

# 2024

# Well-being Calendar

## Employee Guide

Encourage your employees to engage in healthy behaviors year-round





# Physical Activity

## Give your health a boost

### Keep your body and brain healthy

The CDC recommends at least 150 minutes of physical activity per week to build and maintain a healthier lifestyle. Movement not only relieves stress, improves mood, quality of your sleep, and gives you energy, but it can lower your risk of chronic conditions like hypertension, heart disease, and dementia too. It's never too late to start!

### Build a routine

- Try to be active around the same time each day to build a habit. If you miss a day, don't dwell on it, focus on what you can accomplish tomorrow.
- Brainstorm goals you would like to see yourself meet. Something specific and attainable such as, "I would like to be more flexible" or "I would like to sleep better." Build a plan and stick to it to attain your goals.
- Sneak more movement into your life. Physical activity can be just as beneficial as a planned exercise routine. Find activities you enjoy and are easy to incorporate into your day and create a workout playlist to make your activities feel more fun.

### Staying motivated

- Change up your activities. Incorporate various activities into your routine, including cardio, strength training, and flexibility exercises.
- Listen to your body. Remind yourself why you started and how you felt when you were more active.
- Plan for breaks in your schedule because life happens! Start your routine again at a comfortable level and don't worry about the time you missed, you can start and be successful again.
- Schedule a workout with a friend at the same time each week. When you exercise with a friend, who is around the same fitness level as you, you're more likely to encourage and push each other a little harder.



### Kickstart your fitness routine with a discount

[One Pass Select™](#) provides discounts on gym memberships, digital fitness apps and grocery deliver services. Log into your [myProvidence](#) account to get started.



# Heart Health

## Cardio care essentials

### Heartfelt wellness

Heart health is crucial for overall well-being because the heart serves as the body's central pump, circulating blood and oxygen to every cell. Maintaining a healthy heart is essential to prevent cardiovascular diseases, which are a leading cause of global mortality. Adopting a heart-healthy lifestyle involves a combination of regular physical activity, a balanced diet, and stress management.

### Keep your heart strong

Prioritizing heart health is an investment in one's overall well-being and longevity. By incorporating these lifestyle choices, individuals can take proactive steps to promote a strong and resilient heart.

- Engaging in regular aerobic exercise, such as brisk walking or cycling, strengthens the heart and improves circulation.
- A diet rich in fruits, vegetables, whole grains, and lean proteins supports heart health by providing essential nutrients and reducing the risk of cholesterol buildup.
- Minimizing intake of saturated and trans fats, sodium, and refined sugars is vital for maintaining optimal heart function.

### Make heart-healthy choices

Controlling risk factors like high blood pressure, cholesterol levels, and diabetes is crucial for preventing heart issues. Regular monitoring of heart health and consultation with healthcare professionals contribute to a comprehensive approach in safeguarding the cardiovascular system. Prioritizing these habits fosters a resilient heart and promotes a higher quality of life.

- Regular health check-ups can help monitor these factors and detect any potential concerns early.
- Managing stress through practices like deep breathing, meditation, or enjoying time with family and friends.
- Avoiding tobacco use, vaping and limiting alcohol intake are vital for heart health.
- Adequate sleep also plays a role, as it allows the heart to rest and recover.



**Be Fit. Reduce Stress. Be Your Best Weight. Lower Your Risk. Start Today.**

Providence [Basecamp Prevention + Wellness](#) offers free in-person and online classes, tools, and support to help you achieve your heart health goals. Contact us at 503-216-0880 or email us at [Basecamp@providence.org](mailto:Basecamp@providence.org) to get started.



# Healthy Sleep

## Get a good night's rest

### How much sleep do I need?

How much sleep you need changes as you age. As a rule of thumb, it's recommended that adults attain 7-9 hours of sleep per day. Although the amount of sleep you get each day is important, other aspects of your sleep also contribute to your health and well-being. Good sleep quality is also essential. Signs of poor sleep quality include not feeling rested even after getting enough sleep, repeatedly waking up during the night, and experiencing symptoms of sleep disorders (such as sleep apnea).

### Habits to improve your sleep quality:

- **Be consistent.** Go to bed at the same time each night and get up at the same time each morning – even on the weekends.
- **Create a restful environment.** Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- **Unplug.** Remove electronic devices, such as TVs, computers, and smart phones from the bedroom.
- **Limit stimulants.** Avoid large meals, caffeine, and alcohol before bedtime.
- **Be physically active.** A regular exercise routine can improve your sleep quality, helping you fall asleep faster and more soundly.

### Sleep and chronic disease

Sleep may be as important to health in old age as diet and exercise. A growing body of research indicates that not getting enough sleep may also increase the risk of several conditions and chronic diseases including diabetes, cardiovascular disease, obesity, and depression.

### What if I just can't fall asleep?

It's important to practice good sleep habits, but if your sleep problems continue or if they interfere with how you feel or function during the day, you should consider keeping a two-week [sleep journal](#) and speak to your doctor. This will help you understand your sleep patterns and how much sleep you're attaining – or not. This information may also reveal other factors that could be causing a sleep problem.



### Self-guided programs backed by one-on-one support

[Learn to Live](#) offers effective and confidential online programs based on the proven principles of Cognitive Behavioral Therapy. Contact us at 800-878-4445 to get started.



# Sustainability

## Healthy planet, healthy people

### Health and environmental harmony

Sustainability and health are interconnected concepts that play a role in shaping the well-being of individuals and the planet. Sustainable practices contribute to both environmental preservation and the promotion of health.

### Sustainable living

A sustainable lifestyle involves making choices that minimize the environmental impact, such as reducing waste, conserving energy, and supporting eco-friendly products. These practices, in turn, positively influence health. For instance, a diet based on locally sourced, organic foods not only reduces the carbon footprint associated with transportation of goods, but also provides essential nutrients for a healthy body.

Sustainable transportation options, like walking, cycling, or using public transit not only decrease air pollution but also promote physical activity, combating sedentary lifestyles and reducing the risk of chronic diseases. Green spaces in urban environments contribute to mental well-being, offering a respite from the stressors of daily life.

### Shaping the future

The impact of sustainability on health extends beyond individual choices. Addressing global environmental challenges, such as climate change and pollution, is crucial for preventing widespread health issues. Climate-related events can lead to the spread of infectious diseases, malnutrition, and displacement, affecting vulnerable populations disproportionately.

The pursuit of sustainability is part of fostering a healthier world. By adopting eco-conscious behaviors, you contribute not only to environmental conservation but also to the enhancement of your own well-being and that of future generations. Recognizing the symbiotic relationship between sustainability and health is key to building a resilient and thriving global community.



### Explore resources and services

The [Providence blog](#) is available to you at no cost and is a great source for information and awareness of Providence-related services, health topics, and overall well-being.



# Mental Health

## Practice self-care

### What is self-care

Self-care is not synonymous with self-indulgence or being selfish. The World Health Organization defines self-care as, “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker.” Self-care involves conscious participation in activities that promote healthy functioning and improved quality of life. It helps reduce stress, boost self-confidence, and improve overall happiness.

### Tips to get started:

- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you’re taking on too much. Try to be mindful of what you have accomplished at the end of the day.
- **Eat healthy meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.
- **Get regular exercise.** Just 30 minutes of walking each day can help boost your mood and improve your health. Small amounts of exercise add up, so don’t be discouraged if you can’t do 30 minutes at one time.
- **Make sleep a priority.** Stick to a schedule, and make sure you’re getting enough sleep. Light from devices and screens can make it harder to fall asleep, so reduce light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down at night or replay them in your mind.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to your friends/family members who can provide emotional support and practical help.



### Prioritize your mental well-being

If you or your family are going through a difficult time, Providence can help. Log into your [myProvidence](#) account to access your [behavioral health benefits](#). You can also contact us 24/7 at 800-878-4445.



# Safety

## Secure your well-being

### Safety is foundational to health

Safety and health are fundamental aspects of well-being, both in the workplace and daily life. Creating a safe environment is crucial for preventing accidents, injuries, and long-term health issues.

### Safety matters

Ultimately, the integration of safety and health principles into various aspects of life creates a foundation for a thriving and resilient society. It not only prevents harm but also fosters a sense of security and well-being, allowing individuals and communities to lead fulfilling lives with confidence in their safety and health.

### Prevent disease & injury

Take preventive measures to reduce the risk of diseases and injuries:

- Prioritize your vaccinations.
- Get regular health check-ups.
- Ensure you are prepared for emergencies and your household members know the basics of first aid and how to access to emergency services.

### Work safely

In occupational settings, employers have a responsibility to implement safety measures that protect workers from hazards. This includes providing proper training, safety equipment, and ensuring compliance with regulations. A safe work environment not only prevents immediate injuries but also promotes employee morale and productivity.

### Beyond the workplace

Safety practices are integral to everyday activities. In the home, pay attention to safety measures such as:

- Proper storage of hazardous materials.
- Remove tripping hazards and be sure to childproof your home if kids are present.
- Follow electrical and fire safety guidelines.
- Always wear seat belts, obey traffic rules, and avoid distracted driving.



### Get the right care at the right time at the right place

Providence has an array of services when you need care. From [ProvRN](#) and [ExpressCare Virtual](#) which can be done over the phone or computer, to [ExpressCare Clinics](#) or [Urgent Care](#) when an in-person visit is necessary. We have you covered.



# Summer Health

## Have fun in the sun

### Practice sun safety

Your skin is the largest organ of your body, so protect it. Choose a broad-spectrum, water-resistant sunscreen with at least SPF 30 and reapply every 2 hours, or every half hour if sweating. Use broad-brimmed hats, sunglasses, and sun-protective shirts for additional protection. If you do get sunburned, keep your burn cool, moisturized and away from further sun exposure. When it comes to looking for signs of skin cancer, doctors recommend you start doing skin checks as early as possible.

### Feel your best

- **Stay hydrated.** Aim for 8-10 cups of water a day. Add a splash of flavor with fresh cucumbers, lemon or lime slices or frozen fruit. Find a reusable water bottle that is easy to carry with you.
- **Enjoy summer produce.** All that bright sunshine means many fruits and veggies are at their best, including berries, melon, corn, tomatoes, and peppers. Check out the [USDA's Seasonal Produce Guide](#) to see what else is in season during the warmer months.
- **Stay active.** Exercise early or late in the day so you aren't exercising when the sun is directly overhead. Dress for the weather with light-colored, lightweight, and loose-fitting clothing, breathable shoes, and lightweight socks. On very hot days, hit the gym, take a class, or try an online workout.
- **Keep an eye on smoke levels.** Check the air quality index (AQI). If the AQI is between 101 and 150 that means outdoor air quality is unhealthy to breathe for people in sensitive groups; if the AQI is above 151, the air is unhealthy for everyone. On these days, avoid outdoors and exercise at the gym. If you must be outside, wear an N95 mask.
- **Use your vacation time.** Take some 'you' time to relax, rejuvenate, and unwind. A staycation can be a budget-friendly alternative to going on a trip – just remember not to overbook yourself and resist checking work emails.
- **Build a summer safety kit.** Pack a "go bag" for hot weather with water, snacks, sunscreen, a first aid kit, insect repellants, and allergy medicine and creams for rashes, poison oak, or bug bites.



### Use your member perks and discounts

[LifeBalance](#) provides discounts on travel-related activities and [Assist America](#) offers medical assistance while travelling. Log into your [myProvidence](#) account to get started.





# Social Well-being

## Connect with others

### Stay connected and healthy

While technology has afforded us more ways to connect than ever, modern life is making us more isolated and lonelier. A person may feel lonely even if they aren't necessarily alone if their connections feel superficial or unrewarding. When it comes to relationships it is about quality, not quantity. Our social well-being has a powerful effect on our overall well-being. Research has found that social isolation increases a person's risk of premature death from all causes and increases the risk of dementia, heart disease, depression, anxiety, and suicide.

### Create meaningful relationships

- **Stay connected.** Nurture relationships where there is mutual respect and support. Reach out to someone you haven't connected with in a while to catch up.
- **Schedule time with family and friends.** Cook a new recipe together, do a workout class, spend time in nature, have a game night, or enjoy a long phone conversation.
- **Embrace your free time.** Common interests can deepen relationships. Join a sports team or book club, paint, garden, or take a cooking or exercise class – whatever brings you joy.
- **Volunteer in your community.** Think about the issues that are important to you and the skills and time you can offer. Consider asking your family, friends, or coworkers to join too.

### Build social connections at work

- **Get to know your colleagues.** Take a walking break, grab lunch together, or schedule time to connect outside of work.
- **Check-in virtually.** If you're working remotely, schedule a virtual coffee break or send a quick message to see how they are doing.
- **Join an Employee Resource Group (ERG).** ERGs provide a safe place to connect and share with colleagues with similar interests, experiences, or backgrounds.
- **Express gratitude.** Thank a coworker for their contributions or compliment them on their work.
- **Follow through.** Uphold your commitments so others know they can depend on you to contribute to projects and meet deadlines.



### Team up with a health coach

Our Providence health coaches are here to support your lifestyle goals. Get started at [ProvidenceHealthPlan.com/healthcoach](https://www.ProvidenceHealthPlan.com/healthcoach) or call 888-819-8999



# Immune Support

## Stay healthy

### Protect your health

- **Keep up on recommended vaccines.** Ask your provider if you are due for any vaccines. Getting vaccinated protects not only yourself, but all of those around you.
- **Get your annual flu shot.** The CDC recommends that most individuals aged six months and older get a flu vaccine each year. Flu shots are especially important for people with chronic conditions, pregnant women, and children.
- **Practice good hygiene.** Wash your hands frequently with warm water and soap for at least 30 seconds. Regular handwashing with soap is one of the most effective ways to reduce the chances of catching cold and flu viruses.
- **Have a conversation.** Let your family or friends know you're concerned about their health and well-being. Share why you choose to stay current on vaccinations, offer reassurance and direct them to reliable sources of information.

### Boost your immune system

- **Get adequate sleep.** Aim for 7 or more hours of sleep each night. Getting quality sleep on a regular basis strengthens the immune system.
- **Eat a well-balanced diet.** Eat a variety of foods including fruits and vegetables. A well-balanced diet helps us obtain valuable vitamins and minerals that keep our immune systems working well. Limit alcohol consumption which can suppress the immune system.
- **Manage stress.** Try deep breathing, yoga, reading, physical activity or other self-care activities to strengthen your immune system.

### Take care

- **Treat your symptoms.** If you get sick, drink plenty of fluids and get as much rest as you can. Over-the-counter pain relievers and cold medicine can help with some of the symptoms. If you take prescriptions, check with your doctor or pharmacist to see which medications are safe for you.
- **Stop the spread.** Stay home if you feel sick or have symptoms like a fever, congestion sore throat or cough. Cover your cough or sneeze and wipe down high-touch surfaces.



### Get the care you need, when you need it

ExpressCare offers virtual or same-day, in-person treatment when your regular provider isn't available. Learn more at [providencehealthplan.com/care-options](https://providencehealthplan.com/care-options).



# Cancer Prevention

## Healthy activities can lower your risk

### Prevention and early detection

Understanding your risk of cancer is the best way to prevent it. Early detection is important because when cancer is found early, it may be easier to treat. The reality is that many of us know someone who has been affected by a cancer diagnosis. Getting regular medical checkups, staying up to date on screenings and vaccines, eating a healthy diet, and keeping your body moving are just some of the things you can do to help lower your risk.

### Start by taking care of you

- **Schedule your well-care visit.** Discuss your overall health and well-being with your doctor during your yearly visit and stay up to date on screenings and immunizations.
- **Find the right care at the lowest cost by knowing your benefits.** Most preventive services are covered in full by in-network providers and staying on top of your health is the best way to prevent illness.
- **Break the tobacco habit.** Take action to stop smoking by setting a quit date, using a nicotine replacement medicine, and connecting with a counselor.
- **Focus on healthy lifestyle behaviors.** Exercising regularly, eating well-balanced meals, and sticking to a routine so you get enough sleep, are all things you can do to help lower your risk for certain cancers. Not only can these healthy lifestyle choices lower your risk for cancer, but it can also reduce your risk of developing other chronic health conditions.
- **Protect yourself from the sun.** Apply (and reapply) sunscreen and wear protective clothing when you are outside, even when it's cloudy.
- **Manage your stress levels.** Long-term stressful circumstances can lead to chronic inflammation which causes wear and tear on your body and increases your risk of getting cancer. Get help to manage your stress by connecting with family, friends, or a counselor.



### Find an in-network care provider

Log on or create a [myProvidence](#) account to find in-network providers specific to your health plan coverage.



# Meal Planning

## Healthy eating made easy

### A small investment with big rewards

When it comes to eating healthy, the biggest hurdle may be figuring out how to fit it into your day. Meal planning could be the key to sticking to your goals, plus it helps save money, relieve stress and reduces food waste. If it feels overwhelming, don't tackle too much at once. Start slowly by planning and preparing a few days during the week, or plan only lunches or dinners, and work your way up from there. The more you do it, the easier it will get!

### Create a meal plan tailored to your lifestyle

- **Review your calendar.** Create a meal planning calendar by drawing a table and listing each day as a row and each meal as a column. Note any meals that do not need to be planned due to scheduled events.
- **Seek input and inspiration.** Ask those in your household for ideas to ensure you accommodate different taste preferences and food allergies. Look at cookbooks, apps, magazine and blogs for recipe ideas.
- **Establish meals for the week.** Complete your meal planning calendar. Consider theme nights like Meatless Monday, Taco Tuesday, or Pizza Friday. Don't forget to take leftovers into account!
- **Create your grocery list.** Check your kitchen to see which ingredients you already have on-hand. It can be helpful to organize your list by type of food or layout of your grocery store. Consider ordering groceries online for store pickup – it can help you save time, stick to your list and utilize digital coupons.
- **Meal prep.** Depending on time and schedules, it may make sense to prep and cook some foods or meals in advance. For example, consider prepping your lunches for the week or chopping vegetables needed for dinner recipes to save time in the evenings.
- **Cook and eat together.** Every meal together counts. Delegate prep and cooking tasks and then sit down at the table without distractions to enjoy the meal together. Slow down, savor the food and get input on the meal. Consider questions like: Is it a new favorite? What ingredients could make it better? Was it worth the time and effort to prepare it?



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# Brain Health

## Maintain your cognitive fitness

### Sharp at any age

Studies have shown that you can help prevent cognitive decline and reduce the risk of dementia with some basic good health habits such as staying physically active, getting enough sleep, not smoking, having good social connections, limiting alcohol use and following a Mediterranean style diet. While memory and other cognitive changes can be frustrating - the good news is - thanks to decades of research, you can learn how to keep your mind active.

### Strategies to keep your mind in peak fitness

- **Believe in yourself.** Myths about aging can contribute to a failing memory. If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp.
- **Keep learning.** Pursuing a new hobby or skill, volunteering or mentoring are great ways to keep your mind sharp.
- **Use all your senses.** The more senses you use in learning something, the more of your brain that will be involved in retaining the memory. Challenge all your senses as you venture into the unfamiliar.
- **Prioritize your brain use.** If you don't need to use mental energy remembering where you laid your keys or the time of your granddaughter's birthday party, you'll be better able to concentrate on learning and remembering new and important things. Take advantage of smart phone reminders, calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible. Designate a place at home for your glasses, purse, keys, and other items you use often.
- **Repeat what you want to know.** When you want to remember something you've just heard, read, or thought about - repeat it out loud or write it down. That way you reinforce the memory or connection.
- **Space it out.** Repetition is most potent as a learning tool when it's properly timed. Spacing out periods of study helps improve memory and is particularly valuable when you are trying to master complicated information, such as the details of a new work assignment.



### Set your path for a healthy life – Basecamp will be your guide

Providence [Basecamp Prevention + Wellness](#) offers free in-person and online classes, tools, and support to help you achieve your heart health goals. Contact us at 503-216-0880 or email us at [Basecamp@providence.org](mailto:Basecamp@providence.org) to get started.



# Health For All

We believe everyone should have access to quality healthcare. Healthcare is a human right. And we're dedicated to the health and care of every member of the community because everyone's well-being matters.

## Have questions?

## We're here to help

Customer Service is available 8 a.m. to 5 p.m. (Pacific Time), Monday through Friday.

Give us a call at **503-574-7500**  
or **800-878-4445 (TTY: 711)**

**[ProvidenceHealthPlan.com](https://www.ProvidenceHealthPlan.com)**