



healthy choices

live well. be well.

NEW YOU

START THE YEAR OFF RIGHT

Resolution

Did you make a New Year's resolution? Millions of Americans make resolutions every January hoping to improve their health by losing weight, getting fit, or eating healthy. Start the year off right for you and your family to lead a healthier lifestyle by following these tips:

1. Start Exercising
2. Be Realistic
3. Friend and Family Support
4. Keep track of progress

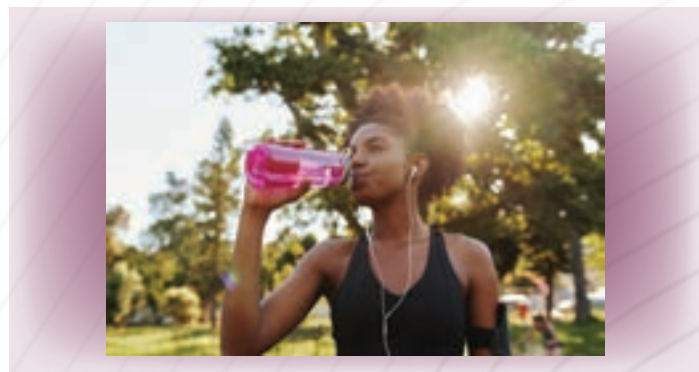
New gym membership? There are a couple things to consider before jumping in.

We are not quite out of the woods yet with COVID. While there are vaccines, the virus and its variants still pose a threat to public health, and mask mandates are in effect in multiple states across the country. Although gyms are open, the CDC suggests they are risky due to poor ventilation and large numbers of people sharing surfaces without having been sanitized. The risk is especially high for those who aren't vaccinated.

How to Get Fit at Home

- Walk, run or bike outside.
- Take the stairs.
- Focus on bodyweight movements.
- Try your own exercise bike or treadmill.
- Order inexpensive fitness equipment online.
- Utilize items around your house.

Staying Hydrated - Staying Healthy



Good hydration means getting the right amount of water before, during, and after exercise. Water regulates your body temperature and lubricates your joints. It helps transport nutrients to give you energy and keep you healthy. If you're not hydrated, your body can't perform at its highest level.

UTILIZING YOUR WELFARE FUND

Benefits

TO HELP YOU START THE YEAR OFF RIGHT



Mental Health

Member Assistance Program (MAP) counseling sessions are covered at 100% if approved by H&H.

For mental health maintenance or long term care, office visits with an in-network provider, are covered at 100% after a \$15 copay.

For more information about Mental Health/Substance Abuse you may call H&H at 1.800.832.8302 or visit www.655hw.org and click on "Mental Health Benefits".

Preventive Care Services

Preventive Care Services as recommended with A or B rating by the United States Preventive Services Task Force and preventive care and screenings for women as provided for in the comprehensive guidelines supported by the Health Resources and Services Administration. 100%; no copay or deductible.

For more information regarding A and B rated services, please visit www.655hw.org and following the steps below:

- Click on Participant Resources
- Click on Forms & Documents
- Click on Preventive Care Services

Immunizations

Immunizations based on CDC guidelines Plan pays 100%; no deductible.

Below are a list of immunizations all adults need:

1. Covid-19 vaccine
2. Seasonal flu (influenza) vaccine
3. Td or Tdap vaccine (Tetanus, diphtheria, and pertussis)

Smoking Cessation

Smoking Cessation medication is covered at 100%; participating network pharmacies.