Exclusively for HealthAdvocate Members

Healthcare Help Plus Wellness

Stick to your Health Goals...

Common roadblocks include: unrealistic goals, lack of time, overpriced nutritional foods, boredom, a stretch of bad weather and so on. Here’s how to bust through the barriers:

• Don't set yourself up for failure. Dropping 50 pounds by the upcoming holiday may not be as realistic as aiming for 10 percent of your body fat.

• Jot it down. Keeping a food diary can double weight loss according to a study from Kaiser Permanente’s Center for Health Research. (American Journal of Preventive Medicine)

• Build in variety. If you are a track walker, switch to a city park, a wooded trail or find outdoor stairs for a more challenging workout.

• Prolong veggie shelf life. Loading up on nutritional produce for healthier eating only to see it rot quickly can be disheartening. One solution: poke holes in plastic storage bags to let the natural gas that rots produce escape.

• Forgive your slip-ups. Just start again today.

• Keep temptations out of sight. Banish high-calorie foods from the house. Take an alternate route home that does not pass your favorite fast food joint.

• Nasty weather? Walk at the mall. Go in the early morning before the crowds hit so you can keep up a brisk pace. Mall-walking can also be a good alternative to a pricey treadmill or gym membership.

Stay Motivated.
Your Wellness Coach can Help

Your Health Advocate All-in-1 Healthcare Help and Wellness benefit, paid by your employer or plan sponsor, features Wellness Coaching to help you reach healthy goals. You also have access to Personal Health Advocates to help resolve your healthcare and insurance-related issues. Your Coach can help you when you need it most.

• Your Coach is there for you. Unlimited contact online for as long as you want.

• Use online goal-trackers. More positive feedback to keep you on track.

• Covers your family members. You, your spouse and dependent children 18 and older can all participate in the Wellness program.

• Look up supportive information. Need information about low-fat foods? What activities burn the most calories? It’s all there.

Start Your Wellness Coaching Now!

Follow the login or first-time registration steps

Call Now 866.695.8622

www.HealthAdvocate.com/members

Click on “Wellness Coaching”

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