

You FIRST

Your Month of Well-being

January 2024

Turning the Page to 2024!

A new year often feels like a fresh start, which is why it is the ideal time to establish new routines and implement daily healthy habits that will ultimately improve your overall quality of life. Think about the intentions you have for 2024 and use the below information as an added tool to help you reach your health and wellness goals this year!

Small Steps You Can Take to Improve Your Quality of Life

- **Maintain healthy relationships:** Our interactions with others can affect our mental health. Research shows that having strong, supportive, and healthy relationships increases happiness, life satisfaction, and psychological well-being.
- **Exercise daily:** Taking time each day to move your body is one of the best things you can do for your health. Adults who sit less and do any amount of moderate to vigorous physical activity will gain some health benefits. Work your way up to 150 minutes a week of moderate exercise. This can be anything from dancing to yard work!
- **Make sleep a priority:** When you're tired, you can't function at your best. Research shows that lack of sleep increases the risk for obesity, heart disease and infections. Try using the sleep tracker within [CareFirst WellBeing](#) to view your daily/weekly average!
- **Practice mindfulness:** Being present with your thoughts, feelings and surroundings is a healthy habit that may significantly improve your well-being. Aside from helping you slow down and focus, it can help promote contentment and peace. Check out [CareFirst WellBeing Inspirations or Unwinding](#) for meditations, breathing exercises, videos, and more!

Starting and Sticking to a New Routine: Tips for Success

- **Prioritize what is most important to you before starting!** Whether you want to get more exercise or more alone time, make sure you decide what your key focus will be.
- **Start small.** Break down your larger goals into smaller, more manageable tasks you can check off daily to build confidence. For example, if you want to start eating healthier meals, start by changing one thing at a time.
- **Create a plan and track your progress.** Start by mapping out your plans a week at a time so you can hold yourself accountable (*think of it like an appointment*), and cross off each day you complete your tasks.
- **Consistency is key!** To create long-term change, your daily habits should stay consistent. For example, if your goal is to get in a daily walk, schedule it for the same time each day. Find a schedule that works best for you and stick with it!

Tip! Utilize the trackers within the CareFirst WellBeing platform such as *sleep, fitness, steps, and diet* to monitor your progress. [Log in or sign up](#), then click *track* to begin!

Goal Setting: Make it SMART.

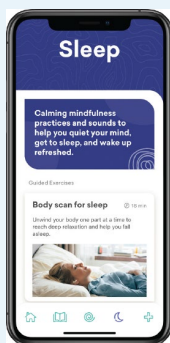
- **S-** Make your goals *specific*.
- **M-** Be sure they are *measurable*.
- **A-** Are they *attainable* in your current stage of life?
- **R-** Is your goal *relevant* to where you are now in life?
- **T-** *Time* bound for progress.

Sample SMART goal: "I'll eat a side salad with dinner on Mondays, Wednesdays, and Fridays." Instead of "I'll eat more vegetables."

Introducing Unwinding!

Unwinding is an evidence-based digital **mindfulness resource** that helps you manage stress, build resilience, and improve mental well-being and develop a more focused, aware, and mindful approach to life and work - whether you have ten minutes, five minutes, or even just 60 seconds at a time.

To access Unwinding, log in to or sign up for [CareFirst WellBeing](#). Once logged in, select **You** followed by **Benefits**. Next click **Relax & Reset**, then **Unwinding**. Available 1/1/24.



CareFirst Member Resources

- **One-on-One Health Coaching:** As part of your CareFirst WellBeingSM program, you can participate in personal health coaching. Your health coach will work with you and provide the support, guidance, and encouragement you need to see real results!
- **Noom:** Designed to help you achieve and maintain a healthy weight. It can also help lower the risk for chronic conditions like diabetes. There is no cost, and your privacy is assured!
- **Eat Right Now:** An innovative program that combines neuroscience and mindfulness to help you and your relationship with eating and make meaningful lifestyle changes that last.

To access the above resources, log in or sign up for [CareFirst WellBeing](#). Once logged in, select **You** followed by **Benefits**. Next click **Health & Fitness** and then the applicable program. *You need to meet clinical eligibility criteria through an online assessment for Noom and Eat Right Now.

CareFirst Wellness Wednesday Webinars!

Join the CareFirst Wellness and Disease Management team once a month on Wednesdays to learn more about the monthly health observance topic and how you can prioritize your health and wellbeing!

January 10, 2024: Small Changes for a Healthy Year

Whether you have new year's goals ready to go or just want to learn how to make lasting, impactful changes, this webinar is for all. We'll explore various elements related to quality of life and provide valuable insight and practical strategies to improving your overall well-being. Presented by Katie Powell, MPH, CHES, CWP, Health and WellBeing Ambassador.

Click
[here](#) to
Register!

Blue365 Featured Deal for January

One great way to **Achieve a Healthier You** is to take advantage of the Blue365 wellness discount program provided to insured CareFirst members (includes those with medical, dental, vision and disability coverage).

Start 2024 with a flexible fitness program! The Active&Fit Direct program gives you access to your choice of thousands of gyms and other great features for \$28 a month. Click [here](#) to learn more!