



DECEMBER 2018
YOUR YEAR OF HEALTH

CARE CONNECTION

HEALTHY HOBBIES TO ADOPT IN THE NEW YEAR

One common new year's resolution is to get well — but what does that mean? And how can you do it? Wellness is all about improving your health overall, physically, financially, emotionally, mentally, and socially. There's a lot of work that goes into ensuring your wellness, but that doesn't mean it can't also be fun. Here are six healthy hobbies you can adopt in the new year to help you improve your wellness.

DANCING

Put on your tap shoes! Dancing promotes heart health, strengthens bones, and can help you manage your weight. And you don't have to be a professional — just put on your favorite song and have fun! You'll feel the cardio and see the benefits. If you want to learn a new type of dancing or improve your skill, you can see what dance classes are available near you. Making new friends is good for your social wellbeing too!

COOKING

What's cooking? Learning to cook can benefit both your physical health and your financial health. When you cook, you're in charge of the ingredients, so you can opt for fresh fruits and vegetables or lower-fat meats. Cooking at home can also save you money (compare the cost of a home-cooked meal to one bought at a restaurant) and can help you bond with your family.



VOLUNTEERING

It feels good to give back! Volunteering is incredibly beneficial to your emotional and social wellbeing — and it benefits your community too! You'll get a sense of purpose and fulfillment from helping out and giving back, and you might be surprised about how good that makes you feel.

WALKING

Walking is one of the easiest forms of exercise, which means you can do it wherever and whenever you want! Going for a walk around your neighborhood or a hike through nature is good for your mental and emotional health, walking with friends or coworkers can be great for your social wellness, and walking in a charitable 5K can even help you give back to your community — not to mention the benefits you'll feel physically.

READING AND WRITING

Flex your creative muscles! Your mental health is just as important to your wellness as your physical health. Reading a good book has been shown to increase mental stimulation, reduce stress, improve memory, and boost concentration. Writing for fun (for example, writing poetry or keeping a journal) has also been shown to reduce stress and can improve sleep. You'll also be able to challenge yourself to improve your vocabulary and communication skills.

Sources: [TotalWellnessHealth](#)

GOOD NEWS!

THE FMCP BOARD OF TRUSTEES HAS MADE
LIVEHEALTH ONLINE FREE FOR 2019!

LiveHealth[®]
ONLINE



If you haven't gotten the opportunity to try LiveHealth Online, make sure you do. It's convenient, quick, and available on *your* schedule. That means no waiting at Urgent Care or scheduling an appointment weeks in advance with your doctor. LiveHealth Online can help with everything from an ear infection to the flu, and they can even provide certain prescriptions if needed.

Download the app or sign up online today at www.livehealthonline.com.

Please note: This benefit only applies to members who have their medical benefits through one of the FMCP PPO Plans.

EASY WAYS TO IMPROVE YOUR IMMUNE SYSTEM

Ah-choo! Don't get caught off-guard by the flu this winter! Improving your immune system, the network of cells in your body that helps to defend you against illness, can help you stay healthier, even with the threat of cold and flu. Here are some simple things you can do to boost your immune system.

- Eat nutritious foods.** While it might seem obvious that eating healthy foods will help keep you healthier, there are specific nutrients to look out for: protein, zinc, and vitamins A, C, and E. These may help protect against infection and strengthen your immune system. Citrus fruits, red bell peppers, broccoli, spinach, yogurt, and ginger, among others, are especially good for your immune health.
- Don't smoke.** The chemicals in cigarettes, including tar, can cause damage to your immune system. If you quit, you also won't be tempted to brave the bitter cold for a smoke break.
- Get enough sleep.** Sleeping for at least seven hours a night may reduce your risk of getting sick. Not only can lack of sleep up your chance of infections, but it may also extend your recovery time from illnesses.
- Drink alcohol in moderation.** Studies show that a single episode of binge drinking may reduce your immune response hours later. If you choose to drink, do it in moderation.
- Manage your stress levels.** Between travelling, shopping, working, and visiting family and friends, the holidays are stressful. Stress hormones, especially long-term, can weaken your immune system. This means that if you're often under stress — or under a lot of it — you may be more likely to get sick. Managing your stress will keep you healthier long-term, so find some stress relief, be it exercise, meditation, or talking with a friend.
- Wash your hands.** Germs are everywhere, and they travel fast, especially in winter when your immune system is working overtime. Washing your hands frequently — especially after using the restroom and both before and after eating — can help keep germs away.

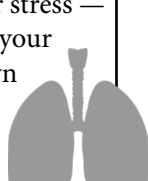


Source: [Walgreens](#), [WebMD](#), [Healthline](#)

WELLNESS TIP!

Take a breath!

Deep breathing is great for reducing stress, but practicing it regularly — even when you're not under stress — is one of the simplest ways you can overhaul your health practices. Not only does it slow down your heart rate and relax your muscles, it also helps your lymphatic system release toxins. That translates to more energy and better overall health for you.



Sources: [BCBSGA](#)

DON'T FORGET

YOU CAN ACCESS YOUR INFORMATION ON OUR MEMBER SELF-SERVICE ONLINE PORTAL

Our Member Self-Service Online Portal is your go-to for all things FMCP! You can view the information we have on file for you and your dependents, update your contact information, check your claims with Anthem, request a new medical ID card, manage your Special Fund Account (if applicable), and more! You can also contact the Fund Office with any questions you might have — right from the contact form in the portal!



BEST DOCTORS NOW HAS EVEN MORE TO OFFER.

INTRODUCING TREATMENT DECISION SUPPORT™ THROUGH BEST DOCTORS

Treatment Decision Support (TDS) provides members the tools they need to confidently make personal medical decisions. TDS provides access to a multitude of resources that support member empowerment through personalized, relevant clinical coaching and online education for preference-sensitive conditions.

TDS is available for the following conditions:

- Prostate surgery
- Heart disease
- Musculoskeletal conditions
- Early stage breast cancer
- Benign uterine conditions

Best Doctors is committed to providing you with the best possible support services, like Expert Second Opinion, Find a Best Doctor assistance, and their new Treatment Decision Support.

Sign up for Best Doctors today at www.bestdoctors.com to utilize these great services.

Please note: If your medical coverage is through Kaiser, this benefit is not applicable.

GETTING THROUGH YOUR WINTER WORKOUT

The end of Daylight Saving Time can be a bummer — it starts getting darker earlier, and it becomes more and more difficult to motivate yourself to stay active as it gets cold, but here are some tips that can help.

- Get yourself acclimated.** You know how the heat can feel twice as brutal once you step out of your air-conditioning? Well, the cold is the same way. You need to ensure that you're warmed up and prepared for a cold winter workout. This means dressing the part. Dress in layers so that you can remove them if you get too warm, and don't forget to wear a hat! Also, do some warm-ups inside before you head out so that you've got some warmth before you start up.
- Have a gym-contingency.** If you love the gym, chances are even a blizzard wouldn't keep you away. But most people don't necessarily feel that way. If you struggle to head to the gym once the weather gets cold, don't force it! There are other ways to get in a winter workout: ice skating, skiing, snowboarding, and other winter sports are a great source of exercise. Even shoveling snow can keep you active! Being outside (as opposed to the gym) has additional health benefits too, like getting vitamin D from sunlight and fresh air. But definitely make sure to get to your gym when you can, so you get your money's worth from those membership fees too.
- Be social.** Studies have shown that social support keeps people active. Finding a workout buddy can make it easier to stay active over the winter. You'll have someone to chat with as well as something to hold you accountable. If your workout buddy is waiting for you for your morning jog, you'll be less likely to skip and leave them hanging.
- Be kind to yourself.** It may not always be easy to motivate yourself to be active, and you may have days where you fall off the wagon. Ensure that your workout regimen is realistic, even if you have to trim it down from your summer frequency. Studies show that decreasing the number of days you exercise doesn't hurt if you maintain the same intensity and time, so do as much as you can as long as you keep up your normal pace and duration.



Source: [WebMD](#)

IMPORTANT CONTACT INFORMATION

PPO - Anthem

1-800-810-BLUE
(Provider locator services)
www.anthem.com

Rx Drugs - SavRx

1-866-233-4239
www.savrx.com

Best Doctors

1-800-497-1634
<https://bestdoctors.com/>

Dental - MetLife

1-800-942-0854
www.metlife.com/mybenefits
(if applicable)

Vision - VSP

1-800-877-7195
www.vsp.com
(if applicable)

NECA/IBEW Family Medical Care Plan
410 Chickamauga Avenue, Suite 301
Rossville, GA 30741

1-877-937-9602
www.nifmcp.com