



# In Good Health

For the health & wellness  
of our members

Heart-  
Healthy  
Relationships

Magnesium

Grip  
Strength

February 2026

# Get PHP Fit!

## First Quarter Challenge: Online Health Risk Assessment

Improve your health by taking preventive measures! The Online Health Risk Assessment only takes a few minutes and can help you recognize and get needed care before a problem escalates.

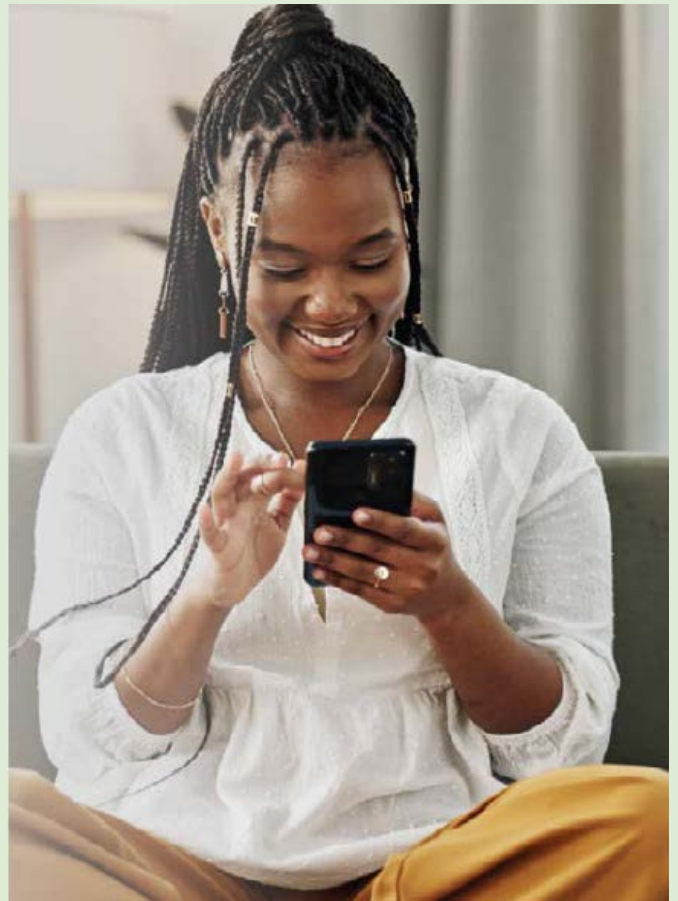
**Q1: January 1 - March 31**

### Here's the challenge

Take our online Health Risk Assessment on the Get PHP Fit! platform in your member account.

### What can I win?

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



### Health Risk Assessment helps:

- 1 Determine current and possible future health issues
- 2 Prevent problems before they escalate
- 3 Increase your health awareness
- 4 Give you suggestions to better implement a healthy lifestyle


### 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 Health Risk Assessment challenge.

# 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):




Telehealth



Doctors Office



Urgent Care



Emergency Room

Cost: ⓘ

☒ ☐ ☐ ☐

Severity: ⓘ

☒ ☐ ☐ ☐

Speed: ⓘ

☒ ☐ ☐ ☐

#### When to use:

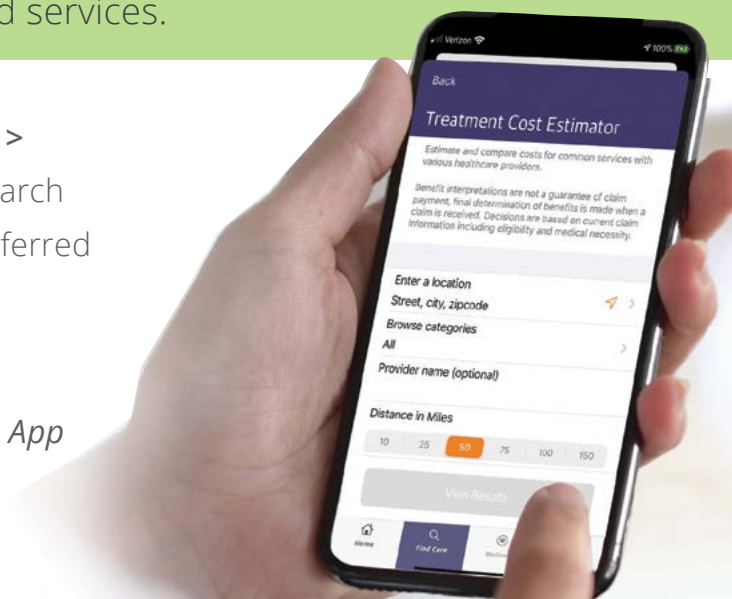
Cold, cough, flu, allergies, pink eye, sore throat, respiratory issues, sinus problems, and skin problems.

## 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!**'





# Heart-Healthy Relationships

Henry Van Dyke, an early 20th-century author and clergyman, wrote, “A friend is what the heart needs all the time.” While he was speaking about emotional needs, the message holds true for physical health as well. Strong social connections are good for both emotional well-being and heart health.

Research shows that having supportive relationships can help lower blood pressure, even during stress or conflict, protecting arteries and reducing the risk of heart attack and stroke. Having encouragement from others

also makes it easier to follow medical advice, such as keeping appointments, taking medications as prescribed, and monitoring important health numbers like weight, blood pressure, blood sugar, and waist size.

Friends and family often play a key role in encouraging heart-healthy habits such as eating better and staying physically active. Of course, some relationships may unintentionally lead to less healthy choices. When that happens, small adjustments can help such

as meeting for coffee instead of a heavy meal, or swapping a late-night outing for a morning walk.

Heart health is essential to everyday life, and a supportive network makes healthy living more achievable. Whether it’s a large circle or one trusted friend, having someone who encourages positive healthy habits can make all the difference.



# Magnesium

Magnesium is an essential mineral that plays a crucial role in many bodily functions. Many people don't get enough from diet alone, and certain lifestyle factors or health conditions can further deplete levels.

**RDA:** The Recommended Dietary Allowance (RDA) for most adults 19-51+ years is 400-420 mg daily for men and 310-320 mg for women.

- Magnesium helps support a healthy heart by maintaining a steady heartbeat, assisting in regulating blood pressure, and playing a role in preventing heart rhythm disturbances.
- It is important for bone health because it works with calcium and vitamin D to keep bones strong.
- It helps muscles contract and relax properly and supports proper nerve signaling, which helps prevent cramps and spasms.
- Magnesium is involved in converting food into energy.
- It also helps regulate insulin and blood sugar levels, which is important for preventing type 2 diabetes.
- Low magnesium levels may contribute to fatigue, anxiety, and sleep problems that can affect cognitive function.

## Some factors that affect Magnesium levels:

- Your diet may not include enough magnesium-rich foods such as leafy greens, nuts, seed, whole grains, and legumes.
- Conditions like Crohn's disease, celiac disease, or chronic diarrhea can reduce absorption of magnesium.
- Excessive alcohol consumption causes an increase in magnesium loss through urine.
- Certain medications such as diuretics, some antibiotics, and proton pump inhibitors (PPIs) can reduce magnesium levels.
- Chronic stress increases magnesium excretion in urine.
- Excessive sugar and refined carbs in your diet can increase magnesium loss.

Magnesium is vital for your heart, muscles, bones, metabolism, and overall well-being.





# Grip Strength

Grip is a key indicator of overall health, muscle function, and longevity, and it's crucial for performing daily tasks. A strong grip is linked to better health outcomes, including a lower risk of chronic diseases and greater independence as you age, while poor grip strength can indicate underlying health issues.

Grip strength might seem like a small detail, but it's actually a surprisingly important indicator of overall health and function. Here's why:

**Overall Muscle and Physical Health:** Grip strength correlates strongly with overall muscle strength. If your hands are strong, it often means your upper body (and sometimes even total body) strength is good. Studies show it can predict performance in daily activities, like carrying groceries, opening jars, or lifting objects safely.

- In older adults, grip strength is a strong predictor of the ability to live independently. Weak hands can make simple tasks difficult, leading to reduced quality of life.
- Athletes and workers in physically demanding jobs need grip strength for lifting, climbing, throwing, or holding tools safely. Even for non-athletes, stronger hands improve efficiency and reduce injury risk.

**Indicator of Longevity:** Research consistently finds that lower grip strength is linked to higher risk of cardiovascular disease, disability, and even mortality. Basically, it's a simple measure that reflects general health and resilience.

**Bone and Joint Health:** Strong grip involves the muscles, tendons, and bones of your hands and forearms. Maintaining grip strength helps prevent conditions like osteoporosis, arthritis, and tendon injuries.

**Nervous System and Coordination:** Grip strength also reflects neural function. Weak grip can sometimes signal neurological issues or muscle wasting conditions, making it an early warning sign.

You can improve grip strength with exercises like farmer's carries, deadlifts, pull-ups, or even simple hand grippers. Even a few minutes a day can make a noticeable difference.



# Greenwashing

**“Greenwashing”** is when a company, brand, or organization **markets itself or its products as more environmentally friendly than they really are.**

It’s essentially misleading advertising or communication designed to appeal to consumers who want sustainable or eco-conscious products, without the company actually making meaningful efforts to reduce its environmental impact.

## Examples of greenwashing include:

- Using vague terms like “all natural,” “eco-friendly,” or “sustainable” without evidence.
- Highlighting one small environmentally friendly feature while ignoring bigger harms (e.g., “recyclable packaging” for a product made with highly polluting processes).
- Creating misleading logos, labels, or imagery (like green leaves or nature scenes) to suggest eco-friendliness.
- Publicizing small green initiatives to distract from larger environmentally damaging practices.

If you are committed to purchasing sustainable products, then be aware of how marketing can be used to guide you toward products that are less than desirable. Do your homework about company practices and pay attention to overall aspects of production. Don’t be taken in entirely by packaging or advertising. Instead, use your common sense...if it seems too good to be true, then it probably is.





# Chocolate Hummus

Looking for a healthier, more nutritious Valentine's Day treat? This chocolate hummus is a sweet option you can feel good about—and kids love it too!



## Ingredients

- ¼ Cup No-salt canned garbanzo beans
- 1 ½ teaspoons Tahini
- 2 pinches Salt
- ¼ teaspoon Vanilla extract
- 1 Tablespoon + 2 teaspoons Maple syrup
- 1 Tablespoon + 1 teaspoon Cocoa powder
- 1 teaspoon Avocado Oil
- Optional: Dairy-free chocolate chips to taste

## Directions

- Optional: Remove the skins from the individual chickpeas if you want a smoother hummus.
- Add all ingredients except for the chocolate chips to a food processor. Blend until smooth and creamy. Scrape down the sides as needed. This may take a few minutes.
- Stir in the optional chocolate chips.
- Serve with fresh fruits such as strawberries, bananas, raspberries, or apple slices.

2 Servings





# 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.

