

Wellness News



Achieving a Healthier You!
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New Year, New Goals!

New Year's Resolutions

A new year is the perfect opportunity to set resolutions that support a healthier version of you! Around this time every year, many of us create plans for the new year that we know will help us live longer and feel better. A few popular examples are increasing physical activity, losing weight, reducing stress, etc., yet only a small portion actually follow through. What is the secret to making these resolutions stick? The answer- healthy habits and SMART goal setting!

Healthy Habits & SMART Goals

Making the healthy choice isn't always easy and setbacks can be frustrating. The good news is there are plenty of strategies you can use to set yourself up for success in 2022!

- **Know your habits.** To change your behavior, you must be aware of what you already do regularly.
- **Make a plan.** Set **S.M.A.R.T goals** (*Specific, Measurable, Attainable, Relevant, Timebound*) and jot down specific actions that will get you to achieve these goals.
- **Think about the future.** Think about how these small daily changes will enhance your quality of life!
- **Be patient.** It is never too late to make healthy changes. Try out different strategies until you find what works best for you.

Preventive Care Spotlight!

"An ounce of prevention is worth a pound of cure."- Benjamin Franklin

Set yourself up for success in the new year by scheduling your annual exam and screenings!

CareFirst resources to help get you started:

- [CloseKnit](#)- A different kind of primary care practice. Office "visits" available anytime, anywhere, 24/7/365 through an easy-to-use app.
- [Find A Doctor or Healthcare Facility](#) - Search by provider last name or type of provider within your network. This tool can be found by logging in to MyAccount and selecting the *Doctor tab*. Once selected, click on *Find a doctor* to get started!
- [AskMD](#) -More than just your standard symptom checker, AskMD gets you from "what's wrong" to what you can do about it. Not meant to be used as a diagnostic tool but rather to be used to provide guidance for a conversation with your doctor. To access AskMD, log in to your CareFirst Well-being platform and click on the *Discover tab* then *AskMD*.

January: Cervical Health Awareness Month! Ask your provider if you are at risk and how you can prevent cervical cancer!

New Year's Nutrition!

What we eat plays a huge part in our overall health and well-being. We have all heard the sayings “you are what you eat”, or “food is fuel”, and these catch phrases still ring true today. Wanting to eat better in the new year, but not quite sure where to start? Try meal prep! The simple method of planning your meals ahead will save you time and eliminate unnecessary calories!

Planning Ahead: Meal Prep

Life can get hectic. Help yourself make the easy AND healthy choice, whether you are eating on-the-go or at home with these meal prep tips below!

1. Make a Menu.

- I. Do you want to make a weekly or monthly plan?
- II. What day of the week will you designate to be your “meal prep” day?
- III. What special nutrition needs do you or your family have to consider?

2. Stock up on the basics.

- I. **The Five Food Groups:** Vegetables, Fruits, Milk & Dairy Products, Protein, Grains
- II. Click [here](#) to check out *eatright.org* list of staple pantry and freezer items.

Tip! Put dates on products stored in the freezer and be sure to use the oldest items first!

3. Keep a running grocery list.

- I. Keep a pad and pen in a convenient place and jot down grocery items as you think of them throughout the week.
- II. Gather needed ingredients for meals you plan to make.
- III. Questions to ask yourself:
 - How often do I want to make trips to the grocery store?
 - What do I already have at home?

CareFirst Well-being Platform Resources

[Scale Back Weight Management Program](#)

- 1:1 access with a registered dietitian
- Track your food with real time feedback
- **FREE** digital scale and Fitbit!



Scale Back

Get help to lose weight

[Health Coaching](#)

- Coaches will reach out by phone to invite you into the program.
- To call in to enroll in coaching, dial 877-260-3253 and press option 7.
- Enroll through the Sharecare app. You will find the tile under the Achieve icon.



Coaching

Believe in yourself to live your best

New to CareFirst Well-being! 

Wallet

Visit www.carefirst.com/sharecare. Under **YOU** in the CareFirst well-being platform, there is a new feature, **Wallet**. Here you can upload 4 images, such as your vaccination card, insurance card, and even your driver's license to have pictures at your fingertips. Check it out next time you log-in!