



# April Focus: What is Natural Family Planning?

The latest health and wellness news, tips, and updates from the Lay Benefits Department of the Roman Catholic Archdiocese of Boston.

## LOOKING AHEAD...

### NFP Services & Qualified Expenses

Using HRA or HSA funds to pay for out-of-pocket NFP-related medical costs

### Easter Reflection

Let us reflect on the meaning of Easter.

### Stair Master

Climb 300 flights of stairs in 30 days and earn \$50 into your HealthEquity HRA or HSA! Are you ready to step it up?

### Wellness Webinars

This month we focus on your NFP questions, women's health, increasing strength and endurance, and the benefits of a plant-based diet.

### The Wellness Corner

Spring is here! Let's make a Strawberry Spinach salad.



## *The Benefits Department is teaming up with The Office of Family Life to highlight Natural Family Planning!*

You may have heard the term before, but what is Natural Family Planning (NFP)? If you're a couple planning to start a family or delay starting a family for a little longer, NFP can help! The methods of NFP help a woman recognize key signs of fertility using biologic factors like body temperature and naturally produced hormones to help the couple plan for a family responsibly while respecting God's plan.

Not only does NFP have a high efficacy rate of 97-99.6% when used correctly, but there are also no side effects. The methods are natural, with no hormones, barriers, or surgical devices. NFP also allows women to gain a better understanding of how her body naturally works. The methods of NFP promote and spark deeper intimacy between couples, as the planning process invokes strong communication, trust, and vulnerability during the process. While NFP focuses heavily on the health and natural functions of the wife's body, NFP also invites the husband to become more involved and knowledgeable about family planning.

Are you thinking of starting a family? Check out the new NFP page on our [website](#) to find out more! You can find resources and webinars pertaining to NFP to help you and your spouse on your journey. You may also contact Liz Cotrupi, Director of Family Life & Ecclesial Movements, at [cotrup\\_e@rcab.org](mailto:cotrup_e@rcab.org), or Kathryn Griffin, Family Life Consultant, at [griff\\_k@rcab.org](mailto:griff_k@rcab.org).

## WHAT NFP SERVICES ARE AVAILABLE TO YOU?

The RCAB Health Plans cover NFP services provided by a community health center, general hospital, physician, nurse practitioner, or nurse midwife. Covered services include medical exams for NFP, counseling and instruction in NFP to avoid pregnancy, and procreative counseling and advice using NFP.

An in-network provider claim submitted by an employee/spouse/dependent enrolled in the RCAB Health Plan is processed in the same manner as any other in-network provider claim. Payment would not be required up front for this service. To find an NFP instructor, please visit [catholicbenefits.org/nfp/index.htm](http://catholicbenefits.org/nfp/index.htm).

### **NATURAL FAMILY PLANNING HRA/HSA QUALIFIED MEDICAL EXPENSES INCLUDE:**

- Fertility Monitor
- Fertility Test Sticks
- Ovulation Predictor Kit
- Prenatal vitamins recommended by a medical practitioner

For a more comprehensive list of IRS-eligible medical expenses, please visit [http://www.catholicbenefits.org/PDF/2021/health/irs\\_qual\\_exp.pdf](http://www.catholicbenefits.org/PDF/2021/health/irs_qual_exp.pdf).



### Easter Reflection

As Easter Sunday approaches on April 17 and we reflect on the meaning of the most holy day of the year, let us remember that Easter is a celebration of the Resurrection of Jesus Christ after dying on the Cross for our sins. His Resurrection brought with it new hope and new life, both on Earth and in Heaven. This year, let us focus on breathing new life into our current ones by incorporating new habits and reviving forgotten passions. Let us reinvent ourselves as we find interests that fulfill our lives, enriching those around us, while allowing ourselves grace. And most importantly, let us reconnect with our faith and look forward to the promise of life ahead, whatever it may bring.



## STAIR MASTER

*Step it up! The Stair Master Challenge invites you to step it up and push yourself to climb 10 flights a day for 30 days. Sorry, walking down the stairs doesn't count. The goal is to build the habit of taking the stairs as much as possible instead of the elevator or escalator. Don't forget to complete the April University Course, "Move" to earn \$50 into your HealthEquity HRA or HSA. Sign up or access your account at [catholicbenefits.wellright.com](http://catholicbenefits.wellright.com).*

*As an added incentive, employees whose spouses register for ahealthyme during the month of April and participate with them in the April Challenge will be entered to win one of five \$25 gift cards! To be included in the raffle, please email Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org) to confirm that your spouse has signed up for ahealthyme and is participating in the Challenge.*

## Wellness Webinars

Employees and spouses enrolled in one of the RCAB Health Plans and registered in the Blue Cross *ahealthyme* program can earn \$20 into their HealthEquity HRA or HSA accounts for attending a wellness webinar. Points are awarded for a maximum of five wellness webinars/family activities per Plan Year.

### **NFP Webinar: All Things NFP Q&A Available Anytime**

Six Natural Family Planning experts answer questions regarding NFP methods, reproductive disorders, effectiveness, conceiving, and more!

[Click Here to Access Webinar](#)

### **Women's Health: From Life Balance to Hormone Balance Thursday, April 7<sup>th</sup> @5pm**

Women are busy in today's world. Trying to do it all can naturally impact health and well-being. Webinar participants will learn how to bring balance, health, and happiness back into their lives through mindfulness and optimal nutrition.

[Click Here to Register](#)

### **James Parker-Ashley Fitness Class Tuesday, April 12<sup>th</sup> @ 6:30pm**

Grab your fitness mat and join James for a class that is designed to improve your flexibility and build strength, control, and endurance. All levels are welcome. You won't want to miss this one!

[Click Here to Register](#)

### **The Power of the Plant-Based Diet Tuesday, April 26<sup>th</sup> @ 6pm**

This class is not about turning participants into vegetarians, but to educate them about the powers in plants: fiber, antioxidants, and phytochemicals to name a few. Come learn about the benefits of a plant-based diet, as well as creative ways to build it into your everyday lives.

[Click Here to Register](#)



## In Case You Missed It...

You can still view the recorded webinars from last month below. **After viewing these webinars, please self-report your viewing to Amanda Gately, Benefits Associate, at [agately@rcab.org](mailto:agately@rcab.org)** and you can earn 20 HRA/HSA dollars. Points are awarded for a maximum of five wellness webinars/family activities per Plan Year. **You can access webinars for 60 days following their live recording date.**

### **Master Meal Planning**

[Click Here to Access Webinar](#)

### **Balance & Boundaries**

[Click Here to Access Webinar](#)

### **Solutions for Heart Health**

[Click Here to Access Webinar](#)

### **How to Navigate Wellness Program Platforms**

[Click Here to Access Webinar](#)



*Let us know what you want to see!  
Please email Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org) with your webinar topic ideas or requests.*

# Strawberry Spinach Salad

Recipe by AllRecipes at [allrecipes.com/recipe/14276/strawberry-spinach-salad-i/](https://allrecipes.com/recipe/14276/strawberry-spinach-salad-i/)

4 servings

## INGREDIENTS

- 10 oz. spinach - rinsed and dried
- 1 quart of strawberries - washed, dried, and quartered
- 1/4 TSP Worcestershire sauce
- 1 TBSP onion, minced
- 1/4 distilled white vinegar
- 1/2 olive oil
- 1/2 white sugar
- 1/4 TSP paprika
- 2 TBSP sesame seeds
- 1 TBSP poppy seeds
- 1/4 cup slivered almonds (optional)

## INSTRUCTIONS

1. In a medium bowl, whisk together olive oil, vinegar, Worcestershire sauce, onion, sesame seeds, poppy seeds, paprika, and sugar. Cover bowl and chill for one hour.
2. In a large bowl, combine spinach, strawberries, and almonds (if desired). Pour the dressing over the salad and toss until coated.
3. Refrigerate 10-15 minutes before serving.

Enjoy!

Do you have a favorite healthy recipe? Share it with us! Email Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org) and it could be included in one of our future newsletters.

In good health,  
Roman Catholic Archdiocese of Boston Benefits Department