PARSONS | sharecare

LIVE WELL. BE WELL.

NOURISHING NEWS

Financial Well-being 2025

"I'm a great believer in luck, and I find the harder I work the more I have of it."
- Thomas Jefferson

5 Reason to Track your Spending

Creating a monthly budget isn't just good for your bank account—it can also benefit your overall well-being. Studies show that financial stress is linked to health issues, including delaying or avoiding medical care. The good news? Building and sticking to a realistic monthly budget is absolutely doable, and it can make a big difference. Here are 5 reasons why budgeting is worth it:

It'll help you identify spending patterns: Many of us spend without thinking about it. Once you get a better look at your spending patterns, you'll learn how much cash you're really paying for things you may not need.

It'll help you balance your spending: Many budgets break spending into categories like food, housing, and entertainment, so if you overspend in one area, it's easier to spot and adjust. This helps you stay balanced and avoid future overspending.

It'll help you achieve your short-term & long-term financial goals: Saving for something fun or something practical? Adding savings goals to your budget makes it easier to plan for both. Even setting aside a small amount each week can really add up over time.

It'll help you spot fraud: Keeping an eye on your spending helps you catch any suspicious charges early and can even protect you from things like identity theft. A little attention now can save a lot of trouble later.

It'll make you healthier: Money stress is real, and it can take a toll on your health. A monthly budget helps ease that stress, keeping both your finances and your well-being in better shape.

Whether you prefer a notebook, spreadsheet, or app, pick a budgeting method that fits your lifestyle, because if it's a hassle, you probably won't stick with it. Once you've got your system, set your spending categories, and savings, if possible, and talk through them with your partner if you share finances.

Quarter 4
Health Observances

OCTOBER

National Dental Hygiene:
- Learn more about Parsons benefits here.

Breast Cancer Awareness
- Check out the National Breast Cancer Foundation.

NOVEMBER

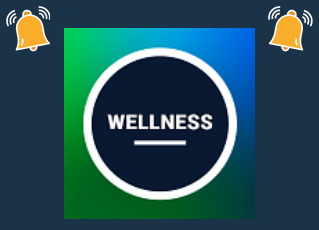
National Diabetes Month
- Diabetes.org has education & advocacy opportunities.

Alzheimer's Disease Awareness
- Get involved with the Alzheimer's Foundation of America.

DECEMBER

National Safe Toys & Gifts
- Learn more about safe gifts here.

Bookmark our Live Well. Be Well. Wellness Page on PWeb **here.**



Final Quarter to Earn in Live Well. Be Well. in 2025

Regular US Medically Enrolled Employees: Earn your $50 monthly Wellness Credit in 2026 when you earn 1,000 points and complete (and self-attest to) your annual physical by **November 30, 2025**.

ALL Regular US Benefits Eligible Employees: Achieve at least 250 points per quarter to earn an entry into the quarterly sweepstakes drawing!



1. https://you.sharecare.com/topics/3d63/articles/81819ff0-337c-4a84-907e-9c66d10bbe22

♥ SPOTLIGHT CENTRAL ♥

Live Well. Be Well. Earn Points, Win Big!

Employees who earn at least 250 per quarter through the completion of well-being activities will receive an entry into the Live Well. Be Well. Quarterly Drawing for a chance to win a **$150 gift card**. To get started, register or sign into your account at parsons.sharecare.com and earn 250 points or more between **October 1, 2025 - November 30, 2025.**

Let's Congratulate the 2025 Q2 Winners:

- Austin Dewitz
- Bradley Thompson
- Brannon Burnley
- Cheryl Cornett
- Craig Peterson
- Derrick Dean
- Liz Williams
- Franklin Nolpho
- Heather Shinn
- Jacob Folger
- John Keith
- Kaitlin Balesano
- Katrina Reid-Quinones
- Laurie McGinn
- Madonna Hurley
- Marcus Garcia
- Md Ala Uddin
- Melissa Hammond
- Michael Hartsough
- Nicholas Feola
- Patricia Martinez
- Richard Duplaga
- Royce Hwang
- Sarah Roper
- Teresa Strach

Live Events in Quarter 4

Check out the new Wellness Corner in Sharecare for more information about Q4 events!

Money Matters: Making the Most of What you Have Workshop: In this webinar you will find tips to save money, how to ask for a raise and the importance of time equaling money.

- Date/times: October 15th at 12 pm ET & 3 pm ET
- Location: Parsons Live Well. Be Well. Teams Meeting Room
- Earn **100 points** toward your Live Well. Be Well. rewardable activities & be entered into a prize drawing for participating!





Savings Challenge

- Date: October 15 - November 15
- Challenge yourself to save, whether shopping, dining out, or cutting energy use. To complete the challenge, answer "Did you think about your budget and stick to it today?" at least 4 times between October 15–November 15. Earn **200 points** and be entered into a prize drawing!
- Register & participate at parsons.sharecare.com. Click **Achieve < Challenges** to get started.

Wellness Wednesday Coffee Talk: Join your Wellness Manager to discuss various topics related to your financial well-being!

- Date/times: The 2nd and 4th Wednesday of the month (October - December) at 11 am ET & 3 pm ET
- Location: Live Well. Be Well. Teams Meeting Room
- Additional details will be posted on PWeb. Earn **25** points for attending!



PARSONS | sharecare

CRISPY CHICKPEA GRAIN BOWL WITH LEMON VINAIGRETTE



The tangy lemon vinaigrette in these diabetes-friendly vegetarian grain bowls ties the quinoa, toasted pumpkin seeds, roasted chickpeas and kale all together. Whip them up for easy high fiber, low-calorie meal-prep lunches or a healthy and satisfying dinner.

Ingredients

- 2/3 cup quinoa
- 1 1/3 cups water plus 1 tablespoon, divided
- 1/8 teaspoon salt plus 1/4 teaspoon, divided
- 1 (15 ounce) can no-salt-added chickpeas, rinsed
- 1 small red onion, thinly sliced
- 4 teaspoons extra-virgin olive oil plus 2 tablespoons, divided
- ¼ teaspoon ground pepper, divided
- 1 bunch kale, stems removed, thinly sliced (about 5 cups)
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- 2 teaspoons lemon zest
- 2 tablespoons lemon juice
- 1 red bell pepper, thinly sliced
- ¼ cup crumbled feta cheese
- 2 tablespoons toasted pumpkin seeds

Source: eatingwell.com

Preparation

Yield: 4 servings, 1 1/2 cups salad and 1 tablespoon vinaigrette.

1. Preheat oven to 400 degrees F. Coat a large, rimmed baking sheet liberally with cooking spray.
2. Combine quinoa, 1 1/3 cups water, and 1/8 teaspoon salt in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to medium-low, partially cover, and simmer until the quinoa is tender, about 15 minutes. Drain any excess water.
3. Meanwhile, pat chickpeas dry with a paper towel. Toss with onion, 2 teaspoons oil, and 1/8 teaspoon each salt and pepper in a large bowl. Spread out on the prepared baking sheet. Roast for 15 minutes.
4. Toss kale with 2 teaspoons oil and the remaining 1/8 teaspoon salt in the large bowl. Stir the kale into the chickpeas and roast for 15 minutes more.
5. Whisk mustard, garlic, lemon zest, lemon juice, the remaining 1 tablespoon of water and the remaining 1/8 teaspoon pepper in a small bowl. Whisk in the remaining 2 tablespoons oil.
6. Divide the quinoa among 4 serving bowls. Top with the kale mixture, bell pepper slices, feta, and pumpkin seeds. Drizzle with the vinaigrette.

Nutrition (per serving)

Calories: 370 | Fat: 18.2g | Saturated Fat: 3.6g | Protein: 12.4g | Carbs: 40.7g | Chol: 8.3mg | Sodium: 486.3mg | Fiber: 9g | Sugars: 7g | Carbs: 40.7g

All regular US benefits and wellness eligible Parsons employees are eligible to participate in Live Well. Be Well.

Scan the QR code or **click here to earn 10 points** for reading this newsletter!