



In Good Health

For the health & wellness
of our members

How Are Calories
Calculated?

What to Eat for
Joint Health

What is
"Urgency
Culture?"



July 2025

Get PHP Fit!

Third Quarter Challenge: Walk the Florida Keys 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!

Q3: July 1 - September 30

Here's the challenge

Walk along the Florida Keys by averaging 7,500 steps daily (106.6 miles total) before the end of the quarter and log them on the **Get PHP Fit! site**,

What can I win?

Fifteen 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, click on **Wellness Tools > Get PHP Fit! > Quarterly Challenge** to join the step 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:

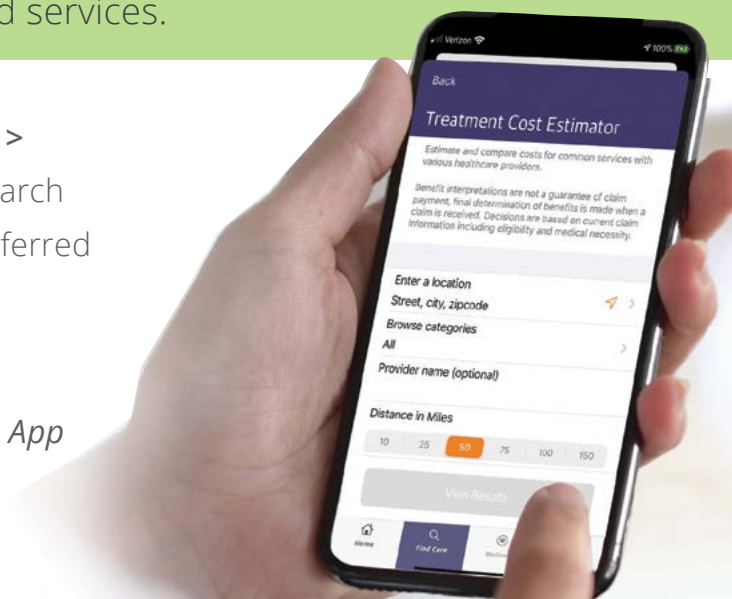
Cold, cough, flu, allergies, pink eye, sore throat, respiratory issues, sinus problems, and skin problems.

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!**'



What is “Urgency Culture?”

“Urgency culture” refers to a societal mindset or workplace environment where there is a constant sense of pressure to respond and act at once, and the expectation for people to be available on demand. This culture is often characterized by the expectation that tasks and communications should be addressed as quickly as possible, often at the expense of thoughtful consideration, personal well-being, and work-life balance.

The belief that speed equals efficiency and that immediate responses prove commitment and productivity are a large part of urgency culture. This can lead to stress, burnout, and a decline in the quality of work and productivity.

Several factors contribute to the rise of urgency culture:

- The use of instant messaging, emails, and mobile devices creates an environment where people are always accessible and expected to respond quickly.
- In highly competitive industries, there is often a pressure to outpace others, leading to a constant state of urgency.
- Different time zones and the need to coordinate across regions can contribute to the feeling that work never stops.

If you are feeling the effects of urgency culture you should set aside time to promote mindfulness (and mindful attention to your tasks), set clear boundaries, and find a way to value quality over speed as you complete tasks either at work or at home. Be sure to disconnect during your free time!



What to Eat for Joint Health

If your joints are feeling stiff and achy, you may want to look to your diet for some help. Eat foods that have anti-inflammatory properties and have nutrients that support joint health.

Anti-inflammatory foods are foods that keep your body's immune system from getting too over-stimulated. Inflammation happens when your body responds to a wound and is part of the normal process for healing. Chronic inflammation is inflammation that sticks around after the initial need for protection is long gone.

Here are some recommendations:

- Foods with omega-3 fatty acids such as fish (salmon, mackerel, and sardines) and nuts and seeds (almonds, walnuts, flaxseeds, and chia seeds) are all anti-inflammatory.
- Blueberries, strawberries, and raspberries are packed with antioxidants and anti-inflammatory compounds.
- Spinach, kale, and other leafy greens are rich in vitamins, minerals, and antioxidants that can help reduce inflammation.
- Turmeric and ginger both have powerful anti-inflammatory properties.
- Extra virgin olive oil is rich in oleocanthal, which has anti-inflammatory effects similar to ibuprofen.
- Green tea is high in antioxidants called polyphenols, which have anti-inflammatory effects.

- Lean sources of protein such as chicken, turkey, tofu, and beans can help support muscle health, which in turn supports joint health.
- Yogurt and other fermented foods that help to keep your gut healthy. Stick with plain or unsweetened yogurt!

It's also important to drink plenty of water and to limit your intake of processed foods, sugary snacks, and foods high in saturated and trans fats, as these can contribute to inflammation.



How Are Calories Calculated?

Understanding Calories: The Energy Behind Your Food

No matter what eating plan you follow, understanding the nutritional value of your food—and the calories it contains—is essential to maintaining good health.

So, what exactly are calories?

Calories are units of energy, not indicators of weight or nutritional quality. When you see “calories” listed on a food label, it’s actually referring to kilocalories (kcal). One kilocalorie is the amount of energy needed to raise the temperature of 1 kilogram of water by 1 degree Celsius (or 2.2 pounds of water by 1.8 degrees Fahrenheit).

You’ve probably heard the phrase “burning off calories”—and it originally referred to the literal method of determining how much energy a food contains. This was done using a device called a bomb calorimeter, which places the food in a sealed container surrounded by water. The food is then incinerated, and the increase in the water’s temperature reflects the number of calories the food contains.

Today, however, calorie counts on food labels are usually determined using the Atwater system, named after chemist Wilbur Atwater. He found that

the traditional burning method didn’t account for energy lost through heat or waste. His approach provided a more accurate estimate by studying how many calories from food were actually absorbed by the body versus expelled.

Atwater’s system led to the following general calorie values:

- Proteins: ~4 calories per gram
- Carbohydrates: ~4 calories per gram
- Fats: ~9 calories per gram
- Alcohol: ~7 calories per gram

While this method isn’t perfect for every food, and some margin of error is allowed on nutrition labels, it remains the standard in the food industry.

Here’s a quick example:

If a serving of food contains 5 grams of protein, 2 grams of carbohydrates, and 8 grams of fat, it adds up to approximately 100 calories.

Calories don’t have to be confusing—or intimidating. With a basic understanding of how they’re measured and what they represent, you’re better equipped to make informed choices that support your health.



July 4th Safety Tips

Enjoy your July 4th celebrations while prioritizing safety for yourself and others.

Here are some tips to ensure a joyful and secure Independence Day:

- **Practice Firework Safety:** If you're using fireworks, follow all safety instructions provided by the manufacturer. Keep a bucket of water nearby for emergencies, never try to relight a dud firework, and ensure all spectators are at a safe distance. Better yet...enjoy professional fireworks displays organized by your community or city. These are often safer and more spectacular than private fireworks.
- If you're barbecuing, keep the grill away from structures, bushes, and flammable materials. Never leave the grill unattended and keep children and pets away from the cooking area.
- If you're swimming or boating, ensure everyone wears appropriate flotation devices, and never leave children unattended near water.
- **Keep Pets Safe!** Independence Day festivities can be stressful for pets due to loud noises. Keep them indoors in a quiet, secure area to prevent them from escaping or becoming distressed.

By following these tips, you can ensure a happy and safe July 4th for yourself, your loved ones, and your community. Enjoy the celebrations responsibly!



What Makes Kayaking a Great Summer Workout?

Kayaking is an awesome workout for many reasons. Here are some reasons that make it stand out as a great summer fitness activity:

Full-body workout

- Upper body: Paddling works your arms, shoulders, chest, and back—especially the lats and deltoids.
- Core: Your abs and obliques are constantly engaged as you twist and stabilize your body in the kayak.
- Legs & glutes: Even though you're sitting, your legs help with balance and power, especially in rougher water or during sharp turns.

Builds strength and endurance

- The resistance of water acts like natural weight training, helping build muscular strength and stamina over time.
- A steady paddle gets your heart rate up, boosting cardiovascular endurance without high impact on your joints.

Burns serious calories

- Depending on intensity and conditions, kayaking can burn 300–500+ calories per hour, making it great for weight loss or maintenance.
- Improves flexibility and balance
- The movements and stabilization needed in a kayak improve coordination, posture, and flexibility over time.

In addition, kayaking is also great for your mental health. Being on the water is peaceful and meditative, reducing stress and boosting mood. Plus, being outdoors increases vitamin D and promotes mental clarity.

In short—kayaking is a fun, low-impact, full-body workout that includes the mental health benefits of being in nature. As with any other activity on the water, make sure that you are following safety guidelines such as wearing life vests and understanding what to do in case you fall off the kayak.



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.

