



healthy choices



live well. be well.

Make Every Bite Count

A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits.

The core elements that make up a healthy dietary pattern include:

Whole fruits



Protein



Vegetables



Dairy



Whole grain



Oils



Follow a healthy eating pattern over time to help maintain a healthy body weight and reduce the risk of chronic disease.



Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.

Limit those higher in added sugars, saturated fat, and sodium, and stay within calorie limits.



Ways to keep your immune system **STRONG** during COVID-19

Immune-Strengthening Strategies

- Exercising regularly
- Reducing stress
- Drinking alcohol only in moderation
- Eating balanced diet
- Maintaining a healthy weight
- Getting quality sleep
- Quitting smoking

Continue Your Dental Care during the Covid-19 pandemic

For your protection, call your dentist before your appointment to see if they are following CDC guidelines.

What does a 'safe' dentist visit look like?

The difference in your dental appointment should start even before arriving at the office with a pre-screening questionnaire. This is a rough check of your health status that includes questions about recent coughs or fever and potential contact with people infected with COVID-19.



To limit risks once in the office, dentists are:

- Seeing fewer patients at a time
- Asking people to enter alone
- Taking temperatures
- Requiring everyone to wear masks in office
- Clean, replace, and cover tools between uses
- Wear more protective gear than usual
- Cover your mouth with a rubber dental dam
- Some offices are also tweaking the array of tools in use

In-Network Dentist

(Dental 100/200/300 Access)

Provider charges	\$150.00
Allowed amount	\$80.00
Plan Pays	- \$64.00
YOU PAY	\$16.00

By selecting an in-network dental provider your out-of-pocket costs will be lower since the providers have agreed to offer their services at discounted rates. This means you will pay a percentage of lower cost.

**SAVE
42%**

Out-of-Network Dentist

Provider charges	\$150.00
Allowed amount	\$80.00
Plan Pays	- \$64.00
YOU PAY	\$16.00
	+ \$70.00
	\$86.00

(\$70.00 is the difference between allowed amount and the out-of-network provider charges)

To search for an in-network dental provider or to locate a primary care physician
Visit www.655hw.org