



healthy choices



live well. be well.

New Year Fresh Start

The beginning of a new year symbolizes a fresh start and, for many of us, it provides a renewed focus on our overall health and wellbeing. That's why so many of us set New Year's resolutions intended to improve our wellness. Turning the page on the calendar gives us a chance to turn the page on old unhealthy habits, commit to being better, healthier versions of ourselves and look to the future with hope for what's to come.

Living a healthier life can reduce your risk of illnesses like heart disease, diabetes and cancer; and it can help to boost your energy, sharpen your memories and stabilize your mood, leading to a noticeable improvement in your overall health.

If you have intentions of leading a healthier life this year, check out these tips to help you make simple changes and stay healthy for the long run.

Adopt a well-balanced diet

Drink more water.

Prioritize your sleep

Schedule annual check-up

Boost exercise and manage stress

SLEEP FOR A BETTER YOU

Getting the appropriate amount of sleep each night can affect your health in a positive way. The obvious signs of a good night's sleep – feeling refreshed, lack of under-eye circles and bags, and increased energy – are just the tip of the iceberg when it comes to the benefits of healthy sleep habits. Adequate sleep is an important component of your overall health, affecting your weight, heart, mind, and more. Some key benefits of sufficient sleep include:

- Improved memory
- Reduction of inflammation in the body
- Enhanced creativity
- Decreased stress levels
- Sharpened attention

Before you decide to watch an extra episode of your favorite show before bedtime, think about what you could be missing out on during your 7-8 hours of recommended sleep.



Start the Year off right!

Every Year, Every one!

- ✓ Flu vaccine
- ✓ Skin cancer screening
- ✓ BMI and weight evaluation
- ✓ Depression screening

If you want to have a healthy year in 2025, now is the time to talk to your primary care physician, schedule any preventive screenings you may have missed, and make sure you're utilizing the most out of your health insurance.

Schedule A Check-Up:

Preventive care is essential for living a healthy life. Everyone should see their primary care provider on a regular basis, but as you grow older, it becomes even more important to schedule a check-up each year.

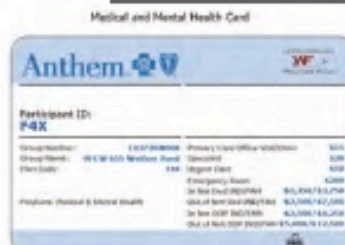
During a wellness visit, your provider can update your vaccinations, review any medications you're taking, and help you learn your important health numbers, such as blood sugar, blood pressure and cholesterol. If you haven't yet had your check-up this year, find an opening in your calendar and schedule a visit.

In-Network Provider :
Preventative care is paid 100%; no copay or deductible.



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