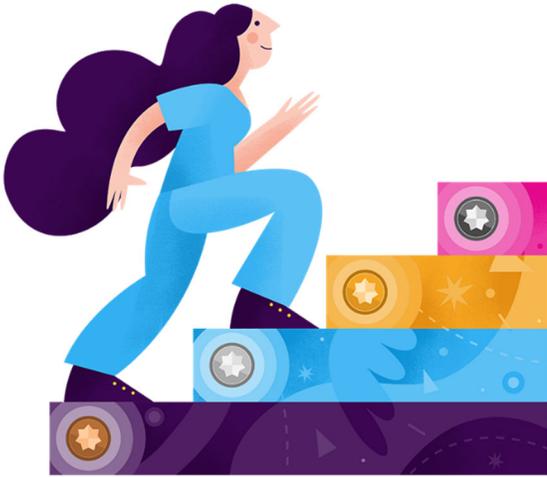


March is the best time to Level Up!



For the month of March, IntelyCare has lowered the number of shifts you need to complete to level up from Silver to Gold and Gold to Platinum. Do you want to have access to more shifts? Would you like to get a bonus for every five shifts you complete? Platinum-level IntelyPro's earn a bonus for every five shifts completed! Here's how:

- **Bronze to Silver:** Complete 10 shifts
- **Silver to Gold:** Complete 5 Shifts (typically 10)
- **Gold to Platinum:** Complete 10 Shifts (typically 15)

Important: You will still need to meet the other two requirements (Punctuality & Rating) to Level Up. Also, you must keep the shifts you accept and not have any last-minute releases because you may level down! As your ISM's, we want you to level up and earn bonuses so please contact us if there is anything you need. What are you waiting for? Accept Shifts Today!

Have you been sent a "Book Me" request?

Have you ever thought to yourself: "I really like this facility and wouldn't mind staying here for a few weeks at a time." The staff is great, you built a rapport with the patients, and the facility is just so nice! If this scenario rings true with you...we have some great news! **Book Me** lets you do just that.

Picture this...you get to work at a facility you love and with people that are great, while still having the flexibility of scheduling in your life.

Book Me is a feature that a facility can use to "book" you for several shifts at a time, be it for the weekend, for the next week, or 4-6 weeks out! The beauty is the facility can request you, and the shifts only go to you! When they hit your App inbox, you have 24 hours to accept them.

This allows for a more set schedule (for you and the facility) with a decreased rate of being cancelled – our studies have shown those that use the **Book Me** feature have cancellation rate less than 5%. It's a win, win situation!

If you currently have a facility that you would like to do this with, mention it to the scheduler on your next shift.

In the next few weeks, IntelyCare will be launching a **Book Me** campaign with the facilities so stay tuned...

INTELYPROS OF THE MONTH

IPs of the Month have been notified. Look for your IntelyScrubs in the mail, and congrats on a job well done.

[See This Month's List](#)

INTELYPRO MILESTONES

As of February 28th...

73 IPs have completed 100 shifts
170 IPs have completed 50 shifts

Congratulations to all!

[See Full List](#)

IntelyPro Quotes from Short Videos

Recently, IntelyPro's have been sending videos about their journey with IntelyCare and the things they love about working. Our IntelyPros are our lifeforce and we truly appreciate them being the HealthCare Heroes they are! We would like to share two amazing quotes from IntelyPro's that sent us a short video:

"I love working for IntelyCare because the app is so quick and easy to use; you can pick up literally anytime anywhere, even if you are on vacation. We get bonuses for every five shifts. If there is any concern the IntelyCare team is quick to solve them..."

Dana W. (RN)

"I love being an IntelyPro because I get to choose my own shifts; the shifts are guaranteed; I earn bonuses; I level up; I am rewarded for my service..."

Antonette B. (CNA)

Have something to tell us? Send in a video of your own! Your ISM would love to hear from you.

Kim's Korner



On the go? No time for time-consuming meal prep, but sick of eating out and having that "I'm stuffed, and I have a rock in my gut" feeling from eating greasy fast food?

I have your solution! Introducing **Mason Jar Meals!** Working in healthcare the last 11 years as a Physical Therapist, these meals have been a life saver! It took only 30 minutes tops to prepare and it kept me away from the "junk food" looming at the facility. Being in healthcare, you know all your energy is needed when you are constantly on the go!

These are easy portable "salads" that can be made ahead an entire week in advance! They stay fresh so you never have a soggy salad again. Mason Jars are reusable and super cheap, have 5-6 on hand so you can make it for grab and go...it doesn't get easier than this!

Here are some amazing recipes that are quick, easy, and SO good.

Chicken Black Bean Salad with Cilantro-Lime Vinaigrette

<https://sublimereflection.com/chicken-black-bean-salad-cilantro-lime-vinaigrette/>

Make sure your lettuce is as dry as possible, as that will help your salads stay fresh longer. Use a salad spinner or store your lettuce with a paper towel to absorb the extra moisture.

Chicken, Apple, and Pecan Salad in a Jar

<https://damndelicious.net/2015/09/25/chicken-apple-and-pecan-salad-in-a-jar/>

Not into lettuce? Check out this protein packed chicken salad that is to die for! If you don't have the time to cook the chicken, pick up some already cooked chicken at the local market or better yet, buy a rotisserie chicken and break it down...chicken for days! These jars will keep for 3-5 days.

Quinoa Salad Jars with Lemon Dill Dressing

<https://pinchofyum.com/summer-quinoa-salad-jars>

Want the Protein without the meat? You can't go wrong with this one. Not into Quinoa? This is also delicious with whole wheat orzo, couscous, or other cooked pasta! Some finishing touches: extra salt and pepper, more lemon juice, fresh greens, or sunflower seeds for crunch!

