

Exclusively for



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HEALTH ASSOCIATES®

25<sup>th</sup> ANNIVERSARY

314.845.8302 / 800.832.8302  
www.HHHealthAssociates.com

# Healthy Habits

Resources and tips for living well



Get heart-healthy! Important tips inside >>

# Become Heart-Healthy

## Let Us Help!

Eating nutritious foods, being physically active, and reducing your stress level are all essential for good overall health—and good heart health, too. February is American Heart Month, so in this issue, you will learn about exercising in cold weather, maintaining a heart-healthy diet, maximizing your workouts, 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.

## We Can Help You Maintain Good Health

In this issue, you'll discover simple ways to improve your health and wellness. You'll also learn how your Health Advocate Wellness Coaching program provides you with the extra support you need to stay healthy.

**Call us today to get started!**



## 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!**



## Website Spotlight:

### Wellness Tutorial: Cook Healthy Meals at Home

One way to improve your heart health is to improve your nutrition—and we can help! Visit your Wellness website to take the Cook Healthy Meals at Home tutorial, which can help you learn how to make delicious, nutritious meals that you and your family can enjoy.

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!

# Need expert help?

## Contact your Wellness Coach!

If you are looking to improve your heart health, 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 can I reduce my sodium intake?
- What are some simple ways to relax when I feel stressed?
- How can I get started with exercise?
- What types of foods are heart-healthy?

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!*



## Get fit this winter!

### Try these member tips

Getting regular exercise is an essential part of keeping your heart healthy. But how do you keep up your fitness routine when it's cold outside? We recently asked some of our members to tell us their favorite ways to exercise in the colder weather, and we're sharing a few of our favorite responses with you. Try one of these helpful ideas!

*"I pop in a workout video at home! And I take the stairs wherever I can." -Leticia*

*"My favorite way to exercise in colder weather is to bundle up and jog!" -Jose*

*"I take a yoga class." -Barb*

**Need more cold weather exercise ideas?  
Call your Wellness Coach for help!**



## Log your weight!

### Track weight loss progress on your Wellness website

Maintaining a healthy weight is ideal for your overall health—and your heart health, too. Logging your weight can help you track your progress and identify areas for improvement. We make it easy to track your weight—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 weight, you can also track your sleep, water intake, exercise, and more. Log on to your member website to get started!

# Improve your diet today

## Heart-healthy ideas

Whether you're aiming to boost your overall nutrition or adopt a heart-healthy diet, there are a few simple switches you can make that can have a big impact! Try these ideas:

- **Eat plenty of fiber.** Fiber has been proven to help lower cholesterol (a key component to keeping a healthy heart). Have a bowl of oatmeal in the morning, make your lunchtime sandwich on whole-wheat bread, and swap white rice for brown rice at dinnertime.
- **Eat healthy fats.** In particular, you want to eat fats that contain Omega-3 fatty acids. They have many potential health benefits, including reducing blood pressure. Sources of omega-3 fatty acids include fatty fish like salmon, walnuts, and ground flax seeds. Other sources include canola oil, spinach, Brussels sprouts, and salad greens.
- **Fruits and vegetables are your friends.** They contain plenty of fiber, plus important nutrients. They're also low-calorie, so include them with every meal and incorporate them into your snacks, too! Try an apple with almond butter, or sliced raw veggies with hummus.



**Your Wellness Coach can help you improve your nutrition. Call today for personalized, one-on-one guidance!**

### 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

## How can I maximize my workouts?

Without a doubt, exercise is good for your health. But you may be wondering how much exercise is enough, or whether you should always do the same kinds of exercise. Here are our recommendations:

- **Vary your workouts.** Keep exercise interesting! Challenge different muscle groups by regularly changing your routine. Think about rotating between different exercises and terrains (for example, hills vs. flat areas) and working out different parts of your body. Aim to include resistance training, cardio and stretching into each workout.
- **Try interval training.** Add intervals to your next walk by walking at a comfortable pace for 1 minute followed by a challenging pace for 30 seconds. Alternate between the two for 20 minutes (if you're

a beginner, consider trying 10-15 minutes instead). You'll burn more calories and increase your fitness level. Don't forget to warm up and cool down!

- **Strapped for time?** Do something simple. Get a pedometer and start walking! If you can hit 10,000 steps per day, you are nearing the equivalent of a moderate workout. And don't forget, you can log your steps and track your progress on the Health Advocate wellness website!

You don't have to be an Olympic athlete to get the benefits of exercise. Just make movement a part of your everyday routine. And don't forget to talk to your doctor before starting any new exercise routine!

**For more information on exercising, contact your Wellness Coach!**



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

Real People, Real Stories

## Weight Loss and Better Nutrition through Coaching

Dave called Health Advocate for help improving his nutrition so that he could lose weight. When he first spoke with Katie, his Wellness Coach, he was drinking about 6 sodas per day. He had already reduced from 8-9 sodas per day on his own, but he needed a little extra push to take his healthier habits to the next level. With encouragement from his coach, he was able to reduce his soda intake to 1 per day.

Dave reports that his energy level has increased dramatically since he reduced the amount of soda he drinks. He's making other nutritional changes, too: drinking more water, eating fewer processed foods, and practicing better portion control. He's also regularly incorporating physical activity into his routine, like walking his dogs and going to the gym on days when it's too cold to exercise outdoors. And Dave is thrilled that he's made progress toward his weight loss goal — he went from 230 to 219 lbs. over three months. He even needed to buy new pants to fit his smaller waistline!

*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:**



## Reduce your stress

### Simple suggestions

Stress is tough on your body, and it can take a toll on your heart. Try these quick and easy tricks to keep your stress at bay:

- **Take some time to unwind and relax each day.** Sit quietly and observe your thoughts, take a warm bath, read a book, or listen to soothing music.
- **Go for a walk.** Getting up and out can help reduce stress. Even a 5-minute walk is enough to help you clear your head and feel a little calmer.
- **Just breathe.** When you are right in the thick of a stressful moment, remember to breathe. Try this exercise: breathe in until your lungs are full for 4 seconds. Then hold for 5 seconds. Then exhale for 6 seconds. This can help slow your heart rate down.

**Call your Wellness Coach for more ways to stay stress-free!**

## 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 **how you keep your heart healthy!** Your response may be featured in an upcoming newsletter.

**Help is Just a Phone Call Away**



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