



# In Good Health

For the health & wellness  
of our members

**Mental Health  
Challenges  
for Men**

**Hike for  
Your Health!**

**How to Keep a  
Healthy Sleep  
Schedule During  
Long Summer Days**



# 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!

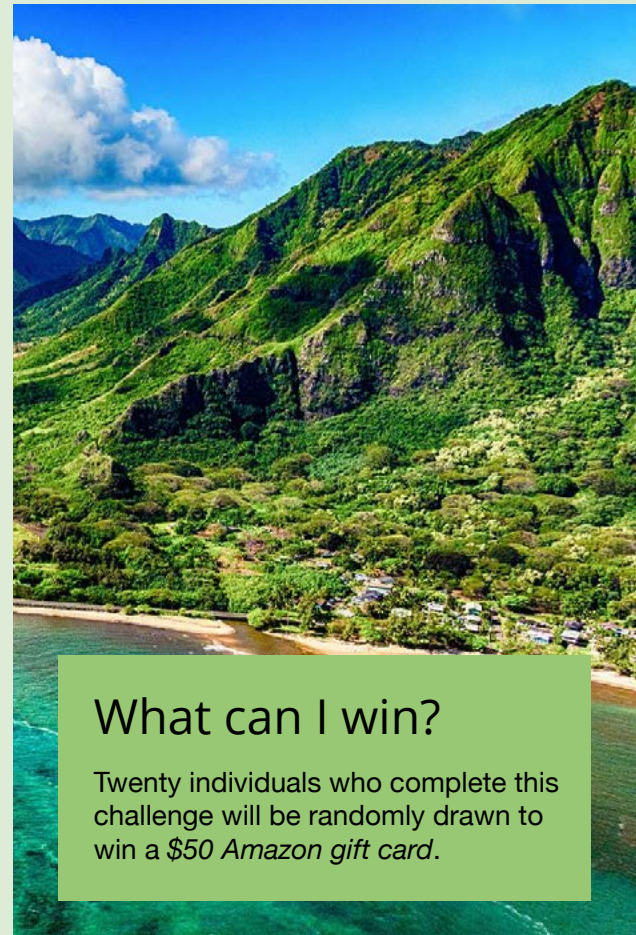
**Q2: April 1 - June 30**

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

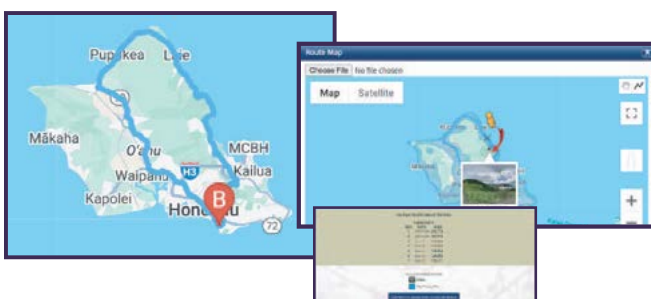
PHP Members:

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



## When to use:

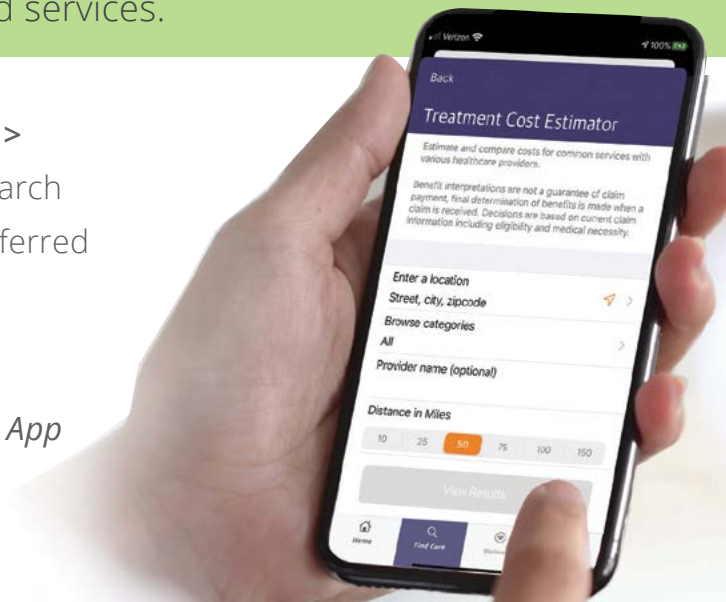
Cold, cough, flu, allergies, pink eye, sore throat, respiratory issues, sinus problems, and skin problems.

## 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!**'

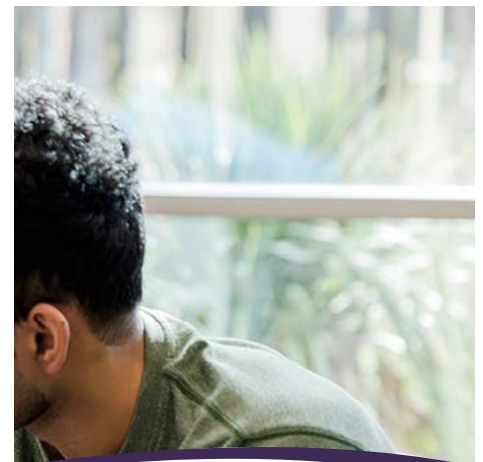


# Mental Health Challenges for Men

## JUNE IS MEN'S HEALTH MONTH

This month, the focus is to raise awareness about men's health issues and promote early screening and treatment. This should include awareness about mental health challenges that may affect men. Men experience many of the same mental health conditions as women, but some mental wellbeing problems are more prevalent or present differently in men due to biological, social, and cultural factors. Here are key mental health challenges that are particularly significant for men:

- Depression may go undiagnosed or be masked by the individual experiencing it. Men may show irritability, anger, fatigue, or risky behavior as opposed to "classic" symptoms such as sadness. Many men avoid seeking help due to fear of stigma or fear of seeming weak.
- Men die by suicide at significantly higher rates than women—up to 3 to 4 times more often. This is despite women attempting suicide more often. Men are more likely to use more lethal means during a suicide attempt.
- Men are more likely to engage in binge drinking, drug abuse, and alcohol dependence. These substance abuse problems are often used to self-medicate for untreated depression, PTSD, or anxiety.
- Anger and Aggression may be used as a coping mechanism for deeper emotional distress. Cultural norms may teach men that expressing sadness or fear is "unmanly," leading to internalized or externalized aggression.
- Men may experience loneliness and social isolation because men often have fewer close emotional relationships or may lack someone they can confide in. These feelings of isolation and loneliness may increase after life transitions such as divorce, retirement, or job loss.
- Men may be more likely to experience Post-Traumatic Stress Disorder (PTSD) from combat, accidents, or violence.
- Many men tie self-worth to career success and financial stability. A job loss or career stagnation can lead to feelings of failure or depression.
- Though body image and eating disorder issues are more commonly associated with female well-being, these issues are underreported for men. It's important to remember that men also experience body dysmorphia, especially related to muscularity. Men's disordered eating and exercise habits often go unnoticed or unacknowledged.
- Perhaps the biggest barrier to men's well-being is that traditional masculinity norms often discourage emotional vulnerability. Men are less likely to access therapy, join support groups, or even talk to their doctor about mental health.



# How to Keep a Healthy Sleep Schedule During Long Summer Days

When summer arrives, the longer daylight hours can feel energizing. Warm evenings, outdoor activities, and later sunsets make it tempting to stay up later and squeeze more into the day. But those extra daylight hours can quietly throw off your sleep schedule if you're not careful. The good news? With a few simple habits, you can enjoy summer and still get the rest your body needs.

Why summer's long daylight hours can disrupt sleep: Our bodies run on an internal clock called the circadian rhythm, which helps regulate when we feel awake and when we feel sleepy. Light plays a big role in controlling this cycle. When the sun stays out later in the evening, your body may delay producing melatonin, the hormone that signals it's time to sleep. That can make it harder to fall asleep at your usual bedtime — even if you still need to wake up at the same time the next morning.

## Tips to stay on track:

- Keep a consistent sleep schedule. Try to go to bed and wake up at roughly the same time every day, including weekends. Consistency helps your body maintain a stable sleep rhythm, even when the sun sets later.
- Create a darker sleep environment. If early morning sunlight wakes you up too soon,

consider blackout curtains, sleep masks, or darker shades. A cool, dark room helps signal to your brain that it's time to rest.

- Limit evening light exposure. Bright light at night — including screens — can delay melatonin release. Dim the lights in your home and limit phone, tablet, and computer use about an hour before bedtime.
- Stay active during the day. Summer is perfect for physical activity, which can help you sleep better at night. Just try to finish vigorous workouts a few hours before bedtime so your body has time to wind down.
- Be mindful of late-night eating and caffeine. Late meals, alcohol, and caffeine can interfere with sleep quality. If possible, keep these earlier in the evening.

Long summer days are meant to be enjoyed. Evening walks, backyard gatherings, and extra daylight can all boost mood and activity levels. By keeping a consistent bedtime routine and managing light exposure, you can soak up the season without sacrificing restful sleep. Your body will thank you in the morning.



# Hike for Your Health!



The summer months are perfect for pool days and beach trips—but they’re also a wonderful time to lace up your shoes and hit a hiking trail. Hiking is a low-impact way to get your heart pumping, lower blood pressure, and reduce your risk of heart disease. It’s a fantastic cardio workout that feels more like an adventure than exercise. **And here’s the bonus: the benefits go far beyond physical fitness.**

Hiking is a powerful tool for your mood. Research published by the National Institute of Health shows that time spent hiking can help reduce symptoms of depression. The combination of movement and time in green space works together to boost your outlook and calm your mind. When you’re focused on the trail in front of you—watching your footing, listening to birds, noticing the trees—you naturally disconnect from technology and daily stress. That focus keeps you grounded in the present moment. Staying active outdoors also supports cognitive health, helping maintain memory and potentially reducing the risk of dementia.

Hiking is good for your community, too. Areas that build and maintain trails often prioritize clean air and environmental care, creating healthier spaces for everyone. If you’re looking for a trail nearby, start with your state’s park system website—most make it easy to search for options close to home, whether you want a short scenic stroll or a longer challenge.

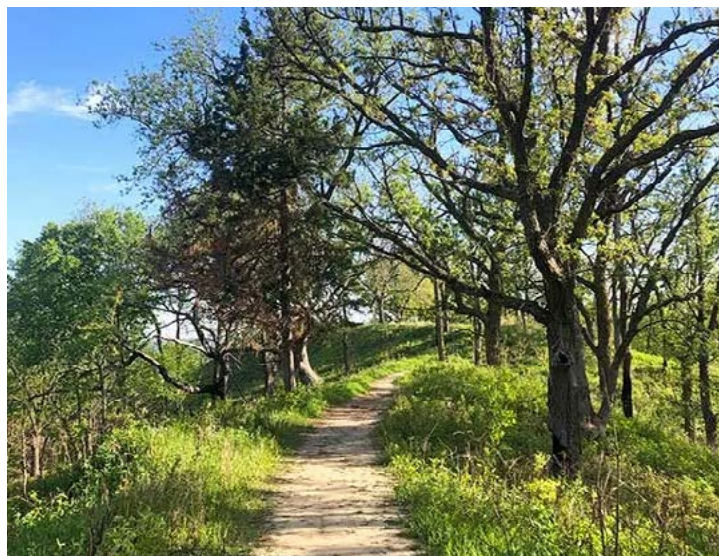
**Ready to get started? You’ve got this! Just keep a few smart tips in mind:**

- Choose clearly marked trails and stay on the path. Most state and national parks provide

maps of the trails online. You may want to download maps in case your cell phone service is spotty.

- Know your limits. Be realistic about how far you can hike, and what terrain is optimal for your skills. Most parks will designate trails as easy, moderate or difficult. Check their definition and decide what you can safely do while still challenging yourself.
- Hike with a buddy or let someone know exactly where you’re going and when you plan to return.
- Bring plenty of water—and a snack for longer hikes.
- Charge your phone beforehand and pack basics like a small first aid kit, sunscreen, and bug spray.

Start small if you need to. Even a short, easy trail can refresh your body and mind. Step outside, breathe deep, and let nature do what it does best.



# Keep Your Weekends Feeling Good

You do great during the week — balanced meals, good choices, staying on track. But when the weekend rolls around? It can feel like all bets are off. During summer months you may be more likely to be on the move during the weekends, or you may have vacations and other fun activities planned. It's incredibly common to lose your good nutritional intentions on these weekends. The week often feels structured and stressful, and the weekend feels like a reward. Food becomes part of that “finally I can relax” mindset. If you've been super strict Monday through Friday, it's easy to flip the switch and think, “It's my day off — I deserve this.” The problem? That all-or-nothing cycle sets you up to overdo it and then feel uncomfortable or guilty afterward. The good news: you don't need stricter rules. You need consistency and balance.

## **Here's how to keep your weekends feeling good — without feeling deprived.**

Ditch the “cheat day” mindset. There're no such thing as “bad” foods. When you label foods off-limits all week, they become extra tempting on Saturday. Instead, allow small treats during the week. When nothing is forbidden, you're far less likely to go overboard.

**Slow down and enjoy your food.** Mindful eating is powerful. Sit down. Taste your food. Notice the

flavors and textures. When you truly savor those first few bites of something indulgent, you may realize you're satisfied before you finish it all. Your body is good at signaling fullness — you just have to give it time. It takes about 20 minutes for your brain to register fullness. Check in with your hunger.

**Don't “save up” calories.** Skipping breakfast or barely eating all day so you can “earn” dinner usually backfires. By the time you sit down to eat, you're so hungry that moderation goes out the window. Eat balanced meals throughout the day. Steady fuel = better choices.

**Keep an honest record.** A simple food journal can be eye-opening. Not to judge yourself — just to notice patterns. Awareness gives you power to adjust.

**Build habits that support you.** Aim for fruits and vegetables daily. Stay hydrated. Move your body regularly — not to punish yourself for eating, but to feel strong and energized. These small habits create balance naturally.

**Consistency beats perfection every time.** You're not aiming to be perfect — you're aiming to feel good in your body all seven days of the week. And that's absolutely doable.



Happy  
Weekend!

# Cool Summer Treats

The summer would not be the same without ice cream cones, popsicles, and iced drinks. And with a summer vacation mentality, it is easy to splurge a little too often. So, how can you enjoy the cool treats of summer while not sacrificing your health and waistline? Try these guilt free, cool treats:

- Enjoy fruit kabobs, made with berries, melons and grapes.
- Freeze your favorite yogurt to make your own frozen yogurt pops!
- Replace your high calorie coffee drink with an iced coffee made with skim milk and a little honey.
- Be a kid and have a popsicle (usually around 50 calories).
- Choose a sorbet or sherbet over ice cream to save both fat and calories.
- Grill pineapple, peach or pear slices and serve with a small dollop of light whipped cream or a drizzle of honey.

If you want a favorite high calorie treat, choose a small portion and enjoy! Cooling off in the summer with a favorite treat is a great way to truly enjoy the season.



# 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.

