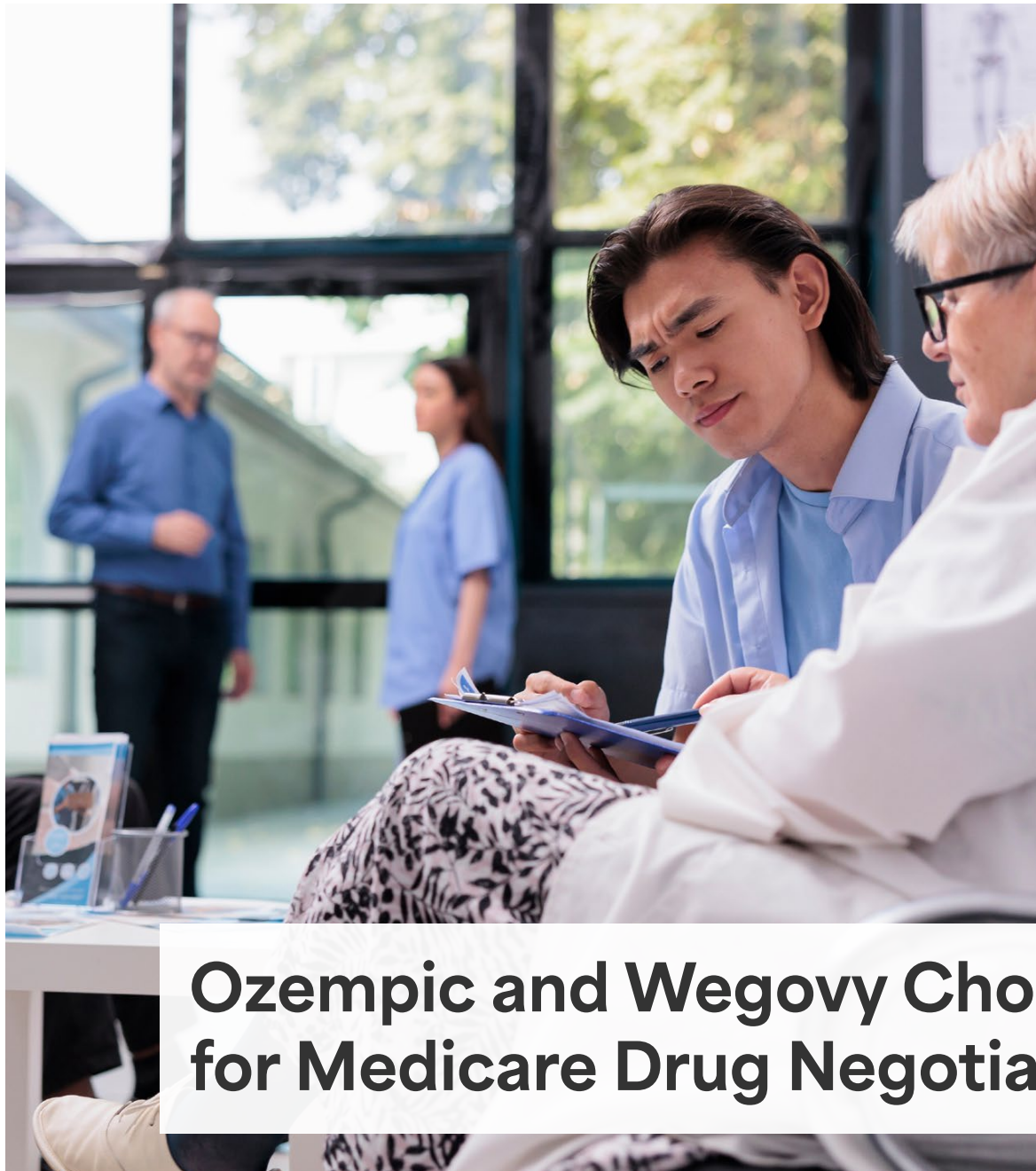


Live Well, Work Well

Quarterly
Newsletter



Ozempic and Wegovy Chosen for Medicare Drug Negotiations

Q2 2025



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The U.S. Department of Health and Human Services [selected](#) 15 additional drugs subject to Medicare Part D price negotiations. The negotiations will occur this year, and any negotiated prices will become effective in 2027. Medicare concluded the first round of negotiations for 10 drugs last August.

These 15 drugs were selected for the second cycle of Medicare Part D negotiations:

1. **Ozempic/Rybelsus/Wegovy**, for treating Type 2 diabetes and cardiovascular disease and promoting weight loss
2. **Trelegy Ellipta**, for treating chronic obstructive pulmonary disease (COPD) and asthma
3. **Xtandi**, for treating prostate cancer
4. **Pomalyst**, for treating multiple myeloma and **Kaposi sarcoma**
5. **Ibrance**, for treating breast cancer
6. **Ofev**, for treating idiopathic pulmonary fibrosis
7. **Linzess**, for treating irritable bowel syndrome (IBS) with constipation and chronic idiopathic constipation
8. **Calquence**, for treating mantle cell lymphoma and chronic lymphocytic leukemia or small lymphocytic lymphoma
9. **Austedo/Austedo XR**, for treating chorea in Huntington's disease or tardive dyskinesia
10. **Breo Ellipta**, for treating COPD and asthma
11. **Tradjenta**, for treating Type 2 diabetes
12. **Xifaxan**, for preventing hepatic encephalopathy and treating IBS with diarrhea
13. **Vraylar**, for treating bipolar I disorder, major depressive disorder and schizophrenia
14. **Janumet/Janumet XR**, for Type 2 diabetes
15. **Otezla**, for treating oral ulcers, plaque psoriasis and psoriatic arthritis

This list includes drugs that treat many conditions, which means the negotiations will have a broad impact. Furthermore, if Medicare negotiates a deep discount on the weight loss drugs—Ozempic, Rybelsus and Wegovy—it could potentially impact the broader market for these popular medications.

Contact your health care provider if you have any questions about medications.

FDA Bans Red No. 3 Dye

On Jan. 15, the U.S. Food and Drug Administration (FDA) [announced](#) a ban on the use of Red No. 3 dye, also known as simply “Red 3,” in food products and medications. This decision was in response to a petition from health groups and activists citing Red 3’s link to cancer. A couple of studies have shown that high levels of the food dye were linked to cancer in rats. However, the FDA noted that the link between the dye and cancer doesn’t occur in humans and other animals.

The FDA’s ban goes into effect in January 2027 for food products and beverages and January 2028 for consumable medications. Foods imported to the United States must also comply with the requirements. While products containing Red 3 could still be on the market for the next two years, here are some things you should know about Red No. 3 dye.

What Is Red 3 Found In?

Petroleum-based Red No. 3 dye is often used in candy, baked goods, cereals and icings. It can also be found in sodas and juices. Red 3 may also be found in gummy vitamins and cough syrups. It’s typically in foods, beverages and ingested drugs that have a bright, cherry-red color.

This [database](#) lists more than 9,000 brand-name foods that include Red 3.

What Is Red 3 Labeled As?

The FDA requires that color additives be listed on food labels. The additive may be listed as Red 3, FD&C Red No. 3, FD&C Red 3 and erythrosine.

For nontopical medications, you can check for dyes in the inactive ingredients section of the label or package insert.

What Are the Potential Health Issues?

While a direct link between Red 3 and cancer in people hasn’t been established yet, there are other health risks to be aware of. Red No. 3 dye disrupts thyroid hormone regulation, which can increase one’s risk of thyroid-related disorders. Studies have also found an association between artificial food coloring intake and behavioral outcomes for children, such as inattention and hyperactivity.

Should You Avoid Red 3?

Artificial food colorings are mostly found in ultra-processed foods and beverages, so try to avoid those products if you want to limit Red No. 3 until the ban is implemented. A food label containing more than five ingredients is likely an ultra-processed food. While pediatricians advise parents to limit their kids’ intake of foods with synthetic dyes, the focus should be on children’s overall eating patterns. Foods that contain synthetic dyes are often high in sugar, which is why they should be limited, but it’s OK to have an occasional treat.

Talk to your doctor if you have any health concerns.

Food Recalls Decreased in 2024, But More Americans Got Sick

The Public Interest Research Group (PIRG), a nonprofit focused on consumer protection, analyzed food recalls, hospitalizations and deaths in the country. The FDA and the U.S. Department of Agriculture (USDA) issued about 300 food recalls in 2024, associated with nearly 1,400 illnesses. This was a 5% decrease from 2023. However, there were more hospitalizations and deaths from foodborne illnesses in 2024.

“Most years, the number of recalls doesn’t necessarily have anything to do with the safety of food, but it’s absolutely significant that the number of hospitalizations and deaths doubled from the previous year,” said PIRG Director Teresa Murray. “That seems to indicate that the food that was out there was perhaps more contaminated, sometimes with higher concentrations of bacteria to drive people to the hospital.”

In 2024, most illnesses were associated with just 13 outbreaks, all but one involving E. coli, listeria

or salmonella. There were also more high-profile recalls in 2024. McDonald’s slivered onions on Quarter Pounder hamburgers were linked to an E. coli outbreak, and Boar’s Head’s liverwurst was the source of listeria contamination.

Meat and eggs caused more than one-quarter of all hospitalizations associated with food recalls in 2024, but the PIRG analysis found that produce was the top culprit. A salmonella outbreak caused by cucumbers resulted in one-third of hospitalizations, with onions and carrots also responsible for major foodborne illness outbreaks. Cooking often kills bacteria that cause illness, so it’s usually the items that people don’t cook that can be the most problematic. This was the case with produce, cheese and ready-to-eat deli meats.

Visit the [FDA’s website](#) for a complete and current list of recalls.



April: Alcohol Awareness Month

Alcohol consumption is deeply woven into social and cultural norms, often seen as a way to unwind or celebrate. However, excessive drinking can lead to serious health issues. It may even lead to alcohol use disorder or addiction, which affects nearly 29 million Americans, according to the National Institute on Alcohol Abuse and Alcoholism.

April is Alcohol Awareness Month, highlighting the importance of responsible drinking habits. The general rule is for men to have no more than two alcoholic drinks each day and for women to have one or fewer. Cutting back on alcohol, even moderately, can positively impact your health and wellness.

Visit recovered.org to learn more about substance use disorders and the path to recovery.

May: Mental Health Awareness Month

Mental illnesses are some of the most common health conditions in the country. In fact, the National Alliance on Mental Illness reports that 1 in 5 adults live with a mental illness. Mental health can change over time due to various factors like stress and work-life balance. While there are more than 200 types of mental health disorders, the most common ones are anxiety disorders and major depression. Mental health conditions can look different for everyone.

May is Mental Health Awareness Month, so check in with yourself and others. Americans can call or text 988 for a direct connection to care for anyone experiencing mental health-related

distress, including thoughts of suicide, mental health or substance use crisis, or other emotional struggles.

Visit nami.org to learn more about mental health.

June: Alzheimer's and Brain Awareness Month

Alzheimer's disease is a type of dementia that affects memory, thinking and behavior. Symptoms may eventually grow severe enough to interfere with daily tasks.

June is Alzheimer's and Brain Awareness Month. This initiative reinforces that Alzheimer's is a brain disease and not a normal part of aging. There is currently no cure for Alzheimer's, but there are ways to support brain health. Lifestyle habits like exercising regularly, eating a healthy diet, avoiding alcohol and tobacco, sleeping enough, and challenging your mind through learning or games can help reduce the risk of cognitive decline.

Visit alz.org to learn more about Alzheimer's and other dementias.

Looking Ahead

July: UV Safety Awareness Month

August: National Immunization Awareness Month

September: National Food Safety Education Month



Managing Seasonal Allergies

According to the Asthma and Allergy Foundation of America, allergies are the nation's sixth-leading cause of chronic illness. Seasonal allergies are an annual nuisance for many people and typically ramp up this time of year. It's no surprise that as plants bloom and neighbors cut their grass more frequently, people living with allergies across the nation start sniffing and sneezing. Further, mold growth occurs indoors and outdoors, so escaping these seasonal allergy triggers is almost impossible.

Some allergy symptoms may consist of sneezing a couple of times a year. Alternatively, seasonal allergies can cause congestion, a runny or itchy nose, watery eyes and headaches—among other symptoms—for weeks or months. Seasonal allergies develop when your body's immune system detects and then overreacts to a foreign substance it deems harmful. Spring, summer and fall are the most common times when seasonal allergy symptoms arise. What may trigger your seasonal allergies depends on what you're allergic to and where you live.

To reduce your seasonal allergy symptoms, consider the following tips:

- Keep track of local allergen (e.g., pollen and mold) counts to help you know when to avoid spending excessive time outside.
- Wash your bedding in hot water to help keep the spread of pollen under control in your home.
- Utilize washable indoor rugs to remove allergens easily.
- Take a shower after spending time outdoors, as pollen can stick to your hair, skin and clothing.
- Clean your floors often with a vacuum that has a high-efficiency particulate air (HEPA) filter.
- Change your air conditioning and heating HEPA filters often.

Treatment for most seasonal allergies is available both over the counter and by prescription. You may need a series of allergy shots if your symptoms are severe or chronic. Contact your doctor or allergist to determine which seasonal allergy treatment option is best for you.

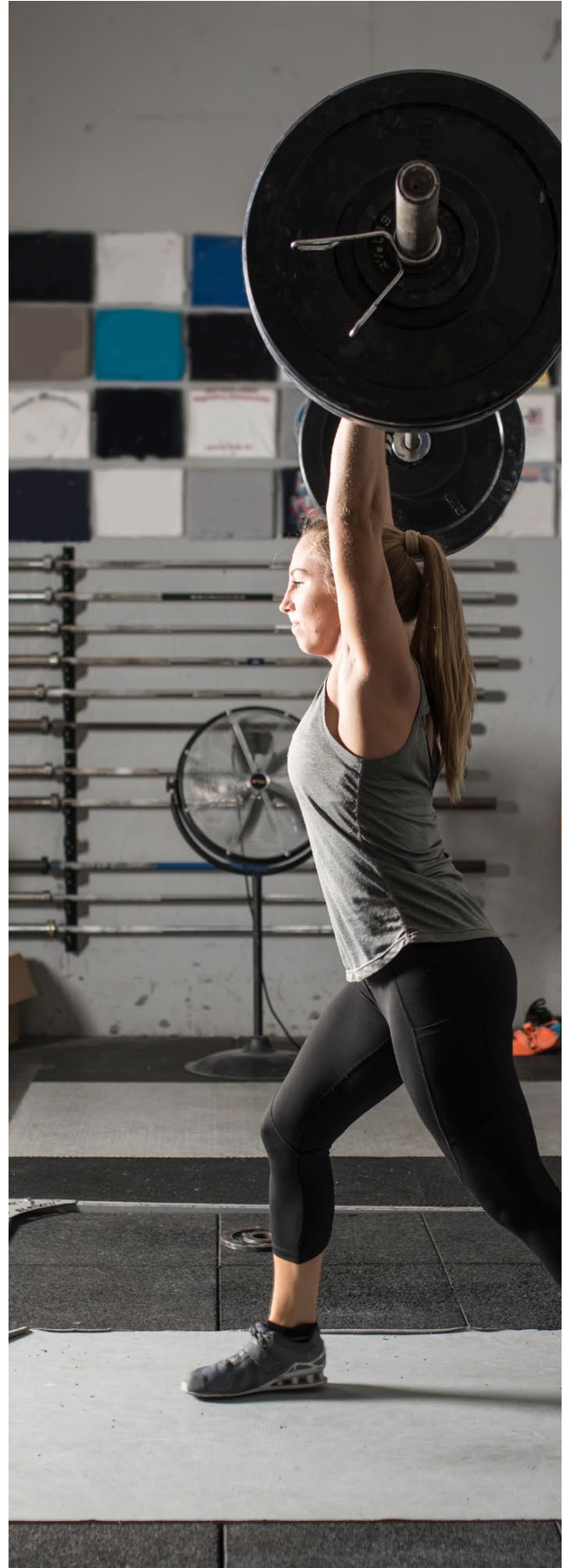
The Benefits of Strength Training

Strength training, also known as weight lifting or resistance training, is growing as a fitness trend as people recognize its impact on long-term health. The goal is to use your body weight or equipment (e.g., free weights, kettlebells and resistance bands) to build muscle mass and endurance. It's recommended to incorporate muscle-strengthening exercises at least twice a week, combined with aerobic activity.

This type of exercise isn't just for athletes; anyone can benefit from regular strength training. Think of it as training for everyday life. Strength training allows you to perform daily tasks—such as climbing stairs, lifting children and doing household chores—more easily, which is especially important as you age. Regular strength training may result in the following advantages:

- Increased muscle mass
- Stronger, denser bones
- Boosted metabolism
- Better flexibility and mobility
- Reduced risk of injury or falls
- Lowered risk of heart disease and diabetes
- Elevated mood, self-esteem and brain health

Strength training provides several benefits, but start slowly and focus on your form first. As you get more comfortable, you can add more weight or resistance or increase repetitions. If this feels intimidating, online videos, small group classes or trainers can help. Always speak with your health care provider before beginning a new exercise program.



5 Tips for Getting a Good Night's Sleep

For those with packed schedules, long days or a lack of routine, prioritizing sleep may feel daunting. Fortunately, you can improve your sleep hygiene by focusing on your sleeping environment, habits and attitude. Sleep hygiene refers to the habits and routines you follow each day before you turn in for the night. The Centers for Disease Control and Prevention estimates that only about 33% of U.S. adults get the recommended amount of at least seven hours of sleep, underscoring the importance of improving sleep hygiene.

Proper sleep hygiene goes beyond your bedtime routine. It also encompasses your choices throughout the day, evening and night, including your exercise habits, diet, exposure to natural light and stress management. By focusing on these various aspects, you're preparing your body and mind for restful sleep long before lying in bed. Consider these five sleep hygiene tips to help create a more restful and rejuvenating experience for yourself:

- 1. Limit caffeine in the afternoon and evening.** Caffeine is a stimulant, which can make it difficult for you to fall and stay asleep. Herbal teas, such as chamomile and lavender, are a good noncaffeinated beverage choice.
- 2. Avoid eating close to bedtime.** Late-night dinners or snacking can trigger gut irritants, such as indigestion or acid reflux. Aim for your last meal to be two to four hours before bedtime.
- 3. Reserve your bed only for sleep.** Using your bed for activities such as eating, working on a laptop or watching TV can confuse your mind and body. To help better distinguish between rest and activity time, use a dedicated space elsewhere for those activities and limit screen use in the bedroom.
- 4. Keep a nighttime routine.** Regular bedtime habits signal your brain it's time to wind down, so find a consistent way to spend the last 30 to 60 minutes of the day. For example, you could incorporate a skin care routine or read a book each night.
- 5. Dim the lights before bedtime.** Bright light, including blue light from device screens, can reduce melatonin production. Try using warm-toned bulbs during the evening or even setting a reminder to start dimming lights.

Remember, good sleep is not a luxury—it's a necessity for your health and well-being. If you've tried improving your sleep hygiene and still struggle with getting enough quality hours of shuteye, consider talking to a health care provider.

Try out these two healthy recipes from the USDA’s MyPlate Kitchen website.

Pasta Primavera

Makes: **3 servings**

Ingredients

- 1 cup noodles (uncooked)
- 1 Tbsp. vegetable oil
- 2 cups mixed vegetables (chopped)
- 1 cup tomatoes (chopped)
- 1 Tbsp. margarine
- ¼ tsp. garlic powder
- ½ tsp. black pepper
- 3 Tbsp. Parmesan cheese

Directions

1. Cook the noodles according to package directions.
2. While the noodles are cooking, heat the oil in a skillet.
3. Add the vegetables and saute until tender; stir constantly.
4. Add the tomato and saute for 2 more minutes.
5. Toss the vegetables with noodles and margarine.
6. Add the seasonings; sprinkle with Parmesan cheese.

Nutritional Information (per serving)

Calories	336
Total fat	11 g
Saturated fat	2 g
Cholesterol	3 mg
Sodium	147 mg
Carbohydrate	48 g
Dietary fiber	8 g
Total sugars	6 g
Added sugars included	0 g
Protein	11 g
Vitamin D	0 mcg
Calcium	103 mg
Iron	2 mg
Potassium	398 mg

Jiffy Oatmeal Crunch

Makes: 30 servings

Ingredients

- ½ cup margarine or butter
- ¾ cup firmly packed brown sugar
- 1 tsp. vanilla
- ½ tsp. baking soda
- 2 cups quick oats (uncooked)
- 1 cup raisins

Directions

1. Preheat the oven to 350 F and grease a 9x13-inch baking pan.
2. In a large skillet, melt the butter and brown sugar.
3. Remove from the heat and stir in the remaining ingredients.
4. Spread it into a pan and bake for 15 to 20 minutes. Cool; cut into squares.

Nutritional Information (per serving)

Calories	83
Total fat	3 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	49 mg
Carbohydrate	13 g
Dietary fiber	1 g
Total sugars	8 g
Added sugars included	5 g
Protein	1 g
Vitamin D	0 mcg
Calcium	10 mg
Iron	0 mg
Potassium	64 mg