



CIS

# Wellness Works

STAY HEALTHY AND WELL WITH INFORMATION FROM CIS BENEFITS!

*December 2017*

## IT'S THE MOST WONDERFUL TIME OF THE YEAR...OR IS IT?

During what's supposed to be the happiest time of the year, the expectations and stress placed upon us can feel like it's more than we can manage. The demands on us reach a whole new level, between the holiday parties, financial stress, family dynamics, lack of family presence, and added calories.

It's important to recognize stressors and take a balanced approach to deal with them. Focus on one or two things to reduce stress so you can embrace the holiday season. Here are some helpful hints, adapted from *Smart Habits of Highly Successful People* by Connie Bennett MSJ, CHHC, CPC:

- **Just say NO.** Know your limits — both spending and otherwise. It's okay not to attend every dinner party or bake every family cookie recipe. It's also okay to tell children that the toy they want isn't going to be in the budget this year. Set a budget and stick to it. You'll be happier the rest of the year, having made that decision.
- **Try a new perspective.** Maybe your Aunt Dorothy just wants you to try her pecan pie for the 12th time. It's probably not your favorite, but she wants you to love her and the pie. Give it a go and reap the reward of a happy Aunt Dorothy.
- **Create lists.** We all know about Santa's nice list and his "other" list. How about creating a Want to Do and a Need to Do list? Writing everything down will help you to prioritize the things that really matter and how realistic they are. Do one item from each list at a time. For example, after buying gifts for your mom or significant other, take time to work out. By alternating between lists, you won't feel deprived, because you're being good to yourself.
- **Be generous with more than just gifts.** It sounds clichéd, but giving people your time or a compliment is looked upon just as favorably, in most cases, as a gift. Giving people the gift of being present is appreciated beyond measure.

# Wellness Works



*Continued from previous page*

- **Get moving.** One of the best ways to overcome stress during the holidays is to exercise regularly. Physical activity not only boosts your fitness and energy levels but can also elevate your moods. In addition, exercise has been found to reduce anger, tension, fatigue and confusion. Despite the many demands on your time, this is not the season to stop exercising. When regular exercisers are inactive, they begin to feel depressed and fatigued after just one week. Think about joining a **hubbub** challenge and enter for a chance to earn an incentive gift card from CIS.
- **Be kind to yourself.** Treat yourself to a cup of warm tea at the end of a long day. Buy yourself a new pair of warm gloves. Do something that makes you feel relaxed and refreshed during this time of year. Taking time to do something for you will make doing for others much easier to manage.

Use this **tool from the Wellness Council of America** to learn more about mental health at your workplace and why it's a critical environment for addressing mental health.

If all of this still doesn't help manage your holiday blues, CIS offers an Employee Assistance Program that's FREE to use (limited to 5 visits per issue). And beginning Jan. 1, we'll partner with Deer Oaks to provide these services and visits expand from 5 to 8 visits per issue. Please look for the Benefit Connections newsletter for more details!

## Use these insurance carrier resources to help manage your stress — or even overcome it.

**Regence Members** — The first step to getting better is recognizing the stress causing your health concerns. The next step is learning how your health plan can help you.

## SETTING UP A HUBBUB ACCOUNT

Getting started with hubbub is as easy as 1-2-3, but there are different instructions for Regence and Kaiser members.

### Regence members:

1. Create an account on **regence.com**. If you already have a **regence.com** account, sign in.
2. Click the "hubbub health" button on your CIS Health Manager by scrolling down to the bottom of the page.
3. Follow the steps to create your hubbub account!

### Kaiser members:

1. Visit **www.hubbubhealth.com**.
2. Click Sign Up in the top right-hand corner.
3. Complete all the fields (including your legal first and last name) and under the Company Section input the following:
  - a. Company Code — CISCOMPANY
  - b. Employee Id — date of birth with no special characters (mmddyyyy)

Really set yourself up for success by installing the hubbub health app on your phone, it is available for both Apple and Android devices. Simply download the app and follow the instructions for signing in.

Need help during the sign-up process? Feel free to reach out to **support@hubbubhealth.com** for answers!

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# Wellness Works

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Exercise can help manage stress. Look for **discounts on gym memberships** that are offered as part of your fitness goals. If weight loss is a part of your goal, **look here for weight management programs**.

Does making a healthy dinner after a busy day add to your stress? Consider outsourcing the task through **discounts on healthy meal planning and cooking**; it's offered through your plan.

If you feel sad or anxious, seek help. Learn more about your mental health coverage **here**. Too busy to visit a doctor? Your plan covers telehealth, which can be used for behavioral health care, too. Meet with a therapist over the phone or via video chat. With MDLIVE, there's no need to miss work — and doctors (via phone or secure video) can diagnose your symptoms, prescribe medications (when appropriate) and send the prescription to your nearest pharmacy. Visit **www.regence.com** and sign on. You are now on the CIS Health Manager dashboard and there is a MDLive icon you can click on. Or, you can call 1-888-725-3097. Make sure to have your Regence Member ID card handy.

**Kaiser Members** —It's not always easy to understand or distinguish symptoms of depression from just having a little bit of the winter blues. This **short self-assessment will** provide some good insights. When done, you'll be guided through **your care options**.

If you need some help, Kaiser offers classes, coaches, and a coordinated team of mental health professionals that can teach you skills and provide treatment to cope with more serious emotional problems that may be affecting your life.

Interactive tools can help you determine health risks, ideal weight, target heart rate, and more.

- **Interactive Tool: How Well Do You Bounce Back?**
- **Interactive Tool: What Is Your Stress Level?**

**Find out about mental health services for children, teens, families, and adults.**

Feeling good about your appearance can be vital to your health and happiness. If you have a negative body image and it's causing problems, explore Kaiser **classes and workshops**.

## REFERENCES:

- **Smart Habits of Highly Successful People**
- **Mental Health in the Workplace**
- **Stress Management**
- **Caring for the Whole You**

## KAISER ACTIONSETS

"Actionsets" are designed to help people take an active role in managing a health condition.

- **Insomnia: Improving Your Sleep**
- **Stop Negative Thoughts: Getting Started**
- **Stress Management: Doing Guided Imagery to Relax**
- **Stress Management: Doing Progressive Muscle Relaxation**
- **Stress Management: Managing Your Time**
- **Stress Management: Practicing Yoga to Relax**
- **Stress Management: Reducing Stress by Being Assertive**
- **Stress Management: Relaxing Your Mind and Body**

