

# Monthly Newsletter

HEALTHY BY CHOICE  
POWERED BY PROCARE RX  
APRIL 2025



**SETTING BOUNDARIES IS AN ACT OF SELF-CARE. THE STRONGER YOUR BOUNDARIES, THE HEALTHIER YOUR MIND, BODY, AND RELATIONSHIPS.**

**We're excited to bring you another edition of Healthy By Choice, designed to support your wellness journey and help you cultivate a healthier, more balanced life.**

April's here, which means it's time for spring cleaning—not just for your closet, but for your time and energy too. This month, we're all about the **Mindset Pillar** - Setting Boundaries & Prioritizing Mindset — because saying “no” to stress and “yes” to yourself is the ultimate life hack.

Think about it: You wouldn't let someone borrow your toothbrush (we hope), so why let them overstep your time and mental space? Healthy boundaries and self-care aren't just trendy buzzwords—they're essential for less stress, better well-being, and stronger relationships.

Oh, and speaking of making life easier... have you heard of **Go-Pivot**? This month, we're diving into what it is, how it works, and how it can help you take charge of your wellness journey.

Here's what we've got lined up for you:

- **Pillar of the Month** – Mindset
- **Mastering Boundaries** – Learn how to protect your time like it's the last piece of pizza.
- **Exciting Wellness Events & 5K Races** – Because movement is medicine (and medals are cool).
- **Employee Spotlight** – Get inspired by Brian's wellness journey.
- **Self-Care Tips You'll Actually Use** – No fluff, just practical ways to recharge.
- **Recipe of the Month** – A nutritious, delicious meal to fuel your body and mind.

Let's make mindset a priority, set boundaries like pros, and build a culture where well-being comes first.

Enjoy the newsletter—your stress-free future self will thank you!



## **IN THIS NEWSLETTER YOU CAN EXPECT:**

### **Words of Encouragement:**

A heartfelt note from David Nesfeder

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### **What is GoPivot?**

You've heard about it— how do you get in the action?

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### **Pillar: Mindset**

Cultivating a Stronger Mindset: Flexibility, Mindfulness, and Resilience

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### **Employee Spotlight:**

Get inspired by Brian's wellness journey.

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### **Community News:**

Event Announcements – Upcoming Wellness Events, Power Walks, and Group Coaching Sessions, Tips & Resources.

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### **Wellness Made for You:**

Join our Healthy Challenges! Share your wins and Celebrate April's Birthdays with us.

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### **Recipe of the Month:**

A delicious and nutritious meal to fuel your wellness journey.

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## The Power of Teamwork: A Message from David Nesfeder!

Teamwork and dedication are personality traits that I see exhibited at ProCare Rx very regularly.

Our work and industry are consistently difficult, but these challenges are stepping stones to growth. When we stay focused and persistent, our hard work breaks down these challenges into manageable tasks. Individually, we are very capable, but together, we have accomplished seemingly impossible successes.

This success is built on the fundamentals of collaboration, trust, and a shared commitment to excellence — something that we should all strive for on a daily basis.

I want to thank everyone for their continued dedication to our colleagues, our company, our clients, and most importantly, the patient.

Our future is bright, and I look forward to navigating it together.



*David Nesfeder*  
CTO

## Team Mindset: Working Together for Success

David Nesfeder's message beautifully highlights the power of teamwork at ProCare Rx. But effective teamwork goes beyond just working alongside each other — it requires a specific mindset. Cultivating a "team mindset" can significantly enhance collaboration and drive even greater success.

A team mindset is characterized by:

- **Empathy:** Understanding teammates
- **Open-mindedness:** Valuing diverse ideas
- **Collaboration:** Sharing skills & resources

- **Mental Flexibility:** Adapting to different styles
- **Resilience:** Bouncing back together

### Cultivate a Team Mindset by:

- Listening actively
- Communicating clearly
- Focusing on shared goals
- Offering support
- Embracing feedback

By fostering a team mindset, we can amplify our collective strengths, overcome challenges more effectively, and achieve even greater success together.

# You've heard about it—Let me give you the scoop!

I know you want to know...



### What is GoPivot?

Staying healthy just got a whole lot more rewarding—literally. GoPivot is a wellness program designed to make taking care of yourself easy, fun, and rewarding. Whether you're getting active, eating healthier, or focusing on mental well-being, every healthy choice earns you points. What can we do with those points? They can be redeemed for **gift cards, merchandise, trips, tickets, and more!**



### How It Works

GoPivot encourages you to build better habits and improve your overall well-being through:

- ✓ **Fitness Challenges** – Track your steps and workouts to rack up points.
- ✓ **Nutrition & Wellness Activities** – Learn, participate, and get rewarded for healthy choices.
- ✓ **Preventative Health Screenings** – Take care of essential check-ups and earn even more.
- ✓ **Community Engagement** – Volunteer, join wellness events, and get involved.

### How to Sign Up

If you're enrolled in ProCare Rx medical insurance, you're eligible to join. Here's how:

1. Download the GoPivot Mobile App or visit **[www1.gopivotsolutions.com](http://www1.gopivotsolutions.com)**.
2. Click "**Register**" and enter your Promo Code: ProCare.
3. Use your **User ID** which is your **ProCare email address**.
4. Your Passcode is your **eight-digit birthdate (MMDDYYYY)**.
5. Set up your new username and password, and you're good to go!

### Earn Points & Get Rewarded

From syncing your fitness tracker to watching wellness videos, there are endless ways to earn:

- Daily & Monthly Activities** – Steps, workouts, sleep tracking, and more
- Quarterly & Annual Goals** – Preventative health screenings, volunteering, and wellness challenges
- Bonus Points** – Consistency pays off with extra rewards for meeting multiple goals.

Earn up to **84,500 points a year**—that's a lot of rewards just for taking care of yourself!

So why wait? Sign up today, start earning, and turn your healthy habits into amazing rewards.

## Cultivating a Stronger Mindset:

NO ONE KNOWS YOUR MIND AS YOU DO  
NO ONE CAN TEACH YOU WHAT YOU ARE NOT WILLING TO LEARN  
NO ONE CAN TAKE THE KNOWLEDGE YOU ARE NOT WILLING TO SHARE

This month, we're focusing on the power of mindset! A healthy mindset is crucial for overall well-being. It influences how we handle stress, navigate challenges, and approach life. Let's explore three key elements that can help you cultivate a stronger, more resilient mindset.

### **Key Element 1: Mental Flexibility:**

#### Adapt and Thrive

Life throws curveballs! Mental flexibility is your ability to adjust your thinking and behavior when facing new situations. It's about adapting, problem-solving, and choosing the best outcome.

**Why it matters:** Mental flexibility helps you avoid getting stuck, reduces stress, and promotes effective coping.

**Action Tip:** Practice recognizing when you're trying to control a situation. Instead, focus on finding a positive way through it. Remember, it's okay if things don't always go as planned.

### **Key Element 2: Mindfulness:**

#### Be Present, Stay Grounded

Mindfulness is the practice of being fully present in the moment. Rather than getting caught up in your feelings, it involves observing your situation and finding logical solutions.

**Why it matters:** Mindfulness reduces stress and helps you respond to situations constructively, rather than emotionally.

**Action Tip:** When you feel overwhelmed, take a moment to pause. Observe your thoughts without judgment. Focus on your breath and identify one practical step you can take.

### **Key Element 3: Resilience:**

#### Bounce Back Stronger

Resilience is your ability to recover quickly from difficulties. It involves self-forgiveness and understanding that everyone makes mistakes.

**Why it matters:** Resilience helps you overcome setbacks, learn from challenges, and strengthens your mental health.

**Action Tip:** Practice self-compassion. When you face a setback, acknowledge your feelings, learn from the experience, and focus on moving forward.

By developing mental flexibility, mindfulness, and resilience, you can build a stronger, healthier mindset. These skills empower you to navigate life's challenges with greater ease and confidence. Embrace these practices and watch your well-being flourish!

## Always Forward: The Mindset Fueled by My Why

Before I became a dad, I served as an Infantryman in the U.S. Army and deployed to Iraq. When I returned home, I carried challenges many veterans face, including the invisible weight of PTSD. I didn't talk about it much. I tried to push through, but over time, the toll started to show up both mentally and physically.

In late 2018, I found myself winded just climbing the deck stairs. At 280 pounds, the weight wasn't just physical — it was a warning. What really hit me was the vision of my future. My daughter had just been born, and I saw two paths: one where I wasn't around to see her grow up, and another where I showed up for every moment.

That day, I chose the second path.

The journey wasn't easy. I had to fight through the pain of change, teach myself about nutrition, body, and mind, and stay committed even when motivation ran dry. When it got hard, I leaned on my why: my daughter, my wife, myself.

My wife helped me meal prep and eat clean without sacrificing flavor. Meditation became a daily ritual, sharpening my focus and calming my mind. I run 15–40 miles a week, incorporate regular strength training, and have completed two full marathons. Now I'm looking forward to my third. It's not just a phase—it's a lifestyle I'm committed to for the long haul.

That same year, I lost 100 pounds and crossed the finish line of my first half-marathon, something I once thought was impossible. I was honored with the 2019 ProCare Rx Healthy by Choice award. But more than that, I gained clarity, energy, endurance, a stronger heart, and a resilient mindset built on GRIT: Guts, Resilience, Integrity, and Tenacity.

To anyone struggling: Find your why. It will hurt. You'll stumble. But that pain is part of the process. It shapes a stronger, healthier you on the other side. Always Forward. That mindset changed everything for me. On the hard days, I reminded myself: just keep moving. Never back. Always Forward.



*Brian Haley*  
Gainesville



# The Art of Setting Boundaries

## Because "No" is a Complete Sentence

Picture this: It's Monday morning, and your inbox is overflowing, your phone is buzzing with messages, and your to-do list is looking longer than a CVS receipt. Before you even take a sip of coffee, stress has already clocked in.

Sound familiar?

If so, it might be time to talk about boundaries.

### What Are Boundaries (and Why Do They Matter)?

Boundaries are the invisible guidelines we set to protect our time, energy, and well-being. They help us avoid burnout, reduce stress, and create balance in both our personal and professional lives.

Think of boundaries like the rules of a board game—without them, things get chaotic. With them, everyone knows what to expect, and life feels a little more in control.

So how do we set boundaries without feeling guilty? Let's break it down.

### Step 1: Identify Where You Need Boundaries

Before you can set boundaries, you need to figure out where your limits are being tested. Ask yourself:

- Do I feel overwhelmed by commitments?
- Am I saying "yes" to things I don't have time for?
- Do I feel drained by certain relationships or obligations?
- Do I struggle to make time for myself?

If you nodded yes to any of these, it's time to set some boundaries!

### Step 2: The Magic of Saying "No" (Without the Guilt)

Many of us struggle to say "no" because we don't want to disappoint others. But here's the truth: Saying no to others is saying yes to yourself.

Try these responses next time you need to set a boundary:

- 🚫 "I'd love to help, but I'm fully booked this week."
- 🚫 "I appreciate the invite, but I need some time to recharge."
- 🚫 "I can't commit to that right now, but thank you for thinking of me!"

See? No guilt, just self-respect.

### Step 3: Create a Self-Care Routine That Works for You

Self-care isn't just about bubble baths and face masks (though those are nice too!). It's about daily habits that protect your peace.

Here are some easy ways to prioritize YOU:

- **Take a "Do Not Disturb" Break** – Turn off notifications for 30 minutes and enjoy uninterrupted time.
- **Schedule "Me Time" Like a Meeting** – Block out time for workouts, hobbies, or rest.
- **Protect Your Energy** – Surround yourself with people who lift you up, not drain you.
- **Prioritize Sleep** – No more late-night scrolling! Your body and mind need rest.

### Step 4: Stick to Your Boundaries Like a Boss

People might push back when you start setting boundaries. That's okay! Stay firm, be kind, and remember: You don't owe anyone an explanation for prioritizing yourself.

- If family or friends don't understand:  
🚫 I need this time for myself so I can show up as my best self for everyone.

The more you respect your own boundaries, the more others will too.

**Final Thoughts:** Give Yourself Permission to Put YOU First! Setting boundaries and prioritizing self-care isn't selfish — it's necessary. The more you protect your time, energy, and mental health, the more you can show up fully present, happier, and less stressed.

So this month, take the challenge: Say no to something that drains you & say yes to something that fuels you.

Your future self will thank you. 💙

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### TIPS & RESOURCES:

#### **Quick Meditation for a Positive Mindset:**

Meditation doesn't have to be complicated, just a few minutes can shift your mindset and boost your well-being.

Try this simple 3-minute positivity meditation anytime you need a reset:

**1. Find a Quiet Spot** – Sit comfortably, close your eyes, and take a deep breath in.

**2. Breathe & Release** – Inhale slowly for 4 seconds, hold for 4 seconds, and exhale for 6 seconds. Repeat a few times.

**3. Focus on Gratitude** – Think of one thing that makes you happy—big or small. Let that feeling fill your mind.

**4. Set an Intention** – Silently say, "I choose positivity, I choose calm, I choose to take care of myself."

**5. Slowly Open Your Eyes** – Take one more deep breath and return to your day feeling refreshed!

**Bonus Tip:** The more you practice, the easier it gets!

Even 3 minutes a day can train your brain to stay in a positive mental state.

### EVENT ANNOUNCEMENTS:



#### **Southfield & Miramar**

- Walking Competition

#### **All Locations**

- Power walk breaks
  - Tue-Wed-Thu
- National Stress Awareness Month

### TEAM COACHING GROUPS



#### **Cultivating a Thriving Mindset**

Unlock your potential! Join us for 6 weeks of focused coaching to build resilience, manage stress, boost productivity, and cultivate a positive outlook. **Fridays at 1:15 PM, starting April 25th.**

**Join Us Here:**

[Join the FRI - 1:15 PM 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](mailto: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.
- You can find the PDF version of the Newsletter for printing at [hbc.procarerx.com](http://hbc.procarerx.com) under resources or [Here](#).

## HAPPY BIRTHDAY

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



## SPRINGTIME LOW-CARB CHICKEN & AVOCADO LETTUCE WRAPS.

Spring is here, and it's the perfect time for fresh, light, and energizing meals! These low-carb chicken & avocado lettuce wraps are packed with flavor, protein, and healthy fats — perfect for a quick lunch or dinner. Plus, they take under 15 minutes to make!

### **Ingredients:**

- 2 cups cooked shredded or grilled chicken
- 1 ripe avocado, mashed
- ¼ cup Greek yogurt or mayo
- 1 tbsp lime juice (fresh is best!)
- 1 tsp garlic powder
- ½ tsp paprika
- Salt & pepper to taste
- ¼ cup chopped cilantro or green onions (optional)
- 6-8 large lettuce leaves (Romaine or Butter lettuce works great!)
- ½ cup cherry tomatoes, diced (optional for freshness)

### **Instructions:**

1. In a bowl, mix chicken, avocado, Greek yogurt, lime juice, and spices until well combined.
2. Stir in cilantro or green onions for extra flavor.
3. Spoon the mixture into lettuce leaves and top with diced tomatoes.
4. Wrap it up, take a bite, and enjoy a fresh, crisp, and satisfying meal!

### **Fun Springtime Twists:**

- Make it spicy! Add diced jalapeños or a pinch of cayenne.
- Crunch it up! Toss in some sliced almonds or sunflower seeds.
- Make it dairy-free! Swap Greek yogurt for mashed avocado alone.

This low-carb, high-protein meal is perfect for warmer weather, keeping you full and energized without feeling heavy. Enjoy!



*Thank you for reading!*

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