

Health **Advocate** @ your service

Healthy Habits

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HEALTH ASSOCIATES®

25TH ANNIVERSARY

314.845.8302 / 800.832.8302
www.HHHealthAssociates.com



Improve your health at any age

Let Us Help!

No matter your age, you have the ability to make lifestyle changes that can improve your health. In this issue, you will learn about healthy snack ideas your whole family will enjoy, how to start walking for fitness, how much sleep you need each day, 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

You can improve your health by eating healthier—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 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

Trusted help any time of the year

If you are looking for healthy tips for all ages, you may have questions and not know where to turn. Luckily, your Wellness Coach can provide answers to questions like:

- Do you have any simple, healthy meal ideas?
- What are some ways I can fit relaxation into my hectic schedule?
- How can I get my whole family to be more physically active?
- What's the best approach to losing weight?

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!

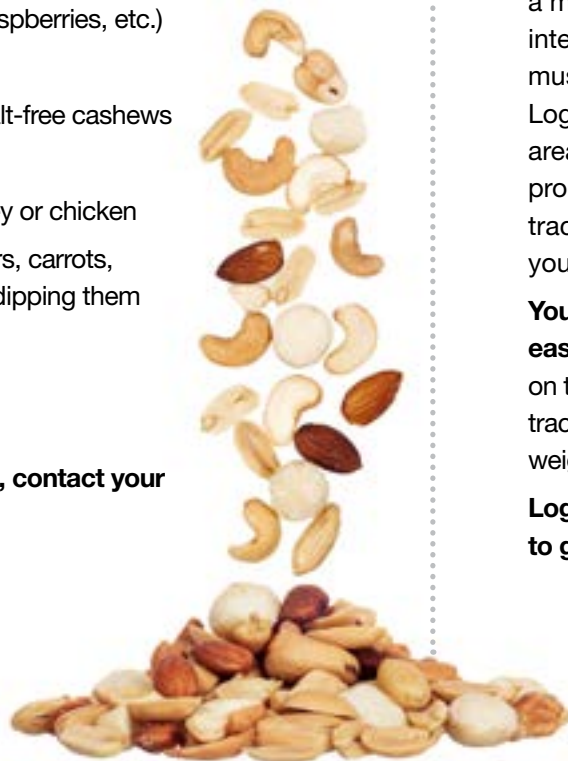


Healthy snack ideas

Contrary to popular belief, snacking can be beneficial to good nutrition. Healthy snacks may add additional vitamins and nutrients to your day, help you maintain energy levels, and reduce overeating at meals. But choosing the right snacks is important. Try these healthy ideas:

- Mixed berries (blueberries, raspberries, etc.)
- Low-fat Greek yogurt
- Nuts: Almonds, walnuts or salt-free cashews
- Whole grain crackers
- 2 slices of deli meat like turkey or chicken
- Sliced vegetables: Cucumbers, carrots, celery, and bell peppers. Try dipping them in hummus!
- Hard-boiled egg
- Granola

For more healthy snack ideas, contact your Wellness Coach!



Log your exercise!

Track progress on your Wellness website

To maintain good health, it's important to exercise regularly. Most adults need a minimum of 150 minutes of moderate-intensity aerobic exercise and two days of muscle-strengthening activities each week. Logging your exercise can help you to notice areas for improvement and be proud of the progress you've made. We make it easy to track your exercise—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 exercise, you can also track your weight, sleep, and more.

Log on to your member website to get started!

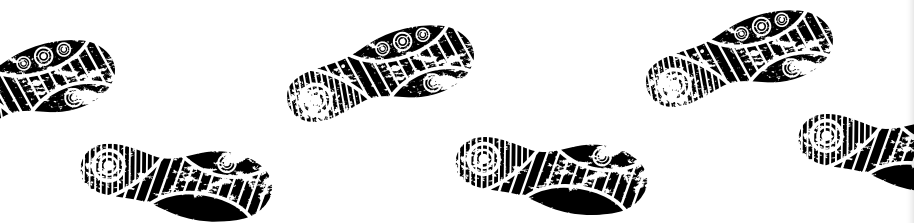
How to start a walking routine

Walking is a great lifetime fitness activity. It's also a good option if you're new to exercise! Follow these steps to get started:

- Let your doctor know your plans to begin a new fitness routine.
- Make sure you have good walking shoes that are lightweight with a flexible sole, rounded heel and good arch support.
- Set a goal for the length of time and number of days per week you want to walk.
- Find a safe route, path or trail you'd like to walk.
- Bring a buddy (for companionship as well as safety), lace up your shoes, and go!

Tip: Use a pedometer or fitness device to track your steps for extra motivation and to observe your progress!

For more walking and fitness tips, contact your Wellness Coach!



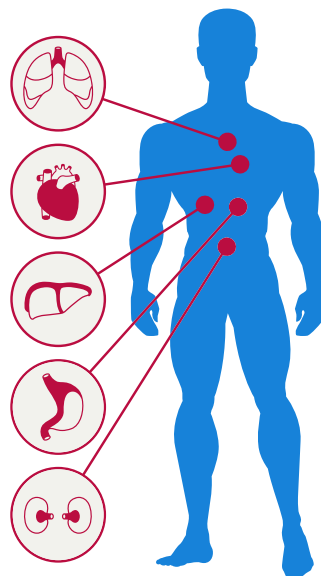
Discover your risk for disease

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!



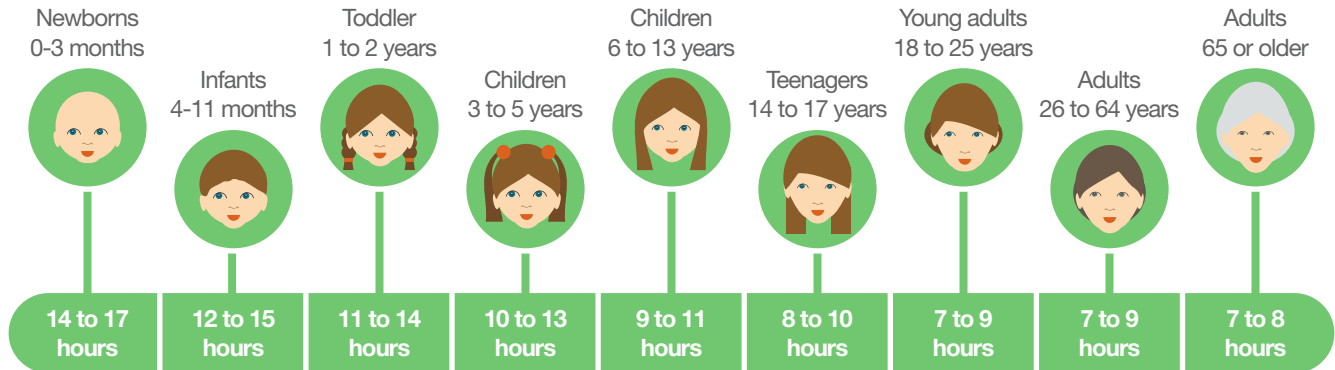
Who is eligible?

The Wellness Coaching feature is available to eligible employees, their spouses and dependent children, age 18 and older.

You asked, we answered

How much sleep should I get?

Sleep is just as vital to your health as good nutrition and exercise. Both the quality and quantity of your sleep are important for optimal physical, emotional and mental health. The amount of time you should sleep is dependent upon your age. The National Sleep Foundation recommends the following guidelines for daily amount of sleep:



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

Email us:

Real People, Real Stories

Achieving Weight Loss and Improving Health

For as long as she could remember, Heather struggled with managing her weight. Her weight impacted her ability to control her asthma, and she often felt out of breath. She was looking for help losing 80 pounds, but she believed exercise was impossible for her to do. Heather reached out to Candice, a Health Advocate Wellness Coach, for help.

With her coach's help, Heather set realistic goals that didn't require her to take on too much at one time. Heather and Candice identified exercises she could do without becoming out of breath. Heather began to walk regularly and changed her eating habits by focusing on smaller portion sizes and reducing sugar.

In one year of working with Candice, Heather has lost 50 pounds. She says, "It wasn't easy to get where I am today, but I am extremely thankful for the progress I made and the support and encouragement Candice provided along the way. I feel fantastic!" Heather plans to continue her weight loss journey, with her coach's assistance, until she meets her ultimate goal of losing 80 pounds!

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:**

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



What's your favorite healthy meal?

Ideas from our members

Eating healthy can still be tasty! We asked some of our members to share their favorite healthy meal to make. Try one of these great ideas today!

"Pasta primavera is my favorite. It's quick, too! Whole grain pasta, olive oil, broccoli, spinach and garlic are all you need." –Anne

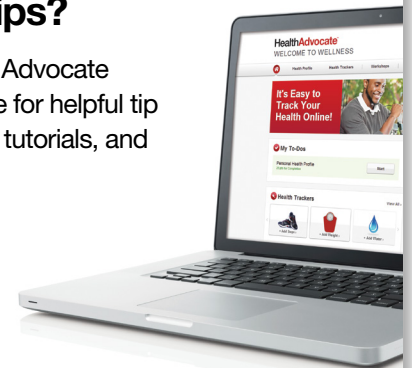
"I enjoy grilling chicken after marinating it with lime, garlic, white cooking wine and a pinch of cumin. Pair it with your favorite vegetable and enjoy!" –Matt

"Burgers are my family's weakness. We've started to make our own healthier version using ground turkey and quinoa. Sometimes we even swap our hamburger buns and wrap the patties with lettuce!" –Jaci

Connect with a Wellness Coach for more healthy meal ideas!

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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