

Health**Advocate**@yourservice

# Healthy Habits

Resources and tips for living well



Get healthy this spring! Important tips inside >>

# Increase your health and fitness

## Let Us Help!

Spring brings longer days and milder weather. Take advantage of the season and work toward improving your health! In this issue, you will learn about ways to stay healthy outdoors, enjoy seasonal produce, tips to fit exercise into your day, 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.



## Call us today to get started!

### Got Fitness: Join Today!

Our 6-week Got Fitness program can help you get into better shape this spring. Visit your Wellness website to sign up!

## Website Spotlight: Wellness Tutorial: Get Fit

One way to maintain or improve your health is to begin exercising—and we can help! Visit your Wellness website to take the Get Fit tutorial, which can help you begin a fitness routine.

Remember, your Health Advocate Wellness website features a variety of resources to help you improve your health and well-being.

Log on today to explore all our expert resources!

## 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 secure web 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](http://www.my-cpw.com)



# Need expert help?

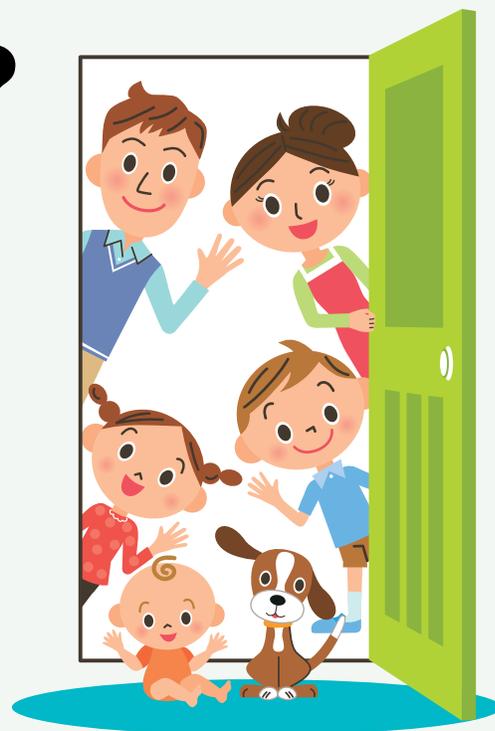
## Contact your Wellness Coach!

If you are looking to improve your health and fitness, 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:

- What are some ways I can work out while I travel?
- What foods are in season this spring?
- What relaxation techniques can help me manage stress?
- What fun, family fitness activities can you recommend?

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!**



## Healthy springtime eats

**Eat seasonally and locally**

It's a wonderful time of year to stock up on seasonal fruits and vegetables. Taste what the beautiful season has to offer! Try these tips:

- **Visit your local farmer's market.** You'll find a variety of fresh, locally-grown fruits and vegetables.
- **No farmer's market nearby?** You can buy seasonal produce at your local grocery store instead. Click [here](#) to find out what's in season.
- **If you're unable to buy fresh fruits and vegetables,** go for the frozen version. Frozen produce will keep longer and is packed full of nutrients.

**Call your Wellness Coach for more healthy foods to enjoy this spring!**



## Log your exercise!

**Track progress on your Wellness website**

To stay healthy, it's important to exercise regularly. Most adults need 150 minutes of moderate-intensity aerobic exercise and two days of muscle-strengthening activities each week. Logging your exercise can help you to notice areas for improvement and be proud of the progress you've made. We make it easy to track your exercise—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 exercise, you can also track your sleep, water intake, weight, and more.

**Log on to your member website to get started!**

# This spring, stay healthy outdoors

It's great to get outside and enjoy the mild spring weather! From walking to having a picnic to trying a new sport or exercise, there's plenty to do outdoors. Just make sure you keep a few simple tips in mind:

- **Remember your sunscreen.** Whether it's sunny or cloudy outside, the sun's rays are still going strong. Apply sunscreen before going outside.
- **Wear sunglasses.** Sunglasses are a stylish accessory that serves an important purpose—protecting your eyes from the sun!
- **Bring water along.** If you are playing a sport or even just walking outside, bring a bottle of water with you to help stay properly hydrated.
- **Suffer from allergies?** Many people get springtime sniffles due to spending time outside. Talk to your doctor. Ask if there are any remedies, like antihistamine medications, that may be helpful for you.



For more healthy tips, contact your Wellness Coach!

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## 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.

If you haven't already done so, 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!



# HealthAdvocate™

Always at your side

**Reminder! Your Health Advocate Wellness Coach** is available via telephone, email or secure web 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!



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[www.my-cpw.com](http://www.my-cpw.com)

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### Who is eligible?

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

# You asked, we answered

## What are some ways I can fit in more exercise?

Spring is the perfect time to kick your fitness habits into gear. Take advantage of the warm weather and bring outdoor workouts back into your routine!

- **Work out at work.** Walking during your lunch break or having a walking meeting can help you fit a little exercise into your day. Walking helps you manage stress and be physically active. Invite a co-worker to join you!
- **Not a fan of gyms?** No problem! Try spending some time outdoors by riding your bike or going on a hike. You'll get the added benefit of spending time in nature, too.

- **Have fun in the sun with your friends!** Get together with friends and play a sport like basketball. Try volleyball if you have a beach nearby, or soccer if a field is close. Looking for something a little more low-key? Try hiking, taking a bike ride around the neighborhood, or playing Frisbee.

*Your Wellness Coach is a great source of ideas to help you get moving this spring. Call today for personalized, one-on-one guidance!*



**Has a Wellness Coach helped you improve your health? Tell us your story!**  
Email us: [mywellness@healthadvocate.com](mailto:mywellness@healthadvocate.com)

Real People, Real Stories

## Successfully Tobacco-Free!

Linda, a tobacco user of 35 years, started working with her Health Advocate Wellness Coach after making several frustrating attempts to quit smoking. She was very skeptical about calling a coach and thought that if everything else didn't work, why should this? In the past, Linda was able to quit cold turkey here and there, but when a stressful situation came about, she would start smoking again.

After five months of working with her Wellness Coach, Linda is proud to say she is tobacco-free. Together, they were able to reduce Linda all the way down to zero cigarettes. Every week, they spoke about Linda's progress, what her triggers were, what kept her focused, and how far she had come.

Linda says, "Working with my coach was amazing! She helped me make goals to cut back on my smoking while supporting me in finding new ways to deal with my stress, like deep breathing. At this point, I cannot imagine going back to smoking and am very grateful for the experience."

**Your Wellness Coach can help you meet your healthy goals, too!**



# 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](http://www.my-cpw.com)



### Tech tools to try

#### Ideas from our members!

Technology helps make getting fit and staying motivated easy and fun! We asked some of our members to tell us how they use technology for motivation or to enhance their workouts—and we're sharing a few of our favorite responses with you. Try one of these great tools today!

"I'm a huge fan of the MapMyRun app...not only does it keep a history of my workouts, but it also shows me how my friends are active in the program." – *Jonathan*

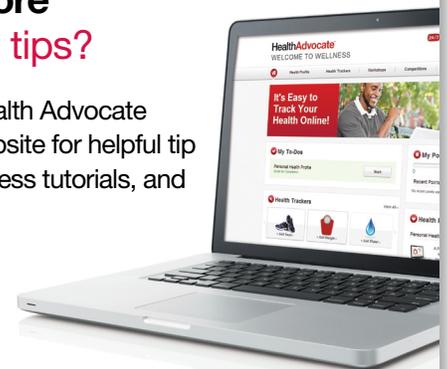
"I will download the Nike Training Club app on my iPad to help with circuit workouts." – *Cele*

"I use MyFitnessPal to track calories and workouts. It helps me stay on track and also helps me realize how many calories I am burning with other activities like gardening!" – *Juliette*

**Want some more ideas on how to use technology to improve your health? Call your Wellness Coach today!**

### Want more wellness tips?

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



[www.my-cpw.com](http://www.my-cpw.com)



**Make your voice heard!**

**Tweet us @HealthAdvocate** and tell us **us your favorite outdoor activity!** Your response may be featured in an upcoming newsletter.

**Help is Just a Phone Call Away**



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