



✓ Healthy Habits Month

Top Healthy Behaviors for Optimal Health

Having healthy lifestyle behaviors is crucial for maintaining overall well-being and reducing the risk of chronic diseases. Take a look at these top healthy lifestyle behaviors to see which ones you can work on to optimize your health.



Regular Physical Activity: Engaging in regular physical activity is crucial for maintaining optimal health. Aim for at least 30 minutes of moderate-intensity aerobic activity at least 5 days per week, along with muscle-strengthening activities at least twice a week.



Balanced and Nutritious Diet: Eat a variety of nutrient-rich foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. Focus on portion control and limit the intake of processed foods, added sugars, and saturated fats.



Sufficient Hydration: Stay hydrated by drinking an adequate amount of water throughout the day. The daily water intake varies based on individual needs, but aiming for around 8 cups (64 ounces) is a good starting point.



Quality Sleep: Get enough high-quality sleep on a regular basis. Most adults require 7-9 hours of sleep each night. Establish a consistent sleep schedule, create a sleep-friendly environment, and prioritize relaxation before bed.



Stress Management: Find effective ways to manage and reduce stress, such as practicing mindfulness, deep breathing exercises, engaging in hobbies, seeking social support, or participating in activities that promote relaxation and well-being.



Avoid Tobacco: Smoking and using other tobacco products is strongly associated with numerous health problems including cancer, cardiovascular diseases, and lung diseases. There are both immediate and long-term benefits of quitting the use of tobacco. Quitting can be hard. Fortunately, there are a lot of resources available to help you succeed.



Limit Alcohol: Heavy or prolonged alcohol consumption increases the risk of developing a wide range of health problems including liver disease, cardiovascular diseases, and certain types of cancer. If you choose to drink, do so in moderation (up to one drink per day for women and up to two drinks per day for men).



Get Regular Preventive Screenings: Stay up to date on preventive screenings such as vaccinations, blood tests, and cancer screenings. Early detection and intervention can help identify and address health issues before they become more serious.



Maintain a Healthy Weight: Aim to maintain a healthy weight range by combining regular physical activity with a balanced diet. This decreases your risk for many serious chronic diseases like heart disease, stroke, and diabetes.



Practice Good Hygiene: Follow proper hygiene practices, such as regular handwashing, covering your mouth and nose when coughing or sneezing, and maintaining cleanliness in your living environment. These habits help prevent the spread of infectious diseases.



Social Connection: Nurture positive relationships and social connections with family, friends, and community. Engaging in social activities and having a strong support network contributes to emotional well-being and overall health.

By incorporating healthy lifestyle behaviors into your daily routine, you empower yourself to take control of your health, reduce the risk of chronic diseases, and enhance your overall well-being in both the short and long term.

Upcoming Events:

Be Your Best – Health Education Series

The Cooperative is offering a series of health education seminars covering various health and wellness topics over the next several months. Each topic was selected based on the health needs and interests of our members and designed to give you the information you need to be your best!

- **PICKING HEALTHY PROTEINS** | Wednesday June 21, 2023, at 12:00pm
- **MUSCLE STRENGTHENING ACTIVITIES** | Wednesday July 19, 2023, at 12:00pm
- **STRESS MANAGEMENT** | Wednesday August 16, 2023, at 12:00pm
- **PROCESSED FOODS AND YOUR HEALTH** | Wednesday September 20, 2023, at 12:00pm
- **HOW TO EAT LESS SATURATED FAT** | Wednesday October 18, 2023, at 12:00pm
- **MINDFUL EATING** | Wednesday November 15, 2023, at 12:00pm

Find more information about the seminars and how to register [HERE!](#)

The seminars will be live-virtual sessions lasting about 30 minutes long and can be accessed online through Microsoft Teams. The session will be over the lunch hour, so feel free to enjoy your lunch as you learn about these health and wellness topics. After registering for the seminar, you will be sent an email containing the link to access the session. Please contact Kayla Rose, Health Promotion Manager at krrose@group-health.com for questions or more information.

Health Insurance 101:

PRIOR AUTHORIZATIONS

Prior authorization is the process of obtaining an approval from the plan that may be required before you get a service or fill a prescription in order for the service or prescription to be covered by your plan.

Prior authorization is required for certain services, and care must be provided by primary care provider, a specialty care physician, or another network provider, except in the case of emergency or urgent care; or if you have an approved written prior authorization to utilize a non-network provider.

It is important to always check with your health plan before receiving any services or prescriptions to verify your benefits, cost share, and any authorizations that may be required.

REFERRALS

Referrals is the process by which your primary care provider makes a request to a network provider specialty physician on behalf of the member to be seen for services. Services may still require an approved prior authorization. Obtaining a referral does not necessarily guarantee coverage or payment of services. Typically referrals are only required when seeking care outside of the health plan service area with non-contracted providers.

Prior Authorizations and Referrals:



Help lower a patient's out of pocket costs.



Protects patients and prevents the overuse, misuse, or unnecessary (or potentially harmful) care.



Ensures care is consistent with evidence-based practices (National Standards of Care)



As always, if you have questions about your benefits or how your deductible is being applied to your medical services, please contact our Member Services Department at Group Health Cooperative of Eau Claire – 715-552-4300.

CONNECT WITH US.

Visit group-health.com or give us a call at 715.552.4300 or 888.203.7770.

