



More Food for Thought

High weight and poor nutrition come with high costs for the country, our company, and for individuals.

147
Billion

U.S. healthcare costs attributable to treating conditions and diseases caused by having a body mass index (BMI) over 24.5

\$194-\$222
average increase in medical cost, per year, per person for each BMI point above a healthy BMI of 24.5

At a height of 5'8"
1 BMI point = 6 lbs
5 BMI points = 30 lbs
30 lbs overweight = increased medical costs of over \$1,000 per year!

Chronic disease burden from a BMI of 35 or more is equal to:

20
years of aging

These simple habits may drastically improve health:

Limit: sugar and salt
Eat more: fruit and vegetables
Avoid: processed foods

Be Your Healthiest You

When you're ready to make a change toward better health, take advantage of the resources Sample Company provides for you at examplesite.com. There's something there for you, whether you want to sleep better, eat healthier, exercise more, or reduce stress.

Through SimplyWell, you have access to no-cost, expert, confidential, and personalized health coaching. Get support for your efforts and goals. Schedule an appointment today. Call **888.123.4567** or send a secure message using the envelope button in the right corner of the SimplyWell Connect site. Visit examplewebsite.com. There's something there for everyone!



123 Ross St.
Dallas, TX 54321



Food for Thought

Why is good nutrition on our mind at Sample Company? Because a high BMI is linked to three of the most expensive preventable conditions covered by employers: cancer, diabetes, and osteoarthritis. And, at a time when weight is increasing among adults, attempts to lose weight are going down. That's why we offer you the Better Health Program. The tools and resources in the program are designed to help you meet your health goals and **save you money** on your out-of-pocket medical costs and your access fees. Because, when you're healthy, you're better and Sample Company is better. Healthy you, better us.

The rules of healthy eating can be a moving target. It's sometimes hard to tell the difference between healthy and harmful. That's why before you start any new eating plan, **consult your doctor** to be sure your diet is safe for you. Additionally, you can work with a SimplyWell health coach who can help you stay on track and keep you motivated.



Look inside for program details and info about popular methods of healthy eating.



Healthy you, better you.



Sample Company Better Health Program

You have tools and resources to help you build healthier habits and save a little (or a lot) of money on your medical expenses, too. Here's what you need to do:

You and your covered spouse must complete these steps by **Aug. 31** to earn the 2020 Better Health Discount of \$750 per person.

1. If you haven't already, visit examplewebsite.com to set your goal for 2019!



Review your biometric screening results from 2018. To earn the discount for 2020, you must meet the healthy ranges, or improve your 2018 results by at least three percent in 2 of 5 health metrics.

2. Register for telemedicine.



Anthem participants: examplesite.com or **888.123.4567**

AultCare Participants: example.com or **800.123.4567**

Already registered? Confirm your registration in the SimplyWell portal: example.site.com

3. Register for Rx Savings Solutions.



Sign up: example.com or **800.123.4567**

Already registered? Check to confirm in the SimplyWell portal

Note: there is a one month lag between telemedicine and Rx Savings Solutions registrations and credit appearing in your SimplyWell portal.

4. Get a biometric screening, discuss it with your doctor, then submit your results to SimplyWell before **Aug. 31, 2019**.



Remember, you still have time to maintain or improve your health to earn the discount, but time is running out. Get started today. Get screened and submit your results to example.site.com.

Get to know popular approaches to healthy eating.

Before changing your eating habits, talk to your doctor and speak to a SimplyWell coach. They can help you build a plan that's right for you.

Calling All Cavemen

The Paleo diet restricts you to food that existed during the paleolithic era — when cavemen walked the earth. The diet eliminates junk and processed food, dairy, grains, beans, and starches. It allows for lean meat, wild fish, poultry, eggs, nuts, fruit, vegetables, and heart-healthy fats like olive, fish, and avocado oils. The Paleo diet is pretty healthy, but over time, the plan could lead to lower levels of some important vitamins and minerals. So, talk to your doctor and be ready to add supplements as needed. Then, ask a SimplyWell health coach about the best way to succeed on this, or any eating plan.

The Key to Keto

The Keto is a high fat, very low carbohydrate nutrition plan. Chances are you know someone who has lost weight on Keto. It has benefits, like blood sugar control for Type 2 diabetics and quick visible results. But, the diet also has a down side. It lacks a lot of essential vitamins and minerals, so you shouldn't stay on it for long. If you have kidney disease, are pregnant, or have gestational diabetes, Keto dieting is probably not for you. Other common issues are muscle cramps, bad breath, and a loss of energy often referred to as the Keto flu.

Vegging Out

There's no doubt that vegetarian or plant-based diets that exclude meat, poultry, and seafood can improve your health. But, a strict plant-based diet also opens the door for nutrition deficiencies, like low iron, zinc, calcium, B12, B6, and niacin. The upside of vegetarian diets is that they are strongly associated with a lower risk for heart disease and cancer. The down side is that chronically low iron can lead to Type 2 diabetes.

Skipping It

Intermittent-fasting, or IF, isn't so much a diet as a technique. With IF, you avoid food completely for certain periods of time. There are several methods. One is to eat your daily calories within 10 hours or less, giving your body at least 14 hours to process your food and rest. Another method calls for eating a healthy diet five days a week and restricting calories to one meal of 500-600 calories for two days a week. If your basic diet is a balanced and healthy one, there is little downside to IF. But, this method is not recommended for people on certain medications, diabetics, or pregnant women. Healthy adults may see surprising improvements in their sleep patterns, cholesterol, and blood pressure measurements.

Keeping It Simple

It's important to remember that a few simple habit changes are at the heart of all healthy eating habits. These are to eat more vegetables and fruit, and to limit the amount of sugar and salt you eat. That's it! **These simple habits are linked to a decreased risk of many chronic diseases, including heart disease, stroke, high blood pressure, diabetes, and some cancers.** Sometimes, the simpler the step, the better the chance of success. So, whether you're just thinking about making a change or ready to take action, remember that Sample Company has tools and resources to help you succeed.

Get Help from the Better Health Program
Connect with a SimplyWell health coach and get on the road to healthier eating habits and better health.
Visit example.website.com.



2019
Better Health
Timeline

Visit
example.website.com.

Review your 2018
biometric screening results
and set your 2019 goals.

Register for
telemedicine
and RX Savings
Solutions.

Use SimplyWell health
coaching and the
health resources at
example.portal.com.

Schedule a biometric
screening with
your doctor.

Submit your biometric
screening results
to SimplyWell.

Go to example.website.com
to confirm you've met your
requirements by **Aug. 31**.

Confirm your 2020
Better Health Discount
at Open Enrollment.

2020

Healthy you, better us.

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