

Exclusively for



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www.HHHealthAssociates.com

Healthy Habits

Resources and tips for living well



Improve your well-being! Important tips inside >>

Make your well-being a priority

Let Us Help!

Optimal health and good well-being go hand in hand. Our goal is to help you stay happy and healthy, so in this issue, you will learn about ways to manage stress, balanced snack ideas, how to start a walking routine, and more. And remember, our expert Wellness Coaches are here to help you with a wide range of issues, from nutrition and fitness to weight management and stress reduction, and more.

Call us today to get started!



Website Spotlight: Wellness Tutorial: De-Stress

Looking to feel calmer and more relaxed? Visit your Wellness website to take the De-Stress tutorial, which can give you some great tips to help you reduce your stress level.

Remember, your Health Advocate Wellness website features a variety of resources to help you improve your health and well-being.

Log on today to explore all our expert resources!



Improve your health today!

Sign up for Wellness Coaching

Do you want to get healthy? Maybe you want to lose weight, eat better, or quit tobacco? Just call to speak to a Wellness Coach. Then, by phone, email or secure web message your Coach will help you reach your health goals—and stay with you every step of the way!

We'll help you:

- Set goals and create action steps
- Stay on track with motivation
- Use tips and helpful resources like healthy recipes and workout routines to meet your goals

Go online for added support!

Your confidential Wellness Website is packed with fun, interactive tools:

- Take your Personal Health Profile
- Sign up for a Wellness Workshop or tutorial
- Track healthy activities
- Sign up for seasonal Wellness Campaigns to keep you focused

Sign up for Wellness Coaching today!

Need expert help?

Contact your Wellness Coach!

If you are looking to improve your well-being, you may have questions and not know where to turn. Luckily, your Wellness Coach can help with a variety of health- and wellness-related concerns.

Call your Coach for answers to questions like:

- How much sleep should I get each night?
- Do you have any ideas for reducing my stress level?
- What foods should I eat for a well-balanced diet?
- How can I make regular exercise a habit?

These are just a few of the questions Health Advocate can help answer. Call your Wellness Coach to find help and solutions for these concerns, and more!



Listen up!

How music can help your mood

Listening to music can help you control your emotions and reduce stress. Music can play a positive role in your everyday life and enhance your patience and mood. Here are some effective ways to incorporate music into your routine:

- If you're feeling upset, listen to music that makes you happy. Music can influence emotions, so choose tunes that can lift your mood.
- When feeling stressed, try listening to classical music. Studies have showed that classical music can help reduce stress and increase focus.
- If you need inspiration or advice, listen to podcasts or audiobooks. You can check out audiobooks for free from your local public library.



For more ways to reduce stress, contact your Wellness Coach!

Log your sleep!

Track progress on your Wellness website

To maintain good health, it's important to make sure you get enough sleep. Most adults need 7-8 hours of sleep daily. Logging your sleep can help you be more mindful of your rest and allow you to notice areas for improvement. We make it easy to track your sleep—you can log it right on your Wellness website!

Your Wellness website features a variety of easy-to-use health trackers to help you stay on top of your wellness goals. In addition to tracking your sleep, you can also track your exercise, water intake, weight, and more.

Log on to your member website to get started!

Light snacking goes a long way

Simple, healthy ideas

Eating healthy, balanced snacks throughout the day can help stabilize blood sugar levels and regulate hunger, reducing the likelihood of overindulging. Pack nutritious snacks to eat during the day, in between meals. Here are a few ideas to get you started:

- An apple or celery sticks with nut butter
- Plain Greek yogurt with a drizzle of honey
- Carrots or red pepper slices with hummus
- Light string cheese and a few whole-grain crackers
- An orange and a small handful of almonds

Eating more often can help hold you over until your next meal. Just remember to make healthy choices and keep your portions in check!

Call your Wellness Coach for more healthy snack ideas!



Discover your risk for disease

Take your Personal Health Profile

Knowing your health needs and risks is critical to long-term health and wellness. A Personal Health Profile (also known as a Health Risk Assessment) is a simple survey that gives you a snapshot of your current health status and risk for certain diseases and conditions.

If you haven't already done so, log in anytime, 24/7, and answer the survey questions—it'll only take 15-20 minutes. You'll instantly receive a customized report outlining your health status and specific steps you can take to improve your health.

Complete your Personal Health Profile today!



HealthAdvocate™ Always at your side

Reminder! Your Health Advocate Wellness Coach is available via telephone, email or secure web message to help you reach your health goals.



✓ Wellness Coaching

Your personal Wellness Coach can help you lose weight, eat better or reach other health goals.

✓ Your Member Website

Visit your Health Advocate member website for information, tools, tips and more!



Who is eligible?

The Health Advocate Wellness Coaching program is available to eligible employees, their spouses and dependent children, age 18 and older.

You asked, we answered

Is walking a good type of exercise?

You bet it is! Most people know that physical activity is recommended to prevent chronic diseases, keep you in shape, and maintain your well-being, but many people don't know where to start or what to do. Walking is a great form of exercise—even walking 15 minutes every day can make a difference.

Not sure how to get started walking for fitness?

Try these simple ideas:

- **Take a 15-minute walk at lunchtime**
- **Walk up the stairs rather than taking the elevator**
- **Take a walk after dinner**
(invite a friend or your family to join you!)

Not only is it enjoyable to go for a walk in the fresh spring air, walking also releases serotonin (the chemical that makes you feel good), so it can help boost your mood, too. Challenge yourself to walk at least 15 minutes every day and work your way up to walking at a moderate pace! Don't forget, talk to your doctor before getting started with any new fitness routine.

Your Wellness Coach is a great source of ideas to help you get moving. Call today for personalized, one-on-one guidance!



Has a Wellness Coach helped you improve your health? Tell us your story!

Email us:

Real People, Real Stories

Regular Exercise through Coaching

Matthew contacted a Health Advocate Wellness Coach to satisfy a wellness incentive requirement, but soon realized he truly needed the coach's help.

At his doctor's office, Matthew weighed in at 225 and learned that his blood sugar was high after taking an HbA1c test, and he realized it was time to change.

Matthew already had an inconsistent exercise schedule. He wanted to exercise more regularly and decided to start running again. With the help of his Wellness Coach providing accountability and support, Matthew quickly found a routine that worked for him.

As Matthew made running a habit, he pushed himself even further—he decided to participate in a 5K. After four months of coaching, not only did Matthew meet his goal of regularly running, he also participated in a 5K and successfully reduced his HbA1c to 5.8.

Your Wellness Coach can help you meet your healthy goals, too!

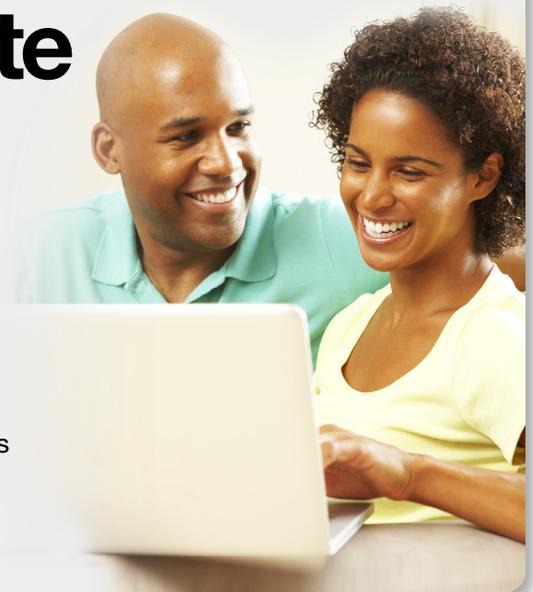


Your Wellness website

Expert help, 24/7

Your Health Advocate Wellness website features fun tools and resources to help you reach your wellness goals. **Log on today to get started:**

- ✓ **Contact a Health Advocate** Wellness Coach
 - ✓ **Log your progress** with food and exercise trackers
 - ✓ **Take your Personal Health Profile** (also known as a Health Risk Assessment)
 - ✓ **Access wellness tips**, articles, and healthy recipes
 - ✓ **Take online tutorials** for help losing weight, getting fit and more
- Get started now:**



Healthy ingredient swaps

Ideas from our members!

There are many creative ways to make your meals more nutritious without sacrificing taste. We recently asked some of our members to tell us what healthy substitutions they use in their meals —and we're sharing a few of our favorite responses with you. Try one of these delicious ideas:

"Mashed cauliflower instead of mashed potatoes."

- Margaret

"I will try plain Greek yogurt on my baked potato instead of sour cream."

- Susan

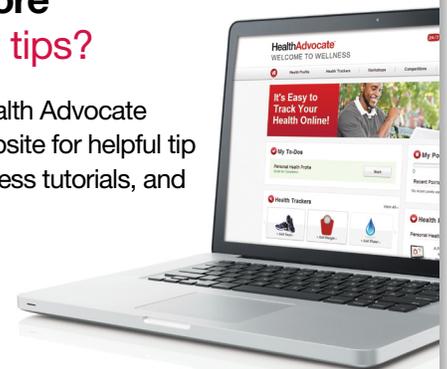
"I'm making spaghetti squash instead of pasta!"

- Amy

Call your Wellness Coach for more healthy food substitution ideas!

Want more wellness tips?

Visit your Health Advocate Wellness website for helpful tip sheets, wellness tutorials, and much more!



Make your voice heard!

Tweet us @HealthAdvocate and tell us **us your favorite way to de-stress!** Your response may be featured in an upcoming newsletter.

Help is Just a Phone Call Away



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