

Healthy Habits

Tips and resources for living well



Be a Smart Consumer

Being a smart healthcare consumer means knowing how your costs of care work with your insurance plan, and getting the right care at the right price. Here are some tips for controlling your costs and becoming a proactive healthcare consumer:

- **Know your plan.** Read your insurance plan carefully so you know what you are responsible for when it comes to receiving care.
 - **Know before you go.** If you haven't met your deductible yet, it's a good idea to know how much your service will cost before you visit the doctor.
- **Ask about lower-cost options.** Ask your doctor about alternative treatment locations, and find out relative costs.
- **Keep a paper trail.** Keeping a record of all your treatments, tests and medications will help you understand your bill, and alert you to any errors.
- **Take prevention seriously.** The best way to keep healthcare costs low is to maintain a healthy diet with frequent exercise.

De-stress Before Summer

Summer can be great for planning vacations, parties and spending time with family and friends. But overwhelming yourself with plans can cause stress. Here are some great tips for dealing with summertime stress:

Get enough sleep. If you're not sleeping soundly, your mood, and ability to solve problems and make decisions, energy level, and physical health may all be affected.

Be prepared. Manage your finances and plan ahead for your weekend vacations or family trips.

Don't let stress build up. Nothing ruins a happy vacation like bickering and fighting. Make sure you are releasing your stress in a healthy, positive way.

Improve your time management skills. If you're frequently stressed out due to work and/or family demands, these skills can help you better balance your duties better.



Master Life's Transitions

For some people, entering midlife (around age 40-60) puts them in a tailspin.

The passage into growing older can trigger worries about aging or panic about time running out and may even spark behavior changes like substance abuse. If you're headed into this milestone, here are healthy ways to cope with the transition:

- **Remind yourself** that aging doesn't necessarily mean decline-it can open up new vistas to you.
- **Check out new hobbies,** activities and travel destinations-even around your own county.
- **Sample new foods,** and ways to eat and exercise to keep in shape and maintain energy.
- **Acknowledge** that it's normal to grieve the loss of youth for a little while.

Employee Health and Fitness Month



Great "At-Work" exercises

Easy ways to fit in fitness during lunch

No matter where you take your lunch break or how long you have for lunch, there are always ways you can fit in a little fitness on your break. Studies show that sitting down all day just isn't healthy, and that people with desk jobs should make it a point to reduce sedentary behavior by getting up and being active. Try these ideas to help you get up and moving at work!

If you work in an office:

- Go outside and walk for 10 minutes. Walk around the building, down the block, or in the parking lot.
- Visit your company's onsite fitness center and use the treadmill, exercise bike, or elliptical for a few minutes.
- Go back to your desk a few minutes early to exercise. Check out a variety of at-your-desk exercises from WebMD and Greatist.
- Bring easy-to-eat food and eat it while walking on your lunch break.
- Start a walking club with a work buddy or several of your coworkers, and allot part of your lunchtime to walk together.
- Use the 7 Minute Workout app or the Sworkit app to do a quick workout at work before you go back to your desk.
- Don't just limit your activity to lunchtime! Keep moving at work throughout the day.

If you work at home or remotely:

- Once you're done eating, take a walk around the block. Or, walk up and down flights of stairs in your house or building.
- Choose a different location to work in—one that you can walk to (for example, a coffee shop)—and go there to do the rest of the day's work.
- Do some stretches before sitting back down at your desk after lunch.
- If you work at home and your neighbor doesn't, offer to walk their dog each day at lunchtime. This will prove helpful to your neighbor, their pooch (who will love getting out for some midday exercise), and will give you another excuse to go out and walk around!
- Get yourself a fitness gadget, like a standing desk or stability ball chair, that can help you increase your fitness whenever you work.