



Charlotte Greiner
Senior Health Management Partner

VAST BENEFITS OF BEING HEALTHY

- FEEL BETTER PHYSICALLY AND MENTALLY
- PREVENT DISEASE OR BEST CONTROL HEALTH CONDITIONS TO PROLONG LIFE
- SLEEP WELL TO HELP OPTIMIZE FOCUS AND PERFORMANCE
- DECREASE STRESS
- IMPROVE PERSONAL RELATIONSHIPS AND BUILD SELF-CONFIDENCE
- DELAY AGING AND IMPROVE SKIN HEALTH



A MUST HAVE!

annual primary care provider (pcp) visit

- PREVENTIVE WELLNESS AND CANCER SCREENINGS

- Standard bloodwork, thyroid and hormone testing, if appropriate
- Age and gender-specific (mammogram, pap/cervical cancer, colonoscopy, etc.)
- United States Preventive Services Task Force
 - *Recommended preventive screenings are covered at 100% under your health plan*

- MEDICATION NEEDS

- Refills, change in a dosage and new prescriptions

- DEPRESSION/ANXIETY SCREENING

- PHYSICIAN RELATIONSHIP ESTABLISHED WHEN ACUTE CARE NEEDS ARISE

- DON'T FORGET ABOUT SKIN CANCER, DENTAL AND VISION SCREENINGS



NUTRITION

hydration is key, too!

- Always choose colorful, fresh options for the highest nutritional value
 - **Small, hearty snacks** throughout the day (low-density foods)
 - Individually wrapped options: nuts, granola, fruit, cheese, chocolate, organic popcorn, hummus/veggies that are easy to grab on-the-go
 - Be considerate of **portion sizes**
 - Be aware of sugary or coffee drinks with empty calories; **H2O is best**
 - Fasting—do your research
 - Supplements based on lab work with your PCP
- Lots of healthy local meal prep options, and some delivered to your home for added convenience
- Short on time? **Grocery store app order and pick up** or shopping delivery service subscription.
- Tight on time at home to prepare a healthy dish? Task family members with a particular portion of dinner. Spend quality time together in the kitchen in support of a healthy family connection.



MOVEMENT IS ESSENTIAL

take a break from screentime to focus on physical health

Release stress and tension to feel more energized and less sluggish, increase your overall health and experience mental clarity.

LISTEN TO YOUR BODY AND WHAT'S BEST FOR YOU, WHERE YOU ARE IN LIFE AND WHAT YOU NEED:

- Tight on time? Need to stay within a budget?
- What's your motivation? Need to recharge/downtime or are you wanting to sweat?
- Maturing and needing to change your fitness routine? Maintain or build muscle mass?
- Strengthen or increase flexibility?
- At-home options since your gym location may be inconvenient?

MOVEMENT IS ESSENTIAL

- Walking is easy and minimal gear is needed—just a pair of tennis shoes (keep in your vehicle)
 - Indoor or outdoor mall, local park, your neighborhood
- **FREE YouTube video content**—search for your specific workout wants
- **Social wellness in exercising with others**
 - Pickle ball, tennis, walks/runs or yoga at local breweries
- If your little ones are having practice, work out in the park; find a bench for push-ups, lunges, etc.
- Many local, niche gym options depending on your interests:
 - Pilates/reformer or barre, HITT/CrossFit, OrangeTheory, HotWorx/sauna, yoga or stretch tables, boxing, etc.

MENTAL WELLBEING

it's more than OK to ask for help



- Talk with those you trust and **ask for help**
- Identify and bring awareness to your concern or worry. **What can you control? What can't you control?** Be honest. Journal this.
- **Create goals**, start small. Write your goal each morning and put it on a Post It or index card. Tape it where you'll see it and be reminded of it throughout your day.
- **Stay dedicated in taking care of yourself** (and in showing yourself grace). Stay prayerful and be open to listening or shifting your path for a better outcome.
- If the concern continues to be a roadblock, talk with your PCP or woman's doc (GYN) about best next steps. *Is medication a helpful option?*
- Counseling is an excellent resource for a fresh perspective to talk through challenges and learn new action steps

TAKE A TIME OUT

when we feel well, we're best able to care for ourselves and others

WHAT CENTERS YOU?

- Grab a good book and a glass of wine (red for heart health benefits!)
- Make a spa appointment for much needed relaxation and quietness
- **Meditation or a breathing exercise**
 - Calm or BetterSleep apps
- **Get outdoors** to take in the sights and listen to the sounds—unplug from technology
- Tune into your favorite TV show (or a nostalgic TV show); schedule a family game night
- Set time with girlfriends, your church group or book club
- Take yourself out for a date for an early dinner and a movie
- **Commit to journaling**

THE IMPORTANCE OF SLEEP

Zzzzs are key



COMMON DISRUPTORS // WE ALL EXPERIENCE ENDLESS TO-DO LISTS

- Put a pad of paper and pen next to your bed to jot down your thoughts
- Changing hormones
 - Talk with your PCP (via your annual visit) about HRT options and how to best mitigate symptoms
- **Keep blue light exposure to a minimum** near bedtime
 - Keep phone in another room so as not to disturb you or your partner; you won't feel you need to get up to check an alert
 - If your phone is needed for emergencies, put it on silent and allow certain contacts

WAYS TO HELP

- Consider calming teas and healthy supplements which promote sleep
 - Be aware of alcohol consumption and long-term effects
 - Practice deep breathing or prayer
- Take a hot bath (add a calming bath bomb) or diffuse calming essential oils
- If restless, get up and do something calming and go back to bed and try to fall asleep again

VOLUNTEERING

give back and receive health benefits

**VOLUNTEERING HELPS US FEEL PART OF SOMETHING BIGGER THAN WE ARE,
IT SHIFTS OUR PERSPECTIVE AND WE FEEL INTRINSICALLY ENERGIZED**

- **Improves physical and mental health**
 - Experience lower rates of depression and anxiety. Reduce stress and increase positive, relaxed feelings by releasing dopamine.
 - Feel a sense of meaning and appreciation, both given and received
- Provides a **sense of purpose** and teaches valuable skills
 - Give your time and talent in the areas you find meaningful
 - Excellent example of service for your children, invite friends or co-workers to join you
- Nurture new and existing relationships to diversify your social support system
 - Create social interactions with people you wouldn't have usually interacted with

GET INVOLVED LOCALLY!

DECLUTTER + ORGANIZE

a clear space makes way for a clear mind

EXERCISE YOUR BRAIN AND FEEL ENERGIZED IN CREATING A SENSE OF CONFIDENCE

- **Start small:** the junk drawer, then pantry, then closets, then rooms
 - **Sort into groups:** trash, donate or sell, put into storage or keep and put away
 - Remove items that don't belong in that area
- Buy storage pieces to help keep you organized
 - Lazy Susans, bins and baskets, labels—Amazon, Home Goods are your friends!
 - The Home Edit Instagram page, books and Netflix show as inspirations
- Enjoy your accomplishments and **reward yourself** when finished!



get
organized!



Charlotte Greiner
charlotte.greiner@bcbsla.com