



# In Good Health

For the health & wellness  
of our members

You Have  
Permission  
to Eat Well

Spring Seasonal  
Allergies

Electric Bikes:  
Cheating  
Fitness?



May 2026

# Get PHP Fit!

## Second Quarter Challenge: Island of Oahu Step Challenge

Physical activity helps improve and maintain your overall health. Just 30 minutes a day can increase cardiovascular fitness, strengthen bones, and reduce excess body fat. Let's get stepping!

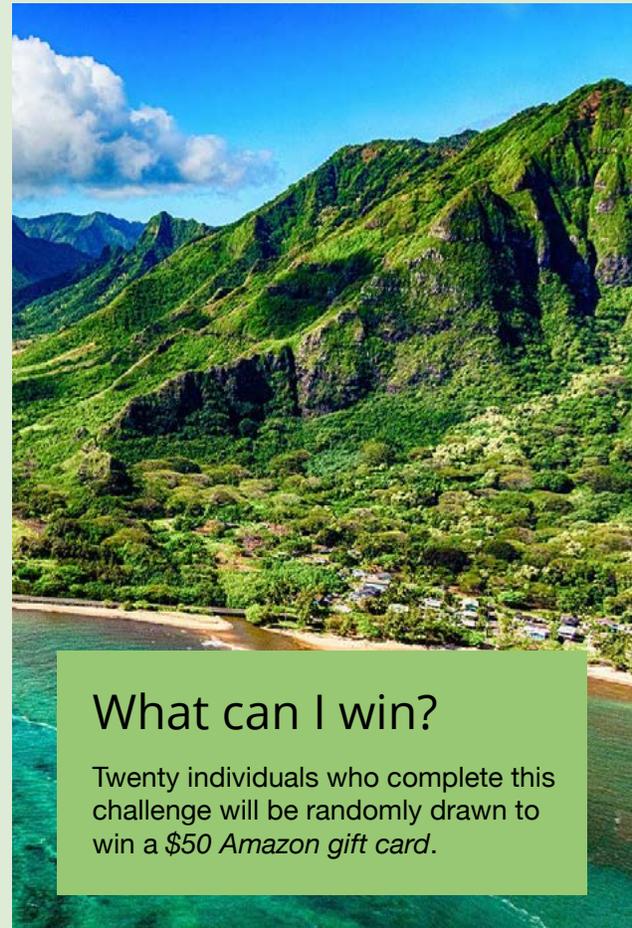
**Q2: April 1 - June 30**

Here's the challenge

Oahu is part of the Hawaiian island chain and home to the state capital, Honolulu. This virtual route is 91.9 miles long. Your stride has been adjusted so that if you take 7,500 steps per day, you will complete the challenge in 60 days.

How does it work?

Simply sync your fitness device to automatically record steps and advance on the route map. Remember that 7,500 steps per day is the suggested, optimal amount of steps to stay healthy. We adjust the step distance so that you will complete the challenge in an appropriate time.



What can I win?

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

Walking can help you:

- 1 Maintain a healthy weight
- 2 Prevent or manage various conditions
- 3 Benefit your overall mood
- 4 Improve your balance and coordination

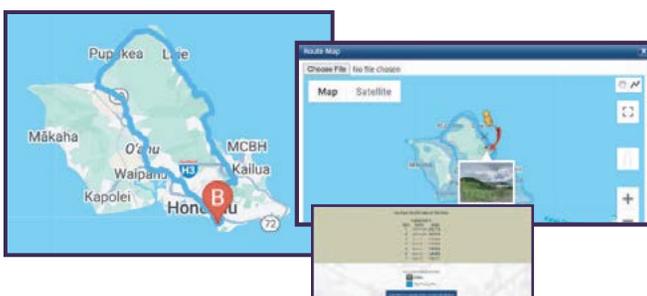
PHP Members:

Sign in to your member account at [phpni.com](http://phpni.com), click on **Wellness Tools > Get PHP Fit! > Quarterly Challenge** to join the Oahu Step challenge.

Be a leader!

Watch your progress in comparison to others on the trail map or on the leaderboard!

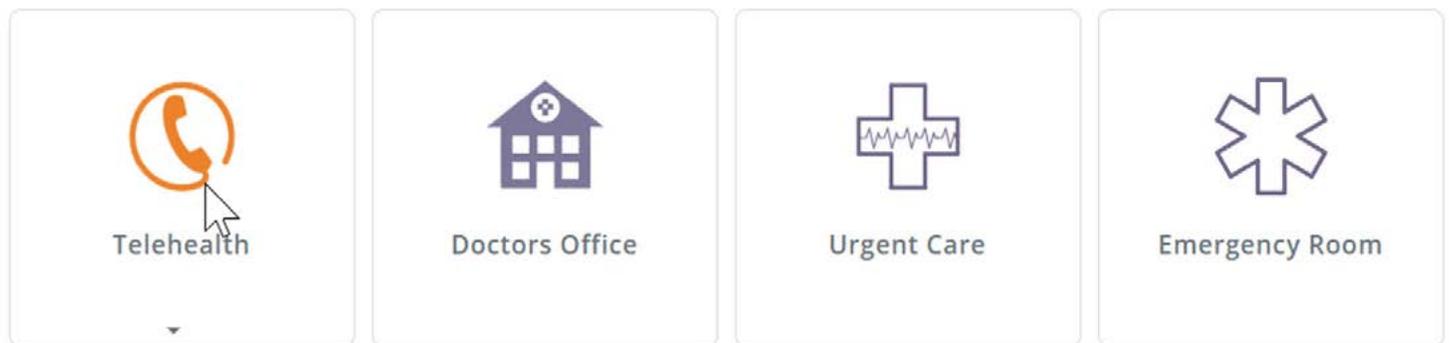
Drag the "Walking Person" to a location on the map to see the sights along the way!



# 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):



## When to use:

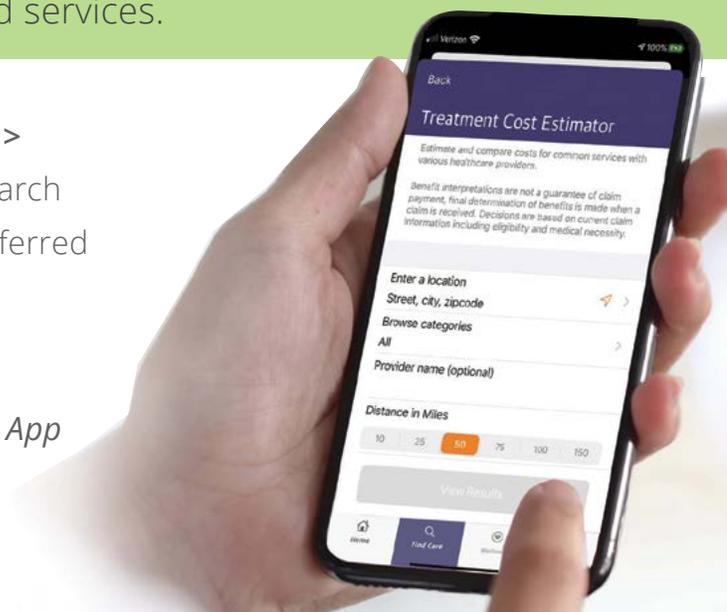
Cold, cough, flu, allergies, pink eye, sore throat, respiratory issues, sinus problems, and skin problems.

## 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!**'



# The Benefits of Keeping an Open Mind

You may not know everything—and that's a good thing. But pause for a moment: what do you truly know for sure? Strip away assumptions and old labels. Are you certain you don't like certain foods, activities, or experiences... or have you just never tried them, or revisited experiences with them?

We tend to define ourselves pretty tightly. "I don't like that." "That's not for me." "I'm just not that kind of person." But what if the most powerful word you could use is simply: maybe?

When someone suggests a new cuisine, a different workout, a book outside your usual genre, what's your first response? If it's an automatic "no," you might be closing the door before you even peek inside. What if you tried it?

- Maybe you'll love spicy food.
- Maybe you'll discover a form of movement that excites you.
- Maybe you'll find an author who completely inspires you.
- Or maybe you won't—and that's okay.

Being open doesn't guarantee you'll love everything. But staying closed guarantees you'll miss out.

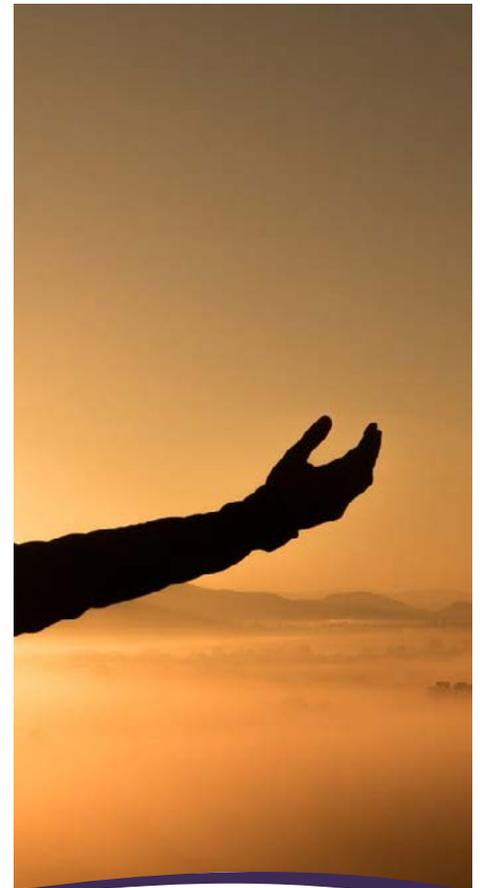
Think about who you were at 10. At 16. At 21. You've grown. Your tastes have changed. Your perspective has shifted. Adulthood doesn't mean growth stops—it means growth becomes a choice.

Those who keep learning, exploring, and stretching themselves often find their

confidence grows. Their thinking sharpens. Their memory improves. They're seen as more optimistic and energized—because they are.

This isn't about giving up your favorite restaurant or abandoning what you love. Keep your traditions. Keep your favorites. Just challenge the automatic "no." Question the voice that says, "I've never liked that." You may not be the same person you were—and that's a beautiful thing.

So this week, where can you replace "no" with "maybe"?



# You Have Permission to Eat Well

Food is so much more than fuel. It's comfort, connection, celebration, tradition, and sometimes even a little therapy after a hard day. Think about it—popcorn at the movies, birthday cake with friends, or ice cream after heartbreak. We eat for many reasons beyond hunger, and that's part of being human.

But somewhere along the way, healthy eating became all about restriction. No comfort food. No saturated fat. No salt. **What if we shifted the focus from “no” to a powerful, energizing “yes”?**

**Yes to variety.** Variety is one of the simplest ways to support a balanced diet. It's easy to fall into a food rut—same breakfast, same lunch, same snacks—because it's convenient. But saying yes to a colorful mix of fruits, vegetables, whole grains, and lean proteins keeps things interesting and nourishing. Variety helps prevent boredom, and boredom is often what leads to mindless eating.

**Yes to flavor.** Healthy food should taste amazing. Fresh herbs, bold spices, vibrant produce, there is a whole world of flavor waiting for you. Don't settle for bland when a perfectly ripe piece of fruit is bursting

with sweetness. Eating well doesn't mean sacrificing enjoyment; it means elevating it.

**Yes to enough.** Eating enough is about honoring your true hunger. Start with balanced portions (protein about the size of a deck of cards, grains about the size of a tennis ball, fruits or vegetables about the size of a baseball) and then give your body time to respond. It can take up to 20 minutes to feel full. Slow down. Check in. If you're still hungry, it may simply mean your body needs more.

**Yes to mindful eating.** When you eat, be present. Notice the texture, the flavor, the temperature. Professional food tasters pay close attention to every bite—and you can, too. The more you experience your food, the more satisfying it becomes.

**Healthy eating isn't about restriction—it's about intention.** Shift your focus to what you can say yes to and watch how your relationship with food begins to feel more balanced, more joyful, and more empowering. **What's one “yes” you can choose today?**



# Spring Seasonal Allergies



May is designated as National Asthma and Allergy Awareness Month with good reason. Spring allergies can really zap your energy. The good news is that there's a lot you can do to reduce allergy symptoms and feel more in control.

If you get allergies every spring, begin prevention 1–2 weeks before pollen season ramps up. To start with, you want to keep your immunity strong. Get adequate sleep, manage stress, stay hydrated, and eat a balanced diet rich in fruits and vegetables. (Always check with your healthcare provider if you're unsure what's right for you.)

- Consider a daily antihistamine (non-drowsy options are common).
- Nasal corticosteroid sprays are often most effective when started early.
- Saline nasal rinses can help flush out allergens.

## **You can't control the pollen outside—but you can control your home.**

- Keep windows closed on high-pollen days.
- Use air conditioning instead of opening windows.
- Run a HEPA air purifier in your bedroom.
- Shower and change clothes after being outdoors.
- Wash bedding weekly in hot water.
- Keep pets wiped down if they go outside (they carry pollen in on fur).

## **Check daily pollen forecasts in your area.**

- Limit outdoor activity on high-pollen days.
- Go outside after rain, when pollen levels are lower.
- Avoid outdoor activity in the early morning (pollen peaks then).

## **If you'll be outdoors:**

- Wear sunglasses to shield your eyes.
- Consider a mask when mowing or doing yard work.
- Rinse your nose with saline after heavy exposure.

If your symptoms are severe, you may want to consider long-term options by having allergy testing completed to identify your specific allergy triggers. Your health care provider may recommend medication to help control your sensitivity to the allergens that make your life miserable.



# Electric Bikes: Cheating Fitness?

Electric bikes are in the news. Many tour companies use electric bikes to get from one place to another. The question is...do electric bikes provide any fitness benefits. The answer is Yes! Beyond cardio, e-biking helps with muscle engagement in legs and core, balance and coordination, provides joint-friendly movement for those who have knee or hip issues, and provides mental well-being from being active outdoors.

Electric bikes can still be good exercise, especially when you use them intentionally!

You still have to pedal: Most e-bikes provide pedal assist (meaning you pedal and the motor helps you) it doesn't replace your effort. That pedaling still engages your muscles, raises your heart rate, and burns calories. Even with assistance, e-biking typically provides moderate-intensity physical activity — more than walking and enough to help meet exercise guidelines for many people.

Good for your heart & general fitness: Research shows that riding an e-bike can improve cardiorespiratory fitness and heart health, especially for those who were previously inactive. It's a low-impact workout that raises your heart rate and keeps

you moving — it's easier on joints than running or high-impact sports.

More riding = more benefit: Even though an e-bike may require slightly less energy per mile than a traditional bike, many riders ride longer and more often because hills and long distances feel more manageable. That can actually lead to more total activity overall.

Here are some tips to maximize the benefit if fitness is your goal:

- Use lower assist levels so you work harder when you want to.
- Choose routes with varied terrain to challenge your legs and lungs.
- Pedal steadily and consistently rather than relying on the motor full time.
- Turn it into transport + workout by commuting or running errands by e-bike.

Electric bikes can be a very effective way to stay active, improve heart health, and build strength, especially if you ride regularly and adjust how you use the assist to match your fitness goals.



# Grilled Chicken Bacon Ranch Pasta Salad

Get ready for BBQ and picnic season with this yummy pasta salad, or better yet, make ahead for lunches (be sure to add the avocado at the last minute so that it stays fresh)! Keep the dressing healthier by cutting store bought ranch dressing with plain Greek yogurt. Check ingredients in the store bought dressing-look for less sugar and fewer calories. You may find a yogurt based ranch dressing that will work fine on its own. Add greens or focus on more vegetables vs pasta for lower calorie nutrition.



## Ingredients

### For the pasta salad:

- 2 grilled chicken breasts, cubed/diced. (or sub 1 ½-2 cups shredded chicken)
- 8 ounces bacon
- 8 ounces cavatappi or bowtie pasta (or pasta of choice!)
- 1 pint cherry tomatoes, halved

- 1 ½ cups corn, grilled, raw or sauteed
- ¼ cup thinly sliced red onion (or sub diced green onion)
- 1 slightly ripe avocado, diced

### For the Greek yogurt ranch:

- ¼ cup plain Greek yogurt
- ⅓ cup store bought ranch dressing

## Directions

- If you are using leftover or rotisserie chicken, then you are ready to proceed. If you grill your chicken, then allow it to cool and cut it into cubes or shred it.
- Cook the bacon: add bacon to a large skillet or pan and place over medium heat, cook bacon on both sides until crispy and golden brown. Drain on a paper towel to absorb excess grease. Chop into bite-sized pieces and set aside.
- Cook your pasta until al dente, drain and then place in a large bowl. This can be done ahead of time. Allow the pasta to cool.
- Mix together the Greek yogurt ranch by combining Greek yogurt and ranch dressing until smooth and creamy. Pour dressing over the pasta and stir until well combined. Next add the chicken, chopped bacon, corn, halved cherry tomatoes, sliced red onion and avocado. Gently toss again, then taste and adjust seasonings as necessary. Serves 6 as a side dish, or 4 as a larger meal.

6 servings; Calories per serving: 484; Carbs: 42.1g; Protein: 26.6g



# 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.

