PARSONS | sharecare

LIVE WELL. BE WELL.

NOURISHING NEWS

Financial Well-being 2026

"Financial freedom is available to those who learn about it and work for it."

- Robert Kiyosaki

9 Healthy Hacks to Save Money

When it comes to money, just about everyone wants to save more. But let's face it: most of us have everyday habits—a little latte here, a big meal out there—that can sabotage our savings. Over time, some of those sneaky habits can take their toll on our health, too. But you don't have to spend a lot to eat well and maintain a healthy lifestyle.

Here's 9 simple hacks that can help you save money, eat smart and stay in shape.

Make your own coffee: Making your own morning joe at home removes the temptation to order high-fat, high-calorie and high-cost coffee drinks.

Eat at home: Cooking meals at home saves money and allows you to cook with healthy ingredients.

Shop smart: Instead of wandering through the grocery store, plan ahead. Creating menus for the week and making shopping lists ahead of time will help keep you from reaching for those chips, snacks and other impulse buys.

Walk or bike to work: Not everyone lives close enough to work to walk or bike—but if you do, take advantage of it! Leave your car or metro card at home at least once a week, and you'll be surprised how much you can save on gas, parking and more.

Cancel your gym membership: If you're like a lot of people, you may have signed up for a gym, full of good intentions, but then you hardly ever go. Cancel that pricey membership and find other ways to exercise.

Plant your own garden: Seeds cost a fraction of what fresh fruits and veggies at the grocery store will run you. So, pick up a few packages, and start planting! Growing your own garden or even a window box full of herbs allows you to enjoy fresh produce at an affordable price without pesticides or preservatives.

Curb your vices: Vices, we all have them. It's no surprise many of them are not good for our health or our bank accounts. Alcohol and cigarettes are two of the worst culprits when it comes to harming your health and your finances.

Go for H2O: What's one simple thing that can improve your health, save money and help the environment? Good old tap water. Swapping water for sugary sodas can not only save you cash but can also prevent serious health problems.

Hold the meat: Give your body and your wallet a break and skip meat at least once a week. Doing so can help lower your risk of cancer, heart disease, diabetes and other serious conditions, according to the Academy of Nutrition and Dietetics.

Quarter 4
Health Observances

OCTOBER

Menopause Awareness Month:
- Learn what it is, age, stages, signs & side effects here.

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

NOVEMBER

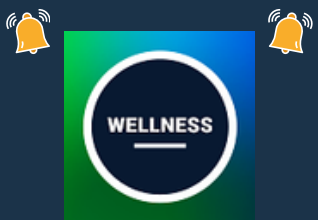
National Diabetes Month
- Diabetes.org has education & advocacy opportunities.

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 2026

Regular US Medically Enrolled Employees: Earn your $50 monthly Wellness Credit in 2027 when you earn 1,000 points and complete (and self-attest to) your annual physical by **November 30, 2026**.

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



1. https://you.sharecare.com/topics/5221/articles/d1674d30-ac7c-4d5a-a448-e2aa2db8add5

♥ 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 gift card. To get started, register or sign into your account at **parsons.sharecare.com** and earn 250 points or more between October 1 - November 30.

What employees are saying about the Live Well. Be Well. Program & Prizes:

"Just wanted to thank you so much for the e-gift card, and for all you do for our team's overall wellness. I appreciate it more every day."

Let's Congratulate the 2026 Q2 Winners:

- Jerome Burke
- Suresh Buttagandla
- Allen Chen
- Marc Christensen
- Chad Crownover
- Justin Dobbs
- Susan Dorn
- Eric Kennedy
- Thomas Lee
- Allison McCann
- Jan Milburn
- Mustapha Mwamba
- Rene Naeimi
- Steven Nayman
- Stephanie Nelson
- Wayne Rebich
- Kenneth Sinclair
- Roselliny Tep
- Ali Vosoogh
- Steve Welden
- Sirintip Wright

Live Events in Quarter 4

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

Q4 Workshop - Eating Healthy on a Budget: Join this workshop to learn how to make healthy food choices while staying within your grocery budget.

- Date/times: October 22nd 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!





Budgeting Challenge

- Date: October 15 - November 15
- Challenge yourself to stick to your budget, 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 Talks: 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 - November) at 11 am ET & 3 pm ET
- Location: Parsons Live Well. Be Well. Teams Meeting Room
- Additional details will be posted on PWeb. Earn **25 points** per coffee talk!



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BALSAMIC MARINATED CHICKEN



Sweet-tart balsamic vinegar spiked with garlic and Italian seasoning makes a fast and flavorful marinade for chicken. Serve this low-carb chicken recipe with your favorite vegetables!

Ingredients

- ¼ cup extra-virgin olive oil
- ¼ cup balsamic vinegar
- 2 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 - 1 ¼ pounds boneless, skinless chicken

Preparation

1. Whisk oil, vinegar, garlic, Italian seasoning, salt and pepper in a bowl until well combined.
2. Place chicken in a shallow dish or 1-gallon sealable plastic bag. Add the marinade and refrigerate for at least 1 hour and up to 12 hours. Remove from the marinade and pat dry.
3. Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler: **To grill:** Oil the grill rack. Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165 degrees F, 4 to 8 minutes per side. **To broil:** Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165 degrees F, 10 to 15 minutes total.

Nutrition (per serving)

Serving Size 4-5 oz | Calories 169 | Protein 22.9g | Carbohydrates 1.1g | Saturated fat 1.4g | Cholesterol 62.7mg | Sodium 249.7 mg

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

Live Well. Be Well. powered by Sharecare is available at no cost to all regular U.S. Benefits-eligible Parsons employees and their spouses/partners who are enrolled in a Parsons medical plan. If you require a reasonable alternative due to medical necessity or other reasons, please contact customer service at 855-203-5506.