



# In Good Health

For the health & wellness  
of our members

Definition of a  
Good Workout

Flexitarian Diet

"Old" should  
not mean  
"less fit"

December 2024

# 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, in worst case scenario's, 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?

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

### Flu shots can help you:

- 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](http://phpni.com), click on **Wellness Tools > Get PHP Fit! > Quarterly Challenge** to join the flu shot challenge.

**New in 2024!**

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](https://phpni.com/save):

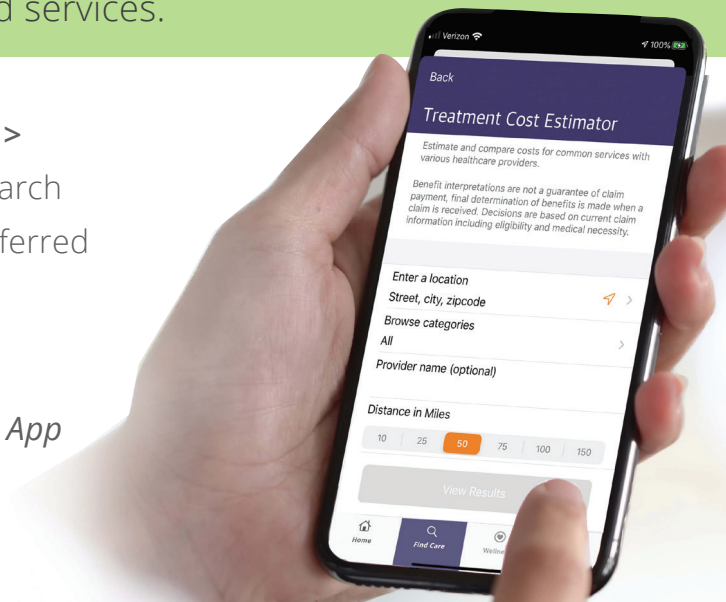
The screenshot shows a user interface for selecting a care level. It features four main options in a row: Telehealth (Parkview OnDemand), Doctors Office, Urgent Care, and Emergency Room. Below these options are three sliders for 'Cost', 'Severity', and 'Speed', each with five circles and the first one filled. At the bottom, there is a 'When to use:' section with the text: '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!**'





# “Old” should not mean “less fit”

Allowing age to dictate how you feel physically can lead to a self-fulfilling prophecy of declining health and reduced quality of life. Some conditions that many people accept as “normal” parts of aging are NOT normal. Joint pain that limits your mobility, being winded from mild exertion, and a medicine cabinet stocked like a pharmacy are warning signs that something needs to change.

Every day, our bodies are deciding whether to build up or break down, to trend stronger and more active, or older and more sedentary. You do have the ability to control which direction you go.

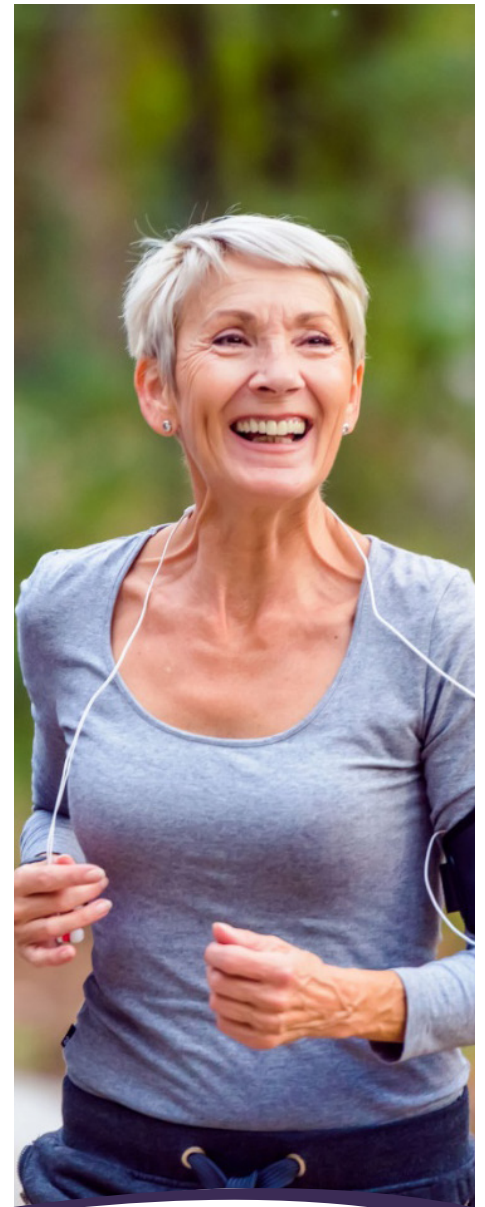
The human body is hard-wired to adapt to the demands we place on it. Feed it a steady diet of inactivity, processed foods and excess fat, and it will dutifully respond by packing on weight, losing muscle, stiffening joints, and accelerating the aging process on the inside and out.

Give your body the right, consistent exercise, whole nutritious foods, quality sleep and your body will build strength, cardiovascular capacity, become more flexible, mobile and resilient.

Our bodies are incredible adaptive machines, just waiting to be programmed by our lifestyle choices. So, it’s time to stop accepting poor health as “normal” or “inevitable” after a certain age.

Take full advantage of your body’s ability to get better, stronger, and more vibrant regardless of your age. Doing this will help you to maintain

independence, prevent chronic disease, boost your mental health, and allow you to live a longer life.





# Definition of a Good Workout

A good workout can be highly personal and is not always defined by being drenched in sweat and sore when you are finished. As a matter of fact, excessive soreness may be an indication that you are overworking or doing something with less than perfect form during your workout. Workouts should be:

**Goal-Oriented**, and whether it's building strength, improving cardiovascular health, increasing flexibility, or losing weight, a good workout should align with your specific fitness goals as well as help you to feel accomplished. You may have a good workout if you can hit a personal PR, or your workouts felt easier than before.

**Balanced** so that it incorporates different types of exercises (cardio, strength training, flexibility, and balance). Engaging multiple muscle groups in different ways ensures balanced development and helps to avoid overworking a single area.

**Incorporate activities** that you enjoy, making it more likely you'll stick with it. You can help make your workout enjoyable by motivating yourself through varied routines, music, or working out with a friend or group. Most of all you should finish your workout and feel better than when you started it.

**Push through** a particularly difficult workout and find satisfaction with that. Listen to your body on a bad day and take it easy on yourself. Both are "good" workouts.

## For any type of workout, you should:

- Start with a proper warm-up, includes a mix of exercises performed with proper form and technique, and ends with a cool-down period.
- Make sure that the intensity and duration matches your fitness level, allowing you to push yourself without risking injury or excessive fatigue.
- Long enough to be effective but not so long that it leads to burnout or overtraining (typically 30-60 minutes).

Make sure that you support your workouts with proper nutrition and adequate sleep to enhance performance and recovery.



# Flexitarian Diet

A flexitarian diet is a flexible eating approach that emphasizes plant-based foods while allowing for occasional meat and animal products. This approach is very similar to the Mediterranean Diet and the approaches to eating that are used in many Blue Zone areas of the world. People in Blue Zones tend to live longer lives.

The term “flexitarian” is a combination of “flexible” and “vegetarian.” The diet promotes eating mostly fruits, vegetables, legumes, nuts, seeds, whole grains, and plant-based proteins but doesn’t entirely eliminate meat. Instead, it encourages reducing meat consumption and choosing more sustainable, health-conscious options. There are no strict rules or restrictions, allowing for individual preferences and occasional indulgences.

Key principles of a flexitarian diet include:

- **Incorporating Plant-Based Foods:** The foundation of the diet is to eat a wide variety of plant-based foods.

- **Limiting Meat and Animal Products:** Meat and animal products are consumed in moderation, focusing on quality over quantity. Meat products in Blue Zone areas tend to be used for flavoring as opposed to being eaten as the central part of a meal.
- **Focusing on Whole Foods:** Minimizing processed foods and emphasizing whole, minimally processed ingredients.

To practice a flexitarian diet you may choose Meatless Mondays, or eat a vegan breakfast and lunch but allow animal products at dinner.

Benefits of a flexitarian diet may include improved overall health, weight management, and a reduced environmental footprint due to lower meat consumption.





# Get a Great Start to the New Year by Ending Your Year on a Positive Note!

If you are someone who typically prepares for the start of a new year by taking a look at what you want to change about yourself, it may be time to think about what you want to keep instead.

**Try boosting your New Year mood by:**

**Creating Physical Reminders:** Use vision boards, index cards, and post-it notes with images and words that represent your goals. Place them where you will see them daily to stay motivated and committed.

**Creating and using a positive affirmation phrase for yourself.** Say it to yourself, repeat it multiple times throughout the day, think it as you stand in line at the grocery. Examples include:

- I am successful.
- I am strong.
- I am getting better and better every day.
- Today is a great day.
- I accept myself for who I am.

**Take stock of what you believe in.** (Your values) Ask yourself what kind of a person you want to be...as a parent, a partner, a friend. Have you thought about what you value in your spiritual life, your politics, your community involvement, your own well-being?

**Find your “Why.”** Very simply, consider the motivation behind why you do what you do on a day-to-day basis, and for long term goals.

- **Visualize Your Future Self:** Imagine in detail what your healthiest self looks and feels like. Think about your energy levels, how you move, how your clothes fit, and your daily activities. The more vivid the picture, the more motivating it becomes.

**Practice gratitude.** Take inventory of and be thankful for what you have in your life that makes you feel joyful, safe and resilient.



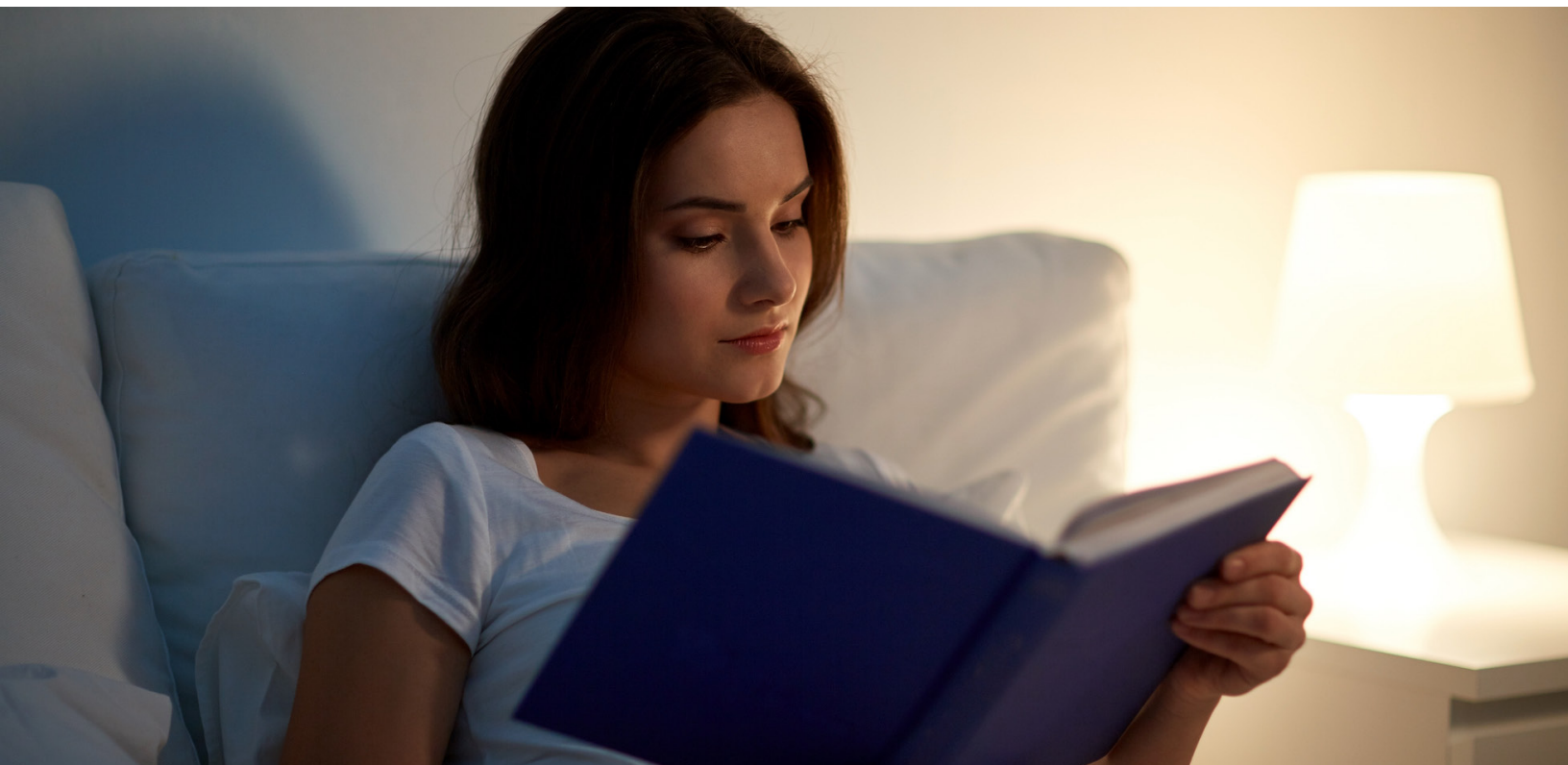
# Read to Sleep

Read before sleep! Aside from helping you sleep better; reading can help to boost your brain health.

- Reduce stress levels. Engaging in a good story can distract you from daily worries and provide a sense of escape.
- Improve sleep quality: A consistent bedtime routine that includes reading can signal to your body that it's time to wind down and prepare for sleep. Incorporating reading into your nightly routine can create a sense of consistency and predictability, which can be comforting and conducive to good sleep hygiene.
- Improve cognitive function: Reading stimulates brain activity and can improve cognitive functions such as concentration, comprehension, and critical thinking. Sleep is the time when your brain processes information, solves problems and regulates your emotional responses. It also promotes neuroplasticity (the brain's ability to reorganize and form new neural connections).

- Reduce screen time: Reading a physical book or using an e-reader with a non-backlit screen reduces exposure to blue light from screens, which can interfere with the production of melatonin, a hormone that regulates sleep.

For the best results, choose reading material that is not too stimulating or emotionally charged, as this could have the opposite effect and keep you awake. Opt for something enjoyable yet calming to maximize the benefits of reading before sleep.





# Vegetarian Enchilada Casserole

This easy and healthy casserole is perfect for any Meatless Monday. The casserole is also budget friendly as beans are a healthy and cheap whole food addition to any meal. Beans are nutrient dense (Pinto beans in particular), have a high protein content and are also high in fiber. Squash is low in calories and contains a good amount of Vitamin C.



## Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 cup chopped onion
- ¼ cup chopped poblano peppers
- 6 cloves garlic, minced
- 1 medium yellow squash, halved and sliced
- 1 medium zucchini, halved and sliced (1/4 inch)
- 1 cup fresh corn kernels (from 2 ears)
- 1 cup pico de gallo
- ½ teaspoon salt
- 1 15-ounce can no-salt-added pinto beans, rinsed
- 1 15-ounce can no-salt-added black beans, rinsed
- 8 6-inch corn tortillas
- 1 ½ cups shredded pepper Jack cheese
- 1 avocado, diced
- ½ cup scallions
- ½ cup reduced-fat sour cream

## Directions

- Preheat oven to 350°F. Heat oil in a large skillet over medium-high heat. Add onion, poblanos and garlic; cook, stirring occasionally, until softened, 4 to 5 minutes. Add squash, zucchini, corn, pico de gallo and salt; cook, stirring occasionally, until the liquid comes to a simmer, 5 to 6 minutes. Simmer, stirring occasionally, until the liquid reduces by half, about 2 minutes. Remove from heat; stir in pinto beans and black beans.
- Coat a 9-by-13-inch baking dish with cooking spray. Spoon one-third of the vegetable mixture into the prepared dish. Top evenly with 4 tortillas. Repeat with half the remaining vegetable mixture and the remaining 4 tortillas. Top with the remaining vegetable mixture. Sprinkle evenly with cheese.

8 Servings; 357 Calories, 17g Fat, 42g Carbs, 14g Protein



# 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.

