



# STEPS TO A HEALTHIER YOU!

TEST	EXPLANATION	RECOMMENDATIONS	RESOURCES
<b>BMI</b>	BMI (Body Mass Index) is a tool that can help determine a healthy weight based on an individual's height.	Balanced physical activity and nutrition will help keep your BMI in check. 150 minutes of exercise each week is suggested, as well as nutrition changes that might include eating more fruits, vegetables, whole grains and low- no-fat dairy products. Keep in mind that pursuing weight loss in a healthy way is important and looks different for everyone. On average, healthy weight loss includes no more than 1-2 lbs loss per week (through regular physical activity and healthy eating).	<ul style="list-style-type: none"> <li>Wellness/Registered Dietitian Nutritionist (RDN)</li> <li>Coaching</li> <li>Wellness Online</li> <li>On-Demand Fitness Classes</li> <li>Weight Management Program</li> </ul>
<b>BLOOD PRESSURE</b>	When left untreated, high blood pressure can lead to serious health complications including stroke, heart attack and kidney damage.	The good news is that a combination of lifestyle changes and possible medications can help keep blood pressure managed. Lifestyle changes include improving dietary choices like sodium reductions, increasing aerobic activity to at least 30 minutes per day and limiting or avoiding alcohol and tobacco products.	<ul style="list-style-type: none"> <li>Condition Management</li> <li>Wellness Online</li> <li>On-Demand Fitness Classes</li> <li>Weight Management Program</li> </ul>
<b>Total Cholesterol, HDL, LDL, Triglycerides</b>	Cholesterol is made in your liver and has many important functions like hormone production and cellular maintenance. However, too much cholesterol or cholesterol of the wrong type can create health issues.	Follow these tips to help increase your HDL cholesterol and decrease your LDL cholesterol: improve nutrition choices by including heart healthy fats (avocado, fatty fish, nuts, olive oil) and reducing saturated fats (fried foods, full-fat dairy products, red meats). You should also increase aerobic exercise and avoid tobacco products.	<ul style="list-style-type: none"> <li>Wellness/Registered Dietitian Nutritionist (RDN)</li> <li>Coaching</li> <li>Wellness Online</li> <li>On-Demand Fitness Classes</li> <li>Weight Management Program</li> </ul>
<b>A1C</b>	An A1C test provides an average of your blood sugar readings for the past three months which provides a good idea of how effective your blood sugar control has been over time. Results of an A1C test can be used to screen for prediabetes and diabetes.	To help keep your blood sugar at a healthy level, you should take the following into consideration: pair your carbohydrate snack with a protein (i.e. fruit with nuts or cheese with crackers), avoid skipping meals, drink plenty of water, limit sugary drinks and make half your plate non-starchy vegetables (leafy green vegetables, tomatoes, cucumbers, squash, broccoli, etc.). Regular physical activities as well as moderating the amount of alcohol consumed are other factors that will help keep your blood sugar in check.	<ul style="list-style-type: none"> <li>Condition Management</li> <li>Diabetes Prevention</li> <li>RDN Coaching</li> </ul>

**Consult with your health and/or wellness provider(s) to get more information about or to improve or maintain your biometric values.**

Schedule an appointment with a provider at the HII Family Health Center by visiting [myquadmed.com/hii](https://myquadmed.com/hii).

BeWell for Life wellness services are available to all HII employees, regardless of medical coverage. Some services may be limited to the HII Family Health Center or online. Your participation in BeWell for Life programs is always confidential and is not shared with other parties without your consent.



# FINDING A HEALTHY BALANCE

Well-being is more than just knowing your numbers. While knowing your numbers benefits your physical health, there are other areas of wellness that can influence your health. Tap into the HII Family Health Center's BeWell for Life programs and other resources that empower you to thrive in all dimensions of well-being.

## Emotional Well-Being

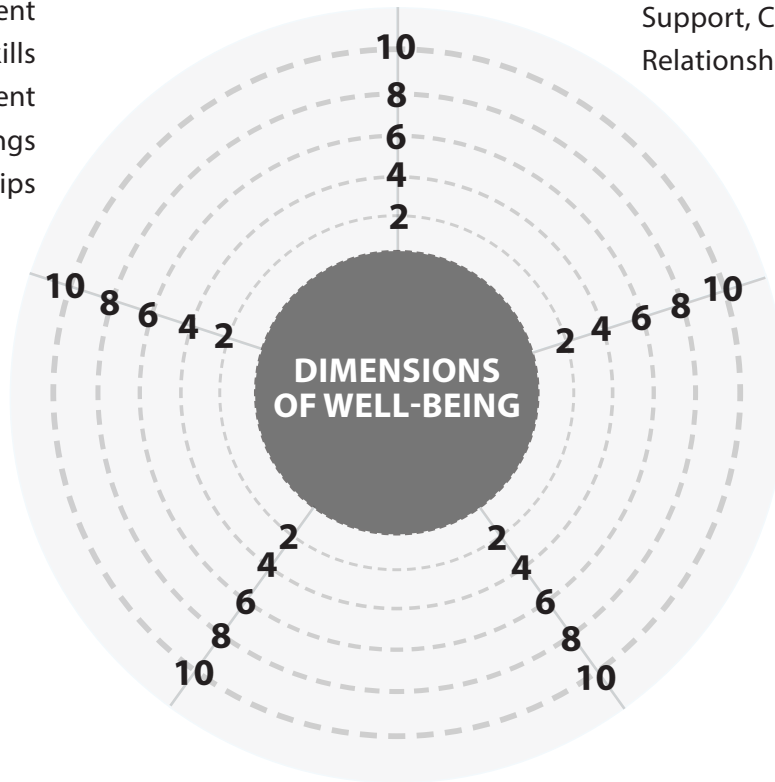
- Stress Management
- Coping Skills
- Time Management
- Manage Feelings
- Relationships

## Social Well-Being

- Support, Community,
- Relationships, Purpose

## Financial Well-Being

- Budgeting
- Saving
- Work/Life Balance



## Intellectual Well-Being

- Enjoyment
- Work/Life Balance
- Time Management
- New Opportunities
- Education
- Community
- Promotion

## Physical Well-Being

- Biometric Values, Eating, Sleeping, Exercise

Using this chart, mark from 0-10 (0 = needs a lot of work, 10 = thriving) where you think you stand in each of these dimensions. Connect the dots to see where you could use some support.

Emotional Well-Being Resources and Programs	Financial Well-Being Resources and Programs	Physical Well-Being Resources and Programs	Social Well-Being Resources and Programs	Intellectual Well-Being Resources and Programs
<ul style="list-style-type: none"> <li>Primary Care Providers</li> <li>Wellness Coaching HERO</li> </ul>	<ul style="list-style-type: none"> <li>Wellness Coaching HERO</li> <li>SmartPath</li> </ul>	<ul style="list-style-type: none"> <li>Primary Care Providers</li> <li>Wellness Coaching</li> <li>Registered Dietitian</li> <li>Nutritionist</li> <li>Condition Management</li> <li>Physical Therapy</li> <li>Wellness Online</li> </ul>	<ul style="list-style-type: none"> <li>Employee Resource Groups (ERGs)</li> <li>Dept./Team Members</li> <li>Wellness Coaching</li> <li>Wellness Online</li> <li>HERO</li> </ul>	<ul style="list-style-type: none"> <li>Wellness Coaching HERO</li> </ul>
<ul style="list-style-type: none"> <li>Address Your Stress</li> <li>Wellness Online</li> <li>I Want to Make a Change</li> </ul>	<ul style="list-style-type: none"> <li>Address Your Stress</li> <li>Healthy Together</li> <li>Wellness Online</li> </ul>	<ul style="list-style-type: none"> <li>Know Your Numbers</li> <li>PreventT2</li> <li>Weigh Beyond</li> <li>Healthy Together</li> <li>Eat, Drink &amp; Be Well</li> <li>Freedom From Smoking</li> </ul>	<ul style="list-style-type: none"> <li>Group Programs</li> <li>5k Events</li> <li>Healthy Together</li> <li>Eat, Drink &amp; Be Well</li> <li>Family Day</li> <li>Online Yoga</li> </ul>	<ul style="list-style-type: none"> <li>Address Your Stress</li> <li>Wellness Online</li> <li>I Want to Make a Change</li> </ul>

To learn more about these resources and programs, visit [myquadmed.com/BeWell](http://myquadmed.com/BeWell) and [hiibewell.com](http://hiibewell.com).