

HealthAdvocate@yourservice

# Healthy Habits



Keep your packed lunches safe

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# Go Back to School Healthy

# Get Prepared, Get Healthy!

## We Can Help!

The summer is winding down, and back-to-school time is on the horizon. In this issue, you will learn about ways preparedness can help you and your family stay well. You'll read about how to send your kids back to school healthy, how to keep packed lunches safe to eat, ways to keep your whole family active, 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: Get Fit

Being strong and active can help you stay healthy. One way to improve your health is to begin exercising—and we can help! Visit your Wellness website to take the Get Fit tutorial, which can help you begin a fitness routine.

**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 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 get prepared for back-to-school time, you may have questions and not know where to turn. Luckily, your Wellness Coach can provide answers to questions like:

- How can I reduce stress while managing my family's hectic schedule?
- What are some ways I can fit more exercise into my day?
- What are some healthy school lunch ideas for my kids?
- How much sleep does each member of my family need?

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!**



## Go back to school healthy!

It's important to keep your child healthy through preventive care and immunizations. It is essential that kids visit their primary care physician, dentist and eye doctor yearly. Preventive care helps to monitor your child's development and screen for possible medical issues.

**Just in time for school, August is National Immunization Awareness Month.** Recent epidemics of measles and whooping cough emphasize the importance of immunizing your children not only for their protection, but also for the protection of others. Check with your child's providers as to what is needed and when your child should be screened.

**For more help keeping your family healthy, contact your Wellness Coach!**



## Log your weight!

**Track weight loss progress on your Wellness website**

Maintaining a healthy weight is ideal for your overall health. 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 exercise, sleep, and more.

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

# Packing safe, healthy lunches

Packing lunches can help you eat healthier and save money. But it's important to make sure the items you're packing stay safe. Perishable items (meats, cut produce, dairy) need to maintain temperatures cooler than 40 degrees Fahrenheit to reduce the risk of foodborne illness. Follow these tips to help keep packed lunches safe!

- Pack lunches in insulated lunch bags. If they contain anything perishable, refrigerate them.
- If refrigeration is unavailable at school or work, use at least two ice packs to help maintain proper temperature.
- Freeze juice boxes and bottled water to serve as additional ice packs.
- Consider non-perishable options (no refrigeration needed) such as whole-grain crackers, bananas, oranges, granola, etc.

For more healthy lunch 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.



### ✓ Health Advocacy

Your Personal Health Advocate can help untangle medical bills, find qualified doctors, locate eldercare services and much more.

### ✓ 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 Advocacy feature is available to eligible employees, their spouses, dependent children, parents and parents-in-law. The Wellness Coaching feature is available to eligible employees, their spouses and dependent children, age 18 and older.

# You asked, we answered

## How can I get my whole family active?

Keeping your family active is important for good health. The Centers for Disease Control and Prevention (CDC) recommend a minimum of 2.5 hours per week of activity for adults and 1 hour per day for children. Regular activity is a great way to spend time together as well as help your kids establish healthy habits.

### Follow these tips to keep your family moving!

- ✓ **Write a list of activities your family can do together.** Ideas could include walks, bike rides, visiting parks, physical games like freeze tag, or going to the playground.
- ✓ **Schedule a regular time** each week for family activities.
- ✓ **Take turns choosing activities** so everyone has an opportunity to pick.
- ✓ **Vary your activities** to keep it fresh and fun!
- ✓ **Encourage participation** in team sports or fitness classes. Find opportunities for your children to try soccer, baseball, softball, gymnastics, etc.
- ✓ **Get moving during your downtime.** Move around during commercials, play video or computer games standing up, or take a stretch break while using tablets or cell phones.

**Call your Wellness Coach for more tips to keep your family healthy!**



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

### Real People, Real Stories

## Stressed Caretaker Learns to Take Care of Herself, Too

Marian had a long history of chronic stress. She worked as a nurses' aide in a busy hospital and cared for her aging mom at home. Due to these commitments, her stress level was beginning to feel unmanageable.

Marian recognized she needed help and connected with Amanda, a Health Advocate Wellness Coach. With her coach's help, Marian identified action steps she could take toward stress relief, such as taking more time for activities she enjoyed. Marian committed to do one activity for herself per week such as get her nails done or treat herself to dinner with a friend.

As a result of coaching and proper self-care, Marian noticed that she felt less stressed and more relaxed. Marian believes her coach's help made all the difference. She says, "I appreciate that I have someone to talk to. It really makes a huge difference in my stress level and allows me to focus on myself."

**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)
  - ✓ **Complete online tutorials** for help losing weight, getting fit and more
  - ✓ **Log your progress** with food and exercise trackers
  - ✓ **Access wellness tips**, articles, and healthy recipes
- Get started now:**



### Stay healthy while traveling!

#### Ideas from our members

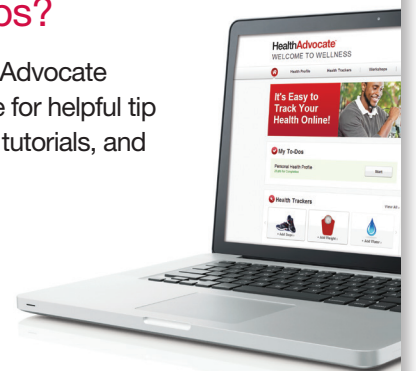
Maintaining your exercise routine and healthy eating habits while traveling can be a challenge. Nevertheless, staying committed to your wellness goals is possible while on the road! All you need is motivation and a strategy. We recently asked some of our members how they stay healthy while traveling, and we're sharing a few of our favorite responses with you. Try these helpful ideas!

- "I walk down the beach every morning." –Mike
- "I start each day with a fruit and vegetable smoothie." –Jean
- "When I travel, I don't have access to a gym so I do squats, push-ups and crunches for an equipment-free workout." –Derron

**Need more help staying healthy while traveling? Call your Wellness Coach for assistance!**

### 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 start the school year off right! 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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