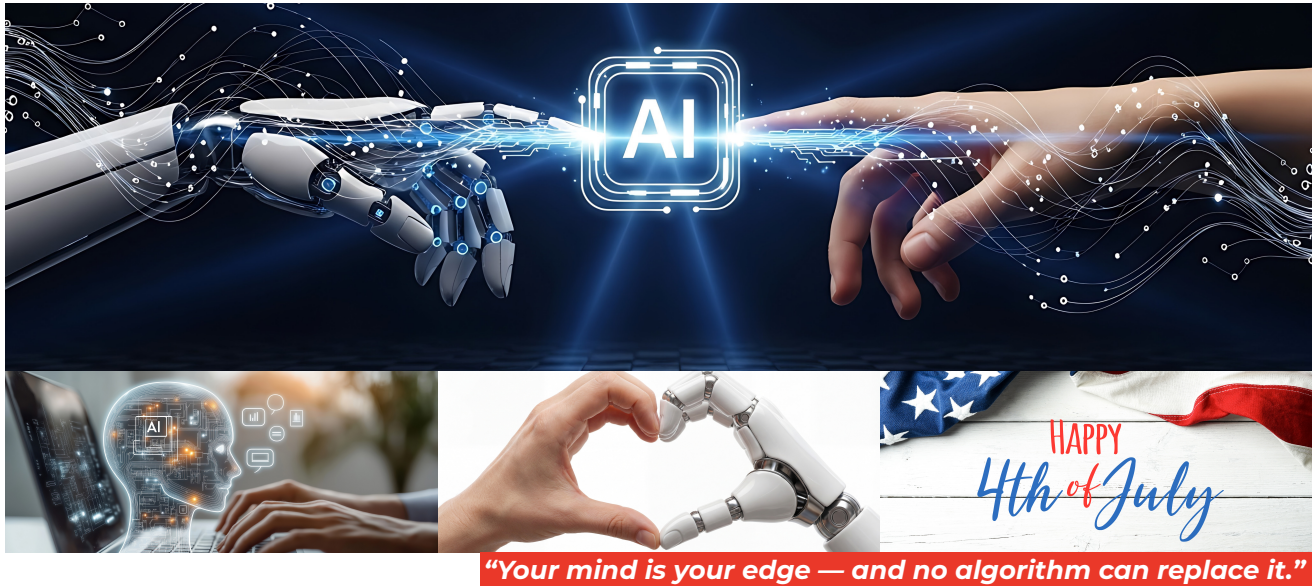


Monthly Newsletter

HEALTHY BY CHOICE

POWERED BY PROCARE RX

July 2026



"Your mind is your edge — and no algorithm can replace it."

July is Mindset Month at Healthy By Choice — and we're leaning into the questions that come with a world that's changing faster than ever.

Work is accelerating. AI is reshaping how we communicate, create, and get things done. And somewhere in the middle of all that speed, something important can start to slip: our sense of purpose, our presence, and our connection to what actually matters.

That's what this month is all about. Not a reaction to AI — but a reminder of who you are alongside it.

PAUSE | THINK | STAY HUMAN

These aren't just words. They're a practice. A way of moving through rapid change without losing yourself in it. Because the greatest challenge isn't the technology — it's making sure we don't lose ourselves in the process.

This month, Healthy By Choice brings you expert voices from inside ProCare Rx, neuroscience-backed mindset tools, a company-wide blood drive that proves what only humans can give, and a 5-day

challenge to help you reconnect with your irreplaceable value.

Pillar #2: Mindset is your anchor this July. Your mind is your edge — and no algorithm can replace it.

In today's issue:

- Pillar #2: Mindset — your mind as your competitive edge
- Executive Feature — A conversation with Marco Torelli, SVP
- Words from an Expert — Sathya Srinivasan, Our President of Technology
- Community News — Blood Drive Movement & Events
- July Challenge — Still You: 5 Days of Mindset (July 13–17)
- Workshop Invitation — Still You: Mindset in the Age of AI (July 17)
- Recipe of the Month — Grilled Salmon Skewers with Mango Avocado Salsa

Here's to staying grounded, staying curious, and staying you — even when



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Mindset: Your Mind Is Your Edge.

Staying grounded when everything is changing fast.

Why It Matters

We are living through the fastest technological shift in workplace history. AI tools are handling tasks that once took hours. Workflows are changing. Roles are evolving. And for many of us, a quiet question has surfaced:

If a machine can do what I do — what am I for?

The neuroscience is clear: this kind of identity uncertainty activates the same stress response as physical threat. It is real, it is valid, and it deserves to be named — not pushed down.

But here is what the research also shows: workers who actively engage their judgment and presence alongside AI — rather than passively deferring to it — report stronger confidence, greater meaning in their work, and lower anxiety. The key is hybrid intelligence: you using the tool, not becoming one.

What Is AI Anxiety?

AI anxiety is real — and naming it matters. It shows up as:

- Worry about job security or relevance
- Feeling overwhelmed by the pace of change
- Comparing yourself to tools rather than people
- Disconnection from the meaning in your work

You are not alone. A 2026 Gallup study found that 62% of workers report feeling some level of concern about AI's impact on their role. The difference between those who navigate it well and those who don't is not IQ — it is psychological flexibility: the ability to stay values-grounded while adapting to change.

Mindset in Practice

Pillar #2 is about building mental habits that protect your clarity, purpose, and sense of self. That includes:

- **Cognitive regulation:** Noticing when stress narrows your thinking — and using simple tools to reopen it
- **Identity anchoring:** Knowing what you bring that no system can replicate
- **Intentional attention:** Choosing where your focus goes instead of letting urgency decide
- **Presence as performance:** The quality of your human contact — in meetings, with clients, with teammates — is still a differentiator



Mental Clarity Practices

- **Box breathing:** 4 counts in, 4 hold, 4 out, 4 hold — 60 seconds resets your nervous system
- **Name it to tame it:** Labeling an emotion reduces amygdala activation by up to 50%
- **Values journaling:** 5 minutes writing what matters most rebuilds purpose faster than scrolling ever could
- **One human moment:** A real conversation, a real laugh, a real act of help — every day.

This month: Take 2 minutes to ask yourself — what did I do today that required judgment, empathy, or creativity that couldn't be scripted? Start noticing. That noticing is the beginning of Mindset Mastery.

Still You: Pause. Think. Stay Human.

Sathya Srinivasan, President of Technology | ProCare Rx

A leadership perspective on purpose, clarity, and staying grounded in a rapidly changing world.

Have you ever finished a day exhausted — answered dozens of emails, attended multiple meetings, checked countless messages — and still wondered whether you accomplished what mattered most? Most of us have.

We live in a world that rewards speed: more information, more communication, more urgency, more demands on our attention. And now, Artificial Intelligence is accelerating everything even further. AI can help us create, analyze, summarize, and communicate faster than ever before. That's exciting. It's also why this month's theme resonates with me:

PAUSE | THINK | STAY HUMAN

Because the greatest challenge isn't the technology itself — *it's making sure we don't lose ourselves in the process.*

Over the last several years, work has become faster than ever. Yet despite all this speed, many people feel more overwhelmed, distracted, and disconnected than before. Why? Because productivity and purpose are not the same thing. Being busy is not the same thing as being effective. And having more information does not automatically create more wisdom.

Purpose is what gives our work meaning. It is why we solve problems, support one another, serve our clients, and take pride in a job well done. Technology can make us faster, but it cannot tell us why our work matters. That comes from us.

As technology continues to evolve, I believe there are three simple practices that help us stay grounded.

Pause

In a world that rewards speed, pausing can feel uncomfortable. But some of the best decisions I've made in my career happened after taking a moment to step back, gather perspective, and ask better questions.

A pause creates clarity. It allows us to move from reacting to thinking, from assumptions to understanding, and from noise to focus. Not every problem requires an immediate answer. Not every email requires an immediate response. Sometimes the most productive thing we can do is pause long enough to see the bigger picture.

"Technology can make us faster. It cannot give us purpose. That comes from us."

Think

AI is a remarkable tool. It can help us work faster, organize information, and uncover insights that might otherwise be missed. But technology should

strengthen our thinking, not replace it.

The future belongs to people who remain curious — people who challenge assumptions, who continue asking "Why?" and "What if?", and who keep learning even when answers seem readily available. The value we bring is not our ability to repeat information. It is our ability to apply judgment. Technology can generate answers. Only people can determine which answers matter.

Stay Human

This may be the most important part. At the end of the day, our work is still about people — the customer who needs help, the colleague who needs support, the team that depends on trust, the family member waiting for us at home.

No technology can replace empathy. No technology can replace integrity. No technology can replace genuine human connection. In fact, as technology becomes more capable, these qualities become even more valuable.

Mental clarity isn't created by having fewer tools. It comes from being intentional about where we focus our attention, energy, and purpose. The strongest organizations will not be the ones with the most technology — they will be the ones that continue to invest in people, relationships, trust, and shared purpose.

One Thought to Take With You

AI will continue to evolve. The workplace will continue to evolve. The skills we need will continue to evolve. But there is one thing I hope we never lose: the ability to be intentional about how we spend our time, how we treat others, and how we find meaning in our work.

Use technology. Learn from it. Benefit from it. But remember that purpose is not found in the tools we use. Purpose is found in the people we help, the problems we solve, the commitments we keep, the relationships we build, and the difference we make every day.

Because the future will not be defined by artificial intelligence alone. It will be defined by people who combine technology, judgment, compassion, and purpose to make a meaningful impact. That's how we move forward — not by becoming more like machines, but by becoming better humans.

As technology helps me do more, am I spending more time on the work that matters most — or simply doing more work?

Technology changes. Purpose remains.

— *Sathya Srinivasan*

President of Technology at ProCare Rx.

A Conversation about AI and Connection

Marco Torelli, SVP Sales | ProCare Rx

There are people you meet in a career who carry something different. A steadiness that doesn't come from a title or a toolkit — it comes from years of showing up, paying attention, and choosing to stay human even when the pressure says otherwise. Marco Torelli is one of those people.

As SVP of Sales at ProCare Rx, Marco has spent decades navigating high-stakes negotiations, organizational change, and the constant evolution of how business gets done. So when we sat down to talk about AI, rapid change, and what it means to stay grounded, his answers weren't what you might expect from someone at his level.

They were honest. Calm. And deeply human.

"Somewhere in between."

That's how Marco describes his experience navigating the AI wave — and he doesn't apologize

for it.

"I'd be lying if I said a generation of people aren't really concerned. The pace is fast, and there's pressure to constantly adapt and continue delivering results."

But concern doesn't mean resistance. Marco has watched industries reinvent themselves before. He's seen tools come and go, workflows transform, and entire roles evolve. What he's learned is that the people who navigate change best aren't the ones who pretend it isn't happening — they're the ones who adapt without losing themselves in the process.

"What grounds me is realizing that while technology evolves, people still want trust. They still want clarity, confidence, honesty, and connection."

Leverage, not replacement.

Marco has tried the tools. He's explored AI in communication, research, and task management — and he'll tell you it's impressive. Genuinely useful. But his frame hasn't wavered.

"I view it the same way I've viewed other business tools throughout my career — as leverage, not replacement."

Because here's what Marco knows that a dashboard never will: the real work is rarely about data or process. It's about reading a room. Building trust slowly over time. Knowing when to push and when to simply listen.

"Can AI replicate intuition built from decades of experience, relationships, failures, wins, and real

human interaction? That's the part I think many people don't take into consideration."

What makes a conversation with Marco, Marco?

When asked what no tool could replicate, he didn't hesitate — but he also didn't boast.

"I think people can feel authenticity pretty quickly."

In every room he's been in — with clients, executives, brokers, consultants, and internal teams — Marco has led with honesty, calmness, and presence. Not pressure. Not performance. Presence.

"I genuinely listen. I pay attention to what's being said and also what isn't being said."

He calls it emotional intelligence disguised as business conversation. And after decades in the field, he's learned something most people

spend years trying to figure out: people don't remember what you closed. They remember how you made them feel.

One honest thing.

If Marco could say one thing to a teammate who's quietly worried right now — not the polished version, the real version — this is what he'd say

"Don't lose confidence in the value of being human."

Learn the technology. Stay curious. Adapt. But don't underestimate emotional intelligence, trust, resilience, critical thinking, and authenticity. Those are the things that still separate people from algorithms.

"Technology, like mankind, will continue to evolve. But people will always remember who helped them feel understood, supported, respected, and confident during uncertain times. That part can't be automated."

— Marco Torelli,
SVP Sales, ProCare Rx



Still Human: A Company-Wide Blood Drive Movement

“The most human thing you’ll do this month.”

Giving blood is one of the most uniquely human acts we can offer one another — no machine can do it for us. This July, ProCare Rx is moving together as one company to make a real difference. Whether you donate on-site in Gainesville or find a local blood bank near you, every drop counts — and every donor will be celebrated by name.

Timeline

- July 20** → Donate & Share window opens for Southfield, Gainesville, Miramar, Puerto Rico — post in GChat
- July 22** → Gainesville on-site Blood Drive
- July 24** → Share window closes
- July 27** → Company-wide shout-out post — every donor celebrated by name and location

How It Works

Gainesville: On-site Blood Drive on July 22. Show up, donate, earn 500 GoPivot points. Photo share — 200 GoPivot points

Southfield, Miramar, Puerto Rico — Donate & Share: Donate at your local blood bank between July 20–24, then share a photo (badge, sticker, post-donation selfie, arm wrap) on the GChat or via the submission form.



MENTAL HEALTH RESOURCES:

Because taking care of your mind isn't a luxury — it's leadership.

- NAMI Helpline: nami.org/help | 1-800-950-6264
- BetterHelp: betterhelp.com
- Headspace: headspace.com
- EAP: Check your ProCare Rx benefits for free counseling sessions.

Your well-being doesn't begin or end with your finances. It starts with — and is always about — you.

Our team is here to help, anytime and anywhere. Read on for information about no-cost, confidential support you can access for life's challenges.

EVENT ANNOUNCEMENTS



All Locations & Remote

Gainesville

- Company Blood Drive — 7/22 | 500 points for donors

All locations

- Still You GoPivot Challenge — 7/13 – 7/17
- HBC Workshop: Mindset in the Age of AI — 7/17
- Still Human Blood Drive Movement — week of 7/20
- Donate & Share — donate locally, share a photo | 500 points

TEAM COACHING GROUPS



Pillar #2 Mindset:

Still You: Mindset in the Age of AI

One regulation tool. One reflection prompt you can use immediately. Open to all employees — no registration required.

Focus Areas:

- The identity question: who am I when AI can do what I do?
- Naming AI anxiety and what it does in the body
- The uniquely human: judgment, presence, care, taste
- Hybrid intelligence: partnering with AI without losing yourself

Join FRI July 17 - 1:15 PM Session



WELLNESS CHALLENGES

Mini-Challenge: Still You — 5 Days of Mindset

Duration: July 13 - 17

Points Available: 250 points per day | 1,250 total

Take 2–3 minutes each day to anchor your mental clarity, sense of identity, and human presence in a world that’s moving fast. Designed for all employees — no AI expertise required.

Daily Prompts

Day 1 — Name (Identity) | Monday, July 13

What did you do today that no AI could have done in your place? A conversation, a judgment call, a moment of presence? Name one.

Day 2 — Breathe (Regulation) | Tuesday, July 14

Try a 60-second reset: hand on chest, slow exhale longer than your inhale. Do it 3 times today — especially when you feel rushed or overwhelmed.

Day 3 — Connect (Presence) | Wednesday, July 15

Choose one human moment: a phone call instead of a text, eye contact in a meeting, a real “how are you” with a coworker. Be fully there.

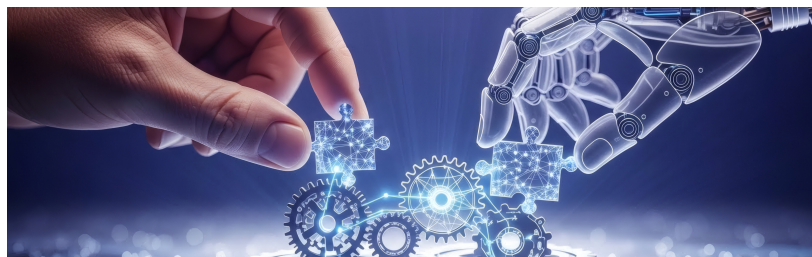
Day 4 — Partner (Hybrid Intelligence) | Thursday, July 16

If you used AI today, what did you add to it — your judgment, your taste, your voice — that made it truly yours? Notice your contribution.

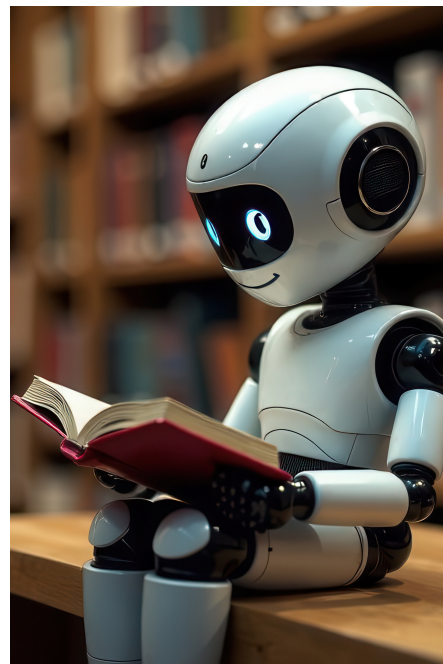
Day 5 — Anchor (Meaning) | Friday, July 17

What gives your work meaning that no tool can replicate? Write one sentence. Keep it where you can see it next week.

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 July birthdays! Your special birthday shout-out is [right here](#). Cheers to another fantastic year ahead!

MINDSET

WORDSEARCH

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

- JUDGMENT • FOCUS • RESILIENCE • BALANCE • STRESS • SLEEP • MENTAL • HEALTH • HABIT • ROUTINE • PRESENCE • PURPOSE • FUEL • ENERGY • RECOVERY • MINDSET • CLARITY • TRUST • HUMAN • PAUSE • THINK

Grilled Salmon Skewers

with Mango Avocado Salsa

Grill Smart. Think Clear.

Sun on your face, omega-3s on your plate — this summer BBQ recipe is as good for your brain as it is for your backyard.

Ingredients: (Serves 4)

For the salmon skewers:

- 1.5 lbs wild-caught salmon, cut into 1.5-inch cubes
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp smoked paprika
- 1 tsp cumin
- Zest of 1 lime
- Salt and black pepper to taste
- Wooden or metal skewers

For the mango avocado salsa:

- 1 large ripe mango, diced
- 1 large avocado, diced
- 1/2 red onion, finely diced
- 1 jalapeño, seeded and minced (optional)
- 1/4 cup fresh cilantro, chopped
- Juice of 2 limes
- Pinch of salt

For serving:

- Warm whole grain flatbread or lettuce cups
- Lime wedges
- Fresh cilantro sprigs

Why Your Brain Loves This

Wild-caught salmon: One of the richest sources of omega-3 DHA — the fatty acid your brain cells are literally made of. Linked to improved focus, mood stability, and reduced cognitive decline.

Mango: Packed with vitamin B6, which supports neurotransmitter production — the chemical messengers that regulate mood, sleep, and mental clarity.

Avocado: Healthy monounsaturated fats that support blood flow to the brain, plus folate for cognitive function.

Lime juice: Vitamin C helps protect brain cells from oxidative stress — especially important during high-demand workdays.

Smoked paprika + cumin: Anti-inflammatory spices that support overall cellular health. Flavor and function in every bite.



Instructions:

1. Marinate the salmon:

In a bowl, whisk together olive oil, garlic, smoked paprika, cumin, lime zest, salt, and pepper. Add salmon cubes and toss to coat. Let marinate for at least 20 minutes — or up to 2 hours in the fridge for deeper flavor.

2. Make the salsa:

Combine mango, avocado, red onion, jalapeño, and cilantro in a bowl. Squeeze lime juice over everything and add a pinch of salt. Gently toss, taste, and adjust. Set aside to let the flavors come together.

3. Build the skewers:

If using wooden skewers, soak in water for 30 minutes first. Thread salmon cubes onto skewers, leaving a little space between each piece for even cooking.

4. Fire up the grill:

Preheat grill to medium-high (around 400°F). Lightly oil the grates. Grill skewers for 3–4 minutes per side until salmon is cooked through with beautiful char marks. Don't overcook — salmon should still be slightly pink inside.

5. Finish strong:

Plate the skewers alongside a generous scoop of mango avocado salsa. Serve with warm flatbread or lettuce cups and extra lime wedges. Best eaten outside with good company.



Thank you for reading!