



New Programs to Help Making Your Health Priority

A new year is a great time to make a new goal for your health!

New Year resolutions are a nice idea. But often we start to slide into old habits before we even have time to notice. This year, instead of a resolution, make a healthy goal!

1. Old resolution : I want to lose ten pounds. New Goal: I want to be more fit, I am going to increase my activity level by 15 minutes three times a week.
2. Old resolution: I am going to quit smoking. New Goal: Smoking is not healthy for me. My goal is to talk with my doctor about what I can do to quit smoking. I am also going to tell all my family that I intend to quit smoking
3. Old Resolution: I am going to run a marathon in the spring. New goal: I want to run a marathon in the spring. I am going to start by getting up early each morning by one hour and run for as much as I can each day to build up to that distance

Can you see the difference in the two? Instead of setting a goal with the end result in mind, how about setting goals that focus on all the behaviors that will get you there? If you focus your efforts on the habits that contribute to your suc-

cess, then you will be more likely to succeed.

Doctors Direct Healthcare is here for you regardless of your goals. This year we have some exciting new tools and resources to help you all along the way.

We have a really wonderful Healthy Eating and Nutrition program. This is an every other week education program, sent to you by mail or by email. This program focuses on healthy habits. You learn real life tools and strategies to eat healthy and improve your lifestyle. How to lighten up your shopping cart, how to modify recipes, How to read labels and change your shopping habits, Understanding portion control, Carbohydrate 101, smart snacking and a lot of other information. You would receive education every other week for 48 weeks. But what we offer is bigger than just the education! We are here for you. We are real people with real lives. We have a job and stress and families and time constraints and we understand what it is like to balance all those and still try to eat healthy or have a healthy lifestyle. We are happy to talk with any members about their struggles and help them brainstorm ways around these obstacles. We would love to get to know you better and help with your healthy goals for the year. You can reach us by phone: 1-877-503-0388 ask for anyone in Disease Management.

Keeping You Healthy is our Number One Priority!

Smoking Cessation goals?

We have you covered! Our comprehensive smoking cessation pairs the latest tools and strategies in smoking cessation with the care and compassion we are proud to offer!

Between our education, newsletters, phone calls, tips and tools, classes, and guidance, we can help you to finally give the cigarette the kick to the curb. With our team, you will find compassion and support. We are not here to judge anyone, just support and assistance. We understand the power of nicotine and want to help you to succeed. We look forward to talking to you!

Do you have Diabetes, Heart Disease, Asthma or Congestive Heart Failure? We are here for you! Call or email us, so we can talk about your health and what is going on in your life. Let us help you strategize ways around common pitfalls and stumbling blocks. We look forward to talking to you!



Special points of interest:

• **Don't forget your Flu Vaccine!**

- Wash your hands often.
- Choose your health goals wisely. Think long term benefits.
- List the habits that you will need to change to succeed at your goals.
- Give us a call so we can give you support, encouragement, resources and tools to make your goals a new way of living!

We are taking on the challenge of Healthy Families!

This year, the wellness goal is to reduce the rate of obesity in our children. We want families to unite as a team and get active! We are working together with our members and their entire families to find ways to improve our nutrition and our activity levels. Healthy habits can become lifetime habits. We want all our families to come together and make health a priority.