

Commit to living a healthy lifestyle

Start by creating a plan with your healthcare provider or continuing your routine to lead a healthy life.

At times you may need a little help on your journey, as a member of the Mohawk Health Plan, you have many resources available to you. Healthy Life Navigators and other Healthy Life Care Team members are just a text way with the Spruce app. You can ask questions, share your numbers and get support.

To get the Spruce app: Text “Hi” to 877-365-0051 or go to mymohawk-benefits.com/hlct

Commit to:

- having a healthy diet, including a variety of fruits and vegetables
- having an exercise routine
- maintain a healthy body weight
- monitoring blood pressure, blood sugar and cholesterol levels

Remember to talk to your health-care provider about changes in your health, including if you experience new symptoms and your feel different.

It is important to be honest with your healthcare provider about any changes you experience.

Please note: This information is for educational purposes only and not intended to take the place of your personal physician's advice or to diagnose, treat, cure or prevent any disease. Always consult with your physician or healthcare provider to determine what is right for you.



HEALTHY LIFE CARE PATH



Healthy Life Care Team
Healthy Life Center
Healthy Life Navigators
Healthy Life Center Providers

Text or Call
1-877-365-0051

careteamsupport@cigna.com

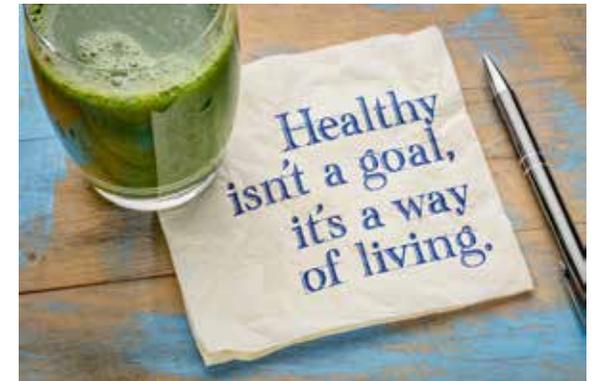
KEY POINTS FOR LIVING A HEALTHY LIFESTYLE

REQUIRED

- Blood pressure screening every 2 years
_____ Date completed
- Diabetic screening every 2 years
_____ Date completed
- BMI screening every 2 years
_____ Date completed
- Preventive Screenings if due (Colonoscopy, Mammogram, PAP smear)
_____ Date & test completed
_____ Date & test completed
_____ Date & test completed

RECOMMENDED

- Annual physical
_____ Date completed
- Well women visit
_____ Date completed
- Immunizations (as recommended)
_____ Influenza-Date completed
_____ Tetanus (DTaP)-Date completed
_____ Pneumonia-Date completed
- Tobacco screening
_____ Date completed
- Depression screening
_____ Date completed



Having a Healthy Lifestyle
Having the healthiest body you can not only helps you have a happier life, it can also help you live longer.

Along with a healthy diet and regular exercise there are some additional habits you should practice.

Make sure you are getting enough sleep. The amount and quality of your sleep can effect your eating, mood, memory and more. Most adults need 7-9 hours.

Manage your stress. Managing stress levels can sometimes be impossible. It is important to know how to manage your stress. High stress can impact your health. Find ways to help you cope and manage your stress.

If you smoke or use other tobacco products, stop. These products put you at a higher risk for heart disease and stroke.

Remember, small changes make a big difference over time.