



| Tips to Practice Healthy Lifestyle Behaviors

Practicing healthy lifestyle behaviors, even on your busiest days, is essential for your overall health and wellness. Here are some tips to help you plan for practicing healthy lifestyle behaviors when you are on the go!



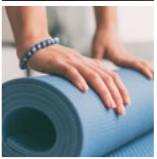
Have Healthy Snacks on Hand.

Keep nutritious snacks like fresh fruit, cut up veggies, or string cheese in your bag or car. This way, you're less likely to reach for unhealthy options when you're on the go.



Make Healthy Meal Choices.

When eating out or grabbing takeout, choose healthier options like salads, lean proteins, and whole grains. Avoid excessive processed foods and be sure to watch your portion sizes.



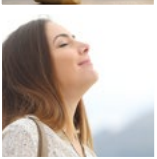
Plan For Short Bursts of Physical Activity.

Incorporate short bursts of physical activity into your day. Take quick 5-10 minute breaks a few times throughout the day. Bodyweight exercises require no equipment and only a little space. These can boost your energy and fitness levels.



Take Short Walks.

Whenever possible, opt for walking instead of sitting or using public transport for short distances. Walking can help clear your mind and improve physical well-being.



Practice Mindful Breathing.

Take a few moments to focus on your breath. Deep, mindful breathing can help reduce stress and increase mental clarity. You can do this while waiting in line, during a commute, or before a meeting.



Prioritize Sleep.

Ensure you get enough sleep by sticking to a regular sleep schedule. You should aim for getting at least 7-8 hours of sleep each night. Doing so allows your mind and body to be energized to take on the next busy day.

Even small actions taken throughout the day can contribute to a healthier and more balanced lifestyle. It just takes planning, practice and consistency to make it happen.

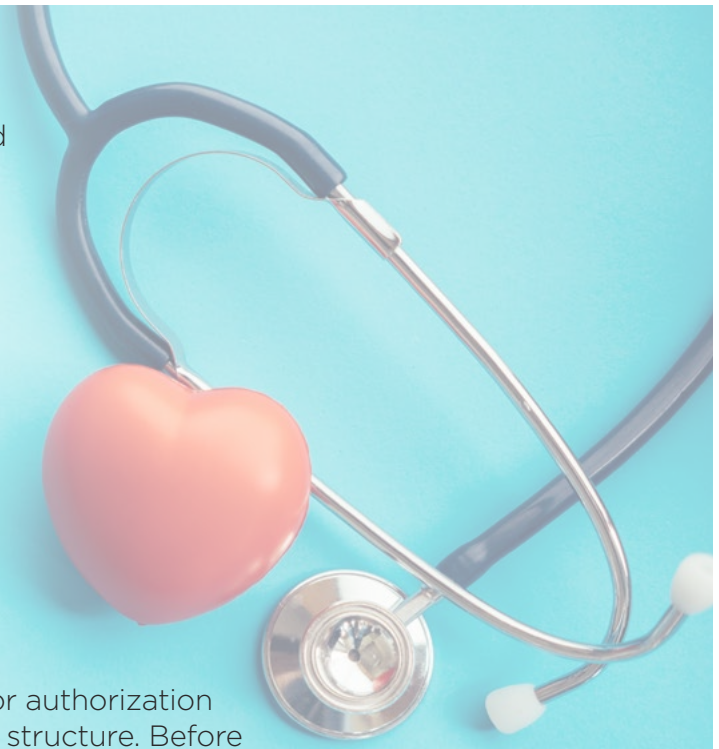
| Health Insurance 101

Covered benefits are medical services, treatments, and procedures that your health insurance plan will cover.

Covered services typically include:

- Doctor visits
- Laboratory and diagnostic testing
- Urgent and emergency care
- Hospitalization
- Prescription drugs
- Medical equipment
- Preventive care
- Surgery
- Mental health services

These services and or procedures may still require prior authorization or may apply to cost share depending on your benefit structure. Before receiving any services or procedures, contact the Cooperative's Member Services department to verify how services or procedures will apply to your benefits. For details on what is covered in your plan, please refer to your policy handbook.



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!](#)

- **SIMPLE WAYS TO REDUCE 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 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.

