

Lifestyle Management and Healthy Eating

A Guide to Lifestyle Management and Health Coaching with Anthem Blue Cross Blue Shield

Kentucky Employees' Health Plan (KEHP) Health Coaches

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Lifestyle Management

- Lifestyle management is the **intentional** process of making **choices** and adopting **habits** across nutrition, exercise, sleep, stress, and finances to improve overall physical, mental, and emotional well-being and achieve a more balanced, fulfilling life, often involving gradual, **sustainable** changes or sometimes professional assistance to manage daily tasks.
- It's about aligning daily actions with personal values to **prevent illness and boost quality of life, rather than drastic overhauls.**
- The **Wellness Wheel** is a tool to check in on how you're feeling about each dimension of wellness in your life on a scale of 1-10.
 - It allows you to determine what you'd like to change to lead a happier, healthier life.



Physical Well-Being

To enhance physical well-being, it is important to balance all aspects of physical health.

- **Healthy Eating & Water**

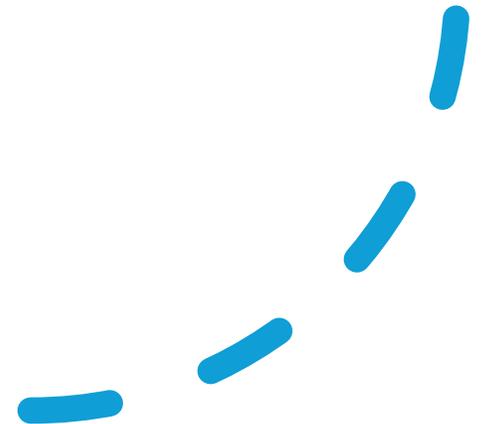
- Eating a variety from all food groups
- Meal planning & healthy choices at restaurants
- Prioritizing hydration

- **Exercise**

- Aerobic, strength training, balance, & flexibility
- Any movement is good!

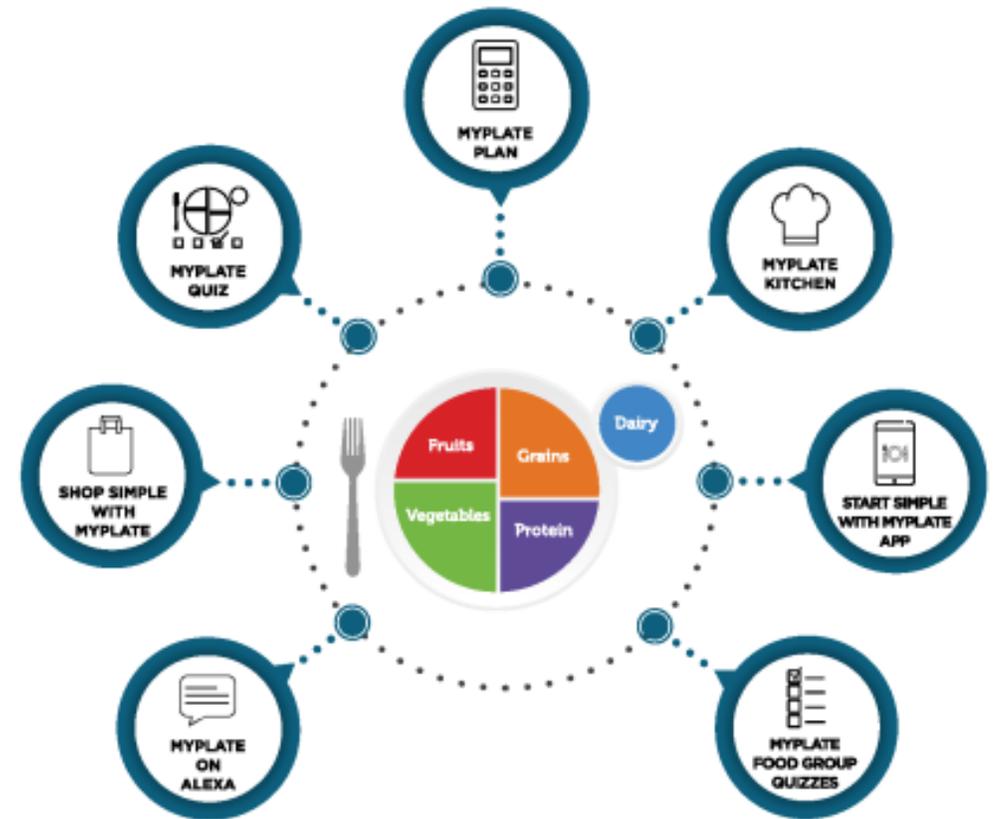
- **Sleep**

- 7+ hours



Physical Well-Being: Healthy Eating

- **Prioritizing options from all food groups**
 - **Vegetables**
 - Fresh, frozen, or canned
 - **Fruits**
 - Fresh, frozen, or canned
 - **Whole Grains**
 - Brown rice, quinoa, breads, pasta, breakfast cereals, grits, tortillas, etc.
 - **Dairy**
 - Milk, cheese, yogurt, etc.
 - **Protein**
 - Seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, etc.
 - **Fat/Oils**
 - Olive oil, avocado oil, nuts, avocados, etc.
- **Calculating a personalized plan**
 - **MyPlate.gov**



Meal Planning & Restaurants

Meal Planning is a fantastic way to incorporate healthy eating, increase home cooked meals, reach nutrition goals, and can be budget friendly!

We can all achieve healthy eating while enjoying a meal at a restaurant as well.

- **Make a menu that fits your schedule/preferences and shop sales**
- **Prepare foods ahead of time for quick and easy reheating**
- **Stock up of shelf and freezer stable items (beans, rice, broths, canned/frozen vegetables, meats, etc.)**
- **Use meal planning guides online**
 - Eatingwell101.com
 - Eatright.org
- **Order lean proteins (grilled, steamed, baked) and limit fried foods**
- **Opt for vegetable and fruit side items**
- **Request dips/sauces/butter/dressings to be put on the side**



Water

Our bodies are roughly 60% water. Prioritizing hydration is essential!

Daily Recommendations:

15.5 cups for men (124oz)

11.5 cups for women (92oz)

Tips for Success!

- Visual reminders such as sticky notes and alarms
- Tracking water intake through an app or journaling
- Incorporate sparkling water, seltzer water, plain coffee and tea to help increase intake
- Use sugar free sugar packets, fruits, veggies to flavor
- Incorporate hydrating foods into your diet (cucumbers, watermelon, berries, celery, tomatoes, soups/broths, etc.)

Emotional and Mental Well-Being

Your ability to successfully handle life's stresses and adapt to change and difficult times.

- Resilience
- Stress Management
- Quality Sleep
- Mindfulness
- Coping with loss
- Social Wellness





Environmental Well-Being

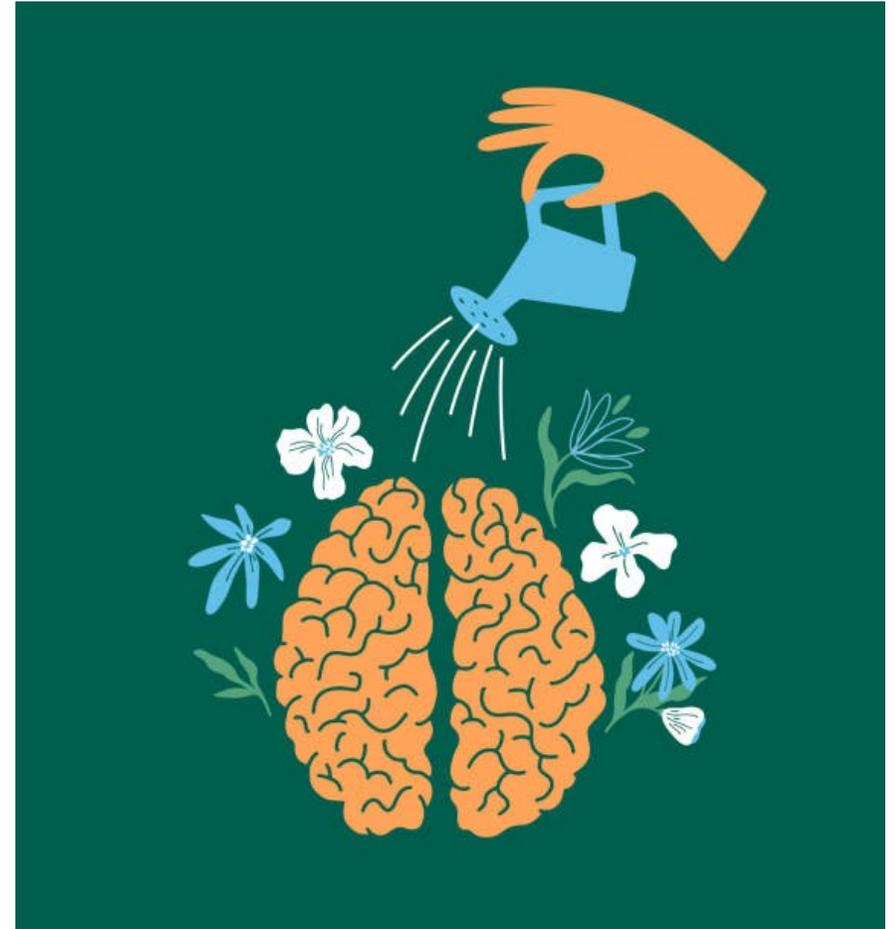
- Environmental wellness is the interaction between the environment and our health. It refers to aspects of human health (including quality of life) that are determined by physical, chemical, biological, social and psychosocial factors in the environment.
- What surrounds you each day in your home, work, or neighborhood can affect your health. Here are some tips to make your environments safer 



- Spend time outdoors, enjoy nature
- Reduce, Reuse, Recycle
- Walk, bike, carpool, use public transportation when possible
- Keep a clean, clutter-free living space
- Have a space to call your own

Intellectual Well-Being

Having a sense of curiosity for learning, thinking critically and creatively, and being open to new ideas.



Ways to improve intellectual well-being

- Being a life-long learner: continuing to learn throughout your life, formally and informally
- Engage in stimulating activities: Do puzzles, read, learn a new skill or language, visit museums
- Discuss ideas: share your thoughts with others, engage in valuable conversations
- Seek new experiences: travel to a new city, learn about a new subject or skill
- Practice self-reflection: journal, identify biases



Social Well-Being

One's ability to form and maintain meaningful relationships, feel a sense of belonging and communicate effectively.



Ways to improve social well-being



Be authentic: Being yourself helps you form relationships based on shared interests.



Listen actively: Listen to others without judgement and give loved ones your attention when they are sharing with you.



Set boundaries: be honest about what you're comfortable with and what you can and can't provide in relationships. Sticking to your boundaries helps keep yourself and others safe.



Seek new connections: Join clubs and groups that interest you to meet people with commonalities. You can meet new friends throughout your whole life, especially as you evolve.

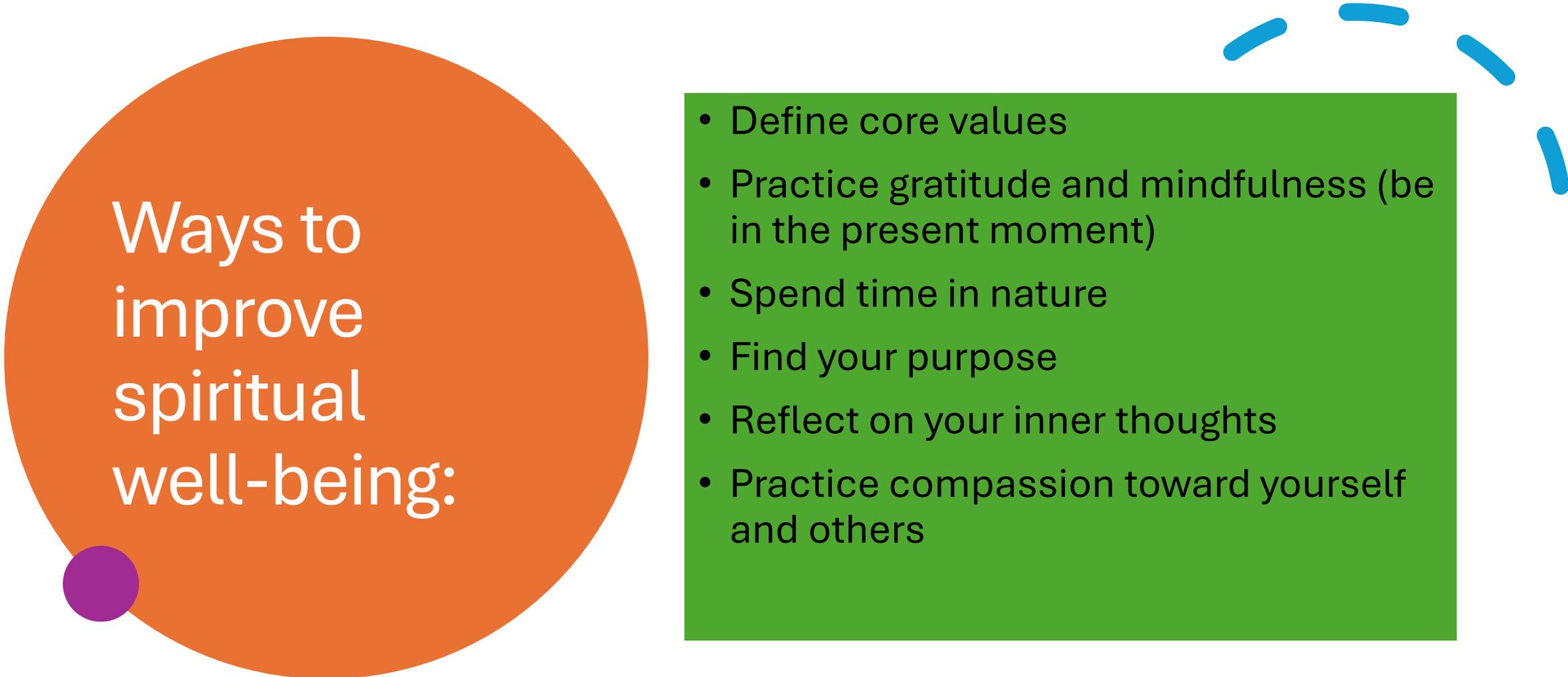


Manage conflict: Approach conflict with openness and respect.

Spiritual Well-Being

Is the development of guiding beliefs, principles, or values that bring meaning and purpose to one's life. These beliefs often define ethics and morals.





Ways to improve spiritual well-being:

- Define core values
- Practice gratitude and mindfulness (be in the present moment)
- Spend time in nature
- Find your purpose
- Reflect on your inner thoughts
- Practice compassion toward yourself and others



Connect with a Health Coach!

You have an amazing opportunity to enhance your journey toward a healthier lifestyle with the support of a health coach - available at no cost to you through your KEHP benefits!



Whether you are focusing on exercise, nutrition, stress management, or overall wellness, a health coach can provide **personalized guidance** and **support** to help you reach your goals.



Take advantage of this valuable resource to make **meaningful** and **sustainable** changes to your health and well-being.

Connect with
us!

- **Hours: Monday-Friday 8am-8pm EST**
- **KEHP Health Coaches: 877-636-3716**
- **Extensions:**
 - *Hope: #87568*
 - *Sierra: #87569*
 - *Felicia: #75774*
- *We are here for you when you need us!
Thank you for your time and attention.*

Resources

- www.nih.gov/wellnesstoolkits
- <https://theblissfulmind.com/hit-the-reset-button/>
- <https://www.myplate.gov/>
- <https://www.realfood.gov/>
- <https://www.eatwell101.com/>
- www.eatright.org
- <https://www.cdc.gov/healthy-weight-growth/water-healthy-drinks/index.html>
- <https://www.cdc.gov/sleep/about/index.html>
- <https://www.bu.edu/studentwellbeing/what-is-wellbeing/intellectual-wellbeing/>

Anthem Resources

Your plan provides you personalized access to health professionals. Just call to participate!

- Behavioral Health
- Exercise Physiologist
- Health Coach
- Pharmacist
- Registered Dietician
- Respiratory Therapist
- Social Worker

Phone number: 844-402-KEHP (5347)

