

CARES Connection

A Publication for CARES Members

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Are You Ready to Take Control?

Are there specific factors that contribute to your health? Are they hereditary? Are they controllable? If you're asking these questions you need to take *my health assessment*—a new personal health management tool available to you on **myCIGNA.com**. CIGNA has exclusive rights to the health risk assessment developed by Professor Dee W. Edington, Ph.D. of the University of Michigan. Through the assessment you will learn what you need to get better control of your health and well-being. The assessment will take about 15 minutes and you will need some information that you might not readily know (i.e. most recent blood pressure reading, total cholesterol level, total HDL/good cholesterol level, and your height, weight and waist measurements). Afterwards you will be able to review your levels of risk for many common and preventable medical conditions. *My health assessment* will also give you recommended actions to take to improve your health. You can also print a brief summary report to help with your next doctor's visit so that you can ask your doctor additional questions. Online Health Coaching Programs are available to join to help you be more successful in improving your health and making those lifestyle behavior changes.



Strength and Resilience

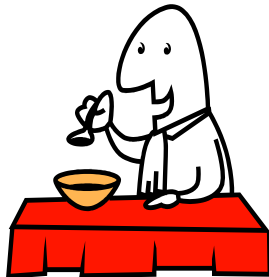
Stress is often described as having the feeling of being under more pressure than we are able to cope with. Some stress is needed to motivate us to do things and feel challenged. However, when stress becomes more than we can cope with, it can have many negative effects on our lives; it can affect our behavior and our physical and emotional well being.

Learning to assess your response and change is one of the skills you will learn in the **Strength and Resilience** Online Health Coaching Program.

Feel Better, Look Better

Eating a varied and balanced diet helps you make sure you get all the nutrients you need for a healthy body. Here are a few ways to improve your diet without feeling you are missing out.

- Have a healthful breakfast
- Snack on healthy foods
- Make sure you have two servings of vegetables with lunch and dinner
- Keep your fluids up
- Cut back on empty calories by limiting soda and alcohol



Discover how to make healthier food choices and improve your overall eating habits with the eight-week **Feel Better, Look Better** Online Health Coaching Program.

The information in CARES *Connection* is intended to complement the advice of your health care provider and not to replace it. Before making any changes in your medication, diet or exercise, consult with your health care professional.

DID YOU KNOW? A Health Risk Assessment is a questionnaire designed to look at an individual's current health status, lifestyle behaviors and family history in order to identify potential health problems.



Sleep Better, Feel Better, Live Better

We all need to sleep, both for a healthy body and mind. There are many things that can affect your sleep quality and how quickly you fall asleep. This includes caffeinated drinks, alcohol, tobacco, what time you exercise or eat dinner, stress, and external factors like light, noise and the temperature of your bedroom. Investigating these areas is the first step to beat insomnia and getting a better night's sleep. Discover how the **Sleep Better, Feel Better, Live Better** Online Health Coaching Program can help you to sleep more soundly and learn to cope with tiredness.

Energy and Performance

The health benefits of regular physical activity are huge. Many experts agree that regular exercise is the single most important thing you can do to benefit your health (after giving up smoking!)

Getting active can help you feel more energetic, improve muscle tone, help with weight loss, and reduce the risk of developing serious medical conditions such as heart disease, diabetes and some cancers in later life. Boost your energy and activity levels with the **Energy & Performance Program**. This eight-week program will take you step by step through simple ways to improve your overall well-being. Discover small changes that can make a big difference!



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