

LIVING WELL



A NEWSLETTER FOR HNE MEMBERS

FEBRUARY ISSUE 2012

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Back Cover

HNE is making some important changes to the coverage we provide for Autism Spectrum Disorders. Please go to hne.com/autismcoverage to review the notice about these changes. These changes may not apply to all members.

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How to Make Your New Year's Resolutions Stick

It's time to review your New Year's Resolution. Why is it so hard to keep the New Year's resolutions we make? Some of the most common New Year's resolutions are vowing to lose weight, get more physically active, eat more nutritiously, quit smoking, reduce consumption of alcohol, reduce stress, and sleep better. A common problem with most New Year's resolutions is that they are often unrealistic goals. For example, a resolution stating, "I'm going to lose 40 pounds" seems overwhelming. A resolution to change behavior should be very specific. Instead of saying "I'm going to lose 40 pounds," say "I'm going to try to lose up to a pound a week until I reach 40 pounds." The goal is to take baby steps forward rather than giant steps. You will be more likely to stick to your New Year's resolutions with this approach.

Think about why you want to make the change. Is it important to you, or is someone else telling you this is something you need to do? Research suggests that if it's something you really want for yourself, if it's meaningful to you, you're more likely to stick to it. Think of how the New Year's resolution will enhance your life. Even small improvements in your physical activity, weight, or nutrition may help reduce your risk for disease and lengthen your life.

If you are quitting smoking, throw away your lighters and ashtrays. To improve your nutrition, put unhealthy, tempting foods in hard-to-reach places, or get rid of them. Recruit friends and family to help you eat better, walk with you, remind you to stay on track. People who can maintain efforts to change their behavior for six to eight weeks are more likely to be able to continue that effort in the long term. Make sure you have a backup plan to get back on track if you start to slip. If you feel that your motivation is waning, remind yourself why the change was important to you in the first place. Recalling these personal reasons can encourage you to get back on track.

Make 2012 a Healthy One!



Introducing HNE's Mobile App – Convenience at Your Fingertips

HNE is excited to introduce our new Member Mobile App. Developed in collaboration with FeedHenry (feedhenry.com) and Court Square Group (courtsquaregroup.com), our Member Mobile App is the first fully HIPAA-compliant mobile app solution.

With HNE's Member Mobile App, you can save paper, look up providers in our network, and find a provider, urgent care facility, hospital, or pharmacy. It's

like having our award-winning Member Services team right at your fingertips. Save paper by downloading your virtual member ID card to your smart phone. At your next doctor's visit, if the office needs a copy of your card, you can fax it right from your phone. Plus, you can use the Provider Search function to search our provider network and to get directions to the provider's office. You can also find and get directions to the nearest urgent care facility, hospital, or pharmacy.

"HNE is an innovative and service-oriented organization. We believe that this is an opportunity to provide our members with an even higher level of service at their fingertips," said Phil LaCombe, HNE's Vice President of Information Technology.

Get Our New App Now!

The app is free of charge to any smart phone user. Go to hne.com/mobile to download the app or scan the code below!



Try This Healthy Recipe!



Whole Wheat Pasta with Puttanesca Sauce

A spicy, tangy pasta dish typical of Southern Italian cuisine!

- 8 ounces whole wheat pasta
- 2 tablespoons olive oil
- 1½ cups onion, diced
- 2 tablespoons garlic, minced or pressed (about 5 cloves)
- ¼ teaspoon cayenne pepper
- 2 teaspoons anchovy paste (optional)
- 1 can (35 ounces) whole peeled tomatoes, no salt added, coarsely chopped
- 1 tablespoon capers

Directions

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta, and cook according to package directions for the shortest recommended time, about 10 minutes. Drain.
3. Meanwhile, in a large nonstick pan, heat olive oil over medium heat. Add onion. Cook and stir for 5 minutes, until onion begins to soften.
4. Add garlic, cayenne pepper, and anchovy paste. Cook and stir another 5 minutes.
5. Add chopped tomatoes, capers, and olives. Cook and stir until heated through.
6. Divide pasta among 4 dinner plates (about 1½ cups each). Spoon sauce over pasta. Garnish with parsley if desired.

Calories: 342 | Total Fat: 8g | Saturated Fat: 1g
Cholesterol: 9mg | Sodium: 455mg | Total Fiber: 12g
Protein: 11g | Carbohydrates: 62g

This recipe courtesy of:
<http://hp2010.nhlbihin.net/healthyeating/default.aspx>



Cold Weather Exercise

"The winter makes it tough on people who are trying to stay in shape. Even the most devout outdoor athletes have to contend with less daylight, extremely cold temperatures, and messy roads. However, with the proper precautions and a little creativity, walking outside in the winter is not impossible."

Michael Gauvin

Business Development Manager

Where You Walk

- Start your walk into the wind so you will finish with it at your back.
- Choose parks or roads that provide shelter from the wind.
- Select routes that are cleared of snow or ice and do not have standing puddles or mud slicks.
- Use caution when walking on roads. Cars may have difficulty seeing you and maneuvering around you in rain or snow.
- Check the local tracks to see if there is a good outdoor or indoor alternative to the sidewalks or streets in poor weather.

Plan for refuges along the way: Is there a store, park restroom, or other place you can duck into to warm up during your walk if needed?



Dressing in Layers

Next to the skin: Your base layer should wick sweat away from your body to keep your skin dry. Don't wear cotton – save your T-shirts for other purposes. Wear good long underwear pieces made from fabrics such as Coolmax®, polypropylene, Thermax®, Thinsulate®, and silk.

Insulating layer: This layer will keep you warm, and you can shed it once you warm up. Some examples of good insulating layers are wool, fleece, and down in a jacket, shirt, or vest.

Outer layer: To protect you from the elements, wear a windproof and water-resistant jacket, loosely. Also, make sure there is reflective material on the jacket.

Pants: If the weather is frigid, you can wear long underwear bottoms or tights underneath another pair of pants to keep you warm. Avoid cotton and denim as they hold moisture. Running pants or running tights made of synthetics that wick moisture will keep you more comfortable in rain and snow.

A Change of Clothes: If your walking route is away from home, bring along a set of warm, dry clothes to slip into immediately after walking to keep from getting chilled by wet walking clothes.

Accessories

Hats: A hat is essential to keeping your body heat from escaping. Your hat should be made of warm materials that will also wick moisture away from your head without sacrificing warmth.

Gloves or mittens: Mittens will keep your hands the warmest as the fingers work together to build up warmth. Look for windproof mittens.

Water bottle: You need water in winter as much as in summer. Bring water along to stay hydrated.

Scarf, neck gaiter, ski mask: Having a scarf or similar item to wrap around your neck when the wind turns brisk can be very important.

Sunscreen and lip protector: The lips and face can chap easily without protection.

Footwear

Waterproof shoes or boots: If your walks are wet or snowy, invest in a pair of waterproof walking or hiking shoes. Many companies have lightweight styles to keep you dry. You can coat shoes with water-repellent fabric treatments.

Traction: Don't wear slick-soled shoes if there is wet or snowy pavement. If the conditions are difficult, wear shoes with great traction to avoid slipping.



Socks: Switch to heavier socks or wear two pair for more insulation. Test your socks with your chosen shoes to make sure there is still wiggle room for your toes.



Use HNEPlus to Save!

Did you know that as an HNE member you get more than just great health care coverage? Be your best and pay less with the **HNEPlus Discount Program**. HNEPlus helps you make healthy lifestyle choices by providing discounts on products and services from local businesses. With HNEPlus, achieving good health is doable and affordable. There's no paperwork and no added fees. To receive your discount, simply look through the list of participating vendors, and show your HNE ID at the time you purchase a product or service. There are a variety of products and services you can choose from, such as:

- **Fitness Centers**
- **Massage Therapy**
- **Eyewear**
- **Museums**
- **Sports & Outdoor activities**

Take advantage of these discounts, and see how much you save while improving your health! For more information, visit hne.com/healthydirections and click on the HNEPlus tab or contact Member Services at **413.787.4004** or **800.310.2835** Monday through Friday from 8 a.m. to 5 p.m.

Need Stress Relief?

Try going for a walk in a labyrinth.

Labyrinths are found in many cultures and religions throughout history. Their purpose is to create an atmosphere that fosters spiritual, emotional, psychological, and physical well-being. A labyrinth has a single, winding, unobstructed path from its outside to its center, unlike a maze, which has many dead ends and wrong choices designed to trick the mind.

The labyrinth is often seen as a metaphor for our spiritual life journey; many twists and turns but no dead ends. We have the opportunity to make other choices in life or turns in the labyrinth. Labyrinth users call the experience a meditation in motion, fusing movement and inner calm. If you concentrate on the course your pace slows, your breathing deepens, and your mind becomes clearer as you let go of stress.

Labyrinths exist all over the world—in churches, hospitals, wellness and rehab centers, hospice programs, nursing homes, schools, community centers, even in private backyards. There are labyrinths made out of stones, flowers, shrubs, canvas, and a variety of materials. More and more people are being drawn to the sense of renewal that labyrinths can impart. They have become a sought-after healing tool for today's hectic times. We live in a fast-paced society and tend not to take time for ourselves. The labyrinth offers

us that opportunity and each time we experience a labyrinth walk, it's different. It depends on what is going on in our life's journey at the time of our walk, and how open our hearts and minds are to the experience.

The walk also differs from individual to individual as we all have differing life journeys and experiences.



Take advantage of this alternative stress relief tool. You will be glad you did. HNE can bring this unique meditative tool to your place of work. All you need is a 16-foot by 16-foot indoor space to accommodate our portable canvas labyrinth. Or, to find local walking labyrinths go, to www.labyrinthguild.org.

For more information or to schedule an on-site labyrinth walk, please have the Wellness Coordinator or Benefits Manager at your place of work contact Maria Garrity, HNE's Health Programs Event Coordinator, at 413.233.3391. We look forward to working with you and your employees. Please note, a minimum number is required.





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PRESORT STANDARD
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Here's Your Chance to Give HNE Some Advice

How can we improve our written materials so they are easier to read and understand? What have been your best and worst experiences with HNE? Would you like a chance to address these or other important issues and questions? If so, please read on ...

Health New England is looking for members to form a Member Advisory Committee.

Our goal is to open and improve the lines of communication between you and Health New England, and obtain your input on issues that impact you and our entire membership. We feel it's important to invite members to meet with us so that your health care interests are represented. We want to offer members an opportunity to provide input on matters that affect our entire region.

The **Member Advisory Committee** cannot be successful without the input of the individuals who

need and use our health care services. We hope that you will consider joining this committee. You can provide your input on our **written materials** by going to http://hne.com/HNE_Members/MaterialSurvey.html and filling out a **short survey**. If you would like to become a **member of the Member Advisory Committee**, please fill out the **application form** at http://hne.com/Member_Advisory_Committee.html.

