A Focus on Self-Care

Today most of us are placing even more value on health and wellness than before. If we take care of ourselves, we have a better chance of staying healthy now and in the future.

Here are some ways to start taking care of yourself, your health and well-being:

Assess your current health behaviors.

Do you eat a healthy diet? Do you exercise? How's your sleep?

Take small steps to improve.

For the best chance of success, choose only one behavior to focus on to start and set a specific goal. For example, you may decide to walk 30 minutes each day, sleep at least 7 hours a night or eat three servings of vegetables daily.

Focus on what you can control.

You cannot control many things in life, but you can control the steps you take to keep you and your family healthy. For example, things like using seat belts when driving and wearing eye-protection for certain chores or sports will go a long way.

Stay connected with friends and family.

Don't isolate yourself – reach out to friends and family by phone, email, text or other social media platforms, like Zoom or FaceTime.

Tweak your diet.

Maintaining a healthy diet is always important. Making huge changes to your diet may add to your stress, but since you are eating at home more, think about some healthy modifications, such as reducing processed foods, cutting down on sugar and unhealthy fats, and eating less meat and more fruits and vegetables.

Don't Wait – Get Your Preventive Care

If you put off a check-up or screening in the past, you're not alone. Many Americans have delayed preventive care, but it may be more important than ever right now.

Preventive care keeps minor health issues from becoming major problems. Without screenings and checkups, arteries have more time to clog, tumors can grow or spread, and depression can spiral out of control. The earlier you identify a disease, the better your chances of getting treated. What's more, the healthier you are, the better prepared you'll be to battle any other health crisis that comes your way.

Preventive services are 100% covered by most medical plans when you visit an in-network provider. These include defined screenings, well visits, and immunizations.