



The New Year is Here, and so is the 2019 Healthy Prospects Program!



By completing 3 simple steps in 2019, employees enrolled in the PMH Medical Plan will have the opportunity to earn the Wellness Participant medical premium rate for the 2020 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, 2019**.
2. Complete an online Health Assessment on the Healthy Prospects site by **August 31, 2019**.
3. Complete 60 Wellness Points with Healthy Prospects by **August 31, 2019**.

Access Healthy Prospects at

<https://pmh.biovia.healthfitness.com> or scan the QR code:



January 2019 Opportunity Drawing

Share your 2019 health goal with your Wellness Program Coordinator via email, and you will have a chance to **win a prize!**

January Focus: Goal Setting, SMART Goals

A **S.M.A.R.T.** goal is defined as one that is specific, measurable, attainable, realistic, and timely. You can set goals and stick to them simply by making them tailored to your needs.

Below is an example of how you can set a S.M.A.R.T. goal towards weight loss today!

- **SPECIFIC** – I want to lose 5 lbs. by March 1, 2019.
- **MEASURABLE** – My current weight is 140 lbs. I want to weigh 135 lbs. by March 1, 2019.
- **ATTAINABLE** – I can lose weight in 60 days by changing my diet and exercising more often.
- **REALISTIC** – I live close to a gym and have a membership. I will go to the gym 3 times per week and prepare my meals on the weekends, so I am not tempted to eat unhealthy food.
- **TIMELY** – 60 days to complete my goal.

PMH Orange Awareness Table



Employees enjoy snacking on seasonal fruit during their Halloween celebration.



Questions?

- For CA and TX locations, contact your Wellness Program Coordinator, Cindy Lopez, at cindy.lopez@prospectmedical.com or 714.796.5786.
- For East Coast locations, contact your Wellness Program Coordinator, Erica Baxter, at erica.baxter@prospectmedical.com or 714.222.1595.
- For issues accessing your Healthy Prospects account, contact Customer Service at 800.337.8508, option 1, or customerservice@hft.com.

January Recipe



Simple & Healthy Roasted Carrot, Grape, Chicken Quinoa Bowl

Nutritional Information (per serving)

Calories: 371	Carbohydrate: 44 g
Fat: 12.3 g	Fiber: 7 g
Saturated Fat: 1.6 g	Cholesterol: 51 mg
Protein: 25 g	

Ingredients For Dressing (makes 4 servings)

- 2 cups (3/4-inch) diagonally cut carrot
- 2 teaspoons olive oil
- 1/2 teaspoon kosher salt
- Cooking spray
- 5 tablespoons plain 2% reduced-fat Greek yogurt
- 3 tablespoons fresh lemon juice
- 2 tablespoons water
- 1 1/2 tablespoons honey
- 3/4 teaspoon ground cumin
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 cups cooked quinoa
- 1 1/2 cups shredded skinless, boneless rotisserie chicken breast
- 1 1/2 cups seedless red grapes, halved
- 1/2 cup thinly sliced green onions
- 1/2 cup fresh flat-leaf parsley leaves
- 1/2 cup toasted sliced almonds
- 4 cups mixed salad greens

Instructions

1. Preheat oven to 450°.
2. Combine carrot, oil, and 1/4 teaspoon salt on a jelly-roll pan coated with cooking spray; toss to coat. Bake at 450° for 15 minutes or until tender.
3. Combine remaining 1/4 teaspoon salt, yogurt, and next 5 ingredients (through pepper) in a large bowl, stirring with a whisk. Add carrot, quinoa, and next 5 ingredients (through almonds); toss. Place 1 cup salad greens in each of 4 bowls; top each serving with about 1 1/2 cups quinoa mixture.

Adapted from: www.myrecipes.com

6 Things to Do Every Day to Ensure You Stick To Your Goals

1. **Involve others:** Involve everyone around you, get them engaged and talk to them on how they can help you accomplish your goals. When you involve others, you feel you have a responsibility towards them as well as yourself.



2. **Visualize the rewards:** Visualize what rewards you will gain from sticking to your goals. The mind has a way of channeling your body and intentions to achieving your goals.
3. **Break down your goals:** Getting out of the house and making it to the gym can be difficult. Try to break down the goal and make sure you are dressed for the gym on a daily basis!
4. **Reward yourself:** By rewarding yourself, you are programming your brain to benefit from a larger reward in the future. You can also propel yourself by setting daily rewards, which can be enticing and motivating.
5. **Measure your progress:** When you journal or snap pictures to document your progress, no matter how small, you are able to see how far you have come over time.
6. **Believe in the possibilities:** Believe in yourself and what you can achieve! It is important to understand what your unique needs are and that they can be adapted over time based on your specific goals.



Adapted from: www.lifehack.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.