

Wellbeing Insights



In This Issue

- 01 [Spotting the Signs: How to Help Others Through Mental Health Struggles](#)
- 03 [On the Menu: Arugula](#)
- 04 [Health Literacy Highlight: Healthy Vision Month: Maximize Your Vision Benefits](#)
- 05 [Magnesium Made Simple: What to Know About Supplementation](#)

Looking for ways to boost your self-care routine? [Click here](#) for your daily inspiration!

Spotting the Signs: How to Help Others Through Mental Health Struggles

Mental health challenges can arise gradually or suddenly. Noticing early signs in someone you care about lets you offer support before stress escalates or relationships suffer.

You might worry about overstepping or saying the wrong thing. That's understandable. The good news is you don't need perfect words. Small, thoughtful actions often matter more than having all the answers.

Continued on page 2



Spotting the Signs: How to Help Others Through Mental Health Struggles

Continued from page 1

Understanding what to look for isn't about labeling people. It's about knowing when someone may need support and feeling confident that you can respond in a way that genuinely helps.

Here are the signs you need to know and ways you can make a positive impact:

- **Notice shifts in mood or behavior.** Pay attention when someone seems withdrawn, irritable, or unusually quiet. Catching changes early gives you a chance to check in before stress deepens into isolation, conflict, or burnout. A simple "I've noticed you seem a little off lately — how are you doing?" can open the door.
- **Listen without judgment.** Give them your full attention and let them talk without interrupting or rushing to fix the problem. When someone feels heard, their stress often decreases, and they may feel more comfortable opening up rather than pulling away. Feeling understood is often the first important step toward feeling better.
- **Encourage professional or community support.** You don't have to carry the responsibility alone. When it feels appropriate, gently share available resources, such as a counselor, an employee assistance program, or a trusted community service. Reassure them that reaching out for help is a sign of strength, not a weakness. Connecting them to additional support gives them more tools, guidance, and stability as they navigate challenges.

- **Offer practical assistance.** Simple actions, like helping with daily tasks or checking in regularly, can relieve stress and show you care. For example, sending appointment reminders or offering to collaborate on a work project eases pressure and strengthens the connection. Small gestures show you're not just concerned, you're present. That consistency builds trust.
- **Respect boundaries and follow their pace.** Support is most effective when it aligns with what the person is comfortable sharing or doing. Allowing a family member to talk when they're ready or letting a co-worker set the timing for conversations promotes consistent engagement.

You don't need all the answers. By noticing behavior changes, listening with care, and offering steady support, you become someone others can turn to. Your actions can turn a difficult moment into an opportunity, strengthen relationships, and build a culture of safety.

Article contributed by Curalinc Healthcare.



Arugula

If you're looking for a way to spice up your salad greens, look no further than arugula. This leafy green, also known as rocket, has a distinct peppery flavor that makes it a great alternative to standard salad greens varieties like spinach, romaine, and iceberg.

This spicy green has been around for quite a long time, even making an appearance in the Old Testament Book of Kings, suggesting that arugula has been harvested as far back as the 6th century B.C. Since then, arugula has been mentioned in the literature throughout history, with claims that it was used as a sedative and prized as an aphrodisiac. While modern science may no longer support the use of arugula for sedation, it does provide a variety of valuable nutrients. This might be why it's so commonly found in the heart-healthy Mediterranean diet.



Here are four reasons why arugula should make an appearance in your next salad:

1. It's full of phytonutrients, including folate and vitamins A, K, and C. It scored over 600 on the Aggregate Nutrient Density Index (ANDI) test, which is a tool that's used to rank food by nutrient density.
2. It's a great source of beta-carotene, which promotes healthy vision.
3. It contains significant amounts of magnesium, sodium, and potassium; three minerals that aid in blood vessel relaxation, which is important for maintaining healthy blood pressure.
4. Like cabbage and collard greens, arugula is a member of the cruciferous family of vegetables. These veggies are a great source of glucosinolates, which studies have shown can aid in hormone activity and help the body rid itself of carcinogens.

Keep It Fresh

Keeping delicate, leafy greens fresh can be tricky. However, one tried-and-true method is to store them in a container lined with a paper towel. Simply line a food-storage container with a paper towel, place the arugula on top, cover with another paper towel, and place the lid on securely. Keep it in the refrigerator and use it within 7 to 10 days.

Simple Arugula Salad

This light yet peppery salad is quick and easy to make and an excellent pairing for pizza night!

Ingredients

- 5 cups arugula
- 2/3 cup shaved parmesan cheese
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. freshly squeezed lemon juice
- Pinch of salt and freshly ground pepper

Directions

In a large salad bowl, whisk together the olive oil, lemon juice, salt, and pepper. Add the arugula and toss to combine. Top with shaved parmesan and serve immediately.

Nutrition Information

Per Serving (1/5 of batch)

| | |
|---------------|-------|
| Calories | 99 |
| Total Fat | 8.7g |
| Carbohydrates | 1.2g |
| Sugar | 0.5g |
| Fiber | 0.3g |
| Protein | 4.6g |
| Sodium | 219mg |

Healthy Vision Month: Maximize Your Vision Benefits

From the moment we wake up to the time we go to bed, we rely on our vision to guide almost everything we do. Because we depend on our eyes so much, taking care of our vision is an important part of our overall health. Healthy Vision Month is the perfect time to learn how to use your vision benefits wisely and avoid surprise costs.

Why Vision Care Matters

Routine eye exams do more than check if you need glasses. They can also help find early signs of eye conditions like glaucoma or cataracts. Even more, eye exams may detect health issues such as diabetes or high cholesterol before you notice symptoms. Catching problems early can save you time, money, and stress later.

Vision Insurance vs. Medical Insurance

It's important to know that routine vision insurance and medical insurance are not the same.¹

- **Routine vision insurance** covers regular eye exams and corrective eyewear like glasses or contact lenses.
- **Medical insurance** covers eye-related health issues, such as infections, injuries, or diseases.

The difference matters because it can affect what you pay. For example, if you visit the eye doctor for a medical concern, your medical insurance may be billed instead of your vision plan. Your provider's office can help decide which insurance applies based on the reason for your visit and the results of your exam.

Know What Your Plan Covers

Most routine vision plans help pay for:

- Routine eye exams (often once a year)
- Eyeglass frames and lenses
- Contact lenses

Some plans may also offer discounts on services like laser vision correction or safety eyewear. Keep in mind that many plans have limits, such as how often you can get new frames or lenses.



Tips to Maximize Your Benefits

- **Schedule your annual eye exam:** Many plans cover exams at little or no cost. This is your best tool for prevention and should not be skipped.
- **Stay in-network:** Choosing a provider in your plan's network usually means lower costs.
- **Use your allowance wisely:** If your plan gives you a set dollar amount for frames or contacts, try to use the full benefit before it expires.
- **Ask questions:** Before your visit, confirm what your plan covers and which insurance will be used.
- **Plan ahead:** Check your benefit period, so you utilize all covered services before they reset.

Your vision benefits are an important part of your overall health care. Understanding how your vision and medical coverage work together can help you save money and take better care of your eyes.

¹Resource: <https://eyecareinstitute.com/routine-vs-medical-insurance/>

Magnesium Made Simple:

What to Know About Supplementation

Magnesium is a naturally occurring mineral found in the earth, seawater, plants, and animals, and is essential for hundreds of processes in the human body. It supports muscle and nerve function, heart rhythm, energy production, blood sugar regulation, and sleep. Many forms of magnesium, such as citrate, malate, and oxide, are found naturally in foods such as leafy greens, nuts, seeds, legumes, and whole grains. However, many adults do not consistently meet recommended intake levels through diet alone to achieve noticeable impacts. Other forms, such as glycinate and threonate, are not naturally occurring in foods; rather, they are created specifically for supplementation to target various health needs.

If you have explored the supplement aisle, you may have noticed the wide variety of magnesium supplements to choose from. Magnesium is paired with various compounds that affect its absorption, function in the body, and typical use.

Below is an overview of the most widely used and commonly recommended forms of magnesium supplements.

Note that “absorption” refers to how well your body can use the magnesium from a supplement. “Highly absorbed” forms are more easily used by the body.

| Type | Common Uses | Forms and Use | Considerations |
|--|---|--|---|
| Magnesium Glycinate | Sleep support, stress management, muscle relaxation | Oral capsules, tablets, or powders | Highly absorbable and gentle on the digestive system; often recommended for routine use |
| Magnesium Citrate | Occasional constipation relief | Oral capsules, tablets, powders, or liquid solutions | Well absorbed but may have a laxative effect |
| Magnesium Oxide | Short-term constipation relief | Oral tablets or capsules | Less easily absorbed; more likely to cause digestive discomfort |
| Magnesium Malate | Energy production, muscle soreness | Oral capsules or tablets | Well absorbed; sometimes selected for fatigue-related concerns |
| Magnesium Threonate | Cognitive support | Oral capsules or powders | Emerging research suggests potential brain health benefits |
| Magnesium Sulfate (Epsom Salts) | Muscle soreness, relaxation | Dissolved in bath water for topical use; sometimes available as oral solution under medical guidance | Primarily used externally; not typically recommended for daily oral supplementation |

Continued on page 6

Magnesium Made Simple: What to Know About Supplementation

Continued from page 5

How to Determine What May Be Right for You

Selecting a magnesium supplement begins with identifying your primary goal:

- For sleep or stress support, magnesium glycinate is frequently recommended due to its high absorption and calming properties.
- For digestive support, magnesium citrate or magnesium oxide may be appropriate, with citrate being a gentler option. Starting at a lower dose can help minimize side effects.
- For muscle relaxation or soreness, magnesium glycinate or magnesium malate may be helpful. Epsom salt baths (magnesium sulfate) can provide temporary relief for sore muscles.
- For cognitive support, magnesium threonate is sometimes chosen because it may help support brain function, although research is still developing.

Recommended Intake and Safety Considerations

Most adults require approximately 310 to 420 mg of magnesium per day, depending on age and sex. This total includes magnesium from both food and supplements. Taking excessive amounts may result in diarrhea, nausea, or abdominal cramping.

Before starting any supplement:

- Review the label for the amount of elemental magnesium per serving.
- Begin with the lowest effective dose.
- Consult your healthcare provider if you have kidney disease or take certain medications, including diuretics or some antibiotics.

Magnesium supplementation can be beneficial when used appropriately. Aligning your supplement choice with your specific health goals and seeking professional guidance when needed can help support safe and informed wellbeing decisions.



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