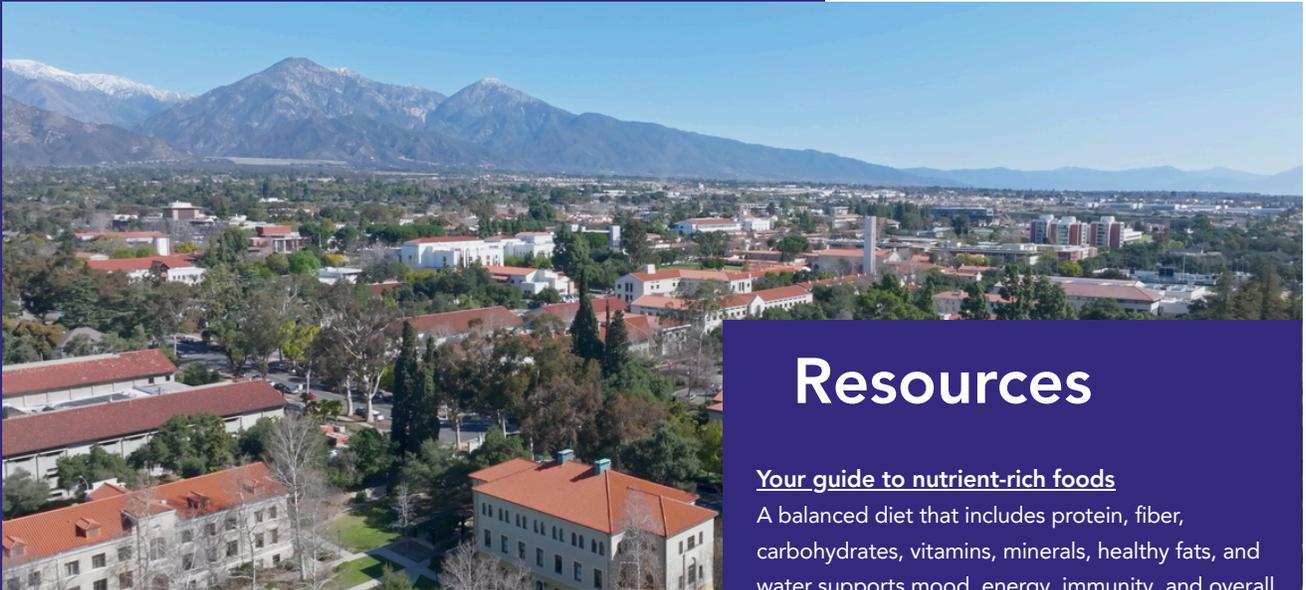


FEB 26 THE CLAREMONT COLLECTIVE

A Community-Focused Approach to Wellness



February is American Heart Month

February is American Heart Month, a nationwide observance that raises awareness about cardiovascular health. First proclaimed in 1964 by President Lyndon B. Johnson, American Heart Month began as a national call to take charge of heart health, a mission that continues today.

Heart disease can affect your blood vessels, heartbeat, and heart valves. Steps you can take to lower your risk include quitting smoking, exercising regularly, eating a balanced diet, and maintaining a healthy weight.

It's also important to schedule regular checkups with your doctor and to seek medical advice if you notice any concerning symptoms. Getting enough sleep and managing stress can further support your heart health.

Your Optum Employee Assistance Program (EAP) offers several helpful resources, including this month's article.

What you'll read about:

- What exactly is the heart and how does it work?
- What is heart disease?
- What are the risk factors for heart disease?
- What are some problems and symptoms to watch out for?
- How is heart disease treated?

Resources

Your guide to nutrient-rich foods

A balanced diet that includes protein, fiber, carbohydrates, vitamins, minerals, healthy fats, and water supports mood, energy, immunity, and overall well-being.

Financial Goal Planner

TIAA offers this roadmap for planning your financial journey. Get advice from TIAA at no extra cost by meeting with a consultant. [Click here to learn more](#)

Wellvolution for Blue Shield Members

Health changes can be hard to make alone. Wellvolution offers a curated collection of lifestyle medicine programs to help you address your health needs - at no extra cost.

Optum EAP February Engagement Toolkit

This month's toolkit is packed with resources about taking care of your body which is essential to your physical, mental and emotional health.

SGIA Medicare Consulting

SGIA's programs enhance your benefit offerings, providing education on Medicare options at no cost to you. Contact benefits@claremont.edu for more information.

Discover More Ways to Use Your FSA and HSA Funds

www.fsastore.com is an online marketplace dedicated to FSA-eligible items. It's a helpful tool for browsing and purchasing products that can be paid for with your FSA—many of which you might not realize qualify. The site clearly marks eligible items, saving you time and guesswork.

Some items you might expect include:

- First aid supplies
- Thermometers
- Blood pressure monitors
- Contact lens solution

But many surprisingly eligible expenses can also be found there, such as:

- Sunscreen (SPF 30+ and broad spectrum)
- Breastfeeding supplies (breast pumps and accessories)
- Acupuncture supplies
- Orthopedic supports (knee braces, back supports)
- CPAP accessories for sleep apnea
- Pain relief products (TENS units, heat/cold therapy wraps)
- Reading glasses
- Prenatal vitamins (when prescribed)
- Compression socks for medical use

FSastore.com can help you get more value from your FSA by uncovering eligible products you might otherwise overlook. It's worth checking back often, especially during open enrollment or when planning for upcoming medical needs.

[SHOP FSA STORE](#)



Wellness Spotlight

When we hear the word “wellness,” it’s easy to picture a specific routine, daily workouts, meal prep, meditation, or budgeting spreadsheets. But the truth is, wellness looks different for everyone, and it can change over time.

For some, wellness might mean moving their body more, taking short walks, stretching during the workday, or finding an activity they actually enjoy. For others, it may mean focusing on mental health by setting boundaries, getting more rest, or reaching out for support when stress feels overwhelming.

Financial well-being is also an important part of overall wellness. Feeling informed and prepared—whether that’s understanding your benefits, planning for upcoming expenses, or getting guidance when money feels stressful—can make a meaningful difference in daily life.

There’s no single “right” way to be well. Small, realistic steps that fit your life and your needs can have a big impact over time. Whether your focus is physical, mental, or financial health, the goal is progress—not perfection.

Remember, support is available. Your benefits include resources designed to help you take care of yourself in the ways that matter most to you. Reach out to benefits@claremont.edu if you need assistance finding these resources.

✨ Healthy Recipe of the Month ✨

[Cauliflower Crust Pizza with Vegetable Topping and Balsamic Glaze](#)

Events & Webinars

12

[TIAA Webinar](#)

Yours, Mine, Ours:
Finances for Blended Families
Thursday, February 12th
9:00 am

[Register here](#)

18

[PersonalSage Healthy Habits Webinar](#)

Financial Check-In & Navigating New Roth
Catch-Up Contributions
Wednesday, February 18th
11:00 - 12:00 pm

[Register here](#)

24

[TIAA Webinar](#)

Managing Your Finances During and After
Divorce
Tuesday, February 24th
8:00 am

[Register here](#)

26

[Kaiser Health Talk](#)

Be Heart Smart:
Millennials to Baby Boomers
Thursday, February 26th
12:30 - 1:30 PM

[Register Here](#)