Be "In the Green" by participating in our UNT World Well-Being Program. Explore a wealth of resources by visiting the In the Green portal. Well-being benefits include online fitness classes, meditation sessions and financial webinars. Explore articles about physical, interpersonal and financial wellness. Find helpful information about your UNT World benefits, including fitness and financial assessments. Check out app recommendations, nutritional advice, free counseling resources and much more.

Harness Tools and Resources to Live a Healthier Lifestyle

June is Men’s Health Month, highlighting awareness about health care for men and encouragement for boys, men and their families to implement healthy life choices like exercising, eating healthy and preventative care.
In support of health and financial well-being for the men in your life, whether it’s your spouse, partner, father, brother or son, we are focusing on men’s health this month. Learn more about the many tools and resources for living a healthier lifestyle and understanding your wellness guidelines for the recommended health screenings through HealthSelect and start making your health a priority.

**Health and Financial Tips for Men Include:**

- Get routine health checkups, screenings and (don't forget) dental exams. Just because you’re healthy doesn't mean you’re off the hook.
- Eat a healthy, well-balanced diet
- Exercise
- Know your family history—and share it with your doctor
- Drink alcohol in moderation
- Don't use tobacco
- Stick to a budget
- Pay off debt
- Have a savings plan
- Review your insurance coverage
- Have a will in place and review it often

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**Other Health News...**

* Are you a smoker or know someone who is? Accordingly to the CDC, if you are a tobacco user, this remains the largest preventable cause of death and contributes to other diseases and disabilities to your organ system. For more
information on the two HealthSelect programs for “Quitting Tobacco” or “Staying Tobacco Free,” visit the ERS Choose to Quit program.

**Need a simpler way** to eat healthy and to incorporate fruits and vegetables? Head to MyPlate to get tips and ideas to manage your food group intake which may help protect you from some diseases.

**ERS Summer Enrollment (UNT June 29 – July 11; UNT Dallas, UNTHSC, UNT System July 6 – July 18):** The annual benefits enrollment event offers the opportunity to make changes to your benefit elections (health, dental, vision, life insurances; short and long-term disability; Tex-Flex). Changes you make will be effective September 1, 2020.

**Want to learn more** about prescription home delivery during COVID-19 and how to get the most out of your prescription benefits? Visit OptumRx, where you can manage your prescriptions such as: finding a network pharmacy, medication pricing tools, reference forms and education resources.

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**PHYSICAL WELL-BEING**

**Maintain Physical Health with Rec Sports**

Regular physical activity can help control weight gain, reduce your risk of heart disease and can improve your mental health. The Physical Activity Guidelines for Americans recommends a minimum of 150 minutes of moderate physical activity every week. To help you reach and exceed those minutes the UNT Rec
Sports is providing live and on-demand workouts, intramural events, outdoor clinics and tips, and family friendly activities each week.

**LEARN MORE**

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**INTERPERSONAL WELL-BEING**

**Access BlueCross BlueShield Well onTarget Programs**

Learn a new way to experience wellness through BlueCross BlueShield Well onTarget Self-Management programs. These programs support your health journey with personalized tools and resources—all helping to create healthy habits.

**LEARN MORE**

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**FINANCIAL WELL-BEING**

**Need vs. Want and the 50/30/20 Budget Method**

Is that case of craft brew a necessity or a luxury? What about that additional streaming channel, those designer mud flaps and that second set of socket wrenches? When making financial decisions and formulating a financial plan, it’s important to know the difference between what we need and what we want. When developing a budget, focus first on the needs, while allowing for “wants” as well. Necessities should be 50 percent of your budget, according to
the “50 (needs)/30 (wants)/20 (savings)” method, but you can still have that craft brew and fishing channel – just maybe not the mud flaps.

LEARN MORE

We’d love to hear from you! Share your comments, suggestions, videos and photos with us. Follow In the Green on Twitter and Instagram (@untworldwellbeing), and join us on Facebook.

WEBINAR: "Good Night With Dolly"
May 28 at 7 p.m. - CLICK FOR DETAILS

WEBINAR: "Grief, Loss and Renewal"
June 1 at 9 a.m. - CLICK FOR DETAILS

WEBINAR: "Advanced Social Security Strategy"
June 3 at 11 a.m. - CLICK FOR DETAILS

WEBINAR: "Round the Clock: Late Shift Living"
June 4 (Pre-Recorded) - CLICK FOR DETAILS

WEBINAR: "Good Night With Dolly"
June 4 at 7 p.m. - CLICK FOR DETAILS

WEBINAR: "Market Volatility"
June 10 at 1 p.m. - CLICK FOR DETAILS
WEBINAR: "Take Charge of Your Health Care"
June 11 at 9 a.m. - CLICK FOR DETAILS

WEBINAR: "How to Reap the Benefits of the Outdoors"
June 11 at 10 a.m. - CLICK FOR DETAILS

WEBINAR: "Inclusivity, Collaboration and Respect"
June 12 at 8 a.m. - CLICK FOR DETAILS

Campus News.

Click logos for the latest news from our member institutions

Miss an issue of HR Highlights? CLICK HERE to catch up!