



health happenings

Build Resilience Through Resolutions

Did you make a New Year's resolution? Are you starting to slip? You're not alone. US News says 80% of those who made a resolution January 1st have slipped back into old habits by the second week in February.

So, how can you stay true to your plan for a healthier you and turn the stress of change into resilience? Here are five tips to success from US News:

1. **Think small.** Take a look at the habits holding you back in life. Find a simple one like, "When I finish this meal, I'm going to wash my dish." Throughout the day, find simple challenges you make happen.
2. **Build self-trust.** Don't challenge yourself with a pledge you're not sure you can handle. If you're not sure you'll stick with going to the gym five times a week, then don't make that promise to yourself. It's better to do the best you can than to fall short and wind up jeopardizing your growing capacity for believing in yourself.
3. **Invent challenges.** Invent various challenges throughout the day to strengthen your ability to believe and to do. Don't allow yourself to procrastinate; make yourself finish your paperwork before turning on the TV; decide not to spend too much at the mall. These are all trust-muscle builders, and you should view them as you would an actual muscle.
4. **Cultivate optimism.** No one's life is without negatives. The key is to train yourself to focus on the positives. If you are used to focusing on the negative, make a determination to stop whining and complaining (to yourself and others). Pessimists are so used to being negative they don't realize it's a habit and a choice.
5. **Develop critical awareness.** Living without self-awareness is like driving your car at night with the headlights off—you can still drive, but you will eventually crash. With awareness, you shed light on your destructive, reflexive habits and thinking and on any self-sabotaging mind games at play.

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If you're tackling one of these popular resolutions, there is a lot of help out there.

Kicking Nicotine

Quitting is one of the best ways to reduce risks for



heart disease, cancer, and stroke. Quitting will also reduce symptoms like coughing, wheezing, and shortness of breath.

Tobacco Counseling Benefit

Tobacco counseling is a covered benefit on all MMIA EB medical plans. For most plans the deductible is waived, which means you only pay your benefit percentage. On the high deductible plan, you pay out of pocket until you reach your deductible. If you have a copay for office visits on your plan, that copay applies.

Montana Tobacco Quit Line

This no-cost service helps 450 Montanans begin their journey to quit every day! It's available online or over the phone.

1-800-QUIT-NOW

<https://montana.quitlogix.org/en-US/>

Quit Aides

- **Nicotine-Replacement Products like patches, gum, and lozenges** – covered according to your pharmacy benefit.
- **Prescription Oral Medication like Zyban (bupropion) or Chantix (varenicline)** – must try an alternative (above) before going to Chantix. Falls in the "Brand – Formulary" of your pharmacy benefit.

Losing Weight



This popular New Year's resolution is a great idea for overall health. However, when people fail once, they tend to give up. If you'd like to maintain resolutions with less stress, create a different format for your goals. Take baby steps, build in rewards for your progress, and make a few other minor changes and you will see greater success with less stress.

Your plan has benefits for nutritional assessment and counseling. Visit www.mmiaeb.net/medical to learn more.

GET HELP BUILDING RESILIENCE.

Access your Employee Assistance Program.

Call 1-866-750-1327

or go to

www.MyRBH.com/members

Click on RBH

and use Access Code: MMIA

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Resilience



Take Control Coach's Corner: A Cholesterol Game Plan

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Everybody has cholesterol, it's a normal bodily compound used to make new cells and synthesize hormones, vitamin D, and other substances. Cholesterol levels are checked during annual health screenings and, if elevated, serve as a warning sign that lifestyle changes need to be made. As you review your cholesterol numbers, it's important to know what needs to be addressed.

Decrease LDL

Low-density lipoprotein (LDL) is the "bad" cholesterol that can build up in your arteries and lead to heart disease or stroke. The recommended level is less than 100 milligrams per deciliter (mg/dL). Saturated and partially-hydrogenated fats play a big role in raising LDL levels. Saturated fat from animal-based foods, especially from red meat, dairy products, and partially hydrogenated oils are harmful to the heart and circulatory system. Animal fat—the fat around the edges and marbled in meat, as well as some tropical oils like coconut and palm oil—are other examples of saturated fat.

To decrease LDL, take these steps:

1. Choose lean cuts of beef or pork. Eat more fish, chicken or turkey breast.
2. Choose skim and 1% dairy products as often as possible. Watch your intake of cheese, and when you eat cheese, choose one that is made with part-skim milk and is relatively soft at room temperature.
3. Check all food labels for partially hydrogenated oils. If listed, put the product back on the shelf and choose a similar one without this ingredient.

Increase HDL

High-density lipoproteins (HDL) are the "good" cholesterol – the one that can protect against heart disease. The recommended levels are higher than 40 mg/dL for men and higher than 50 mg/dL for women. If your HDL is less than the recommended level, there are three specific actions to take:

1. Lower the amount of saturated and partially hydrogenated fat in your diet.
2. Increase exercise. Aerobic exercise (exercise that raises the heart rate) for 30 minutes most days of the week will increase your HDL level. If you do not have time to do 30 minutes all at once, break



- up your exercise into three 10-minute segments. Your HDL will rise as exercise becomes consistent.
3. Swap plant-based fats in place of saturated fat. Avocado, olives, nut spreads, nuts, and olive oil hummus are all foods that will help increase your HDL level.

Decrease Triglycerides

Triglycerides store excess fat and sugar from your diet, and if elevated, can increase your risk of heart disease. The recommended level is less than 150 mg/dL. Triglyceride values are influenced by simple sugars (table sugar, soda, candy, baked goods), alcohol, and excess calories. To decrease triglyceride levels:

1. Limit foods such as soda, candy, baked goods, and others like them.
2. Decrease alcohol intake.
3. Increase exercise. Aerobic exercise (exercise that raises the heart rate) for 30 minutes most days of the week will increase your HDL level. If you do not have time to do 30 minutes all at once, break up your exercise into three 10-minute segments.

In Addition...

- Don't smoke. Quitting smoking can increase your HDL by up to 10 percent.
- Increase fiber—eat more vegetables, fruits, and whole grains.

Even if you have high cholesterol because of heredity, you can still make meaningful improvements by making proactive lifestyle changes. Remember that moderation is key. Too much or too little of anything is not healthy. Creating a strong foundation of eating whole grains, lean meats, plant-based proteins (beans, legumes, and nuts), and a wide variety of fruits and vegetables is the key to heart-healthy living.

Take Control is a Montana-based healthcare company that provides MMIA EB Program participants customized health coaching services to reduce risks associated with diabetes/pre-diabetes, high blood pressure/pre-hypertension, high cholesterol, being overweight, and pregnancy.





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Look Ahead to Open Enrollment



Open Enrollment is May 15 – June 15 each year. This is your chance to:

- Change your plan
- Add or remove dependents
- Make changes to your Flexible Savings or Health Savings accounts (if offered by your city or town)
- Learn about the 2020 Wellness Program

Watch for more information coming in your mail.

Visit www.mmiaEB.net for the latest information.

REGISTER WITH TELADOC TODAY!

Once registered, you can speak with a licensed doctor within minutes.

Anytime. Anywhere.

3 WAYS TO REGISTER



Online

OR



Mobile App

OR



Phone



Visit www.mmiaEB.net/wellness today for wellness program details.