

Please forward to your employees!

Please note: information provided below may not apply to all and could be specific to benefits provided under the company health plan.

IN THE LOOP

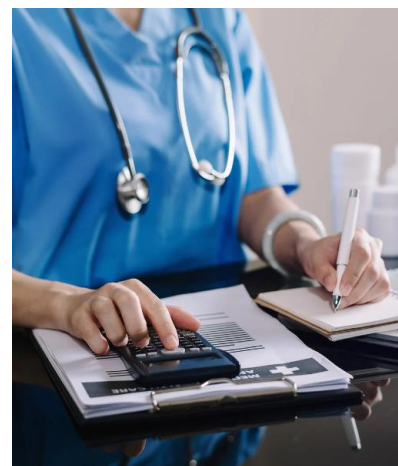
Your guide
to **wellness**
& **cost savings**

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CORPORATE BENEFITS
Meeting all your employee benefit needs

Navigating Healthcare Costs: Understanding Deductibles, Coinsurance, and Copays

Understanding the financial aspects of your healthcare can be just as important as understanding medical procedures and treatments. Three terms that often cause confusion are deductibles, coinsurance, and copays. While they all contribute to the cost of healthcare services, they operate differently and play distinct roles in determining how much you pay out of pocket.

[Read more](#)



Raise Your Glass to Awareness: Alcohol Awareness Month

April is designated as Alcohol Awareness Month, aiming to highlight the dangers associated with alcohol consumption and encourage responsible drinking practices.

Alcohol is deeply embedded in our society, whether it's enjoying a glass of wine with dinner or socializing with a few drinks. However, this widespread acceptance has led to its misuse and abuse. Excessive drinking, including binge drinking, can result in various health issues such as liver disease, heart problems, and mental health disorders. Recognizing the signs of alcohol addiction, like increased tolerance and neglecting responsibilities, is crucial. This understanding complements the promotion of responsible drinking habits, including pacing oneself, setting limits, and avoiding binge drinking.

For those struggling with alcohol addiction, seeking support from healthcare professionals, counselors, or groups like Alcoholics Anonymous (AA) is essential. Taking proactive steps to address alcohol misuse can protect one's well-being and contribute to a healthier future.

Click here to learn more: [Alcohol Awareness: Role of Alcohol in Your Life](#)

Cajun Shrimp

2 Servings

Ingredients

- 2 tablespoon olive oil
- 1 pound large shrimp (peeled and deveined)
- Kosher salt and ground pepper
- 2 tablespoon Cajun seasoning
- Lime wedges
- Fresh parsley (finely chopped)

Directions

1. Heat the oil in a large skillet over medium-high heat.
2. To a large bowl, add the shrimp, salt, pepper, and Cajun seasoning. Toss well to evenly coat.
3. Cook for 2-3 minutes per side, or until pink and opaque.
4. Garnish with fresh parsley and serve with lime wedges. Serve over cooked rice, if desired.



Source: Healthy Fitness Meals (<https://healthyfitnessmeals.com/cajun-shrimp-recipe/#recipe>)

Want to learn more about a wellness topic?

BSI Corporate Benefits is here to help you understand your personal wellness. Please email any topic recommendations to wellness@bsicorporate.com!

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BSI Corporate Benefits | 205 Webster St., Bethlehem, PA 18015

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