

# Health & WELLNESS



January 2024

## GOAL SETTING

S SPECIFIC

M MEASURABLE

A ATTAINABLE

R RELEVANT

T TIME-BOUND

Already forgot about your 2024 goals? As you establish goals for the coming year, make sure they are **S.M.A.R.T!**

Ever make a goal that is too broad, lofty, or vague? Lose weight, eat better, save money, etc.? These are great aspirations but hard to stick to as they aren't very specific or measurable. Rather, this year make a goal of saving X amount of money or X percentage of your income, lose X pounds, or eat X servings of veggies a week. These goals tick all the S.M.A.R.T boxes and will set you up for success. Make it even more doable and write your goals out and put them somewhere you will see on a regular basis for encouragement to keep going!

## Been procrastinating your regular dental exam?

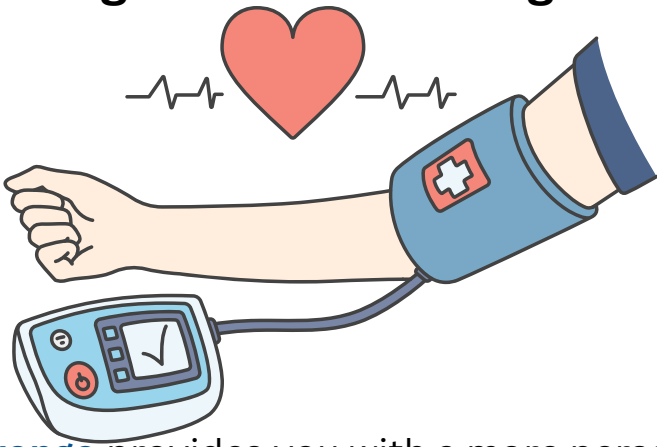
Not only do dentist visits keep your teeth clean, healthy, and strong, regular oral exams can detect various diseases at the earliest stages.

*“The risks of developing diabetes, osteoporosis and heart disease increase with age. Since symptoms of these conditions can manifest in your mouth, dentists may be key in diagnosing the diseases.”* –Delta Dental

Take charge of your overall health today and schedule your next dental exam. [Read more here.](#)



## Dealing with a recent diagnosis of diabetes or high blood pressure?



You don't have to face this without help. For those enrolled in an EPC medical benefit plan, we offer a health program called **Livongo**, which is designed to address **diabetes, prediabetes, and high blood pressure**.

**Livongo** provides you with a more personalized and effective approach for managing multiple health challenges. In particular, you can get help with coexisting conditions you might face with diabetes, prediabetes and cardiovascular health, offering you a better, more effective way to manage your health. Whether it's weight management, dyslipidemia, or mental health support, **Livongo** is here for you.

**Livongo** Whole Person Solutions ensures whether you're living with one or more chronic conditions, you'll receive a unified, one-stop experience that adapts based on your needs, health status, and behaviors as you move through your journey. This includes connected devices, which create adaptive, high-impact experiences!

Enroll today! Just text GO MERITAINWP to 85240 to learn more and join.

You can also join by visiting [GO.LIVONGO.COM/MERITAINWP/REGISTER](https://go.livongo.com/meritainwp/register), or by calling 1.800.945.4355 and use registration code: MERITAINWP.

## Did you know we are experiencing an emergency blood shortage?



*“Every two seconds, someone in the U.S. needs blood. Blood is essential to help patients survive surgeries, cancer treatment, chronic illnesses, and traumatic injuries. This lifesaving care starts with one person making a generous donation. The need for blood is constant. But only about 3% of age-eligible people donate blood yearly. You can help the American Red Cross make sure that supply meets demand.” -American Red Cross*

Never given blood and not sure where to start? [Check out this beginner's guide for first time donors.](#)

Don't wait! [Find a blood drive today!](#)