

## Plan for Health: January 2022



This month's highlights include **Discussion on New Year's Resolutions, the Aim for Change Wellness Coaching Program, Sharecare featured challenge, and updates regarding Sharecare In-app registration!**

### **New Year's Resolutions**

A new year often signifies a fresh start for many people. For some, this means setting health goals, such as losing weight, following a healthier diet, quitting tobacco and/or starting an exercise routine.

More often than not, the health and wellness resolutions chosen are highly restrictive and unsustainable, leading most people to break their resolutions within a few weeks. This is why many people make the same resolutions year after year.

To break that cycle, it's important to make resolutions that can not only improve health but also be followed for life. Here are a few ideas for healthy and sustainable new year resolutions:

- **Eating more whole foods versus processed or pre-packaged.**
- **Sitting less and moving more. Making a point to get up regularly during the day or working in 30 minutes of aerobic exercise daily.**
- **Working on improving quality of sleep.**
- **For mental health, limiting screen time and trying mind/body exercises such as yoga or meditation and deep breathing.**
- **Taking more 'me-time' such as a vacation, improving self-care, or beginning a new hobby such as cooking.**

Some reasons why it may be hard to keep and sustain new year's resolutions; resolutions aren't specific enough, they can be negatively phrased, and not relevant to the individual. Using the SMART format (specific, measurable, attainable, relevant, timely) is helpful in setting and sticking to a resolution you make.

To learn more about ways to stick to your new year's resolutions, please click on each link below!

<https://www.healthline.com/nutrition/realistic-new-years-resolutions> - Healthy New Year's resolutions you can actually keep.

<https://www.apa.org/topics/behavioral-health/new-year-resolutions> - Making New Year's resolutions stick.

### Featured Wellness Coaching Program: Aim for Change

Good nutrition, exercise, and a healthy weight are important for your overall health and well-being. The Aim for Change program is designed to help members learn about healthy eating basics, the value of physical activity, and how both nutrition and physical activity are keys for long-term weight management and improved health. This program also addresses key factors that contribute to motivation and overcoming barriers.

Work with a Wellness Coach to learn:

- **Nutrition basics and tips to improve your diet.**
- **Physical activity basics and strategies to get moving more.**
- **How nutrition and activity contribute to weight management.**
- **Strategies for the challenges and obstacles that you might encounter.**

Take control of your health and talk with a Wellness Coach about your own personalized healthy lifestyle plan.

Why take control of your health?

- **Feel better**
- **Have more energy**
- **Be more active with your family**
- **Sleep better**
- **Improve heart health, blood pressure, cholesterol and/or better control of diabetes**

You can call **1-800-650-8442** or the number on the back of your medical ID card to get connected with a coach, **Monday-Friday 8:30 a.m.- 8:30 p.m. ET** or visit your member website to learn more.

### Sharecare Featured Challenge

Join the **Healthier You in 2022** challenge this month. Complete the challenge by earning 21 Green Days in January to help create healthier habits in the new year. Join this challenge starting on Christmas Day by going to **mycare.sharecare.com** and clicking Achieve → Challenges → Upcoming and join the challenge.

### Sharecare In-App Registration Update

If you're new to Sharecare, you can create an account on the **Sharecare app**.

Download the **Sharecare app** from your phone's app store. To sign up, have your member ID card handy and enter your information exactly as it appears on your card - or go to **mycare.sharecare.com** and use the same steps to sign up on the website.

**Plan Ahead:** Join us next month for February's health topic: **Health Maintenance and Heart Disease Risk Factors**