

2020 Healthy Prospects is Here!

By completing 3 simple steps in 2020, employees enrolled in the PMH Medical Plan will have the opportunity to earn the Wellness Participant medical premium rate for the 2021 benefits year, which will be **\$50 per month lower than the Non-Wellness Participant medical premium rate.**

1. Complete an on-site Biometric Screening or submit the AMS form (completed by your physician) by **August 1, 2020.**
2. Complete an online Health Assessment on the Healthy Prospects site by **August 31, 2020.**
3. Complete 60 Wellness Points with Healthy Prospects by **August 31, 2020.**

Go to <https://pmh.biovia.healthfitness.com>, or scan the QR code to get started today!



Complete your Preventive Care Exam Today

Earn up to 60 Wellness Points for Completing Your Preventive Care Exam by **August 31, 2020!** Participating in your annual Preventive Care Exam is an essential tool in improving your health and quality of life by:

- Providing effective steps to prevent the onset of disease
- Providing early detection, diagnosis and treatment
- Providing peace of mind and clarity

Reduce your Risk for heart disease.

You may have heard that you need to “know your numbers,” which refers to key markers of heart health like blood pressure, cholesterol, blood sugar, body mass index (BMI), and waist circumference. By keeping those numbers within a healthy range, you can greatly improve your heart health and reduce your risk for heart disease.



February Move of the Month – Neck Stretch!

1. Keeping shoulders stationary, tilt your head to the right bringing your right ear down toward your right shoulder
2. Hold the stretch for 20-30 seconds
3. Repeat on the opposite side



February Opportunity Drawing – Go Red for Women’s Heart Health!



Go **Red** for Women’s Heart Health! February is American Heart Month. The American Heart Association’s Go Red for Women initiative is asking for your support by participating in National Wear Red Day® on Friday, February 7, 2020. For

an opportunity to earn a fun prize, email a photo of yourself or with your coworkers wearing red to your Wellness Program Coordinator between February 1 – February 29!

Contact your Wellness Program Coordinator:

Alexandrea.thomas@prospectmedical.com



Questions?

- Contact your Wellness Program Coordinator, Alex Thomas, at alexandrea.thomas@prospectmedical.com or 714.401.2187.
- For issues accessing your Healthy Prospects account, contact Customer Service at 800.337.8508, option 1, or customerservice@hfit.com.

February Recipe



Simple & Healthy Tomato & Ricotta Toast

Nutritional Information (per serving)

Calories: 127

Dietary Fiber: 3 g

Protein: 12 g

Ingredients Servings 6

- 1 cup ricotta cheese
- 2 tbsp. chopped green onion or scallions
- 3/4 tsp. sodium-free Italian seasoning
- 1/8 tsp. ground black pepper
- 4 slices whole-grain or whole wheat bread
- 2-3 medium tomatoes, thickly sliced

Directions

In a small bowl, add ricotta cheese, chopped scallions, Italian seasoning, and black pepper. Use a spoon or spatula to combine.

Meanwhile, toast each bread slice and thickly slice each tomato. To assemble, spread each piece toast with 1/4 cup ricotta mixture and top with tomato slices. Then serve.

Cooking Tip: The same amount of chopped chives or red onion can be substituted for the scallions.

Keep it Healthy: Consider making your own using equal proportions of the following dried herbs: basil, oregano, thyme, rosemary, and garlic powder.

Adapted from: www.heart.org



The American Heart Association Diet and Lifestyle Recommendations



A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. Make the simple steps below part of your life for long-term benefits to your health and your heart.

Use up at least as many calories as you take in.

Regular physical activity can help you maintain your weight, keep off weight that you lose and help you reach physical and cardiovascular fitness. If it's hard to schedule regular exercise sessions, look for ways to build short bursts of activity into your daily routine. Ideally, your activity should be spread throughout the week.

Eat a variety of nutritious foods from all the food groups.

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have minerals, protein, whole grains and other nutrients, but are lower in calories. They may help you control your weight, cholesterol and blood pressure.

Eat an overall healthy dietary pattern that emphasizes:

- a variety of fruits and vegetables
- whole grains
- low-fat dairy products
- skinless poultry and fish
- nuts and legumes

Limit saturated fat, trans fat, sodium, red meat, sweets and sugar-sweetened beverages.

Eat less of the nutrient-poor foods.

Limit foods and beverages high in calories but low in nutrients. Also limit the amount of saturated fat, trans fat and sodium you eat. Read Nutrition Facts labels carefully – the Nutrition Facts panel tells you the amount of healthy and unhealthy nutrients in a food or beverage.

Adapted from: www.heart.org



Privacy and Confidentiality: The PMH Healthy Prospects wellness program is committed to protecting the privacy of the personal health information collected through all wellness program activities (including data from biometric screenings, health assessments, health coaching, or other health-related data) as mandated by applicable federal and state privacy laws and regulations. Your results will be collected by an external vendor, HealthFitness, and PMH will only receive summary reports which will be used by PMH to design wellness initiatives that focus on the greatest needs of our employee population. No individual results will be shared with PMH.

Alternative Options: Rewards for participating in a wellness program are available to all employees enrolled in the PMH medical plan. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Sandie Sekely at sandie.sekely@prospectmedical.com and we will work with you (and, if you wish, with your doctor) to find an alternative activity with the same reward that is right for you in light of your health status.