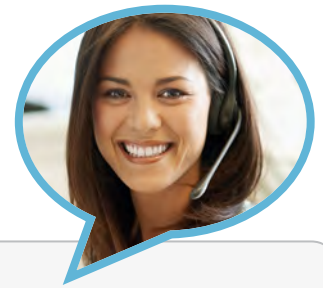


Health**Advocate**@yourservice

Healthy Habits

Resources and tips for living well





Getting healthy for the holidays

Let Us Help!

The holidays are fast approaching, and you'll need to be at your best to enjoy all the fun of the season. This month, we'll provide tips to help you prepare for the holidays by starting healthy habits. In this issue, you will learn about reasons you should quit tobacco, how to reduce your stress through exercise, managing cravings for sweets, 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.

We Can Help You Maintain Good Health

In this issue, you'll discover simple ways to improve your health and wellness. You'll also learn how your Health Advocate Wellness Coaching program provides you with the extra support you need to stay healthy.

Get Started Today!

24/7
Support

800.433.2320



Email: MyWellness@HealthAdvocate.com

Web: www.my-cpw.com

Website Spotlight:

Wellness Workshop: Cook Healthy Meals at Home

Planning to host holiday dinners at your home? If so, make them healthy! Visit your Wellness website to take the Cook Healthy Meals at Home workshop, which can give you some great tips on making your home-cooked meals more nutritious.

Remember, your Health Advocate Wellness website features a variety of resources to help you improve your nutrition. Log on today to explore all our expert resources!

Get started now!

www.my-cpw.com



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 instant 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 tips and 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!

800.433.2320
www.my-cpw.com

Keep The Extra Pounds Away

Maintain, Don't Gain: Sign up today!

It's not too late to join! Sign up for the Maintain, Don't Gain campaign, and we'll help you eat healthy and keep the extra pounds away throughout the holiday season and into the New Year.

Visit your Wellness website to sign up!

www.my-cpw.com



Need expert help? Contact your Wellness Coach!

Trusted help any time of the year

As the holidays approach and your schedule gets more hectic, you may have questions and not know where to turn. Luckily, your Wellness Coach can help with a variety of health- and wellness-related concerns. Call your Coach for answers to questions like:

- How can I make my Thanksgiving menu healthier?
- What are some fun indoor exercise ideas?
- What are some relaxing activities I can do to relieve stress?
- How can I maintain my weight over the holidays?

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!



Log your food!

Track what you eat on your Wellness website

Whether you want to lose a few pounds or just want to eat better, tracking what you eat can help. Logging your food intake can help you be more mindful of what you consume and allow you to see areas for improvement. We make it easy to track your food—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 food, you can also track your exercise, water intake, weight, sleep, and more.



Click here to log in and get started!



It's Breast Cancer Awareness Month!

Talk to your doctor about your risks and how to detect the disease early. Learn about screenings and more.

Click here for important information



Quitting tobacco

What's in it for you?

November is the American Cancer Society's month to bring awareness to the benefits of quitting tobacco. Here are some reasons why you should quit.

- **It improves your health!** After a year of staying off tobacco products, your heart disease risk lowers by 50%. After ten years, your risk for developing cancer equates to that of a life-long non-smoker.
- **You'll save money** – cigarettes aren't cheap.
- **There are social benefits** – public places are increasingly becoming tobacco free. Why should you have to leave the party to go smoke outside in the cold?

Quitting can be challenging, but the rewards more than compensate for the effort.

Call your Wellness Coach for more reasons to quit tobacco!



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.

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!
www.my-cpw.com



Want to reduce your stress? Sweat it out!

Exercise is a great way to reduce your stress and improve your overall well-being. It can alleviate stress, loosen tight muscles, and it can be a lot of fun. Here are some easy ways to incorporate more physical activity into your life.

Take a quick walk on your work breaks. Even as little as five minutes can be helpful.

When you come home from work, grab your workout clothes and choose a physical activity you enjoy. Try a high-intensity workout and work up a sweat, or do some gentle yoga. Studies show that both are proven to reduce stress and improve mood.

Get active outside. Being outdoors helps you enjoy the fresh air. Think outside the box and opt for a different kind of outdoor physical activity. You could use this as an opportunity to do some fall chores. Try gardening, mowing the lawn, raking the leaves, or any other activity that you might enjoy!

It doesn't matter what you choose—any activity that gets you moving can be beneficial to your health!

Your Wellness Coach is a great source for ideas to help you reduce stress with exercise. Call today for personalized, one-on-one guidance!



HealthAdvocate™ Always at your side

Reminder! Your Health Advocate Wellness Coach is available via telephone, email or instant 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!



800.433.2320
www.my-cpw.com

Who is eligible?

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



Real People, Real Stories

Fitting Exercise into a Busy Schedule

Evonda wanted to better manage her diabetes and lose weight. She called her Wellness Coach to learn how to fit exercise into her hectic schedule. Together, Evonda and her coach discussed goals and formulated a plan of action that would help her begin exercising.

Evonda's Wellness Coach helped her establish a routine to find time each week to fit in exercise—and, during their bi-weekly talks, they also addressed Evonda's diabetes. "She has given me helpful insights and advice, like tracking my food so I can see what might have caused my sugar levels to go up," she says. Her coach also helped her cut back on the amount of soda she used to drink each day.

Evonda credits her coach with helping her build exercise into her busy schedule and change her eating habits, both of which have contributed to meeting her weight loss goals. Evonda says, "If it wasn't for her, I wouldn't have worked this hard or taken my goals as seriously."

Your Wellness Coach can help you meet your healthy goals, too! Call today: 800.433.2320



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

Email us: MyWellness@HealthAdvocate.com

Ask a Wellness Coach

What's the best way to handle a sugar craving?

If you have a sweet tooth, you aren't alone. Fortunately, there are ways to help reduce those cravings. By nourishing your body with nutritious foods, you will want that sweet treat less. Try these tips:

- **Feeling tired?** First, grab a bottle of water. The water can help fill you up and give your hands something to hold onto. For added flavor, add a slice of your favorite fruit.
- **For cold days** when chilled water won't suffice, have a warm drink instead. For a flavorful beverage, steep herbal tea.
- **Eat a healthy snack.** Combine a healthy protein (nuts, nut butter, seeds, meat, dairy, or beans) with a nutritious carbohydrate (fruit, vegetable, whole

grain, or a starch). Balancing your snacks can provide more energy and alleviate your cravings for the sweet stuff.

- **Chewing gum** can go a long way when your sweet tooth hits. It's full of refreshing flavor and keeps your mouth busy. Try sugar-free gum to make your dentist happy.
- **Eat nature's candy.** If you really need a sweet treat, eat a piece of fruit—it contains vitamins and fiber. Consider keeping a bowl of fresh apples, bananas, and oranges at home and work.

For more information on fighting your sweet tooth, contact your Wellness Coach!



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 get started:**

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



Always enough time for exercise!

Short exercise ideas

Time should never be an excuse for not exercising. There are plenty of fun and creative ways to incorporate exercise into your everyday life. The Wellness Coaches recently asked some of our members to tell us how they would replace ten minutes of spare time with short bouts of exercise—and we're sharing a few of our favorite responses with you. Try one of these fun ideas today!

"I walk during lunchtime. I use half my lunch break to eat and the other half to walk laps around the building!" – Jenna

"Right after dinner, when everyone wants to sit down and relax, we go for a brisk walk around the block." – Ed

"Drop the smoke break and turn it into a fitness break." – Daniel



Need help exercising when crunched for time?
Call your Wellness Coach for help!

Want more wellness tips?

Visit your Health Advocate Wellness website for helpful tip sheets, wellness tutorials, and much more!



www.my-cpw.com



Make your voice heard!

Tweet us @HealthAdvocate and tell us **how you stay healthy during fall!** Your response may be featured in an upcoming newsletter.

Help is Just a Phone Call Away



800.433.2320
www.my-cpw.com



CASCADE CENTERS
INCORPORATED

Health Advocate is not affiliated with any insurance or third party provider. Health Advocate complies with all government privacy standards. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.

©2014 Health Advocate, Inc. HA-WM-1401004-11NL NOV

HealthAdvocate™
Always at your side