



Nutrition and Physical Activity Awareness



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About 1 out of 5 cancers diagnosed each year in the United States is related to body fatness, physical inactivity, excess alcohol consumption, and/or poor nutrition.

Eating well and living a physically active lifestyle can have a tremendous impact on reducing the risk of cancer and heart disease and diabetes, too.

For employees who do not smoke, the most important thing they can do to reduce their risk and stay well is to follow a healthy diet, be more active, and stay at a healthy weight.

In Fact, obesity alone can increase risk of getting 13 types of cancer. The risk is due to obesity having a negatively effect the body's immune system and inflammation, the body's levels of certain hormones and proteins, and

other factors that regulate cell growth. These steps from the American Cancer Society's guidelines on nutrition and physical activity could make a significant impact on your health:

- * Eat a healthy diet with an emphasis on plant foods, like vegetables, fruits, legumes, and whole grains.
- * Be more physically active, with at least 150 minutes of moderate activity or 75 minutes of vigorous activity each week (or a combination of these), preferably spread throughout the week.
- * Stay at a healthy weight throughout life.
- * Limit consumption of alcohol to no more than 1 drink per day for

women or 2 per day for men, if you drink at all.

Remember, doing a little something is better than doing nothing. Rather than having general goals like "getting in shape" or "exercising more," choose specific goals, such as walking 30 minutes on Tuesdays and Thursdays, or doing stretching exercises 5 minutes each morning. The more variety you have, the more likely you'll be to stick with it. A well-rounded exercise program that includes aerobic exercise, strength training using weights, and flexibility exercises – done regularly in small increments – is key, according to the American College of Sports Medicine.

Source

American Cancer Society
www.cancer.org

Get Active Inside When It's Hot Outside

In summer's heat and humidity, exercising outside can feel like working out in a sauna. But, physical activity is just as important during the hot months – and joining the pricey gym down the street isn't your only option. Consider these ways to stay active inside.

- Have the urge to run to the shopping mall? Consider going an hour before the stores open and walking a few laps inside the mall. Larger malls often have walking

programs so you can easily calculate your distance, and the air conditioning will keep you comfortable.

- County recreation centers, places of worship, and some schools open their gyms during the summer. Call one near you and see if you might be able to join a half-court basketball game or walk a few laps around the gym.
- Get moving in your own living

room: Turn up your radio and dance with your kids, try a new exercise DVD, or challenge yourself with some jumping jacks or sit-ups. Every little bit helps!

- If you must exercise outside during the hot summer months, do it early before it gets too hot or wait until early evening when it starts to cool down. Be sure to stay well-hydrated; and don't forget your sunscreen!

Getting Ready for Open Enrollment

As was stated in the June E-Newsletter, the open enrollment period for the 2018 plan year is October 1-31, 2017 for both ASE & PSE employees and non-Medicare retirees.

With both groups having the same enrollment period, planning ahead can make your enrollment period less stressful.

First off, if you do not want to make any changes to your health plan, you do not need to submit any forms. Your coverage will continue as is for 2018.

The State and Public School Life and Health Insurance Board voted to not make any changes to benefits or employee rates for the 2018 plan year. If you want to make changes to your plan, you can review the different

rates and schedule of benefits for each plan at www.ARBenefits.org.

If you are wanting to add a spouse and/or dependent children during open enrollment, make sure you locate necessary supporting documentation prior to the enrollment period.

To add a spouse, employees need to include a copy of their marriage license, and a completed spousal affidavit along with their enrollment form.

To add a dependent child, employees need to include a copy of the child's birth certificate.

While forms can be mailed or faxed during open enrollment, the easiest way to submit

your elections to EBD is through the ARBenefits Member Portal.

The Portal will allow you to make changes to your plan, and upload any supporting documentation. Using the portal will also give you instant confirmation that your enrollment application has been received by EBD.

If you have any questions about open enrollment or benefits, you can contact Member Services at 1-877-815-1017x1 or at AskEBD@dfa.arkansas.gov. You do not have to wait until open enrollment to ask questions you may have. Once open enrollment begins, there can be lengthy hold times to get through to Member Services.

From Smoker to Smoke Free Webinar - GuidanceResources®

GuidanceResources® has a library of webinars available to state and school employees at no extra cost. The Smoker to Smoke Free Webinar targets those employees who smoke and are looking for help to begin the process of quitting tobacco use.

It can be very difficult to quit using tobacco, whether you smoke, dip or chew it. What may seem like a casual, relaxing habit can quickly turn into a serious, expensive addiction that gradually takes a toll on your health. Protect yourself by learning about treatment options and begin the process of quitting today!

In addition to the webinar, GuidanceResources® also offers a tobacco cessation program available at no extra cost.

The 45-60 minute webinar can help with the following objectives.

- * Describe the effects of tobacco on your health
- * Identify common health problems that can result from tobacco use
- * Identify the benefits of quitting
- * Describe day-to-day health benefits
- * Describe long-term health benefits
- * Describe financial benefits
- * Describe potential approaches to quitting
- * Identify commonly used medications
- * Describe the importance of a support system
- * Describe the three stages of quitting
- * Describe what you should do before you quit
- * Describe what you should do during the quitting process

- * Identify the keys to maintaining your tobacco-free life

There is more to GuidanceResources® than completing your health assessment. GuidanceResources® programs are available to you at no extra cost and include:

- * Confidential Counseling
- * Financial Information & Resources
- * Legal Support and Resources
- * Work-Life Solutions
- * Healthy Guidance
- * GuidanceResources® Online

GuidanceResources® is available to you 24/7 at 1-877-247-4621 or at TDD: 1-800-697-0353. You can also login to your account www.guidanceresources.com.

ARBenefits complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Language assistance services, free of charge, are available to you. Call 1-877-815-1017x1.

Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-815-1017x1