



healthy choices

live well. be well.

Build Healthy Habits in 2024

The new year is more than just a calendar flip, it's an opportunity to reshape your life and regain control of your health.

Use this time to take stock of your life and reflect on your health habits, both the good and the bad.

A recent survey revealed that 64% of Americans wait until the new year to make healthy changes in their lives, while another survey showed that 80% of New Year's resolutions are forgotten by February.

Sticking to New Year's resolutions is tough. To enhance your chances of success, consider these strategies:

- Keep it simple
- Focus on specifics
- Get a support partner
- Be thoughtful
- Embrace imperfection

Achievable goals

By starting with the simplest goals, you have a greater chance of success at the start of your journey, and when you reach these small milestones, you'll feel more motivated to attain your bigger goals.

Set daily goals

These include things you can achieve from the comfort of your own home. For example:

- Prep your meals the night before
- Complete everything on your to-do list each day
- Say one kind word to yourself
- Do something kind for a family member or friend

Take smaller steps

Prioritize making smaller changes to your diet and lifestyle, such as:

- Replacing an unhealthy item with a healthier option
- Reducing takeout frequency
- Slightly boost your current level of activity
- Introducing daily walks or weekly gym visits

Benefits

TO HELP YOU ON YOUR JOURNEY TO KEEP YOU

Healthy and Happy

Preventive services help you stay healthy, detect health problems early, determine the most effective treatments, and prevent certain diseases.

Preventive services include:

Mental Health

MAP counseling sessions
Plan pays 100% of approved sessions. Office visit with Mental Health

\$15 copayment per visit.

Immunizations

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

Mammograms

Routine Mammogram outlined by American Cancer Society. 1 per calendar year beginning at age 40. **Plan 100%; no deductible.**

Smoking Cessation

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

Colonoscopy

Regular screening, beginning at age 45, is the key to preventing colorectal cancer and finding it early. **Plan pays 100%; no deductible.**

Preventative Care
IS NOT **EXPENSIVE,**
Neglect Is.

For more information please visit us at
www.655hw.org

