

Exclusively for

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www.HHHealthAssociates.com

# Healthy Habits

Tips and resources for living well



Make the most of summer! Important tips inside >>

# Make the most of summertime

## Let Us Help!

While you enjoy the fun and sun that summer brings, don't forget to keep your health top of mind! In this issue, you will learn how to host a healthy barbecue, tips for running a race, ways to manage stress, 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:

### Cook Healthy Meals at Home

One way to improve your overall 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!**



## 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 make the most of summertime, 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:

- What are some outdoor activities my whole family can enjoy?
- Do you have any healthy recipe ideas I could bring to a cookout?
- Do you have any tips for sticking with my exercise plans while my kids are on summer vacation?
- How can I stay healthy while I'm traveling this summer?

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!**



## Manage summertime stress

Although summer is meant to be relaxing, it often turns into one of the busiest times of the year. While there are many opportunities for fun and play, many people end up feeling overwhelmed by their hectic schedules.

One way to alleviate stress is to get enough good quality sleep. Most adults need 7-8 hours per night consistently. Keeping your waking and bedtime hours similar throughout the week, and maintaining a restful sleep environment, go a long way towards alleviating stress.

Maintaining this rhythm can help reduce your stress and give you the energy needed to enjoy some fun in the sun!

**Call your Wellness Coach for more ways to stay healthy this summer!**



## Log your weight!

### Track progress on your Wellness website

Maintaining a healthy weight can help you have better health overall. In addition to regularly exercising and eating a well-balanced diet, consider tracking your weight. Logging your weight can help you notice areas for improvement and be proud of the progress you've made. 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, exercise, and more.

**Log on to your member website to get started!**

# Host a healthy barbecue

Barbecue season has arrived! Whether it's an informal gathering with friends or a holiday celebration, outdoor barbecues are always a fun way to celebrate. Try these healthy tips at your next cookout:

- **Feature some fruit.** With so many delicious fruits in season, the summer is the perfect time to make a delicious fruit salad for everyone to enjoy!
- **Grill something new.** You're not limited to just cooking hot dogs and burgers — grilling is a great way to cook veggies, too! Spear veggies like zucchini, onions, and squash onto kabobs or grill individual slices. They'll taste great either way!
- **Drink a little sunshine.** You can make sun tea by placing a few tea bags in a glass pitcher of water and positioning it in the sun to brew for a few hours. For even more flavor, add some lemon or lime slices, or springs of fresh mint!
- **Avoid overindulging.** Determine whether you're still hungry before having another helping. Waiting to eat until your body's ready is a good habit for year-round healthy eating.

For more healthy tips, contact your Wellness Coach!

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 prepare for my first 5K?

A 5K race, equivalent to 3.1 miles, is a great introduction to running for fitness. This race is a good starting distance for novice runners, or anyone looking to switch up their fitness routine. So how can you begin preparing for your first race?

- **Give yourself enough time to train.** If you have been sedentary or are not a regular runner, give yourself at least 6-8 weeks before the event to train. And be sure to talk to your doctor before you start training!
- **Don't race through training.** If you haven't done much running before, start out with walking or jogging, and increase your pace when you feel ready.



- **Don't get overheated.** Train during cooler parts of the day, like early morning or evening.
- **Get in gear.** The most important piece of gear for a 5K is a good pair of running shoes. It's best to visit a running store where you can be properly fitted for a pair of sneakers.
- **Set realistic goals.** Typically the best goal for your first 5K race is to cross the finish line. Once you get a better idea of your running time, you may want to give yourself a new challenge and work toward improving your time.

Your Wellness Coach can help you achieve your fitness goals. 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

## Two Packs a Day to Tobacco-Free!

For as long as he could remember, Charles was a two-pack-a-day smoker. He made numerous attempts to quit, but just could not break the habit. When his employer initiated a tobacco-free policy and offered wellness coaching to help employees stop smoking, Charles called Health Advocate.

Charles told Luke, his Wellness Coach, that he was determined to quit this time around. Luke helped him identify the cigarettes he would not miss, and Charles eliminated three per day in the first week! Each week he further reduced the amount he smoked, while learning tactics to delay his smoking and overcome cravings.

After eight weeks of working with Luke, Charles was down to five cigarettes a day. Determined to get to a point where he didn't smoke any cigarettes, he stuck with his coaching sessions. After three months, Charles successfully became tobacco-free! He credits his coach with helping him stay accountable, and Luke continues to check in with Charles monthly to monitor his progress.

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

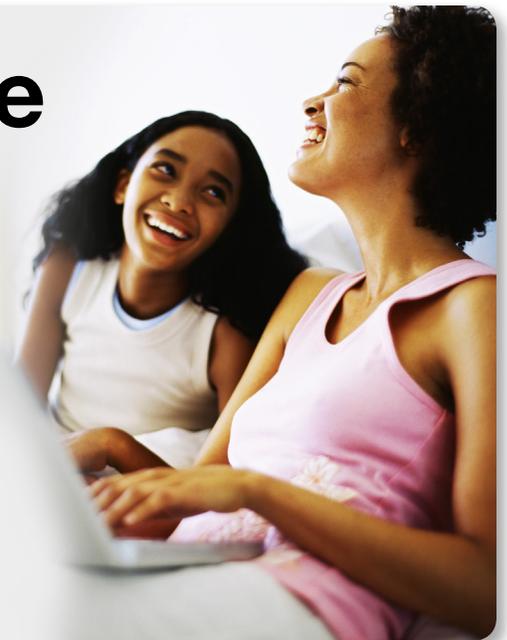


# Your Wellness website

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



## Cook healthier meals

### Ideas from our members!

When it comes to eating healthy, it's not all about the food you're eating—it's also about how you're preparing it. We recently asked some of our members to tell us how they prepare their food so that their meal is healthier—and we're sharing a few of our favorite responses with you. Try one of these great tips today!

"Instead of buttering rice or vegetables, I've started to season them with herbs like rosemary, parsley, and garlic." – Brad

"I've stopped frying food. Now I bake, broil, or roast my meat, and I bake or roast potatoes." – Clara

"I challenge myself to add an extra veggie to every dinner. Now I slip spinach in my homemade lasagna and add butternut squash to macaroni!" – Marian

**Want some more ideas on how to make your meals healthier? Call your Wellness Coach for help!**

## Connect your fitness device!

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 your favorite summertime activity! Your response may be featured in an upcoming newsletter.

**Help is Just a Phone Call Away**



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25<sup>TH</sup> ANNIVERSARY

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