celebrate our March birthdays! Your special birthday shoutout is [right here](#). Cheers to another fantastic year ahead!



EVENT ANNOUNCEMENTS:

Miramar

- Heart Walk 5K - March 9

Gainesville

- Chamber Chase 5K - March 27

All Locations

- Mental Health Awareness
- Open Enrollment (Mainland)



TIPS & RESOURCES:

- **Mindfulness Tip:** Start your day with 5 minutes of deep breathing. Use this time to center yourself and set a positive tone for the day.
- **Wellness Insight:** The power of gratitude — writing three things you're thankful for daily has been proven to improve mood and mental clarity. Try it and see how your mindset shifts!



Lean Forward

TEAM COACHING GROUPS

We're thrilled to invite you to Lean Forward group session. This transformative journey is designed to help you achieve sustainable habits for fitness, health, and overall well-being.

Join Us Here:

[Join the FRI - 11:00 AM Session](#)

[Join the FRI - 1:15 PM Session](#)

[Join the TUE - 10:00 AM Spanish Session](#)

Open to all employees!



WELLNESS CHALLENGES

Lean Forward Challenge: Lean Forward Challenge

Jumpstart your wellness journey with the 12-week Lean Forward Challenge! From January 24th - April 18th, build healthier habits by completing these 5 daily tasks:

- 2 servings of veggies
- 2 servings of protein
- Stay hydrated
- Get enough rest
- Complete the Lean Forward workout

Earn points based on participation:

- 1,000 points – Any participation
- 1,500 points – Half of the days completed
- 2,000 points – All 12 weeks completed

Log your progress daily & stay motivated! [Click here](#) to access the Lean Forward workout guide and meal plan to help you crush your goals!



SHARE YOUR WINS!

We want to celebrate YOU! Whether you've achieved a fitness goal, started a new healthy habit, or accomplished something personal, we'd love to hear about it. Email us at wellness@procarerx.com to have your story featured in our next newsletter.



A FEW NOTES TO REMEMBER

- Participation in wellness activities, including fitness classes, coaching sessions, 5k and wellness walks, helps us continue to grow and improve our offerings.
- Questions? Reach out to the wellness team for details about upcoming events.

Let's make 2025 a year of growth and gratitude. Take part in companies events, join the team meetings, and don't forget to share your wins with us. Together, we will build a healthier, happier workplace.



HEARTY SPRING SALAD WITH QUINOA & CITRUS DRESSING.

Packed with nutrients, this vibrant dish supports digestion and boosts energy levels—perfect for a healthy start to the year!

Ingredients:

• **For the Salad:**

- 1 cup cooked quinoa
- 2 cups mixed greens (spinach, kale, arugula)
- 1/2 cup pomegranate seeds
- 1/4 cup sliced almonds or walnuts (toasted)
- 1/2 cup roasted butternut squash (optional)
- 1/2 avocado, sliced

• **For the Citrus Dressing:**

- 2 tbsp olive oil
- 1 tbsp freshly squeezed orange juice
- 1 tbsp freshly squeezed lemon juice
- 1 tsp Dijon mustard
- 1 tsp honey or maple syrup
- Salt and pepper to taste

Instructions:

1. **Cook Quinoa:** Prepare quinoa according to package instructions. Let it cool slightly.
2. **Prepare the Salad Base:** In a large bowl, combine mixed greens, cooked quinoa, pomegranate seeds, and roasted squash if using.
3. **Make the Dressing:** In a small bowl, whisk together olive oil, orange juice, lemon juice, Dijon mustard, honey, salt, and pepper.
4. **Assemble:** Drizzle the dressing over the salad and toss gently to coat.
5. **Top It Off:** Add avocado slices and sprinkle toasted nuts on top for extra crunch and healthy fats.

Enjoy this refreshing and nutrient-packed meal as a light lunch or dinner!

Thank you for reading!

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