



A Wellness Newsletter for AvMed Members

# Road to **WELLfluent**<sup>TM</sup>

Embrace better health<sup>®</sup>

## National Staying Healthy Month-January 2023



People have always wanted to know what makes the human body healthy. In the ancient ages, this revolved around spiritual beliefs; the medical and scientific understanding of the body came much later. The ancient Egyptians believed that headaches were caused by demons, while the ancient Greeks believed that people who were sick needed to satisfy the gods by making pilgrimages to sacred sanctuaries.

This all changed around the 5th century B.C.E. when Hippocrates developed his concepts of medicine. The 'Father of Modern Medicine' as he was called, first documented the concept of bodily health as we know it.

Gradually, as the world learned more about themselves and their environment, humanity's understanding of health developed too. The ancient Romans made amazing innovations (for that period) in sanitation and public health. Ancient Indians routinely performed procedures for tumor removal and cataract removal, and much later, throughout the Middle Ages, the Muslim Empire and the Church played a role in the growth of medicine.

New innovations came about, such as vaccinations, surgical procedures, and with it, more knowledge about what the body needed to function. By the 18th and 19th centuries, people began figuring foods and other items to eat (and avoid) to prevent illnesses. Mental wellbeing also began to be explored, and mental impairments were no longer considered signs of otherworldly influences.

Today, health is viewed as a holistic ecosystem of the mind, body, and spirit. People seek balance, and this is the knowledge that National Staying Healthy Month strives to instill in everyone.

### NATIONAL STAYING HEALTHY MONTH ACTIVITIES

#### Stay healthy: the physical edition

Make a positive change during this month, whether by getting more exercise or treating yourself to a gadget-free day.

#### Stay healthy: the mind edition

Remember to exercise your mind in the same way that you would your body. Take some time to look after your mental health; practice any technique that works for you from the countless ideas available online.

#### Inspire others to stay healthy

Don't enjoy the benefits of good health all on your own; share your tips with friends and family. Encourage others to stay healthy too.

### 5 SIMPLE WAYS TO STAY HEALTHY

#### • Water fights off heart attacks

According to research, you can reduce the chances of heart attack by 40% if you drink at least five glasses of water a day.

#### • Reduce sitting and sleeping

They're great — in moderation — as too much of either can decrease life expectancy, says a study by the University of Sydney.

#### • Laughter is the best medicine

It increases blood flow by 20%, which is good for the human heart.

#### • Reading beats stress

Getting engrossed in reading can reduce cortisol and other unhealthy stress hormone levels by 68%.

#### • Green for mental health

Spending time outdoors or in green spaces indoors can boost mental health, self-esteem, and reduce negative thoughts too.

Source: <https://nationaltoday.com/national-staying-healthy-month/>

# New Year, New You: 4 Tips to a Healthier You

Happy New Year! 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. Make this the year you and your family lead a healthier lifestyle by following these 4 tips:

**TIP #1 - Eat the Right Amount of Calories for You: Everybody** requires a different amount of calories depending on their age, gender, height, weight, and physical activity level. To determine the appropriate amount of calories for you, enter your information into the Daily Food Plan by USDA's MyPlate to receive a personalized plan.

**TIP #2 - Build a Healthy Plate by Following the MyPlate Guidelines** <https://www.myplate.gov/>:

- Find your healthy eating style and maintain it for a lifetime.
- Make half of your plate fruits and vegetables.
- Move to low-fat or fat-free milk or yogurt.
- Make at least half your grains whole grains.
- Vary your protein routine.
- Make small changes.

**TIP #3 - Choose an Eating Style Low in Saturated Fat, Sodium, and Added Sugars:** Consuming foods high in solid fats, added sugars, and salt may increase the risk of certain chronic diseases. Drink water instead of sugary drinks and select fruit for dessert. Add spices or herbs to season food instead of adding salt and compare sodium in foods like soup, bread, and frozen meals.



Eat cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs in moderation.

**TIP #4 - Be Physically Active Your Way:** It is important to be physically active your way. Start by doing what you can and picking activities you like. To gain the most health benefits, adults should aim for at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity each week and youth should do 60 minutes (1 hour) or more of physical activity daily.

Source: <https://food.unl.edu/free-resources/newsletters/family-fun-run/new-year-new-you-4-tips-healthier-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.

Annual Wellness Visits can reveal vital health information for both you and your doctor. While you may think of that annual wellness office visit as just a cursory blood pressure and cholesterol checkup the new preventative-care provisions for all adults cover many other screenings as well depending on your needs and age. For women preventive health care services that include a well-woman gynecological office visit, breast cancer & cervical cancer screenings. Diabetics should discuss routine diabetic testing and eye exams

For a complete list of covered preventive care services or questions about what screenings you are due to receive, visit [AvMed.org](https://www.avmed.org). (In this area, you'll also find Clinical Guidelines for care.) or 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 spouse<sup>1</sup>
- **5,600+ Premium Gym Options<sup>2</sup>** 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.<sup>3</sup>

**Get Started:** Log in to your Member Portal at [AvMed.org/Login](https://AvMed.org/Login) and click Health and Wellness.

<sup>1</sup> 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.

<sup>2</sup> 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.

<sup>3</sup> 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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