

Monthly Newsletter

HEALTHY BY CHOICE

POWERED BY PROCARE RX

November 2025



“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”
William Arthur Ward

November is gratitude’s time to shine—and this year, we’re taking time to appreciate what truly matters: the people beside us.

In a world that moves fast, it’s easy to forget how much of an impact a small thank-you can have. This month is about slowing down just enough to say, “You matter.” It’s about recognizing the quiet helpers, the team players, the lunch buddies, the coworkers who ask how you’re doing—and genuinely mean it.

We’ve woven that spirit of appreciation into every corner of our programming. From heartfelt thank-you notes to shared meals and acts of kindness, we’re leaning into connection—because wellness isn’t just about your steps, sleep, or stress levels. It’s about the people who support you through it all.

We’ll celebrate those connections through a company-wide thank-you video, coaching on how to build stronger relationships, and our “Support & Share Week” challenge. And because taking care of others starts with taking care of yourself, we’re gifting every employee a Cold & Flu Support Bag—filled with little comforts to help you feel your best as the season changes.

So take a moment this month. Write the note. Send the message. Sit with someone new at lunch. Show someone you see them—and let yourself be seen, too.

*Because gratitude isn’t just a feeling.
It’s a way we care for one another.*



IN THIS NEWSLETTER YOU CAN EXPECT:

Pillar #3: Connection	3
Wired to Connect	

Employee Spotlight	4
Aimee's Journey: Losing Weight, Finding Strength	

Community News	5
Event Announcements – Upcoming Wellness Events, Biometric Screens, Thanksgiving Potluck, Tips & Resources	

Wellness Made for You	6
Mini-Challenge: Support & Share Week Team Coaching Groups	

Wellness Word Game	7
Words that connect us - Word search	

Recipe of the Month	8
Butternut Squash & Quinoa Harvest Salad	

Wired to Connect

You're not imagining it—those little moments of connection really do make a difference.

Neuroscience has made it clear: human connection isn't just a "nice-to-have," it's a biological necessity. Our brains are literally wired for it. When we feel connected—whether through a shared laugh, a meaningful conversation, or simply sitting in silence with someone we trust—our nervous systems respond in powerful ways.



Oxytocin, often called the “bonding hormone,” gets released during positive social interactions. It not only makes us feel good, it also reduces stress and inflammation, boosts immunity, and improves our ability to trust and empathize. At the same time, cortisol—the hormone associated with stress—decreases. Blood pressure lowers. Heart rate stabilizes. Focus improves.

And this isn't just a work benefit. These biological shifts enhance our lives at home, too. When we feel safe and emotionally connected to our family, friends, and colleagues, we're more patient, more creative, more energized, and more able to regulate our emotions.

What's even more fascinating? Connection is contagious—literally. Through a process called co-regulation, our nervous systems sync with the people around us. When you remain calm in a stressful moment, it doesn't just help you—it helps others calm down, too. Your kindness lowers someone else's anxiety. Your presence makes someone else feel secure.

Every meaningful interaction, no matter how small, can ripple outward. A quick thank-you. A check-in. A lunch invitation. Even a shared laugh by the coffee machine. These aren't small moments—they're how cultures of care are built.

So this month, as we lean into gratitude and giving, remember this: the most powerful thing you can offer someone might be your attention. And when you choose connection, you're not just changing someone's day. You might be changing their brain—and your own—for the better.



Running for My Life Aimee's Story



Hi! I'm Aimee, and I'm the Director of Operations for our Workers' Compensation and Auto PIP PBM services in the Southfield office. I started with the ProCare Rx team through EHIM back in 2007 and have sat in quite a few seats along the way. Over the years, I've developed a passion for wellness, especially through running. Ironically, it all began when a coworker convinced me, very much a non-runner at the time, to join her in a 5K. As they say, the rest is history.

I started running as a way to manage stress and focus on my health. I loved the structure of training and the sense of accomplishment that came with crossing each finish line. There is something powerful about realizing you are capable of more than you thought, both physically and mentally. The discipline and commitment I found through running carried over into every part of my life.

My 17-year relationship with running has had its share of challenges. At the end of 2020, after completing back-to-back half marathons, my world changed with an unexpected cancer diagnosis. Suddenly, my training plan was replaced with doctor appointments and treatments. I had to step back from running and focus on small, attainable goals like walking to the end of the

street or completing a short yoga session. Those milestones reminded me that progress does not always look the same.

When treatment ended, I was determined to rebuild both my health and my confidence. I worked closely with my doctors, took things one day at a time, and slowly began running again. Ten months later, I crossed the finish line at the Chicago Marathon in 2022. That moment made me feel whole again, strong, capable, and grateful.

This year, on October 19th, I crossed the finish line of my 25th half marathon. Every race feels like such an accomplishment, but this one reminded me that I can still do hard things when I make my wellness a priority. I continuously learn that wellness is more than fitness. It's about honoring your body and what it can do. Being healthy could not prevent my cancer, but it gave me the strength I needed to survive and find my way back to a healthy life. Focusing on your wellness can truly save your life, and you are worth saving!



Aimee Chamberlain Koby
Southfield



TIPS & RESOURCES:

Small steps. Big connection.

This month, we're keeping it simple, science-backed, and deeply human. Here are a few practical ways to build better connections—and boost your well-being in the process.

Try This: The 3-Minute Appreciation Break

Once a day, pause and express genuine appreciation to someone—via email, a sticky note, a quick call, or even in passing. Studies show that expressing gratitude strengthens relationships and improves your mood in just minutes.

Listen: The Science of Happiness (Podcast)

Hosted by psychologists from UC Berkeley, this podcast explores the research behind empathy, gratitude, and human connection—and offers bite-sized practices you can try at home or work.

Read: Together by Dr. Vivek Murthy

In this moving and insightful book, the U.S. Surgeon General shares how loneliness impacts our health—and how connection can heal us. It's part science, part storytelling, and all heart.

EVENT ANNOUNCEMENTS



All Locations & Remote

Power Walk Breaks
Biometric Screenings
Thanksgiving Potluck



Try BetterHelp: Get 30% off your first 3 months of online therapy

Starting therapy can feel overwhelming, but BetterHelp makes it easy. Whether you're navigating a tough time, working on personal growth, or just need extra support, you can fill out a brief questionnaire and get matched with a licensed therapist in as little as 24 hours

Tool: Connection Audit

Ask yourself:

- Who lifts me up when I'm struggling?
- Who do I feel comfortable being myself around?
- Who might need a check-in from me this week?
- Then make one small move toward connection. It all adds up.

TEAM COACHING GROUPS



Pillar #2 Mindset

Building strong connections can make a big difference in our overall well-being. This month, we're focusing on the power of support networks — the friends, family, and colleagues who lift us up when life gets challenging. Together, we'll explore simple ways to communicate effectively, listen with empathy, and offer meaningful support. Take time to recognize the people who help you grow, and look for opportunities to strengthen those relationships both at work and beyond.

- **Week 1 (Nov 7):** The Value of Connection & Mapping Your Network
- **Week 2 (Nov 14):** Skills for Supportive Relationships
- **Week 3 (Nov 21):** Sustaining Connection & Community

Join the FRI - 1:15 PM Session



WELLNESS CHALLENGES

Mini-Challenge: Support & Share Week

Duration: Nov 10 - 14

Points Available: 50 points per completed action (max 250 points)

We're inviting you to join a five-day connection challenge designed to lift others—and maybe lift yourself a little too.

Complete daily mini-challenges to earn GoPivot points.

Monday: Connect with Gratitude

Tuesday: Listen & Learn

Wednesday: New Lunch Crew

Thursday: Random Act of Kindness

Friday: Share a Resource

Because feeling supported—and being the kind of person who supports others—might just be the best wellness tool of all.

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. submit it [Here](#) or 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.

You can find the PDF version of the Newsletter for printing at hbc.procarerx.com under resources or [Here](#).

HAPPY BIRTHDAY

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

WORDS THAT CONNECT US

WORDSEARCH

G	R	A	T	I	T	U	D	E	T	Y	K	M	O	P
C	O	N	N	E	C	T	I	O	N	G	M	E	Y	L
K	I	N	D	N	E	S	S	P	T	R	U	S	T	Q
T	E	A	M	W	O	R	K	D	C	A	R	I	N	G
L	I	S	T	E	N	I	N	G	T	M	E	O	L	Z
C	O	M	M	U	N	I	T	Y	X	T	S	S	M	E
F	R	I	E	N	D	S	H	I	P	W	P	U	Q	W
A	P	P	R	E	C	I	A	T	E	V	E	P	T	E
R	E	S	P	E	C	T	F	G	H	J	C	P	H	L
Z	X	C	V	L	U	F	K	N	A	H	T	O	B	L
L	K	J	H	G	F	D	S	A	Q	W	E	R	R	N
T	Y	Y	U	I	O	P	L	K	J	H	G	T	F	E
D	S	T	O	G	E	T	H	E	R	A	Q	W	E	S
R	T	Y	U	I	O	P	A	S	D	F	G	H	J	S
M	B	P	I	T	J	K	L	M	N	W	E	R	D	F

GRATITUDE

CONNECTION

KINDNESS

TEAMWORK

LISTENING

SUPPORT

COMMUNITY

FRIENDSHIP

APPRECIATE

TRUST

CARING

RESPECT

THANKFUL

TOGETHER

WELLNESS

Butternut Squash & Quinoa Harvest Salad

Ingredients: (Serves 2-3)

- 1 small butternut squash, peeled and cubed
- 1 tbsp olive oil
- Salt & pepper to taste
- 1 cup quinoa (uncooked)
- 2 cups water or vegetable broth
- 1/2 cup dried cranberries
- 1/2 cup crumbled feta or goat cheese
- 1/4 cup toasted pumpkin seeds (pepitas)
- 2 cups baby spinach or arugula

Maple Dijon Dressing:

- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp maple syrup
- 1 tsp Dijon mustard
- Salt & pepper to taste

Instructions:

1. Preheat oven to 400°F. Toss butternut squash cubes with olive oil, salt, and pepper. Roast for 25–30 minutes until tender and golden.
2. Meanwhile, cook quinoa: Combine quinoa and broth (or water) in a pot. Bring to a boil, then reduce heat, cover, and simmer for 15 minutes. Fluff with a fork.
3. Whisk together dressing ingredients in a small bowl.
4. In a large bowl, combine quinoa, roasted squash, cranberries, cheese, and greens. Drizzle with dressing and toss gently. Top with pumpkin seeds.
5. Serve warm, room temp, or chilled. Keeps well for 3–4 days in the fridge.

Why We Love It:

This dish is balanced, beautiful, and brings the best of the season to your plate—comforting squash, bright cranberries, a touch of sweetness, and protein-packed quinoa. It's the salad that says “thank you” with every bite.



Thank you for reading!

