

You FIRST

Your Month of Well-being

January 2023

Achieving and Maintaining a Healthier YOU

A new year brings both new opportunity and to many, a fresh start! As we begin to think about our 2023 well-being goals/resolutions, it's important to remember that the habits we look to improve or implement are ones we should be able to keep to for life, not just a short period of time. Whether you are looking to lose weight, improve your nutrition, or maybe even start an exercise routine, remember to make your goals both attainable and sustainable.

Goal Setting: Tips for Success

- Set [S.M.A.R.T goals](#). Choose goals that are Specific, Measurable, Attainable, Relevant and Timebound.
- **Focus on several different areas of your life.** Health and fitness goals are extremely important, but don't forget to set goals in other areas too, such as financial well-being, relationships, work, etc. Set one or two goals in each area.
- **Create goals that can be accomplished with a partner.** Having someone to reach milestones with will help keep you accountable, not to mention it's always fun to team up with a friend and share your successes!
- **Remember to reward yourself.** Once you reach a goal, take time celebrate! For example, treat yourself to a movie night out after you accomplish a fitness challenge. Just make sure your reward doesn't make it harder to accomplish any of your other goals.

Mental Health: Realistic Resolutions

- **Make time for Self-Care.** Create a list of self-care activities and work to implement them into your daily routine. Click [here](#) to evaluate your current self-care routine and review areas you can improve in 2023.
- **Prioritize Sleep.** It's no secret that sleep directly affects our mental state. Sufficient sleep helps our brain to process emotional information. This year, make sleep a priority and give your body the rest it requires.
- **Limit Screen Time.** Test out setting a screentime limit for yourself. Spending too much time online can impact quality of sleep, relationships, and even lead to depression and anxiety.
- **Be Kind to Yourself.** [Changing habits](#) takes time. Setbacks happen. You are here doing your best, and that's what counts.

Step into the New Year: Tips to Jump Start your Exercise Routine

- **Challenge yourself or your peers to a step challenge.** Check out the NEW Create Your Own Challenge feature, which allows you to select from categories such as taking steps, so you can easily set up your own challenge, start date, duration, and goal. Invite your friends, family, or colleagues to join for some friendly competition! *Achieve > Challenge > look for the "Create a New Challenge" icon to begin!*
- **Set aside specific time for physical activity.** Allocate time each day for physical activity. You can set aside time all at once or break it up into small increments throughout the day depending on your schedule, such as a ten-minute walk before and after dinner! [This journal](#) is a good starting point for keeping track of your daily movement.
- **Find an activity you enjoy doing at a time that is convenient for you.** For example, some may enjoy a morning workout at the gym, while others may prefer an online class after work.
- **Use resources available to you for free!** CareFirst has a wide variety of resources available to support you at every stage of your fitness journey! Be sure to take advantage of the free resources available to CareFirst members listed below, in addition to [national resources](#) that will help put some variety into your physical activity routine!

Don't Forget to Download the NEW CareFirst WellBeing App!

To start exploring the CareFirst WellBeing program, visit carefirst.com/wellbeing to download the CareFirst WellBeing app and register for your account. If you have previously registered with Sharecare, you can download the app and log in with your current username and password.

CareFirst WellBeing Resources

Health Coaching

- Coaches may reach out by phone to invite you into the program.
- To enroll yourself in coaching call 877-260-3253 and press option 7.
- You can also enroll through the CareFirst WellBeing app. You will find the tile under the Achieve icon.

Weight Management Program

- Improve your overall health
- Reach a healthier weight
- Reduce your risk for pre-diabetes and associated chronic diseases

Join Today! Blue365® Discount Program

One great way to **Achieve a Healthier You** in 2023 is to take advantage of the Blue365 Health and Wellness discount program provided to insured CareFirst members (including members with Medical, Dental, Vision and Disability coverage). To register, visit carefirst.com/wellnessdiscounts.