

Road to **WELL**fluent™

Embrace better health

Sticking with It!

Maintaining Healthy Lifestyle Changes

You might leave your nutritionist's office feeling energized to eat more healthily. But enthusiasm for healthy changes can wear off quickly. In fact, it takes willpower and motivation to make and maintain changes in your life.

But press on, arm yourself with a few good strategies, and you'll be on your way to maintaining healthy habits for life.

Make the Most of Your Time

Thinking through your options and making a solid realistic plan can go a long way in making the best use of your time. Enlist an expert, such as a registered dietitian nutritionist, if you have access to one, as your ally in the quest for healthier living.

Registered dietitian nutritionists or other expert will get to know your preferences and lifestyle and discuss personalized strategies that work for you.

Ask for Accountability

Tell a few trusted friends or family members about your plans — they may even want to join you! It really helps to have someone to keep you on track. When you book follow-up sessions with a registered dietitian nutritionist, they serve as professional accountability partner to check in on your goals, assess barriers and revise strategies as needed.

Tap into Technology

In the age of health-savvy gadgets and apps, look around and find the right fit for you. Some devices track steps, sleep habits, heart rate and more. Making a habit of tracking your goals with technology can be as simple as



remembering to do a quick check-in after reading your emails. Look for websites that map out trails near you for walking, biking, hiking, and running.

Court Some Competition

With workplace wellness initiatives on the rise, many companies now offer health-oriented challenges. These can be a fun way to get to know your co-workers better while keeping the office healthy. Has a friend or family member expressed a desire to be healthier too? Propose a friendly competition with a prize at the end!

Remember to follow up and fine-tune your goals with an expert, such as a registered dietitian nutritionist, if you have access to one, for that extra support and motivation. RDNs often have fresh ideas for small tweaks in your routine that could have a big impact. Be honest and open about your challenges, and watch your health and fitness improve as you overcome each one.

Source: <https://www.eatright.org/health/wellness/healthful-habits/sticking-with-it-maintaining-healthy-lifestyle-changes>

March is National Colorectal Cancer Awareness Month

Colorectal cancer, or CRC, is the second deadliest cancer in the United States. Every March, National Colorectal Cancer Awareness Month spotlights this disease and inspires more people to get checked starting at age 45. Two reasons why getting checked matters:

- Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.
- Screening can also find colorectal cancer early when treatment is most effective.

Screening (testing for colorectal cancer) is the No. 1 way you can prevent colon cancer and rectal cancer.

With screening, colorectal cancer is one of the most preventable cancers. Colon cancer and rectal cancer are also highly treatable if caught early.

That's why on-time screening is essential and lifesaving.

Beyond screening, there are many things you can do to live a healthy colon lifestyle. Most importantly, listen to your body. If something doesn't feel right or changes, take control and speak to your doctor.



Tips for a healthy colon:

- Eat fiber (fruits and vegetables)
- Drink plenty of water
- Take in whole grains
- Drink low-fat or fat-free milk
- Eat lean proteins (chicken, turkey) instead of processed meats (hot dogs, lunch meat)
- Reduce excess sugar and fried foods
- Limit alcohol intake
- Maintain a healthy weight
- Don't smoke
- Exercise regularly
- Monitor bathroom habits for any changes

Source: <https://www.ccalliance.org/about/awareness-month>

National Doctors' Day March 30



Thank you so much for what you do!

We are so grateful for the hard work and sacrifice doctors dedicate to our health and wellbeing, especially during this time. It's an important occasion to honor these men and women who are our patients' lifelines. Celebrate the doctors who have stayed the course during the COVID-19 pandemic, who bring babies into the world, who fix hearts and help you breathe, who listen and encourage and explain, and who work tirelessly for you. With their expertise and compassion, they make a vital difference for patients every day.

Thank you!

Preventive Care, We've got you covered!

Did you know that you're covered at 100 percent – that means no copays, no cost sharing, and no coinsurance – for preventive services when you get them from within a participating network? For a complete list of covered preventive care services or questions about what screenings you are due to receive, please visit AvMed.org. (In this area, you'll also find Clinical Guidelines for care.) For assistance, simply call AvMed's Member Engagement Center at the number listed on your AvMed Member ID Card.

This Is **Your Year.** Make It Fit.

No Enrollment Fee With Code: **YOURYEAR**

 **11,900+ Gyms**

 **9,000+ On-Demand Videos**

A fitness program with no annual fees and no long-term contracts. Switch gyms anytime.



Plus:

- Membership options for your spouse¹
- **5,600+ Premium Gym Options²** at exercise studios, outdoor experiences, and others with 20% – 70% discounts at most locations

Act Now! Monthly fees for January – March are **\$25/mo.**, plus we'll waive your enrollment fee. Price increases to **\$28/mo.** on April 1, 2023.³

Get Started: Log in to your Member Portal at AvMed.org/Login and click Health and Wellness.

¹ Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees may vary based on fitness center selection.

² Costs for premium exercise studios exceed \$25/mo. and an enrollment fee will apply for each premium location selected, plus applicable taxes. Fees vary based on premium fitness studios selected.

³ Plus applicable taxes for standard gyms. \$25 enrollment fee waived for standard gyms only 1/1/23 12:01 a.m. – 3/31/23 11:59 p.m. PT. Fees increase to \$28/mo. plus applicable taxes effective 4/1/23. When you enroll, you'll pay the first and second months' fee. If you enroll in March, you'll pay \$25 for March and \$28 for April at the time of purchase. Ongoing monthly fees are paid one month in advance, e.g. June membership fees will be charged in May.

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