



## The Umbrella Of Grief

All of us deal with grief throughout the course of our lives, whether lesser, like the loss of a career opportunity, or greater, like the death of a loved one. While everyone handles their grief differently, here are some actions to help move through the sorrow.

**Accept and express your feelings.** It is healthy to recognize any feelings that come along with grief, such as anger and frustration, and to talk about them with trusted friends or family.

**Take care of yourself.** Experiencing grief is often exhausting. Make sure you're sleeping well, drinking enough water, and eating nourishing food.

**Recognize that grief is a complicated process.** Grief is not a straight road. You may feel better for some time before feeling overwhelmed with sadness again.

### Talk to someone who can help.

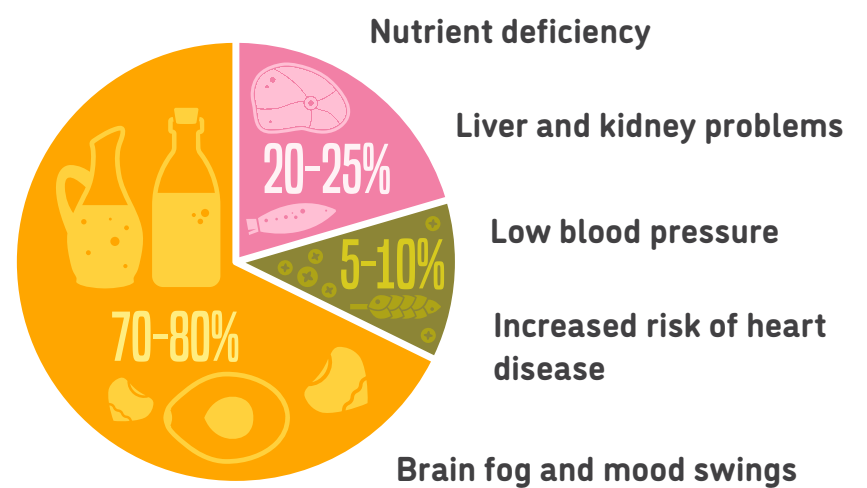
There are many kinds of therapy that can help you talk through your grief. Your company's Employee Assistance Program or medical plan may provide a number of counseling sessions that you and your covered family members might be eligible for.



## Going Keto?

A trend in the dieting world is the ketogenic diet. The premise is that by consuming a high-fat, low-carbohydrate diet, you will force your body to burn fat it has stored for fuel instead of carbs – a process called ketosis. This sounds promising, but is going keto good for you?

Keto diets require you to eat fewer than 20-50 grams of carbohydrates a day (for comparison, a single nutrient-rich banana has roughly 27 grams of carbohydrates). It's also restrictive of protein, which is a key nutrient for maintaining your muscles. This means up to 90% of your daily calories have to come from fat. These restrictions can lead a number of side effects, including the following:



Some studies suggest that people on the keto diet will lose weight in the short-term, but long-term, a keto diet is not more effective or lasting than a low-fat diet. If you're looking to eat more nutritiously, consider talking to a dietitian or licensed nutritionist.

## BENEFIT SPOTLIGHT

### Cutting RX Costs

Sometimes prescriptions are expensive. The good news is there are prescription discount programs and coupons available for some medications.

How do prescription discount programs work? These discounts typically can't be combined with your benefit plan's coverage, so make sure to check the price against the cost of using your insurance's prescription drug benefit. If you choose to use a discount card (and are not tapping into your insurance's prescription drug benefit), the cash amount you pay for the prescription may not count toward your deductible or out-of-pocket maximum.

**GoodRX** is a web- and app-based platform that allows you to search for prescription drug coupons and compare pharmacy prices. The company claims a savings of up to 80% on generics. **Optum Perks** also provides coupons for medications and a searchable database for drug cost comparison at participating pharmacies near you.

The **Amazon Prime RX Savings** discount card, which is included with an Amazon Prime membership and is administered by InsideRX. It provides discounts of up to 80% for generics and up to 40% for brand-name medication at participating pharmacies.

