



A healthier you

At times, it is a struggle to start an article, and you wonder how to approach a topic or get the point across to the reading audience. However, when discussing “a healthier you,” there is only one way to present the message: Keeping you and your family healthy is important to the Plan, and we want to help.

Step 1: Where do you begin? A good place to start is with our Health Risk Assessment (HRA). What is the HRA? It is a health questionnaire used to provide an individual with an evaluation of his or her health risks and quality of life, and it is an important tool you can use to share up-to-date information on your health with your medical providers. As a result, the HRA may uncover certain health risks. In addition, did you know that the Plan will waive one \$20 copayment (when the Plan is primary payor) for the next in-network medical office visit or consultation incurred in the same calendar year that the HRA is completed?

Step 2: Check your calendar to determine when you had your last annual routine physical. Even if you feel fine, it is still important to see your health care provider regularly to check for potential problems, such as high blood pressure, high blood sugar, cholesterol, etc. These conditions don't often produce any symptoms in their initial stages, but a preventive exam may detect future problems.

Step 3: Another healthy lifestyle step/change includes a healthy diet. A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. If “healthy eating” makes you think about the foods you can't have, try refocusing on all the new foods that you can eat.

- **Aim for balance.** Most days, eat from each food group: grains, protein, vegetables, fruit and dairy. Listen to your body. Eat when you're hungry. Stop when you feel satisfied.
- **Look for variety.** Be adventurous. Choose different foods in each food group. For example, don't reach for an apple every time you choose a fruit. Eating a variety of foods each day will help you reach the nutrients you need.
- **Practice moderation.** Don't have too much or too little

of one thing. All foods, if eaten in moderation, can be part of healthy eating.

Step 4: Start a fitness routine. Despite the benefits, many people struggle with fitting exercise into their daily routines. Simple steps can help you get started and build momentum. For example: Take a 10-minute walk during your lunch break, park farther away in parking lots, take the stairs instead of the elevator, or complete a 10-minute exercise video at home.

Think about what you enjoy. If you hate the gym, try bike-riding or trail-walking. If you want to socialize more, consider a recreational sports team. Even gardening or house cleaning can give you some physical exercise. Becoming physically active is one of the most important steps you can take to protect and improve your health. Remember, any amount of physical activity carries some health benefits, and some activity is better than none at all. However, speak with your health care provider before adding too much to your plate and beginning your physical activity program. He or she can advise you of the best plan for you.

Healthy Family

The Healthy Family is an online resource tool that provides helpful tips on weight management, nutrition and exercise for children and teens. You can access the Health Family link by visiting our website at nalc.org/depart/hbp and clicking on “OptumHealth Resources” located under the “Health Center” tab. This link offers nutrition and fitness centers geared toward children, teens and parents.

Healthy Rewards program

When you choose to make healthy choices, we can provide you with discounts to help you save money. Various companies and products are available with the Healthy Rewards program to receive discounts for weight programs, exercise activities, fitness clubs, books, magazines and oral hygiene products. There also are discounts on some vision and hearing services. For more information about the Healthy Rewards program, you may call 800-870-3470. 