



Workplace Wellness

Tips to Practice Healthy Lifestyle Behaviors at Work

Many working adults spend most of their waking hours at work during the week. Therefore, it is crucial to practice healthy lifestyle behaviors while you are working. Here are some tips to practice healthy lifestyle behaviors at work even on your busiest days.

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Get Regular Movement
 Take short breaks to stretch and move around. Sitting for prolonged periods can lead to health issues. Stand up, walk around, and do some simple stretches to keep your muscles active.
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Pack Healthy Snacks
 Pack nutritious snacks like fruits, vegetables, low-fat yogurt and cheese. Avoid sugary and high-calorie snacks that can lead to energy crashes.
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Eat Balanced Meals
 Pack or choose well-balanced meals for lunch. Include a variety of vegetables, lean proteins, whole grains, and healthy fats to provide sustained energy.
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Stress Management
 Regularly practice stress-reduction techniques like deep breathing, meditation, or mindfulness. High stress levels can negatively impact your health and productivity. You can spend just 1-5 minutes a day doing simple exercises that can improve your stress management.
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Stay Hydrated
 Drink plenty of water throughout the day. Dehydration can lead to fatigue and decreased concentration. Keep a water bottle at your desk as a reminder to stay hydrated.

Remember that small, consistent changes can lead to significant improvements in your health and well-being. It's important to listen to your body and make adjustments based on your individual needs and circumstances.

Health Insurance 101:

Understanding Eligibility Criteria

Have you ever had questions about or wondered about the eligibility criteria for your health insurance plan? Eligibility criteria are the rules or guidelines as to when members are eligible for coverage under the health plan. You will be able to find your specific health plan's eligibility criteria in your Schedule of Benefits (SOB), which you can find by logging into your member account on the Group Health Cooperative website.

The Eligibility Criteria you will find in your SOB is as follows:

- New employee waiting period
- Layoff/rehire waiting period
- Terminating employees/dependents
- Involuntary loss of eligibility for other coverage
- Voluntary termination/cancellation of other coverage
- Retirees under 65
- Retirees over 65
- Adding dependents (birth or adoption)
- Adding dependents (court order)
- Adding dependents (marriage)
- Open enrollment month

WHO QUALIFIES AS YOUR DEPENDENT?



Dependent means a person having one of the following relationships to a subscriber:

The spouse of a subscriber; children to the age of twenty-six (26); legal wards who become legal wards of the subscriber prior to age nineteen (19), but not temporary wards; adopted

children and children placed for adoption as provided for in Wis. Stat. §632.896; stepchildren; and grandchildren if the parent is a dependent child. The dependent grandchild will be covered until the end of the month in which the dependent child turns age eighteen (18).

There is more detailed information on who qualifies as a dependent and this information can be found in your Group Health Cooperative of Eau Claire Member Policy, this policy book can be found by logging into your member account on the Group Health Cooperative website.

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 715-552-4300.

UPCOMING EVENTS:

Be Your Best – Health Education Series

30 minute live-virtual seminars covering a variety of health and wellness topics. Get more information and register [HERE!](#)

- **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

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 krrose@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.

