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Wellness Works

Out with the old, in with the new

The United States Department of Agriculture (USDA) replaced the 20-year old Food Pyramid with MyPlate. Out with counting daily servings from multiple food groups; the new MyPlate icon serves as an easy reminder about how to build a healthy plate at mealtime.

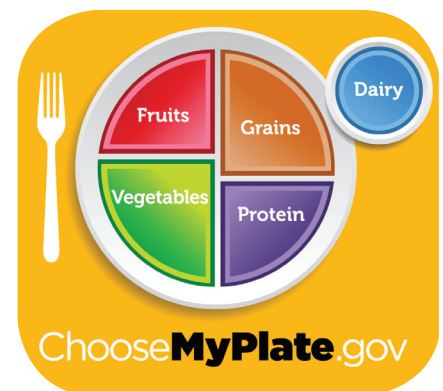
MyPlate simplifies making healthy food choices by dividing the plate into fourths. A few of the MyPlate guidelines include:

- Make 1/2 the plate fruit and vegetables
- 50% of grains should be whole grains
- Proteins make up 1/4 of the plate
- Switch to fat-free or low-fat (1%) milk & dairy products

WANT TO KNOW MORE ABOUT EACH OF THE FIVE BASIC FOOD GROUPS?

Visit www.choosemyplate.gov for additional information and interactive tools. You can even order a real MyPlate to jump-start your healthy eating.

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CIS Benefits-member employees, and their family members, have access to many FREE and low cost resources and programs through our Benefits partners, Regence and Kaiser Permanente.

- **Regence**

Visit myRegence.com and navigate to MyHealth, then Programs.

- **Kaiser Permanente**

Visit kp.org, then select Health & Wellness, and navigate to Member Programs & Classes.

For more resources, visit www.cisbenefits.org and select Healthy Eating & Weight Management Programs under the “Healthy Benefits & Wellness” tab.

FREE FLU SHOTS:

Free flu shots are available in September. Visit www.cisbenefits.org for details.

It's all about **TRUST.**

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