



In Good Health

For the health & wellness
of our members

Active Family
Summer
Activities

Create a Healthy
Yogurt Parfait

How to Eat Light
Without Feeling
Hungry This
Summer

Get PHP Fit!

Third Quarter Challenge: Protein Nutrition Challenge

Consuming adequate protein supports muscle growth and repair, strengthens bones, boosts metabolism, and helps keep you feeling full and energized throughout the day.

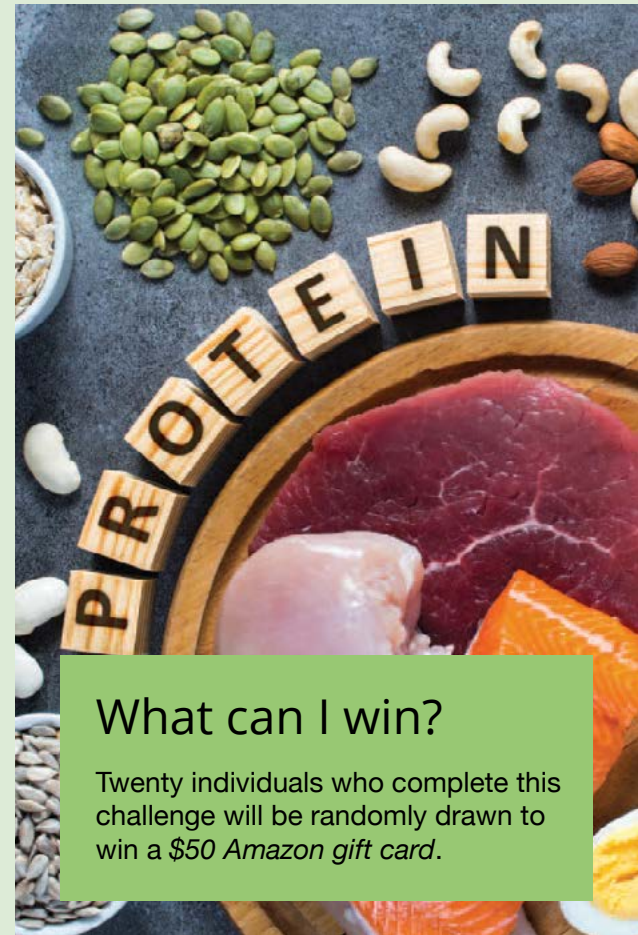
Q3: July 1 - September 30

Here's the challenge

Learn how to figure the amount of protein that you need in your diet and track your protein consumption for 30 days.

You will receive a reminder text or email each evening with a link to the challenge.

- Keep track of the amount of protein that you eat each day.
- Daily tips and information about protein sources and why protein is important for your health.



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 Muscle growth and maintenance
- 2 Improving bone density
- 3 Weight management; curbing hunger
- 4 Boosting immune system

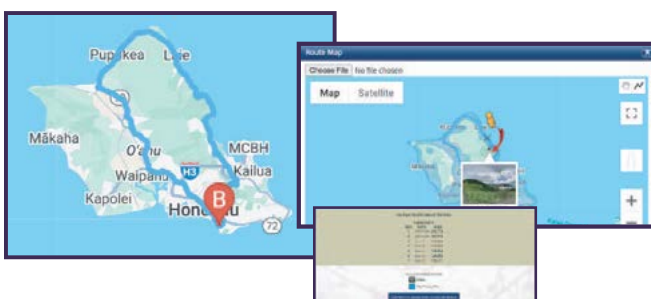
PHP Members:

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

Be a leader!

Watch your progress in comparison to others on the trail map or on the leaderboard!

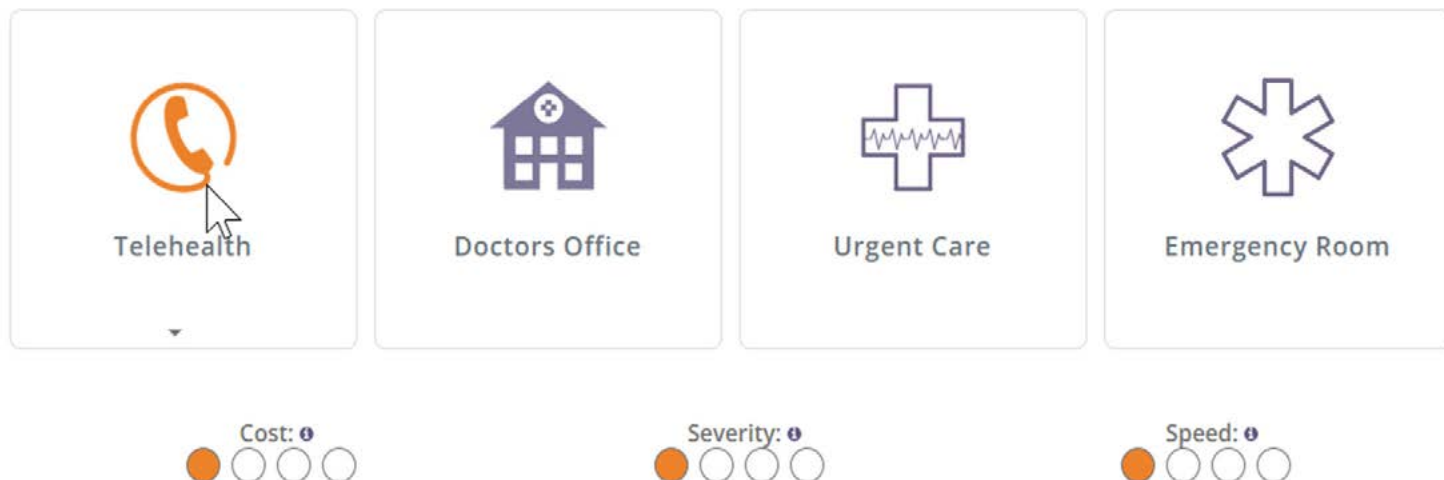
Drag the "Walking Person" to a location on the map to see the sights along the way!



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:



When to use:

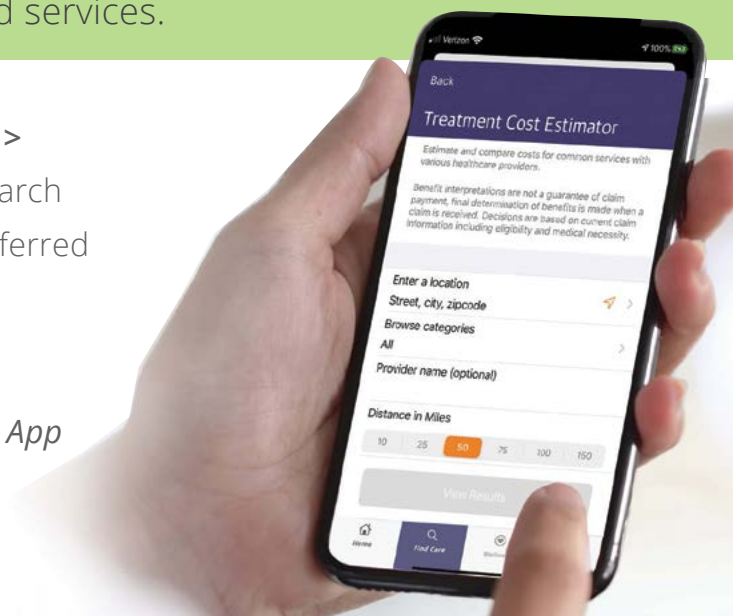
Cold, cough, flu, allergies, pink eye, sore throat, respiratory issues, sinus problems, and skin problems.

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!**'



Active Family Summer Activities

To keep your family active during the summer without feeling overwhelmed, focus on fun, easy-to-integrate activities, and create a routine with a mix of indoor and outdoor options. Try to incorporate physical activity into daily life, encourage active play, and limit screen time to promote overall well-being.

Make it fun and engaging:

Plan family activities that involve everyone, like hiking, biking, swimming, or playing games in the park. Games such as tag, charades, or bowling can get the whole family moving. Encourage outdoor play with toys like balls, kites, or jump ropes.

Create a routine: Establish a daily schedule that incorporates physical activity, either through sports, clubs, or simple walks. Schedule regular time for family walks, bike rides, or other active pursuits. Assign chores that involve movement, like gardening, yard work, or helping with household tasks.

Limit screen time to encourage more active pursuits: Set boundaries for screen time and keep electronics out of bedrooms. Encourage kids to find alternative activities like reading, crafts, or outdoor play.

Be a role model: Actively participate in physical activities yourself, so your children see it as a positive habit. Provide positive reinforcement and praise for your child's participation in physical activity.

Take advantage of free resources:

Local parks and playgrounds provide free family activities and spaces for children. Explore community programs like summer camps, sports leagues, or fitness classes.



How to Eat Light Without Feeling Hungry This Summer

When temperatures soar, the last thing you want is a heavy, sluggish feeling after every meal. But eating lighter doesn't have to mean eating less — or going to bed hungry. A few smart swaps and some summer know-how can keep you satisfied, cool, and energized all day long.

Here's a little science to back you up: it's completely normal to crave lighter food in summer. When your body works hard to regulate temperature, digestion slows down. Heavy, fat-rich meals generate more internal heat, leaving you even more uncomfortable. When your body nudges you toward a crisp salad over a pasta bake in July, listen to it.

The key to eating light without hunger is focusing on volume. High-volume foods — cucumbers, watermelon, zucchini, leafy greens, berries,

tomatoes — are packed with water and fiber, filling your stomach without weighing you down. Pair them with protein, fiber, and a little healthy fat at every meal, and you've got a genuinely satisfying plate.

Summer also invites a natural shift in eating rhythms. Front-load your nutrition earlier when digestion is most active: a protein-rich smoothie or yogurt parfait in the morning, your biggest meal at midday, and something light in the evening like a soup, grilled fish, or a simple wrap. Snack on fruit, hummus and veggies, or a handful of nuts.

Eating light this summer isn't about restriction. It's about choosing foods that naturally energize you in the heat, filling your plate with color, and enjoying the season's best. Your body will thank you.



Your Bladder Through the Ages: A Lifelong Guide to Bladder Health



Your bladder is one of those organs you probably don't think about until something goes wrong. Yet this small, muscular pouch works tirelessly every day of your life, adapting as your body changes with each passing decade. Understanding how your bladder evolves over time is one of the smartest things you can do for your long-term wellbeing.

In early childhood bladder control is a learned skill. Children gradually learn to recognize and respond to the urge to go.

For most young adults (teens and twenties), the bladder operates at its efficient best. It can hold 400 to 600 ml comfortably and signaling to empty the bladder around 6 to 8 times a day. **This is also when lifestyle habits start to matter.** Caffeine, alcohol, smoking, and acidic foods can irritate the bladder lining over time. UTIs are particularly common in women in their twenties; staying hydrated and urinating after sex are simple but effective preventive habits.

During the thirties and forties for women, pregnancy and childbirth are the bladder's biggest challenge. A growing uterus reduces bladder capacity, and vaginal delivery can weaken the pelvic floor muscles that support it. This can lead to stress incontinence, or leaking when coughing, sneezing, or exercising. This affects up to 1 in 3 women after childbirth and is widely underreported. Pelvic floor exercises, ideally started during pregnancy, can significantly reduce or eliminate symptoms.

During our fifties both men and women undergo physical changes that can affect bladder health. In women, the hormonal changes of menopause

cause bladder and urethral tissues to thin, increasing urgency, frequency, and the risk of recurrent UTIs. In men, the prostate naturally begins to enlarge, which can restrict urine flow, cause a weak stream, and trigger frequent nighttime urination. Both sexes may find the bladder holds less before signaling the urge to go.

Maintaining bladder control and health during your sixties and beyond becomes a bigger challenge. Overactive bladder and nocturia become increasingly common after 60, often compounded by medications, reduced mobility, or cognitive changes. Bladder cancer risk also rises with age — smoking is the single biggest risk factor, as carcinogens filter through the kidneys into urine. Quitting at any age reduces that risk meaningfully.

Habits That Protect Your Bladder at Every Age

- Stay hydrated. Aim for pale yellow urine as your guide.
- Don't "just in case" urinate. It trains your bladder to expect emptying before it's full.
- Watch your diet. Caffeine, alcohol, and spicy foods are common irritants.
- Strengthen your pelvic floor. Kegel exercises benefit both men and women.
- Don't ignore symptoms. Blood in the urine, pain, or sudden changes always warrant a doctor's visit.

The key is paying attention — understanding what's normal for your age and knowing that most bladder problems respond well to treatment when caught early.

Create a Healthy Yogurt Parfait: Great Start to Your Summer Day!



A yogurt parfait is simple and endlessly customizable. Here's how to build a great one:

Base: Start with plain Greek yogurt (full-fat or 2% for staying power). Avoid flavored yogurts — they're often loaded with added sugar.

Sweeten naturally: Stir in a drizzle of honey or maple syrup, or skip it entirely if your fruit is ripe enough.

1. Yogurt on the bottom (or repeat layers if you want, but stay aware of portion amounts).
2. Fresh or thawed frozen fruit — berries are great, but whatever fruit is in season is best! This is the time to visit your local fruit growers or farmers market.
3. Granola, nuts or muesli for crunch — look for low-sugar options, or make your own.
4. Top with extras such as chia or flaxseeds, a pinch of cinnamon, fresh mint.

Tips for keeping it nutritious:

- **Check your granola labels.** Granola can be a sneaky calorie/sugar bomb. Portion control and ingredient lists are key here.
- **Go for color variety** in your fruit for different antioxidants (strawberries, blueberries, mango, kiwi).
- **Prep ahead** by layering yogurt and fruit in a jar the night before; add granola in the morning so it stays crunchy.
- **Protein target:** Greek yogurt already gives you ~15–20g per cup, making this a solid breakfast on its own.

A typical well-balanced parfait runs about **300–400 calories** with good protein, fiber, and healthy fats to keep you full through the morning.



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.

