

Live Well, Work Well

April 2019

Health and Wellness Tips for Your Work and Life
Provided by HealthCheck360



Don't Let Tax Filing Season Get the Best of You

The April 15 deadline to file your 2018 tax returns will be here before you know it. If you're like many Americans, hearing the phrase "tax season" can induce stress—and for good reason. Filing your taxes can be confusing, but, with the help of a tax professional, it doesn't have to be. In addition to contacting a certified tax professional, review the following information.

How to File

Many people elect to file their tax returns electronically. This can be done in a variety of ways, including using tax-preparation software, consulting a tax return professional or using the IRS' [Free File](#) software, if you qualify.

Forms to Include

If you are filing with a paper form, there are certain documents you must be sure to include.

Required forms include the following:

- A copy of your W-2 for each of your employers over the last calendar year
- A copy of Form W-2C (a corrected W-2 form), if received from your employer
- A copy of Forms W-2G and 1099-R, if federal income tax was withheld

Next Steps

Remember, tax filing doesn't have to be stressful. Don't wait until the last minute to start preparing. For more information on how to file, what forms to include, credits you qualify for or any other filing-related questions, please visit the IRS' [Interactive Tax Assistant](#) tool.

Source: IRS

Pasta Primavera Salad

- 12 ounces whole-grain pasta
- 1 package frozen mixed vegetables
- 1 package dry vegetable soup mix
- 1 cup low-fat salad dressing (unsalted)
- ½ cup reduced-fat cheese (shredded)
- 3 hard-boiled eggs (sliced)

PREPARATIONS

1. Cook pasta according to package directions. Rinse in cold water to stop cooking and prevent sticking. Drain.
2. Cook vegetables until just tender. Drain and cool.
3. Combine cold pasta, vegetables, envelope of soup mix and salad dressing.
4. Top with sliced eggs and cheese.
5. Refrigerate until time to serve.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	365
Total Fat	6 g
Protein	16 g
Carbohydrates	61 g
Dietary Fiber	5 g
Saturated Fat	2 g
Sodium	558 mg
Total Sugars	8 g

Source: USDA

Save Lives: Don't Be a Distracted Driver

According to the Centers for Disease Control and Prevention, nine people are killed and over 1,000 others are injured every day in accidents that involve a distracted driver in the United States. The National Safety Council observes April as Distracted Driving Awareness Month to draw attention to this epidemic.

Distracted driving is driving while doing another activity that takes your attention away from the road, and can greatly increase the chance of a motor vehicle crash. While there is little you can do to control other people's driving, there is plenty you can do to reduce your own distractions.

There are three main types of distractions:

1. Visual: taking your eyes off the road
2. Manual: taking your hands off the wheel
3. Cognitive: taking your mind off of driving

By practicing safe driving techniques, you can significantly reduce your chances of being involved in an auto accident. In addition to avoiding distractions, it's important to be aware of other drivers around you and make adjustments to your driving accordingly.

Don't Be Distracted. Just Drive.

Get to your destination safely by not doing the following:

