

Notice your emotions. Savor your food. Be mindful of your reactivity. Listen to your body.

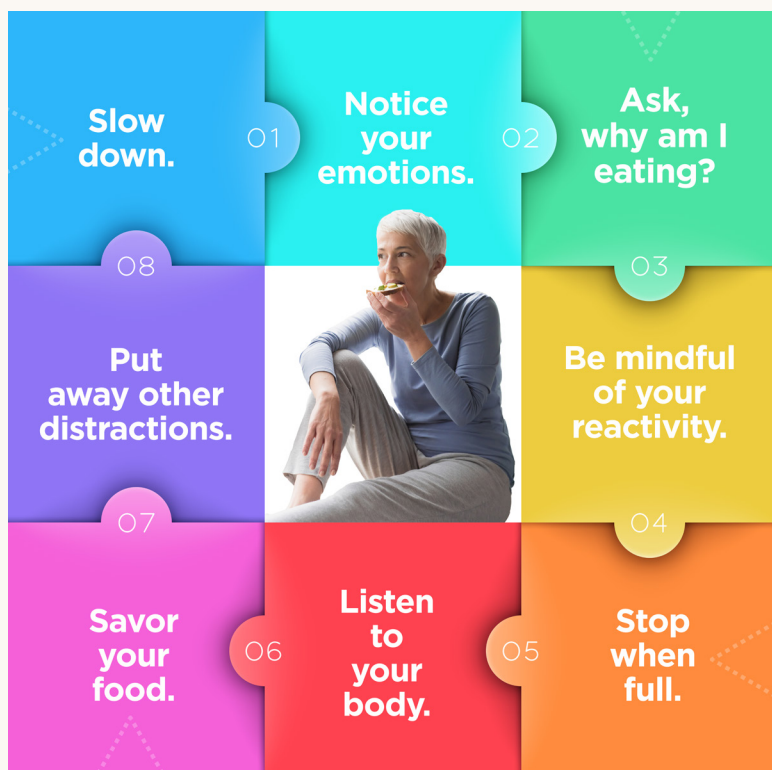
MINDFUL EATING

► Mindful Eating

Mindful eating is a practice that involves paying full attention to the experience of eating, with a focus on the sensations, thoughts, and emotions associated with food. It's a form of mindfulness, which is the act of being present and fully engaged in the current moment without judgment. Mindful eating encourages a deeper and more conscious relationship with food and can have various benefits for both physical and emotional well-being.

Mindful eating can help people develop a healthier and more positive relationship with food. It can be a useful tool for weight management, as it often leads to more controlled portions and reduced emotional eating. Additionally, it can promote better digestion, reduce stress related to eating, and enhance the overall enjoyment of meals.

HERE ARE SOME KEY ASPECTS OF MINDFUL EATING:



► Health Insurance 101

The end of 2023 is fast approaching, so it is time to think about your annual physical if you still need to get one. An annual physical can be helpful because it can determine your health status, giving way to early intervention and prevention of any health issues that you are currently at risk for. Your primary care physician typically performs an annual physical.

UNDERSTANDING PREVENTIVE SERVICES

Preventive services and diagnostic services are two types of care that you may receive from your doctor. Preventive services are designed to prevent illness or detect problems before you notice any symptoms. It is often part of a routine physical or checkup. Diagnostic services are care to treat a known problem, or to diagnose a suspected problem because of known symptoms or abnormal test results. It is done in response to the symptoms of an emerging health concern or to monitor an existing condition.

Preventive services aim to maintain and promote health, as well as identify and address health risks before they lead to more serious problems. The goal is to keep you healthy and improve your overall well-being. Preventive services can encompass a wide range of services, including:

- Vaccinations to protect against infectious diseases
- Cancer screenings such as mammograms and cervical cancer and colorectal cancer screenings
- Tests to screen for osteoporosis and diabetes
- Assessments to screen for depression, anxiety, and suicide risk

Which preventive services you should receive and when you should receive them are dependent on your age, gender, family history, and personal risk factors. Your provider can help you decide which services you need.

💰 COST SHARE AND PREVENTIVE SERVICES

According to the United States Preventive Services Task force, as listed at [uspreventiveservicestaskforce.org](https://www.uspreventiveservicestaskforce.org), preventive services with an A or B rating are covered without cost share. Cost share will apply if the preventive service does not have a grade A or B rating or is being done because you have symptoms or is to evaluate a condition you already have.

UPCOMING EVENTS

Fitness in a Flash

3-5 minute live-virtual exercise sessions focusing on exercises to improve strength, aerobic fitness, and flexibility. Sessions are offered Monday - Friday at various times.

Mindful Monday

3-5 minute live virtual sessions featuring stress management techniques such as deep breathing, mindfulness, guided imagery, and practicing gratitude. The sessions are held every Monday afternoon at 1:30pm.

Food in a Flash

5 minute live-virtual sessions highlighting a healthy food option and its impressive health benefits and sharing different ways to easily incorporate it into your diet. The sessions are held every Wednesday afternoon at 2:00pm.

Contact Kayla Rose, Health Promotion Manager at krose@group-health.com for more information about these opportunities.

CONNECT WITH US.

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

