PHP

In Good Health

For the health & wellness of our members

Social Side of Exercise

Nutrition Numbers

Anger Isn't All in Your Head

July 2024

Get PHP Fit!

Third Quarter Challenge:
Catchlife30 Challenge

Catchlife30 focuses on personal wellness in every respect—mind, body, and spirit. This allows for a reset with good health habits and offers a variety of benefits in cluding increased energy, better focus, less stress, stronger defense toward sicknesses, more restful sleep, and improved mental health.

Q3: July 1 - September 30

Here's the challenge

Within the **Get PHP Fit!** site, sign up for our Catchlife30 challenge. Once signed up you will be prompted with daily text messages to complete this challenge*

You can join the challenge on one of two start dates -July 18 or August 22. Challenge will last 30 days and you need only to complete 1 month of the challenge to be entered into the drawing.

What can I win?

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

Catchlife30 can help you:

1 Regulate your sleep cycle

2 Increase your physical activity

3 Eat more nutritious and stay hydrated

4 Improve your social-emotional health

PHP Members:

Sign in to your member account at phpni.com, click on **Wellness Tools > Get PHP Fit! > Quarterly Challenge** to join the Catchlife30 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*!

PHP Member Account Tools and Resources

Do you have a member account at phpni.com? If not, you're missing out on the valuable tools and resources that are available to you as a PHP benefit, such as:

Pricing tools for medications and health services

Ability to chat online with PHP Customer Service team

Find Care tool to locate in-network doctors and facilities

EOB statements and claim information
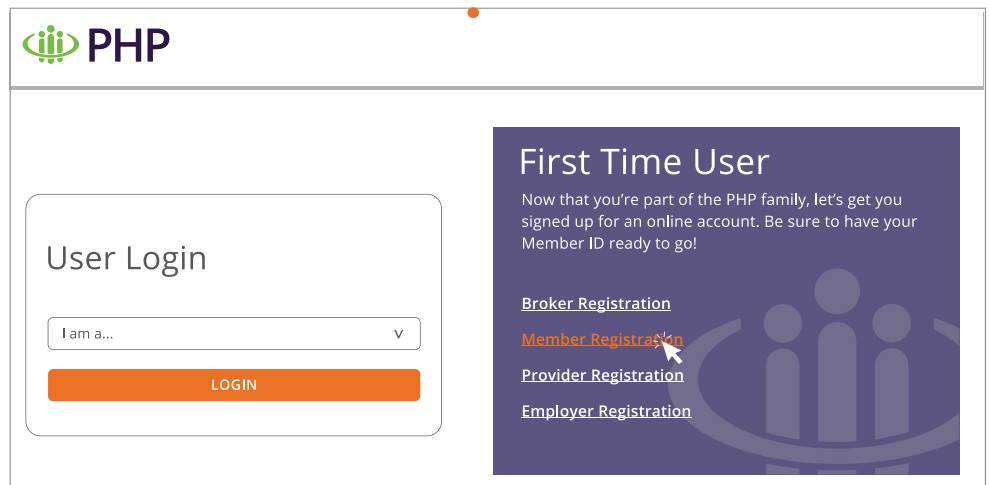
24/7 access to your digital ID card

And much more!

Wellness tools and quarterly challenges

Setting up your account is easy!

Go to **phpni.com** and select '**LOGIN**'. From there, select '**Member Registration**' in the **First Time User** box to launch the registration screens. To make the process go even faster, make sure you have your Member ID number ready!

PHP

User Login

I am a...

LOGIN

First Time User

Now that you're part of the PHP family, let's get you signed up for an online account. Be sure to have your Member ID ready to go!

Broker Registration

Member Registration

Provider Registration

Employer Registration

Social Side of Exercise

If a long walk or run by yourself recharges you and makes you feel good, that's great. But for most people, the research is clear. Working out with a friend, family member or in a group provides big advantages. From maintaining commitment to better results, working out with others can be the best choice.

Working out with others can keep you motivated. You are less likely to skip a workout if someone is waiting for you. Also, the friendly faces in your aerobic or spin class will keep you coming back! Knowing you are in for a challenging workout together can make that workout seem easier. Be sure to work out with someone who is encouraging and supportive not just competitive.

Working out with someone can inspire you to push yourself while having fun. Choose to work out with someone who is close to you in fitness level. Or choose a group class that matches your abilities. You can safely push yourself a little when working out at the proper level.

Working out with others can have a financial benefit too. Group classes are less expensive than one-on-one workouts, and personal trainers often offer group sessions at a lower rate than individual.

So, does that mean you should exercise with others? Not necessarily. While there are benefits to working out with someone, that is only true for those who are energized and motivated by social interaction. For others, working out alone is the best way to de-stress and get the most out of a workout. It's important to know what motivates you and what you want your workout to accomplish. Many would benefit from a mix of social and individual workouts.
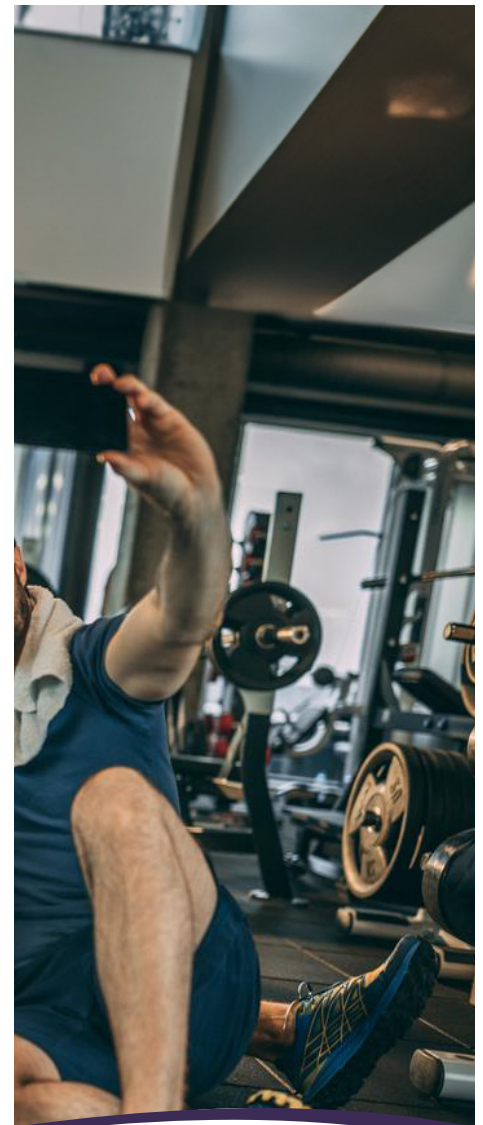
Nutrition Numbers

Are you a calorie counter? Do you count fat grams or points? If you are aware and concerned about how much you eat, are you also concerned about how much nutrition you are getting? Your body requires more than calories. It needs vitamins, minerals, fiber, protein, carbohydrates, and fats. Here are some things to consider the next time you choose something to eat.

Protein: As a general rule, adults need between 46 and 56 grams of protein a day (men needing more than women). There is protein in animal products (meat, dairy, and fish), though animal products tend to be higher in fat and cholesterol. There is also protein in grains, legumes, and vegetables - more than enough to meet your needs. For example, 3 ounces of meat contains about 20 grams of protein while 1 cup of beans contains about 16 grams of protein. If you do choose meat, choose lean cuts and keep your portions moderate.

Carbohydrates: Low carb, no carb, gluten free – it can be hard to know what to choose. Carbohydrates are essential for energy, and adults need, on average, between 225 and 325 grams per day. The key here is to get your carbohydrates from vegetables, fruits, and whole grains that have not been processed or have added fats or sugars. Gluten free options are available for people who are diagnosed with Celiac disease with gluten sensitivity. While choosing gluten free will not hurt you in any way, it is unnecessary unless you have a specific reaction to wheat that causes digestive or inflammatory problems.

Fats: Yes, you need fat in your diet. Just be sure they are healthy ones! Monounsaturated and polyunsaturated fats (olive oil, canola oil, corn oil, etc.) are heart healthy. Stay away from fats that are solid at room temperature (saturated fats) and any partially hydrogenated fats (Trans fats). Keep fat portions to a minimum.

Fiber: A diet that is high in fiber is good for your digestive health, your cholesterol levels, and helps to keep you full longer. Adults need between 21 and 40 grams of fiber per day. Fiber is found in vegetables, fruits, whole grains, and legumes. Increase your fiber intake slowly to avoid digestive discomfort.

Vitamins and Minerals: While a diet that includes a variety of plant based foods should give you everything you need, discuss with your doctor whether you need to supplement. Some medical professionals recommend added vitamin D and Calcium.

Anger Isn't All in Your Head

When was the last time you felt angry? Anger is not "just an emotion." It, like other emotions, has a real impact on your body. It raises your blood pressure, constricts your arteries, and increases your blood glucose levels. Over time, anger that is not dealt with effectively can have a serious impact on your health.

According to the Journal of the American College of Cardiology, chronic anger is linked to heart disease. One study found that people who were chronically angry or hostile were up to 19% more likely to develop heart disease – and that increase was for people who had no history of heart disease. Anger and hostility were also associated with poorer outcomes in people who were already diagnosed with heart disease. The reason for the increased risk may be due to an unhealthy lifestyle (drinking, smoking, poor diet, etc.) - coping mechanisms that are common in chronically stressed personalities. The increase in heart disease may also be linked to high levels of cortisol, a chemical that is released during times of stress (including anger). Cortisol can affect blood pressure and blood sugar.

We can't avoid anger completely, nor should we. Being chronically angry communicates to us that something in our life needs to change. First, acknowledge and understand your anger. Often, it stems from frustrations and lack of self-care. Then, put it in perspective. Is the situation important? Will it pass? Lastly, take action to improve the situation and live a healthier life. Find coping mechanisms like exercise, deep breathing, or meditation that can reduce stress.

Anger is real, but chronic anger is unhealthy. Take control of your health by managing your anger and stress. It's good for your heart and overall well-being.

Three Quick Stress Busters:

1. Walk for 5 minutes.

2. Breathe in through your nose for a count of 4; breathe out through you're your nose for a count of 8.

3. Sip some ice water. Can literally cool you off!

25 Ways to Burn 100 Calories

Small habits add up! By adding just one activity below every day, you could lose more than 11 pounds in the next year. Some activities are as short as 6 minutes. So, play with the kids, spend some time outside, or do some chores. It's all good if it gets you to move!

Basketball
shooting hoops:
20 minutes

Cleaning
moderate effort:
26 minutes

Walking stairs
11 minutes

Mopping the floor
20 minutes

Jumping rope
9 minutes at a
moderate intensity

Bowling
30 minutes

Biking
23 minutes of
casual cycling

**Mowing the lawn
with a push mower**
30 minutes

Pilates
24 minutes

Volleyball
recreational: 26
minutes

Cooking
34 minutes

Elliptical
8 minutes

Kickball
13 minutes

Playing Frisbee
30 minutes

**Pushing
a stroller**
35 minutes

Playing soccer
casual: 13
minutes

Rowing machine
13 minutes

Yoga
20 minutes

Running
9 minutes of running
at a 6mph pace

Running stairs
6 minutes

Walking
20 minutes of
walking at a 3mph
pace (Walk the dog
and/or kids while
you're at it!)

**Softball or
baseball**
18 minutes

Swimming
15 minutes moderate
intensity

**Washing
the car**
20 minutes

**Weeding
the garden**
18 minutes

The Perils of Perfection

If you're a perfectionist struggling to reach your wellness goals, know that perfection isn't always the answer, especially in health. Striving for perfection can lead to inaction and even injury.

- Constantly seeking the perfect workout or diet plan on social media can be overwhelming.

- Waiting for the perfect time to start can also lead to missed opportunities.

- Worrying about others' opinions can also hold you back.

Shift your mindset away from perfection. Start with small steps, like quick exercises during chores or before meetings. Add healthy vegetables or fruit to each meal instead of measuring everything. The key is to focus on consistent action and adjust as needed.

Embrace imperfection as a way to stay motivated and build momentum. Listen to your body, adapt your habits, and keep moving forward. Celebrate every small win. Progress beats perfection every time.

Air-Fryer Buffalo Chicken-Stuffed Tomatoes

A healthy and different way to use those fresh tomatoes from your garden or the farmer's market. These stuffed tomatoes will make a great light lunch or supper. Tomatoes are low in calories and high in cancer-fighting lycopene. They are also high in vitamin A, vitamin C, and vitamin K. Serve with a salad or with the traditional celery sticks.

Ingredients

- 3 tablespoons hot sauce
- 1 tablespoon unsalted butter
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- 2 cups shredded rotisserie chicken
- ⅓ cup whole-milk plain strained yogurt, such as Greek-style
- 6 tablespoons crumbled blue cheese, divided
- 4 large tomatoes
- 2 scallions, thinly sliced

Directions

- Combine hot sauce and butter in a large microwave-safe bowl. Microwave on High until the butter is melted, about 30 seconds. Add onion powder and garlic powder; stir to combine. Stir in chicken, then add yogurt and 3 tablespoons blue cheese; stir to combine.

- Slice tops off tomatoes; scoop out the seeds, leaving sides and bottom at least 1/4-inch thick. (Remove the stem, and chop the sliced tops to add to a side salad if you wish)

- Divide the chicken mixture among the tomatoes. Coat the basket of an air fryer with cooking spray. Working in batches as necessary, arrange the tomatoes in an even layer in the prepared basket.

- Cook at 375°F until the filling is heated through, 8 to 10 minutes. You can also bake the tomatoes in a traditional oven at the same temp for approximately the same time.

- Top with the remaining 3 tablespoons of blue cheese and scallions. Serve with a side of carrot sticks and celery sticks and additional hot sauce, if desired.

Are you looking for an easy way to be active this summer in your community? If so, **Walk with a Doc** may be the perfect fit for you!

Walk with a Doc is a national nonprofit organization that inspires communities through movement and conversations. **This acvitity is free to the public** and allows you to meet new friends, be outdoors, learn and discuss health topics, and be around like-minded individuals dedicated to their well-being.

Promenade Park

(202 W. Superior St. Fort Wayne, IN 46802)

Every Saturday at 10 am

Meet between the Pavilion and Pedestrian Bridge

If you have any questions, please reach out:
Lindsey@fwms.org or **260-420-1011**

Hosted by
Fort Wayne Medical Society FOUNDATION

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.