



In Good Health

For the health & wellness
of our members

Outdoor
Fitness in
the Winter

Simple De-stress
Techniques

Your Flu
Fighting
Checklist

December 2025

Get PHP Fit!

Fourth Quarter Challenge: Get Your Flu Shot Challenge

The flu is a contagious respiratory illness that affects tens of millions of people each year. Caused by the influenza virus, it can lead to serious complications and death. The most important step in preventing the flu is to get a flu shot.

Q4: October 1 - December 31

Here's the challenge

Reduce your risk of getting the flu and protect those around you by getting a flu shot and record the date in the Get PHP Fit! site.

Flu shots are covered at 100% for all PHP members when administered by a PHP participating provider.

What can I win?

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



Getting a flu shot helps to:

- 1 Reduce the severity of illness for people who still get sick
- 2 Protect people more vulnerable to illnesses
- 3 Protect pregnant women during pregnancy
- 4 Prevent missing work and increased medical expenses

PHP Members:

Sign in to your member account at phpni.com, click on **Wellness Tools > Get PHP Fit! > Quarterly Challenge** to join the flu shot 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:

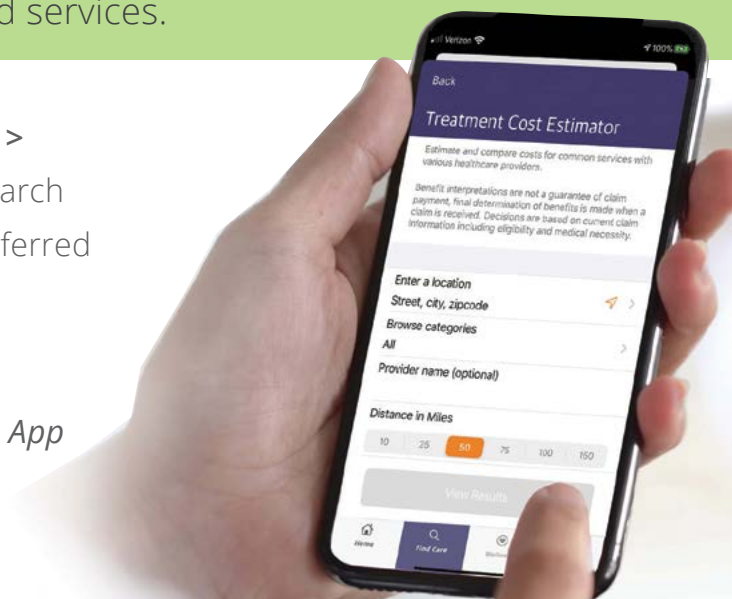
Cold, cough, flu, allergies, pink eye, sore throat, respiratory issues, sinus problems, and skin problems.

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!**'



Your Flu Fighting Checklist

Flu season is here. Here's how to defend yourself.

Eat a healthy diet with plenty of fruits and vegetables and low in added sugars and processed foods. Did you know 70% of your immune system lies in your gut? A healthy diet improves your immune system by providing the nutrients your cells need to function optimally and fiber that supports a healthy intestinal tract.

Exercise regularly. Regular exercise strengthens your lungs and supports cellular health for a strong immune system.

Sleep 7-9 hours a night. Your body does amazing work while you sleep, including making cytokines, a protein that helps to fight inflammation and infection. Having a set sleep routine and getting seven or more hours of sleep each

night could help your body fight illness more efficiently.

Get a flu shot. Flu shots are your number one defense against the flu. Even if you get the flu, a flu shot can reduce the severity. Getting a flu shot can also help keep you from spreading the disease to other people with compromised immune systems.

Avoid spending time with people that are sick. Try to avoid close contact with anyone who is symptomatic.

Perhaps most importantly, wash your hands regularly! Use soap and water and scrub your hands

front and back for at least 20 seconds. Regular hand washing is the easiest way to stay healthy. In addition to clean hands, avoid touching your eyes, nose, or mouth, as this is a common form of transmission for colds and flu.

If you do get sick, drink plenty of liquids and get plenty of rest. Cover your mouth with the inside of your elbow when you cough or sneeze to help prevent others from getting sick. Here is to a healthy and happy winter!



Outdoor Fitness in the Winter

Getting fresh air and staying active are an important part of a healthy lifestyle. In fact, exercising on cold dark days can help boost your body's 'feel good' endorphins to reduce stress and cope with the winter blues.

Don't let winter weather stop you from exercising! You can continue to exercise outdoors if you are prepared.

- Dress in layers to keep yourself warm and dry. Choosing thin layers of synthetic material (dry-fit, polyester, nylon) will trap body heat and keep your skin dry. Cotton fabrics tend to hold on to moisture which can make you cold.
- Wear warm socks, gloves, and a hat. Keeping your hands, feet and head warm is your first defense against cold weather.
- Make sure that your shoes have proper traction on snow and ice and avoid areas that appear slippery. Serious hikers and runners can purchase specialty shoes that are better in ice and snow. Traction cleats, meant to be worn over existing running or walking shoes, can help improve traction.

- Apply sunscreen on exposed skin. You can still get sunburned in the winter, and snow can reflect as much sun as water in the summer.
- Apply moisturizer and be sure to drink plenty of water to stay hydrated. Cold winter weather will dry out your skin and your airways.
- Wear reflectors or bright colors. There is less sunlight in the winter, and you need to make yourself more visible to others.

The bottom line: keep yourself warm, start with a 5-minute warmup and end with a 5-minute cool down or gentle stretching. Consider inviting a friend or spouse along and take a cellphone in case of emergency. If the weather is too bad, stay home and work out by dancing, streaming an exercise video, or completing active housekeeping tasks.

Make a point of regular exercise no matter what the weather, inside or outside, and you will feel great and maintain good health year-round.





Simple De-stress Techniques

Whether it's the hustle of the holidays, gloomy winter weather, or just the daily routine, stress has a way of creeping in—especially this time of year. Not all stress is bad, a little can actually help us focus and get things done. However, chronic, nonstop stress is what can take a toll on both your body and your mood. While we can't avoid all of it, there are plenty of simple things we can do to ease the pressure and feel a little more balanced.

At Work:

- Silence those electronic notifications! Set a few times a day to check messages and social media instead of letting them interrupt you constantly.
- Post your deadlines and to-dos where you can easily see them. Staying organized can really lighten your mental load. Share the deadline load with your co-workers if you need to.
- Track your progress on projects and goals—it feels good to see how far you've come! This can help you set goals and schedule projects for the coming new year too!
- Keep a big glass of water nearby. Staying hydrated helps you feel more alert and helps to calm stress.
- Stand up and stretch or walk every hour. Sitting too long isn't great for your health.

At Home:

- Tidy up your space—less clutter means less stress.
- Power down electronics before bed. The light from screens can create an environment that inhibits sleep. Lack of sleep affects your stress levels too.
- Let the sunshine in! Natural light can help lift your mood and reduce stress. Make sure that you take advantage of the shorter daylight hours.
- Enjoy some quiet time. Even a few minutes can make a big difference.
- Try a relaxing hobby like knitting, puzzles, or Sudoku. These kinds of activities are great for winding down.
- Get moving every day. A little exercise goes a long way for both body and mind.
- Stock up on fruits and veggies. Eating well is one of the best ways to support your health and manage stress.

Remember—less is more when it comes to stress. Small, consistent steps can make a big difference!

Your Year-end Wellness Assessment

With the holiday season in full swing, many of us start thinking about the new year and reflect on the past one. It's a great time to perform a "wellness assessment," focusing on four key areas: preventive health, nutrition, fitness, and lifestyle.

Preventive Health: Did you visit the doctor for a checkup this year? If so, great job! Regular checkups help prevent and detect diseases early. These visits usually include checks on your weight, blood pressure, pulse rate, heart, and lungs, as well as reviews of any medications and appropriate screenings (e.g., blood tests, mammograms, pap smears, colonoscopies). Don't forget about dental checkups, which are also crucial for overall health. If you missed any appointments, consider scheduling them soon.

Nutrition: Did you try a new vegetable, switch to lower-fat dairy, or eat more chicken or fish? Maybe you cut back on sugary drinks or low-fiber foods, lost a few pounds, or drank more water. Good nutrition is about making many healthy choices over time. Even small changes, like adding blueberries to cereal or choosing a grilled chicken sandwich, can make a difference. Reflect on the healthy choices you've made and build on them.

Fitness: Even if you didn't use your gym membership much, did you stay active? Regular aerobic exercise, like walking or biking, is important for heart and lung health. Aim for at least 30 minutes of exercise, five days a week. Strength training, whether through weights or bodyweight exercises like pushups, helps build muscle. Activities like yoga and stretching improve flexibility. Consider small ways to increase your activity, such as walking more while shopping or stretching during TV commercials.

Lifestyle: If you quit smoking this year, congratulations! If not, consider learning more about the benefits of quitting. Maybe you tried to get more sleep, reduce stress, or declutter your space. Reflect on what you've done to reduce stress and increase happiness. These choices benefit both your mental and physical health.

Reflecting on the past year is not about feeling bad for what you haven't done but celebrating your victories and planning small, achievable changes. Enjoy the holidays and look forward to a healthier, happier new year.



Fresh Cranberry Salsa

Cranberries are at their peak during October through December. They can be used in both sweet and savory dishes, and are a great source of Vitamin C, fiber and have anti-inflammatory properties. Keep fresh cranberries handy to create last-minute potluck dishes or snacks for unexpected holiday guests. They last for quite a while in your refrigerator if you purchase them fresh.



Ingredients

- 1 (12 ounce) bag fresh cranberries
- 6 tablespoons white sugar (or to taste)
- 2 tablespoons brandy-based orange liqueur (or orange juice)
- ½ cucumber - peeled, seeded, and diced
- 2 stalks celery, chopped
- 4 slices pickled jalapeno pepper, finely chopped

Directions

- Place the cranberries into a food processor, and pulse until finely chopped. They should still have some texture. Transfer to a serving bowl, and stir in the sugar, orange liqueur (or juice), cucumber, celery and jalapeno. Let sit at room temperature for 15 minutes before serving to blend the flavors.
- Serve with tortilla chips, or crackers topped with cream cheese.

Recipe makes: 8 servings. 72 calories per, 0 fat, 0 protein, 17 carbs per serving



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.

