

rooted in

wellness

February

Newsletter

2025



Winning with a Stronger Heart

## Playbook for Heart Health

Amid touchdowns and timeouts, it's important to remember your heart is the real MVP this Heart Health Month. Set your game plan now to get your heart in top shape for years to come.

### Build Your Defensive Line with a Healthy Diet

- **Add more fruits and vegetables:** These are good sources of vitamins, minerals, and fiber while being low in calories. Fresh or frozen are best.
- **Pick whole grains:** Options like quinoa, barley, oats, and brown rice help keep blood pressure and cholesterol within healthy range.
- **Incorporate low-fat protein:** Poultry, fish, low-fat dairy products, and legumes—like beans and lentils—fuel you while limiting saturated fat.

### Schedule a Pre-Game Check-Up

Getting regular check-ups with your Primary Care Provider (PCP) is key to identifying early warning signs and managing heart issues. Make an appointment with your doctor so you don't get sidelined before the big game!



Better Living

## Tackling Back and Neck Pain

Back and neck pain can make everyday activities uncomfortable. There are habits you can start now to minimize or prevent back and neck pain.

- **Standing:** Avoid standing in the same position for a long time and elevate one foot.
- **Sitting:** Use a back or lumbar support, even a rolled-up towel will work, to help keep you aligned.
- **Strengthening:** Focus on the core muscles that support your spine by doing exercises, such as planks, bridges, and crunches.
- **Stretching:** Take a few minutes throughout the day to stretch. A great neck stretch is to gently tilt your ear toward your shoulder.



## Deductible vs. Out-of-Pocket Maximum



The deductible is the amount you pay before your plan helps cover your costs. Many think the plan pays all expenses once the deductible is reached, but that's not quite right. After meeting your deductible, you and the plan share expenses until you reach the out-of-pocket maximum. Once you hit the out-of-pocket maximum, the plan covers 100% of eligible expenses for the rest of the plan year. Remember, these amounts reset each year.

Explore Benefits