



In Good Health

For the health & wellness
of our members

**Breast Cancer
Awareness
Month**

**Fruits With
Protein**

**The Power of
Volunteering**

October 2025

Get PHP Fit!

Fourth Quarter Challenge: Get Your Flu Shot Challenge

The flu is a contagious respiratory illness that affects tens of millions of people each year. Caused by the influenza virus, it can lead to serious complications and death. The most important step in preventing the flu is to get a flu shot.

Q4: October 1 - December 31

Here's the challenge

Reduce your risk of getting the flu and protect those around you by getting a flu shot and record the date in the Get PHP Fit! site.

Flu shots are covered at 100% for all PHP members when administered by a PHP participating provider.

What can I win?

Fifteen individuals who complete this challenge will be randomly drawn to win a *\$50 Amazon gift card*.



Getting a flu shot helps to:

- 1 Reduce the severity of illness for people who still get sick
- 2 Protect people more vulnerable to illnesses
- 3 Protect pregnant women during pregnancy
- 4 Prevent missing work and increased medical expenses

PHP Members:

Sign in to your member account at phpni.com, click on **Wellness Tools > Get PHP Fit! > Quarterly Challenge** to join the flu shot challenge.

Join Now!

PHP's year-long challenge

In addition to our quarterly Get PHP Fit! challenge, you also have the opportunity to participate in our year-long challenge simply by visiting your primary care provider! Each quarter, enter the date of your visit on the **Get PHP Fit!** site and be entered for the chance to win a *\$50 Amazon Gift Card*!


Know Where to Go For Care

Always weigh your options and choose the appropriate level of care for whatever your situation.

Check out this interactive tool at phpni.com/save:



Telehealth



Doctors Office



Urgent Care



Emergency Room

Cost: ⓘ
☒ ☐ ☐ ☐

Severity: ⓘ
☒ ☐ ☐ ☐

Speed: ⓘ
☒ ☐ ☐ ☐

When to use:

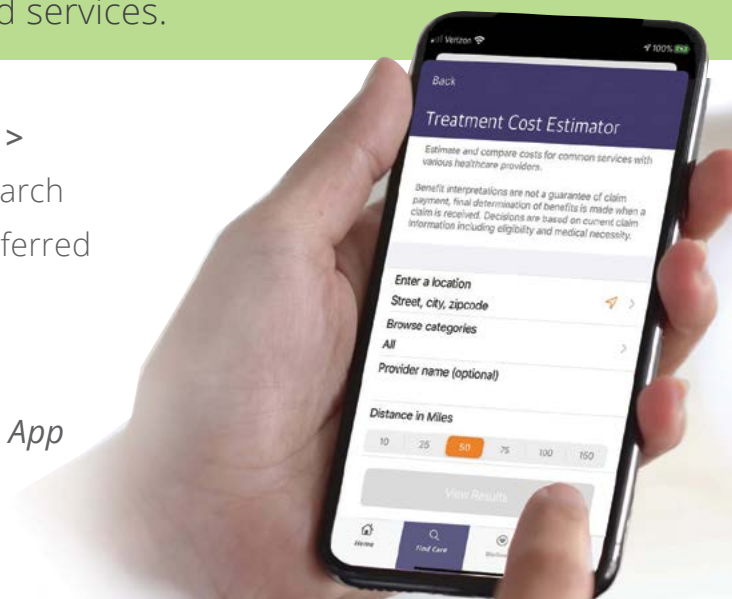
Cold, cough, flu, allergies, pink eye, sore throat, respiratory issues, sinus problems, and skin problems.

Treatment Cost Estimator: Know before you go

This tool provides you with an estimate of both total costs and out-of-pocket expenses for common medical treatments and services.

Log in to your member account and select **My PHP > Treatment Cost Estimator**. From there you can search using location, distance, service desired, and/or preferred doctor/facility.

This feature is also available through the **PHP Go!** mobile app. To download, go to your phone's Apple *App Store* or *Google Play* and search '**PHP Go!**'



Fruits with Protein

Protein is essential to a healthy diet, and foods such as meat, eggs, and other animal products are what most people associate with protein sources. If you're trying to get your protein from plant-based sources, then you may have seen suggestions to eat beans, lentils, soy products, nuts, seeds, and certain grains. While fruits aren't typically known for their high protein content compared to other food groups, some fruits do contain protein.

The amount of protein that you need each day depends on factors such as your age, health and activity level. The average sedentary man should eat about 56 grams of protein per day, and the average woman should eat about 46 grams.



Here are a few examples of fruits with protein:

- Guava is one of the highest-protein fruits, with about 4.2 grams of protein per cup.
- Avocado has around 3 grams of protein per cup.
- Blackberries provide about 2 grams of protein per cup.
- Kiwi has approximately 2 grams of protein per cup.
- Dried apricots have about 2.2 grams per half cup. (Watch for added sugar though!)
- Raspberries contain about 2.7



grams of protein per cup.

- Oranges provide about 1.2 grams of protein per cup.
- Cherries have about 2.5 grams of protein per cup.

Combine these fruits with other protein-rich foods to reach the recommended amount of protein per day.



Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month—a time to raise awareness about breast cancer and to support research into its causes, prevention, and treatment.

What you need to know about breast cancer:

- Breast cancer is the most commonly diagnosed cancer in women and the second leading cause of cancer death among women.
- About 1 in 8 women will develop breast cancer during her lifetime.
- Men can also develop breast cancer and may face unique challenges and stigma.
- While breast cancer begins when DNA in breast cells becomes damaged, the exact cause is still unknown. Having risk factors—such as family history—does not mean cancer is inevitable. In fact, 60–70% of breast cancer patients have no known risk factors.
- Early detection saves lives.

The American Cancer Society recommends:

- Women ages 20–39: Clinical breast exam by a healthcare professional every 3 years (or more often, if advised).
- Women age 40 and older: Yearly mammogram.
- Breast self-exams: Encouraged as a way to become familiar with your own body, but not a substitute for a clinical exam or mammogram.
- High-risk women: Talk with your healthcare provider about a personalized screening plan.

Awareness and early detection are powerful tools in the fight against breast cancer. Take time this month to learn more, schedule your screenings, and encourage loved ones to do the same.



October is Healthy Lungs Month and National Fire Prevention Month!

Firepits, small fire pots and woodburning fireplaces are very popular right now. While most people take precautions to prevent burns, many don't realize that wood smoke can also pose serious risks to lung health.

Wood smoke contains fine, microscopic particles that enter the respiratory system. Breathing in these particles can lead to burning eyes, allergic reactions, bronchitis, and even asthma attacks. The risks increase if fires are built improperly or if materials containing chemicals are burned.

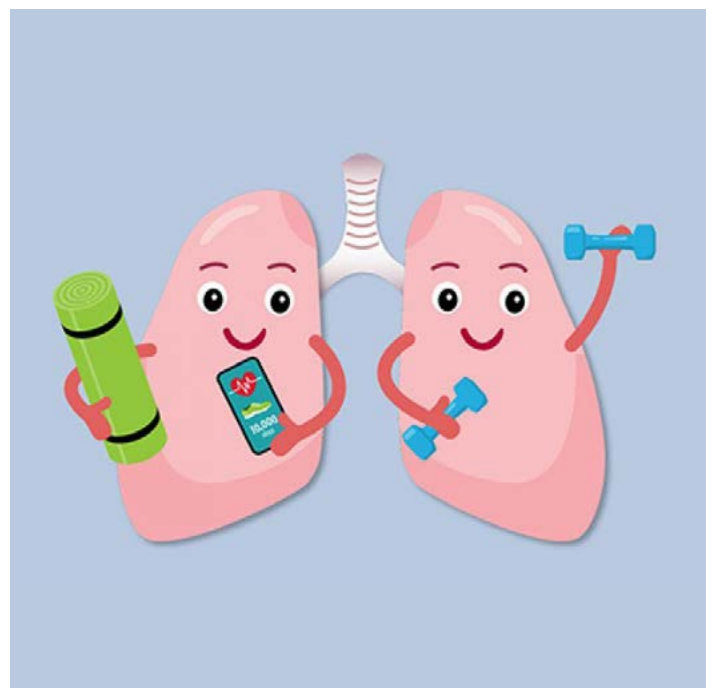
The American Lung Association recommends burning only 100% untreated wood or manufactured fireplace logs. The wood should be properly dried (stored in a dry place for at least 6 months) so that it will burn more efficiently and will emit less smoke pollution. Hot, well-built fires generate less smoke pollution than smoldering ones.

Enjoy your time around the fire safely and responsibly with these tips:

- Burn only safe materials. Never burn treated lumber, painted items, plastics, rubber, colored paper, or other trash. These release toxic chemicals that can harm health and increase air pollution.
- Tend to your fire carefully. Avoid letting it smolder and always extinguish it completely before leaving.

- Follow local regulations. Many areas have restrictions on residential burning, especially outdoors. Be mindful of your neighbors, as smoke can be particularly harmful to people with lung or heart conditions, children, and older adults. Always check for burn bans during certain weather conditions.
- Consider cleaner alternatives. If you live in a densely populated area, natural gas or propane fire pits may be a safer choice. These fuels burn cleaner and produce less smoke than wood.

This October, celebrate Healthy Lungs Month and Fire Prevention Month by practicing safe, clean burning habits. Protect your health, your neighbors, and the environment while still enjoying the warmth and relaxation of a fire.



Fitness the Blue Zone Way: Boosting Activity with NEAT

NEAT (Non-Exercise Activity Thermogenesis), popularized by Dr. James Levine, encourages using everyday activities—like housework or walking—to improve fitness. These small, daily movements can significantly benefit your health over time.

This approach mirrors the lifestyles of people in Blue Zones—regions where people live longer, healthier lives. Their longevity is partly due to naturally active routines, not structured workouts.

Note: NEAT complements but doesn't replace regular exercise.

Ways to Add NEAT to Your Day:

- Walk or bike short distances instead of driving. In Blue Zones, walking is a key mode of transport. If you must drive to your destination, then take the stairs or park further from the entrance.
- Do active chores like gardening, mopping, or chopping wood. Outdoor tasks bring added benefits.
- Take standing and moving breaks if you sit for long periods. Move around or stretch each hour. Set a reminder if needed.

- Choose active leisure like dancing, playing with kids, yoga, or outdoor hobbies such as hiking. Blue Zone residents often combine movement with socializing and nature.

By weaving more movement into your daily life, like those who live in Blue Zones, you can naturally build fitness and improve well-being.



Kroger Pharmacy is back in-network!

PHP members have access again to use Kroger Pharmacy for their prescription needs. This applies for members on the PHP Freedom and PHP Options networks, effective immediately. Remember to use the Price a Medication tool to find your best value! Learn more at www.phpni.com/save.



The Power of Volunteering

Volunteering is not only rewarding—it's also good for your physical, mental, and emotional health. Whether you're raising money for a favorite charity or helping at a local animal shelter, volunteering connects you with others and gives you a sense of purpose.

Beyond the joy of helping, volunteering offers important health benefits. It can reduce stress, increase social connections, and even improve heart health. A study from Carnegie Mellon University (2013) found that people who regularly volunteered were less likely to develop hypertension, a leading cause of heart disease. Volunteering can also help you live longer: elderly volunteers had a 44% lower mortality rate than non-volunteers.

The best part? Volunteering is for everyone.

- Children and teens often participate through schools or scouting programs, where they develop gratitude and compassion.
- Adults can explore opportunities in their local communities, churches, or workplaces.
- Seniors can find purpose and connection through volunteering, while also gaining measurable health benefits.

If you're ready to get involved, start by exploring opportunities close to home. Many towns and cities partner with organizations that serve local needs. Faith communities often run outreach projects, while international programs support causes like building schools, providing AIDS education, and ensuring access to clean water in Africa and the Caribbean.

Workplaces may also offer volunteer opportunities that reflect the company's values, fostering both compassion and team spirit. If your workplace doesn't, consider suggesting or organizing one.

No matter where or how you choose to volunteer, the simple act of putting another's needs before your own is a step that benefits others and you!



Resources to Help you Save at **phpni.com**

We've created a one-stop resource to assist you in using your benefits.

Check it out at **phpni.com/save**:



Smart shopping tool box: Online tools to help you price medications and compare locations.



Pharmacy: Tips and tools to help save you money on prescriptions.



Know your network: Use in-network providers to avoid high out-of-network services cost.



Using care: Easy online resources to use before receiving services.

It's easy to price shop your prescriptions at **phpni.com**!

Use the **'Price a Medication'** tool in your member account before you head to the pharmacy. It's easy, here's how:

1

Log in on your member portal and select **'Price a Medication'** from the **Pharmacy** menu.

2

Enter the medicine name you want to price, member information, and zip code, then click **'Get Prices'**.

3

Now you have the pricing information to compare costs at various locations, and 1-month vs. 3-month supplies.

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