

Meeting your goals for the new year



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Once again, we are entering another new year and positive opportunities are within reach. Whether you want to kick a habit, lose weight, save money, organize your life or simply start fresh, now is the time. Although many goals could have been accomplished or started throughout the year, it seems we all feel the excitement of the calendar changing and see an opportunity for a fresh start.

In an article published by the *New York Post* in 2020, a poll of 2,000 Americans conducted by OnePoll in conjunction with Crispy Green found that it takes just 32 days for the average person to

break his or her resolutions—and 68 percent report giving up even sooner than that.

So, how do we beat those odds and where do you start?

- Don't overreach when setting a plan. Be realistic and start with what you can handle.
- Patience is the key. New habits are not formed overnight, and change takes time.
- If you fail, pick yourself up and start fresh the next day.
- Embrace a positive attitude and don't get sidelined by what went wrong in terms of achieving your goal.
- Revisit why you are making the change. Is it for your family, your health or your future?
- Track your accomplishments
- Lastly, let the Health Benefit Plan support you with programs we offer.

Maybe you are a new member to our plan, or perhaps you have been with us for a while but are not aware of the extra programs available. Let's start with Healthy Rewards®.

Couldn't we all use a little help finding ways to make staying healthy more affordable? That's the idea behind the Healthy Rewards® Member Savings Program. You can save up to 40 percent on products and services to encourage and promote healthy behaviors and lifestyles, including:

- Vision and hearing care discounts such as laser vision correction procedures and discounts on eyeglasses, prescription sunglasses and vision exams
- Low-cost fitness center memberships at more than 10,000 locations around the country
- Yoga accessories and fitness gear through online discounts

There are no claim forms or referrals, so the program is easy for members to use. You have access to a nationwide* network of more than 48,000 providers and over 10,000 fitness clubs. High Option members can access the Healthy Rewards® Program by calling 800-870-3470 or by visiting the Plan's website at nalchbp.org. CDHP and Value Option members can access the Healthy Rewards® Program by calling 855-511-1893 or visit mycigna.com.

If you need a little extra help losing those holiday pounds, we also have a program to help, no matter which plan you are enrolled in. For High Option members, the Real Appeal® Program through Optum® is an online weight-loss program that offers group and one-on-one personalized coaching through an online and mobile platform. The program focuses on weight loss through proper nutrition, exercise, sleep and stress management. Members will have access to a transformation coach and a suite of online tools to help track food and activity. Members also will receive a Success Kit to support their weight loss journey including a food and weight scale, resistance band, workout DVDs and more! Real Appeal® encourages members to make small changes toward larger long-term health results with sustained support throughout the duration of the program. Members can enroll in the Real Appeal® Program online at nalchbp.org.

For CDHP and Value Option members, our free weight loss program helps you meet your weight goals by providing a structured weight loss plan and motivational support. You can choose a telephone or online program—whichever works best for you. The program is a non-diet approach to weight loss with an emphasis on changing habits. The program is tailored to each individual's learning style and level of readiness to make a change in behavior. To enroll, call 855-511-1893 or go online to mycigna.com.

Although I can highlight only two programs in this article, our health plan offers so much more. From mental and emotional well-being resources, smoking cessation programs, preventive benefits, disease management assistance and a health assessment to start you on the right path, we've got you covered.

Remember, set reasonable goals, be patient and kind to yourself, keep going, and let the Plan support you during this new year and help you accomplish your goals. For more information regarding all of the plan's additional programs, please see Section 5(h), Wellness and Other Special Features in the official brochure.

"What you think, you become. What you feel, you attract. What you imagine, you create."—Buddha