



In Good Health

For the health & wellness
of our members

Breaking the
Binge Cycle

Keeping Fit While
Vacationing

Healthy Orange
Chicken Stir Fry with
Cauliflower Rice



April 2024

Get PHP Fit!

Second Quarter Challenge: Hike the Virtual John Muir Trail

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

Hike the 175 mile John Muir Trail along the Sierra Mountains by averaging 5,000 steps daily (455,000 steps total) before the end of the quarter and log them on the **Get PHP Fit!** site.

Be sure to sync your device to register your steps!



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

New in 2024!

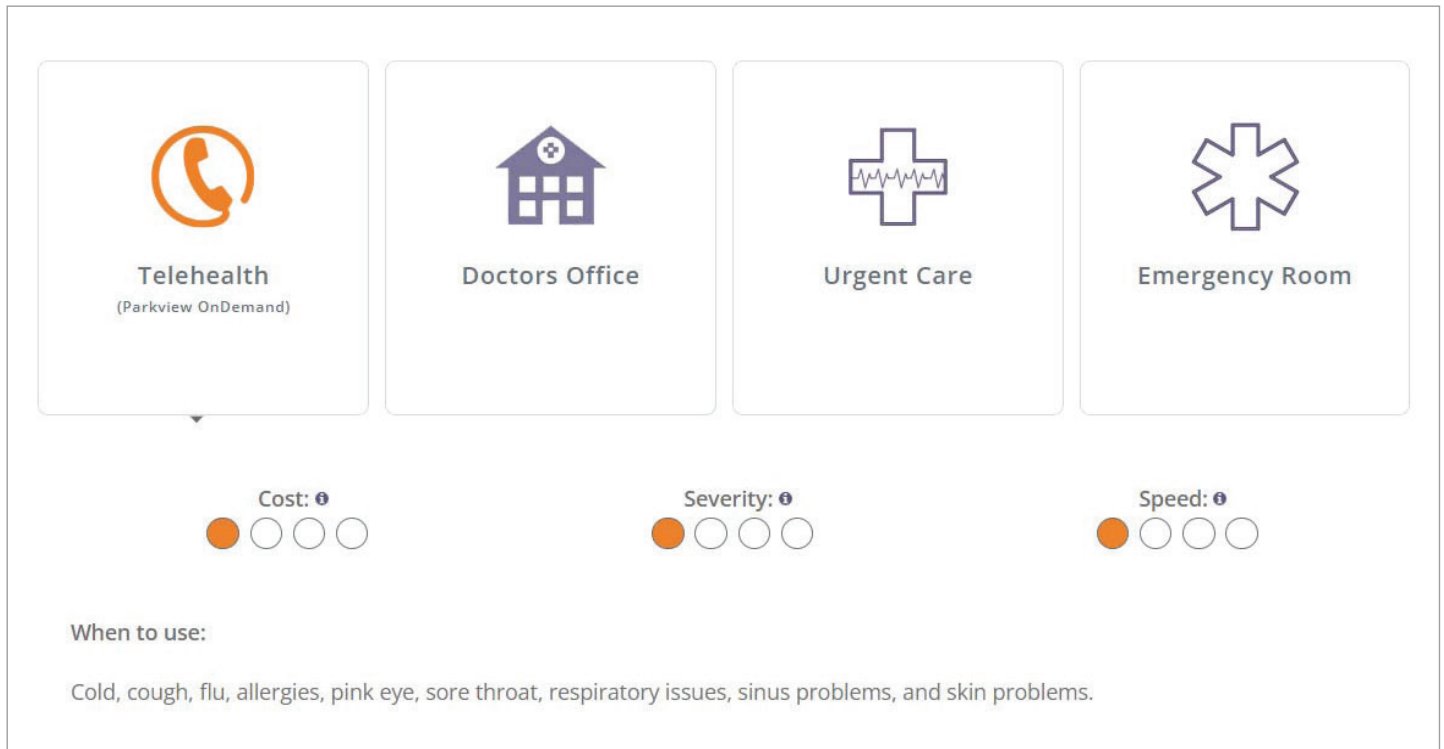
PHP's year-long challenge

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:



Telehealth
(Parkview OnDemand)

Doctors Office

Urgent Care

Emergency Room

Cost: ● ○ ○ ○ ○

Severity: ● ○ ○ ○ ○

Speed: ● ○ ○ ○ ○

When to use:

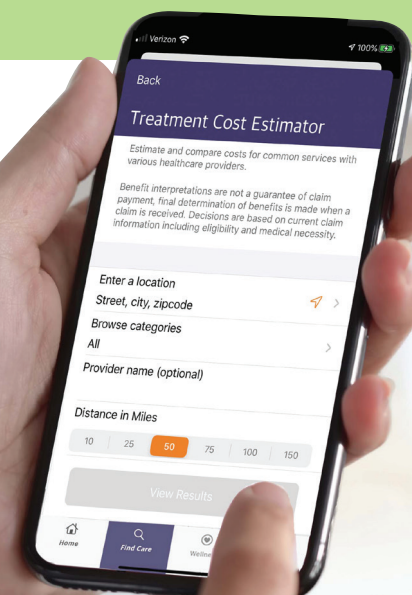
Cold, cough, flu, allergies, pink eye, sore throat, respiratory issues, sinus problems, and skin problems.

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!**'



Celebrate Earth Day 2024

Earth Day is celebrated every year on April 22. This celebration is meant to increase awareness of environmental issues. You can do your part with even small projects in your home.

Try composting to keep plant material out of landfills! Composting has the added advantage of providing you with fertile soil that can be used in the landscape around your home. In addition, it's easy to have children help with composting and the process can teach them about the waste that humans produce and the effects that that waste has on the environment.

Composting follows a relatively simple formula. In a designated shady area of your yard - or in a compost bin - add brown and green plant materials. (Note: check your Homeowners Association for rules about compost piles and containers. Some HOAs do not allow composting.)

- Brown materials include branches, dead leaves, straw, wood chips.

- Green materials include fruit and vegetable waste, coffee grounds, tea bags, and eggshells.

Water your compost materials.

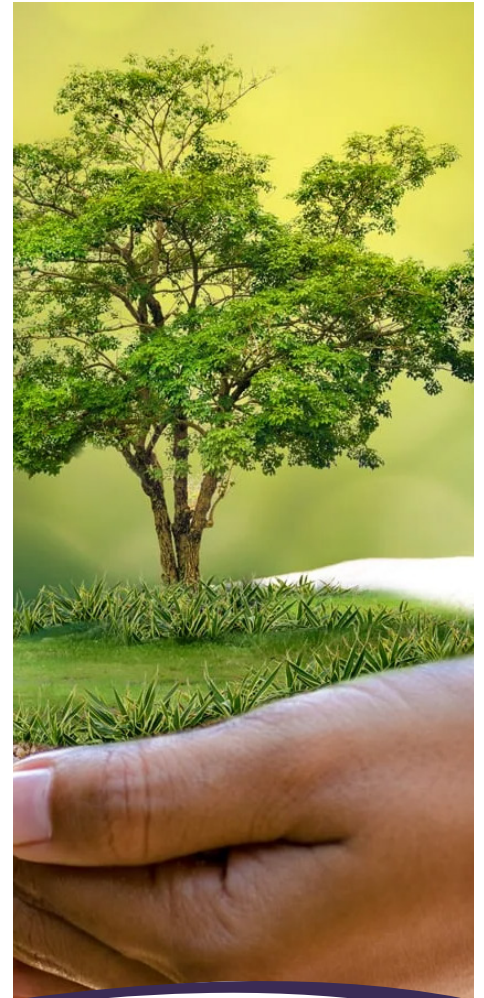
Keep them moist by putting the lid on the container or covering them with a tarp. Every time you add materials, add enough water to moisten the materials that were added (green materials will need less water).

Occasionally mix materials using a shovel or a gardening fork. Some bins may have a spinning function that will mix the materials as you spin the bin.

When the material of a compost pile is dark and looks much like soil, it is ready to use as a fertilizer in your garden.

The compost can take 2 weeks to over a year to be ready. The amount of time that it takes to develop into useable compost/soil depends on the amount and type of material, the moisture, and how well the compost has been mixed as it decays.

By choosing to compost, you will reduce the amount of waste that goes into the landfill and provide your garden with important nutrients!



Are You Sorry?



If over-apologizing is a problem for you, then you may want to take stock of why and when you overuse “sorry.” While apologizing is often a polite and considerate gesture, there are situations where people should avoid saying sorry unnecessarily.

Some individuals tend to apologize excessively, even for minor things like asking a question or expressing an opinion. Over-apologizing can diminish your self-confidence and undermine your credibility.

Before you apologize consider:

- Did you do your best?
- Was the outcome of something that you did unintended/unexpected? You may need to apologize. It depends on what happened, and what you did to precipitate the outcome.
- Are you apologizing because someone else reacted negatively? You may need to apologize but remember that if you are merely expressing an opinion or setting a boundary, that the situation may be the result of different perspectives. In this case you may need to be direct and respectful when you communicate. Your feelings are also legitimate and apologizing for your feelings so that you don’t offend someone does not solve the problem. Offer assistance or empathy without apologizing instead.
- Are you just being polite? Saying “I’m sorry” can be a legitimate way to show empathy, politeness, or to express understanding for the other person’s situation or feelings. It is a way to acknowledge the impact of certain events or statements on the other person.

You may not be apologizing for yourself, but for the event instead (Example: The person has told you of a personal tragedy such as a death or sickness.)

- Don’t apologize when requesting help or assistance. When asking for help or a favor, express appreciation for their support instead.
- Avoid apologizing when you’re taking care of your well-being and setting boundaries for your mental and physical health
- Remember, apologies should be sincere and used when you genuinely feel remorse or acknowledge a mistake. Avoid using apologies as fillers or to please others if there is no reason to apologize. Be assertive with your communication while maintaining kindness and empathy towards others.



Breaking the Binge Cycle

If you're like most people, you may have slipped up with your healthy nutrition goals some time. It's normal. It happens. But if this is a recurring pattern for you then you may want to find your triggers and develop new ways to cope with situations that set off the binge. If you're always overindulging on a weekend, for instance, the binge isn't a random event. There's a reason why the weekend brings on the binge cycle.

Your binge cycle may look something like this.

You feel stressed, anxious, upset, bored. Fill in the blanks here. You will need to figure out what the trigger is for you.

1. You overeat (or drink too much).
2. You feel guilty or ashamed for overeating.
3. You vow to do better.
4. You go all-in with an overly restrictive routine that isn't sustainable.
5. You start feeling stressed, anxious, upset, bored again and the cycle repeats.

Take stock. Why did you binge? What were you doing, and what was your mindset? Were you watching TV? Hanging out with friends? Was the food at hand (in a bowl on the counter) or did you have to actively seek it out? Where were you? Who were you with? What were you doing/thinking/feeling? Look for patterns, don't judge and write everything down. If you don't see a pattern yet, then repeat the next time that you go through a binge cycle.

"Every time I have a work deadline, I reach for the wine ..."

"Hmmm, every time my mom calls, I go straight for the ice cream ..."

"I do great from Monday-Thursday, but as soon as Friday hits, watch out ..."

Eventually a pattern will appear. Once you identify your triggers, you can brainstorm some strategies for addressing them.

- Be kind to yourself. When you do binge you should treat yourself just as you would a good friend that needs some encouragement.
- Let go of perfection. Instead of saying you aren't going to eat pizza, allow yourself some pizza every once in a while. Think healthier toppings, thinner crust, one slice instead of 5. Moderation is the key.
- Detox using movement. Physical activity helps your gut to digest and encourages your brain to release dopamine and serotonin, which boost your mood and help you to get back on track mentally.
- Drink water to flush out the effects of your excess.
- Never purge. Purging can cause serious damage to your body.
- Keep a written record/journal of what you eat.

Don't be frustrated if it takes some time to identify your triggers and come up with some solutions. The habits that created your binge cycles weren't created overnight, so the solutions won't come overnight either.



Keeping Fit While Vacationing

Traveling can make getting in adequate physical activity difficult. Whether you are taking a road trip or flying to a remote location, there are ways to keep moving while traveling.

Before embarking on your trip, remember to pack appropriate clothing, equipment, and shoes for your workouts. If you are prepared, you are more likely to be motivated. While waiting for your plane or ride, take a walk or do laps around the airport. Easy, inconspicuous activities are great to fit it in without making you feel like you're "working out" in public.

If your lodging has a gym, pool, or other workout facility, utilize the equipment for a classic workout. If that is not an option, check out the many online workout routines, apps, or videos resources or pack your own exercise DVD to do in your room. If you are tight on space and resources, pick workouts with no or minimal equipment like pushups, planks, and squats. Another option is to jog or walk in the area of your lodging if it is safe and has safe trails or sidewalks.

When traveling long distances by car, remember to take breaks. The appropriate amount of time behind the wheel may vary widely from driver to driver; however, it is reasonable to schedule a break about every 3 hours when driving long distances. This can be used to get a drink, stretch your body, and take a quick walk to get your blood flowing. Don't forget that sitting for long periods of time without movement can cause an individual to feel sleepy or unfocused. If you are driving or navigating, a quick walk every so often keeps the blood flowing in our brains and keeps us sharp.

Plan an active vacation. Make your travels active by taking walking tours rather than bus tours, active sight-seeing rather than passive shows, and taking adventurous excursions over lazy days. You might also choose to do 10 squats whenever you think about it if you're having a less active day. You might choose to plank against surfaces as you wait to check in to your lodging or pick up your meal. Taking a stroll on the beach is another great way to stay moving.

Lastly, don't forget to eat well and drink plenty of water. Keep up with healthy food choices and pack healthy snacks to ensure that your body feels fueled well each day. Make a mindset shift that traveling doesn't always mean sitting around all day and eating everything in sight. Traveling can be adventurous, healthy, and active too!



Healthy Orange Chicken Stir Fry with Cauliflower Rice

Try cauliflower rice with this healthier recipe for orange chicken stir fry. Stir fries are a quick and easy weeknight meal that often contain a lot of vegetables and lean meats. Make sure that the sauces that you use are also healthy-try to keep added sugars and sodium to a minimum. Add whatever vegetables you like to the stir fry to make it even more healthy.



Ingredients

For the cauliflower rice:

- 1 tablespoon coconut oil
- 1 head of cauliflower
- Salt and pepper, to taste

For the sauce:

- ¾ cup freshly squeezed orange juice
- 2 tablespoons honey (or agave nectar)
- 3 tablespoons soy sauce
- ½ tablespoon freshly grated ginger
- 1 tablespoon cornstarch or arrowroot starch
- ½ teaspoon red pepper flakes
- zest from 1 large orange

For the stir-fry:

- 1½ tablespoon toasted sesame oil, divided
- 1 pound boneless skinless chicken breast, cut into large bite-sized pieces
- Freshly ground salt and pepper
- ½ white onion, cut into chunks
- 3 garlic cloves, minced
- 1 large red bell pepper, sliced into thin strips
- 8 ounces fresh green beans, trimmed and cut into 2 inch pieces
- ½ cup raw cashews

Directions

- **Cauliflower rice:** Remove all greens from cauliflower and break into florets. Use a food processor to process the cauliflower into rice sized pieces (Do not overprocess-pulse until you have pieces that are the right size). Set aside in a large bowl until ready to cook. To cook your cauliflower rice: Add ½ tablespoon coconut oil to a separate large skillet and place over medium heat. Once oil is hot, add cauliflower rice and cook for 5 minutes, stirring occasionally. Season with salt and pepper to taste.
- **Mix your sauce:** Add the orange juice, honey, soy sauce, ginger, cornstarch/arrowroot starch, red pepper flakes and orange zest to a large bowl; whisk until the cornstarch is dissolved. Set aside for later.
- Preheat a large skillet or pan over medium-high heat and add in 1 T of the toasted sesame oil. Add chicken, season with salt and pepper, and cook for 5-6 minutes or until fully cooked and no longer pink. Once chicken is cooked, transfer to a bowl and set aside. Keep pan on heat.
- Add the other 1/2 T of sesame oil to the pan; add onion and saute until onions become slightly translucent, about 2 minutes.
- Add the garlic, bell pepper, green beans and cashews and saute for 4-6 minutes. Veggies should still be a little crunchy.
- Pour the orange sauce into the pan with the vegetables. Stir frequently as the sauce will start to thicken.
- Add chicken and stir again. Reduce heat to medium low and let the sauce simmer and thicken some more, about 2-3 minutes.
- Serve immediately over your cauliflower rice.

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.

