

Wellness News



Tips to stay healthy throughout the year
January 2021

New Year, New You and the Tools to help you!

Fitness

The new year is a great time to revamp your fitness program or try something new! CareFirst members have access to free on demand yoga and a 12 week work out series through Sharecare!



Week 1

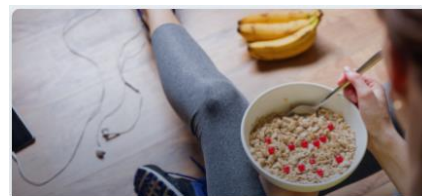
Learn basic moves to build a strong foundation for the weeks to come.

Don't forget about [Blue365](#) for additional fitness related discounts! Find discounts on fitness gear, virtual fitness programs and more.

Weight Management & Nutrition

Proper nutrition can be difficult to figure out. There is a lot of information out there and the reality is nutrition is not one size fits all. If you are thinking about working on weight management in the new year, check out the Scale Back program in Sharecare.

Be part of a group, have 1:1 access with a registered dietician through the platform, track your food with real time feedback and get a **FREE** digital scale and Fitbit.



Scale Back

Get help to lose weight

Stress Management

An ounce of prevention is worth a pound of cure.
– Benjamin Franklin

Stress is no different. Incorporating stress management tools into your daily routine can have huge ripple effects in other areas of your life and help us become more resilient when stressful situations occur. Check out Inspirations in Sharecare for breathing techniques, guided meditations, yoga, and much more.



Relax

Beautiful scenery from around the world with a...

Goal Setting for Success

As we come into the new year, we have a sense of rejuvenation and a fresh start. We begin to think about setting New Year's Resolutions. One way to help set yourself up for success is setting goals, both short term and long term. Setting short term goals allows you to build on the new habit, making sure you have ways to sustain it, even when obstacles try to get in the way. Short term goals allow you to maintain that long term goal once you get there! When you set goals, be sure you are setting SMART goals. Setting SMART goals is one way to ensure you are setting yourself up for success!

SMART Goals

- S – Make your goals SPECIFIC.
- M – Be sure they are MEASURABLE.
- A – Are they ATTAINABLE in your current stage in life.
- R – Is it RELEVANT to your current stage in life.
- T – TIME bound for progress.

Accountability Partners

Teamwork makes the dream work! Well, this statement applies to more than sports teams. The key factors in a team's success are support and accountability. It is important to have connections that support your goals and will check in to see how things are going. Setting up regular check-ins with your accountability partners helps you stay on track, as well as keeps you connected to others in your life. Accountability partners check-in regularly to discuss both the successes and the difficulties you have experienced while working towards your goals.

Roadblocks and Bridges

There will be obstacles to your success when you set goals, it is life! Learning to navigate these obstacles is key. Having a "plan B" and some self-compassion will help you get back on the path when obstacles try to set you back. We can

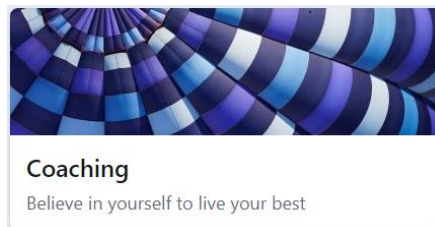
also learn from these obstacles to plan a more effective way of managing them in the future.

Hey Coach....

Every team has a coach. A coach is there to help guide the team to success by being supportive, facilitating practices to help the team see what is working & what isn't, keeps the team moving forward towards their goal and celebrates their successes while learning from their losses.

A health coach is your personal coach. Someone who listens and helps you reflect on both your successes and your setbacks. Their goal is to see you succeed in your wellness journey. As a CareFirst member you have access to Health Coaches that are ready to be part of your team! There are a couple of ways to get started:

- **Take the Call** – Coaches will reach out by phone to invite you into the program.
- **Self-Enroll** – To call in to enroll in coaching, dial 877-260-3253 and press option 7.
- **Enroll Online** - Enroll through the Sharecare app. You will find the tile under the Achieve icon.



Join Today!

CareFirst Wellness powered by Sharecare

Not signed up for the tool that will help you every step of your wellness journey. Sign up today at <https://www.carefirst.com/sharecare/> and start exploring!