

healthy choices



live well. be well.

# LIVE HEALTHIER IN 2020

## Try these tips

Did your exercise routine or healthy eating habits go by the wayside during the holiday season? Here's how you can get back to better health and well-being:

### Be realistic

Set reasonable, achievable goals to ease you back into a healthy routine.

### Keep track of progress

Seeing personal improvements can help you stay motivated.

### Get support

Tell your friends and family about your healthy goals so they can help or even join you in your efforts.

### Make it fun

To increase your exercise, set a goal you want to achieve, like running a 5K in six months. Challenge yourself to cook a new healthy recipe each week that you can enjoy with family or friends. Or reward yourself with a weekend vacation when you lose your desired percentage of body weight.



## Achievable goals

1. Drink more water
2. Add 10 minutes of exercise to your day
3. Schedule a checkup with your doctor
4. Go to bed 10 minutes earlier
5. One healthy stress-relieving activity per day
6. Use part of your lunch break to walk
7. Spend more time with family and friends
8. Unplug more
9. Make a habit to appreciate all you have
10. Get moving at work

# Here are some benefits that **The Welfare Fund Offers** that can help you stay **Healthy and Happy**



## Your Benefits

### Weight Loss Treatment

Weight Loss benefits payable up to 1,500 per lifetime maximum per person including prescription drugs.

### Mental Health

MAP counseling sessions  
Plan pays 100% of approved sessions.  
Office visit with Mental Health  
\$15 copayment per visit.

### Immunizations

Immunizations based on CDC guidelines  
Plan pays 100%; no deductible.

### Smoking Cessation

Smoking Cessation medication is covered at 100%;  
participating network pharmacies.

### Preventive Care Services

Preventive Care Services as recommended with an A or B rating by the United States Preventive Services Task Force and preventive care and screenings for women as provided for in the comprehensive guidelines supported by the Health Resources and Services Administration.  
100% - no copay or deductible.

For more information please visit us at visit us at

**[www.655hw.org](http://www.655hw.org)**

## Member Assistance Program (MAP)

### Sign up for Health Coaching

Do you want to get healthy? Maybe you want to lose weight, eat better, or quit tobacco? Just call to speak to a Health Coach. Then, by phone, email or secure web message your Coach will help you reach your health goals—and stay with you every step of the way!

### We'll help you:

- Create goals and action steps
- Stay on track with motivation
- Use tips and helpful resources like healthy recipes and workout routines to meet your goals

### Go online for added support!

Your confidential Health Website is packed with fun, interactive tools:

- Take your Personal Health Profile
- Sign up for a Health Workshop or tutorial
- Track healthy activities
- Sign up for seasonal Health Campaigns to keep you focused

### *YOUR WORKPLACE WELLNESS & MAP PARTNER*

Visit Your Member Site  
[info@HHHealthAssociates.com](mailto:info@HHHealthAssociates.com)  
800.832.8302

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**[www.HHHealthAssociates.com](http://www.HHHealthAssociates.com)**

H&H Health Associates  
is here to help with counseling, resources,  
guidance, and support.