

AUGUST IS

Healthy Body Month



hero
HEALTH™

NEAT Movement

Hate going to the gym? Science now shows that there are a lot of health benefits in increasing your activity in your daily life. Easy, low-effort movements like sweeping the floor, walking down the grocery aisle, or climbing stairs can all have big benefits. This concept is called NEAT, or non-exercise activity thermogenesis.

Seemingly trivial movements can go a surprisingly long way in preventing cardiovascular diseases, joint problems, and can even extend your lifespan.

Engaging in a project or hobby that increases your movement every day, parking further away from the store, and taking a walking break while at the office are easy (and fun!) ways to increase your activity levels. Aim for at least 150 minutes of moderate-intensity movement or 75 minutes of vigorous-intensity exercise per week, along with muscle-strengthening activities.



Call Your Nurse First!

Hello@HeroHealthPlans.com
Call or text: (919) 238-1872

Lentils are one of the highest fiber foods and can be easily added to soups, sauces, and salads.

The Power of Fiber

Whether or not we're trying to lose weight, most of us would like to feel fuller for a longer period of time. When we feel full, we're less inclined to snack on things that feed our sweet or salt tooth.

Eating foods with higher fiber content — especially fermentable fiber, which is found in whole grains and many legumes — can help you feel satiated for longer.

Fiber has many other benefits as well, like helping to control your blood sugar levels, lowering cholesterol, and reducing inflammation. Thankfully, high-fiber foods are often inexpensive and can be easily added into your meals. Opting for whole foods like apples, beans, and oats (rather than processed foods that say they are high in fiber) can have a huge positive impact on your health.

Your Pharmacist, Vinay
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Tips for a Healthy Body

- Keep up with regular health appointments, testing, screenings, and vaccinations.
- Eat healthy. Have fruits and vegetables, lean protein, whole grains, and low- or no-fat dairy. Limit foods with unhealthy fats, salt, and added sugars.
- Get enough sleep. Go to bed and wake up at the same time each day to help you sleep better. Adults need 7 or more hours per night.
- Move more and sit less. Every little bit of physical activity helps. Start small and build up to 2½ hours a week.
- Limit alcohol intake. Choose not to drink, or drink in moderation on days you drink alcohol. Moderation means having 2 drinks or less a day for men or 1 drink or less a day for women.
- Avoid illegal drugs or using prescription drugs in ways other than prescribed. Don't take someone else's prescription. Substance use treatment is available, and recovery starts with asking for help.
- Avoid smoking, vaping, and the use of other tobacco products. People can and do quit smoking for good.

Better Benefits Overview

Congratulations! Your Employer truly cares about better benefits. Here are a few of the high quality benefits you can access for no cost or reduced cost when you Call Your Nurse First™!



Centers of Excellence

Your Employer believes that you deserve the best doctors in the finest facilities. Hero provides access to thousands of Centers of Excellence.



Second Opinions

Did you know that 20% of cancer diagnoses are wrong? Your plan offers free second opinions from world-class experts.



Pre-Diabetes Care

One-third of Americans are pre-diabetic, but your plan provides monitors, test strips, and counseling, too.



Specialty Drugs

If you are prescribed a branded or specialty medication, Hero can assist in getting the drug for a lower cost — or for free. Call us!



24/7 Telehealth

Your Employer provides telehealth services at no cost. Talk to a board-certified doctor via phone or video call 24/7/365.



Imaging

One of the most costly procedures is imaging — IF you go to the hospital. Call your nurse and go to a clinic for \$0!



Lab Work

Another very expensive procedure is lab work — IF you go to the hospital. Call your nurse and go to a clinic for \$0!



Mental Health

Your Employer offers high quality virtual mental and behavioral health services. Addiction counseling as well.



Medical Equipment

Another costly item is DME, Durable Medical Equipment — IF you get it through the hospital. Call your Nurse and have it delivered for \$0!



Physical Therapy

Why travel to a hospital for PT when you can arrange for a local clinic or virtual PT for free? Call your Nurse First!



Generic Drugs

Your Employer believes that you deserve \$0 cost generic medicine when you go to local pharmacies.



THE POWER OF ZERO

... and more

Your Employer has asked Hero Health to provide as many high quality benefits for \$0 deductible as possible.

Call Your Nurse First™ to access your Power of \$0 Benefits

herohealthplans.com