

# HEALTH & WELLNESS NEWS



## NEW WELLNESS TOOLS AVAILABLE

Whether you're interested in getting more exercise, enhancing your nutrition, or becoming more resilient to stress, successful health improvement is driven by our habits -- the things we do (or don't do) every day.

Habits can be stubbornly difficult to change, but having the right set of tools to support you can go a long way. For employees participating in the medical plan with Premera Blue Cross, a variety of tools and resources are available to help you on your journey to health and well-being.

Check-out the following page to learn how to access and take advantage of your online wellness portal with tools to evaluate your current health and track your progress as you develop and maintain health habits.

## HABIT CHANGE TIPS



### TAKE BABY STEPS

RESIST THE TEMPTATION TO DO TOO MUCH AT ONCE AND FOCUS ON GETTING A TINY BIT BETTER EACH DAY INSTEAD.

### ASK FOR SUPPORT

LET YOUR CLOSE FRIENDS, FAMILY, OR COWORKERS KNOW WHAT YOU'RE DOING AND ASK THEM TO HELP YOU STAY ACCOUNTABLE.



### PLAN FOR LOW MOTIVATION

MOTIVATION COMES AND GOES, SO MAKE SURE YOU HAVE A PLAN FOR WHAT TO DO WHEN YOU'RE FEELING DRAINED.

## MORE HABIT CHANGE RESOURCES

### GUIDANCE & INFO

For more information on how to successfully improve your habits, check-out the following:

#### **JamesClear.com**

Popular habit guru James Clear offers a wealth of free information via his website and free email newsletter.

#### **ZenHabits.net**

Expert Leo Bautista provides practical guidance on habit formation as well as general life wisdom to help you stay positive and on-track.



### TOOLS & APP'S

For additional tools to support your habit change efforts, here are some fantastic resources:

#### **Tiny Habits Program**

A proven habit change program offered for free by Stanford Professor BJ Fogg. Just go to [tinyhabits.com](https://www.tinyhabits.com) to sign-up!

#### **Stridekick**

A free application that allows you to compete in fun activity challenges against your friends. Look for Stridekick on your phone's app store or go to [stridekick.com](https://www.stridekick.com).