

health awareness



CTSI

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KEEPING YOUR NEW YEAR'S RESOLUTION

A new year means a new opportunity to make healthy lifestyle changes. Each year thousands of people resolve to exercise more, lose weight, or improve their diets. Sadly, most of these people will fail.

According to a University of Scranton study, only 8% of people reach their new year's goals. Most people won't even make it past the month of January before their resolve fades. As daunting as these numbers may seem, there are steps you can take to improve your chances of being in the 8% who achieve their New Year's Resolutions.

Stay Positive

A Swedish study of 1,066

people who made new year's resolutions found that people who framed their resolutions as an approach, such as I will run more, did better than people who made resolutions to avoid certain things, such as I will quit eating candy. Positively framing the goal increased the likelihood of people sticking to it. So instead of resolving to give up junk food, resolve to eat more fruit and vegetables.

Make Realistic, Detailed Goals

While it may be tempting to make big lifestyle changes for the new year, change is hard, and establishing new behaviors takes time and effort. Researchers recommend setting one goal and focusing on it. Setting

a realistic and attainable goal backed by a specific action plan is more likely to be successful. For instance, if you resolve to lose weight, have a plan in place for how you will do so. Resolve to track calories, eat two vegetables or fruits with each meal, and exercise a certain number of hours a week. The more specific and detailed the resolution, the easier they are to keep.

Write Down Your Goals

Dr. Marcelo Campos, a lecturer at Harvard Medical School, encourages people to write down their goals because it makes them feel more committed to achieving them. He also recommends people answer the

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following five questions about their goals:

1. Why do you want to make the change?
2. Is your goal concrete and measurable?
3. What is your plan?
4. Who can support you as you work toward change?
5. How will you celebrate your victories?

Be Kind to Yourself

If you stumble in your resolution, remind yourself that every

meal is an opportunity to eat healthier, and every day is a chance to start fresh. January 1st is another day on the calendar. Don't beat yourself up over a missed workout or some extra calories. Examine why the lapse happened and make a plan to prevent it from happening again. Change is a process; it takes time.

Why Bother

Given the number of people who fail to keep their New Year's

resolutions, making one may seem pointless. However, a study published in the *Journal of Clinical Psychology* found that people who set a New Year's resolution are ten times more likely to change their behavior than people who don't make one. If you want to make positive changes in 2021, a New Year's resolution is an excellent place to start. 

Benefits Corner

Deductibles Reset & New ID Cards Issued Only for Enrollment Changes

A new year means insurance deductibles reset. All deductibles and out-of-pocket maximums for medical, prescriptions, dental, and vision start new effective January 1, 2021.

As a reminder, you will only receive a new ID card for your health insurance plan in 2021 if you made changes to your benefits and/or enrollment. Your current card is still valid for 2021. However, if you lose a card or need additional cards you may request them from Anthem by calling Anthem Customer Services at 866 698 0087 or by going online to www.anthem.com and completing the following steps:

1. Log in with your member information.
2. On the main screen, click on "Request ID Card."
3. Check who on your plan, either yourself or your dependents, needs a new card.
4. Click one of the following options: Print, Email, Fax, Mail, or Download to receive your new card.

You also have the option of downloading the Anthem Anywhere App to your smart phone. Once you set up your account on the app, you can pull up a digital version of your ID card. You may also contact your County Health Pool Benefits Administrator for assistance with getting a new ID card.

As always, CTSI staff is here to assist you with your health, dental, vision, or life insurance coverage. You can reach us at 303 861 0507.

