

6 Players will win a \$50 Amazon Gift Card!



Healthcare Bluebook's "Trivia Game"

On Wednesday, March 1st, Meritain Health will be sending out an email with a chance for our medical plan participants to play Healthcare Bluebooks "Trivia Game"! It's your chance to win a \$50 Amazon gift card!

Look for an email with this subject line:

Play Bluebook Trivia for a chance to win a \$50 Amazon gift card.

*Use code: **Meritain** if prompted and if you are having difficulty opening up game try disabling your pop-up blocker.

Healthcare Bluebook is your resource to find high-quality, cost effective providers and medical facilities in your area. By using Healthcare Bluebook you get insights into costs using the Fair Pricing tool. You can also receive cash rewards every time you search for eligible procedures in Healthcare Bluebook and use a Fair Price (green) facility for your care.

To access Healthcare Bluebook log in to your Meritain Health account and click the Healthcare Bluebook tab, or call Healthcare Bluebooks Concierge team at 800.875.9717.

Q: HOW MUCH SITTING IS TOO MUCH?

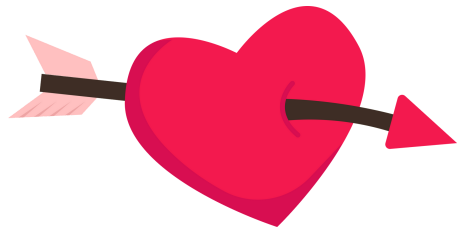
A: ANY PROLONGED SITTING CAN BE HARMFUL

Sitting more than eight hours a day with no physical activity increases the likelihood of death as much as smoking and obesity, according to an analysis of one million people enrolled in 13 studies. The risks for weight gain, diabetes, high blood pressure, heart disease and cancer also went up with extended sitting.

The good news is this study found 60 to 75 minutes of moderate-intensity physical activity daily — such as brisk walking — helped neutralize the detrimental effects of sitting for long periods. Take steps to reduce sitting. With your health care provider's approval, gradually build up to 150 minutes of moderate intensity exercise each week. When you must sit, take a break every 30 minutes to stand up and stretch or walk around the office. Use your watch or phone to track the time. Or consider getting a standup desk or treadmill desk; both are effective ways to stay productive while not sitting

Personal Best newsletter - 2.2023 Expert advice - Elizabeth Smoots, MD





Tips for Avoiding February Heartache

Valentine's Day already had many of us thinking of our hearts this month, but did you know February is also American Heart Month? Heart disease is the leading cause of death in the U.S., but there's a lot you can do to prevent it. So, give your Valentine (and yourself) the best gift of all by committing to good self-care habits!

Food: Incorporate more fruits, veggies, whole grains, lean meats, and low-fat dairy into your diet.

Movement: Get 30 minutes of movement every day—it's OK to start small if you're out of practice!

Sleep: Commit to a sleep schedule, aiming for 7 to 9 hours of sleep every night.

Stress: Manage stress by taking time for yourself to read, spend time in God's Word, take a hot bath, catch up with friends, participate in a hobby, do something for someone else, or whatever rejuvenates you.

Substances: Avoid or moderate your intake of intoxicating substances such as alcohol, tobacco, and drugs.

Screenings: If you haven't already had your annual wellness exam, get it on the calendar today! Early detection and treatment are key to managing any chronic health condition, heart disease included.

***If you are enrolled in any of EPC medical plans, there is \$0 cost for your preventative care. Check out your preventative care services [here](#) and schedule your care today!**

Remember: Heart disease and cancer are the two leading causes of death in the United States. But building good self-care habits today can help keep you healthy for years to come.

Article from Strive Newsletter - Alliant



Eating Too Fast? [5 Silly Tricks to Help You Slow Down](#)

Eat with your non-dominant hand. Your dominant hand (such as your right hand if you're right-handed) is more efficient, but if you're trying to slow down, embrace the clumsiness of your non-dominant hand.

Use chopsticks. Chopsticks tend to require more precision than forks and spoons, especially if you struggle with them. Chopsticks may also help you take smaller bites.

Chew every bite 20, 30, or 40 times. The number itself is arbitrary, but giving each bite that much attention might help you realize how much you were under-chewing your food before. Adequately chewing your food helps ease digestion before it even hits your stomach.

Journal or color while you eat. Here's another way to distract yourself between bites if you're dining solo. Try putting down the fork and picking up the pencil by journaling or coloring in an adult coloring book.

Article from [GoodRx Health](#) - Oct. 18, 2019