

Health Awareness

A County Health Pool Publication



January 2007

2007: Healthy Weight Year

Weight loss, a war waged on many fronts. This year, however, it can be a battle won in many ways. If you didn't overeat, you wouldn't be overweight!" a simplistic proclamation by the uninformed. Reaching a specific weight is not as important as the lifestyle changes you make to become healthy.

What is a healthy weight?

A healthy weight is the natural weight you can reach through good eating, regular physical activity, managing stress, and not smoking.



Why is losing weight so hard?

Once you stop dieting and exercising, the weight comes back. Some people fall into an unhealthy cycle of losing and gaining weight, which may be harder on the body than just being overweight. It's also difficult to overcome the roadblocks to weight loss: lack of



related diseases, such as coronary artery disease, sleep apnea, type 2 diabetes, high blood pressure, and stroke. In fact, you may be healthier than a thin person who eats poorly and isn't physically active.

Maintaining a healthy weight may call for a change in life style. Look for balanced, realistic, and enjoyable ways to fit healthful changes into your life. Making small changes, such as being aware of your portion sizes, eating more fruits and vegetables, and adding a few more steps to your daily routine, can add up to significant improvements in your health.

Sources: WebMD at www.WebMD.com

(Over)

time for exercise, family and work commitments, huge portions at restaurants, holidays centered around food, and illness or injury.

Research shows that people who are most successful in improving their health have made the broader and more significant shift to a healthier lifestyle rather than targeting weight loss. A lifestyle of healthy eating and regular physical activity will improve your health and quality of life, no matter what you weigh.

Why is a healthy weight important?

You'll feel better, have more energy, and reduce your risk of weight-



Healthy Weight Means Shifting to a Healthier Lifestyle

To be successful in making lifestyle changes:

- **Don't diet.**

Abandon the idea that you'll go on a diet and quickly lose a certain amount of weight. Instead, create a plan to eat healthier that works for you.

- **Think about your relationship with food.**

Do you overeat? If so, what prompts you to overeat? Do you rely on fast foods because you don't know how or don't like to cook?



- **Slowly change your eating habits.**

Rather than following a particular diet, develop a plan for a healthful eating that includes lots of fruits and vegetables, whole grains, and lean protein such as chicken and fish. If you make small, reasonable changes, rather than depriving yourself of everything you love, you will be more successful.

Fast Facts

Generic Drug Update (Wal-mart)

As you may be aware, Wal-mart recently implemented a program offering certain generic drugs at a total cost of \$4. The County Health Pool's prescription plan provides a generic drug benefit with a minimum cost of \$10 or 10% whichever is higher. However, our benefit is designed to prevent our members from paying more than the actual cost of a drug. Therefore, if you purchase a \$4 generic drug from Wal-mart or any other pharmacy, you will pay only \$4 out of pocket.

This is an excellent opportunity for you to save money as well as saving your plan money. In the event you utilize any of these programs, please continue to request that the pharmacy process it through your plan so that it may be applied to the annual deductible and/or tracked for any other assistance that may be needed such as; allergic reactions and/or disease management. Please note that CHP is not responsible for providing any lists of generic drugs that may be available at a rate of \$4, those will have to be obtained through the pharmacy providing the drug.

Anthem Conversion

Anthem BC&BS has recently completed a data/claims system conversion. Anthem is continuing to correct any complications that may have resulted in regard to this conversion process. Please contact CHP staff if you incur any problems with customer service or claims processing.

CHP Educational Training 2007

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Please check with your county or entity contact for the dates and times that your CHP Benefit Administrator will be visiting your entity for the 2007 educational training sessions.

- **Establish goals you can reach.**

Your goals should be specific, within your reach, and flexible enough to break once in a while. Make a plan to be active 3 to 4 times a week.

When you reach this goal, set a new one. But realize you may have setbacks now and then; it

doesn't mean you've failed.

- **Make daily activity a part of your routine.**

Identify what keeps you from being active or exercising. Are you juggling a demanding job with raising kids? Make time for physical activity.

Sources: WebMD at www.WebMD.com