



# APRIL 2016 HEALTHYROADS® NEWSLETTER

01

## Wellness and Healthy Living Telemedicine: The Changing Face of Health Care

Imagine waking up in the morning with a fever and headache. You're achy from head to toe. The last thing you want to do is get up and drive to the doctor's office and sit in a waiting room. What if you could simply ring up your doctor's office and arrange for an exam using your smartphone or computer—all without leaving your bed?

While this may seem a bit like science fiction, it's not that far-fetched. It's "telemedicine," and it's nothing new. In fact, it's an idea that's been around for decades. In the 1960s, NASA used telemedicine to check astronauts' vital signs while they were orbiting the globe.

But it has uses here on earth, too. With a reliable network and clear video feed, doctors can reach out to patients or other doctors just about anywhere. The most common way it's used today is to check and treat patients in remote or rural locations. In places where health care may be in short supply, it can be a life saver.

Small towns often don't have a wide range of specialty doctors. Telemedicine can help bridge that gap. Specialty doctors can tend to patients from afar or consult with other doctors. They can even arrange tests. With this choice, more people are able to get the care they need.

Telemedicine doesn't have to be limited to long distances, though. There are other uses for both doctors and patients. For instance, routine check-ups or follow-ups are often just that: routine. With the right set-up, these can often take place at home. Telemedicine might help save time and money for both patient and doctor.

Of course, there are limits. At this time it works best for routine matters that can be diagnosed and treated quickly and easily. Most serious cases still call for in-person care.

Through it all, telemedicine keeps growing and will likely stay around in some form. But it may take time before it's fully integrated into the world of health care. For starters, there are legal hurdles. Regulations differ by state. Trying to sync health care laws between states is also a challenge. Besides that, many doctors and patients still prefer to engage in face-to-face care. For now, only time will tell if it becomes a more common way to give and receive health care.

### Welcome to HEALTHYROADS!

In this monthly newsletter, you'll find a collection of articles on popular health and wellness topics. If you'd like additional support in your quest to lose weight, improve nutrition, develop an exercise plan, reduce stress, or quit smoking, visit us online at [www.healthyroads.com](http://www.healthyroads.com). There you can find a collection of tools to help you reach your health goals.



M600-6627A-APR (4/16) © 2016 American Specialty Health Incorporated (ASH). All rights reserved. Healthyroads and the Healthyroads logo are trademarks of ASH. Healthyroads, Inc. is a subsidiary of American Specialty Health Incorporated. Exclusively distributed by Healthyroads, Inc., PO Box 509040, San Diego, CA 92150-9040.

01

Wellness and Healthy Living  
Telemedicine: The Changing  
Face of Health Care

02

Nutrition and Weight Management  
Spring Clean Your Eating Habits

03

Active Living  
Spring Clean Your  
Exercise Routine

04

Life Skills  
Fractured Focus

## IMAGINE...

Getting a report on your health that's specific to you . . . in just minutes. Healthyroads.com can help you gauge your current health and find ways to improve it.

Simply visit  
[www.healthyroads.com](http://www.healthyroads.com) today!



02

## Nutrition and Weight Management: Spring Clean Your Eating Habits

Spring is a time of rejuvenation and fresh starts. What better time than now to replace some of those bad eating habits with healthy new ones? Just keep in mind that old habits can be hard to break—and new ones may take time to take hold. So don't expect to change how you eat overnight. Take a slow and steady approach to adopting new healthy eating habits. Here are 5 small steps to help you start cleaning out your old eating habits.

- 1. Start a food journal.** For one week, write down everything you eat and drink, good or bad. Eat as you normally would during this week to help create an accurate record of your eating habits. Keep track of when you eat and how much. If you don't want to track your eating for a full week, try doing it for at least one day. Even a day's worth of data can reveal habits and patterns.
- 2. Pinpoint your unhealthy habits.** Take a look at your journal and see if anything stands out as unhealthy. For instance: Do you skip breakfast, only to find you overdo it at lunch or reach for high-calorie foods in the afternoon? Do you snack even when you're not hungry? Do you eat dessert with every meal?
- 3. Discover what triggers your unhealthy habits.** Do you grab an unhealthy snack from the vending machine every morning with your coffee? Do you reach for unhealthy snacks when you watch TV? Are your favorite snacks in plain view in your kitchen or workplace? Do you stop for fast food or takeout because you don't have dinner plans? Try to discover what's at the root of your less-healthy eating habits.

- 4. Find ways to avoid or alter your triggers.** For instance, keep your favorite snacks out of plain sight (or out of your house altogether). Or, if you tend to snack while watching TV, make sure it's a healthy snack like fresh veggie sticks or fruit.
- 5. Swap your habits.** You can start with just one. If you stop for a high-calorie coffee drink every morning, you could try choosing fat-free milk and skip the whipped cream and chocolate. Or perhaps you enjoy making milkshakes after dinner. Get creative with your blender and whip up fruit and low-fat yogurt smoothies instead.

As you can see, these are not drastic changes. But they're changes that can get you on the path to forming new, healthier habits. And once you get going with small changes to how you eat, these new habits can start to take hold and spur other healthy changes.

## HEALTH TIP:

Keeping a food journal, even for just a day, can reveal unhealthy patterns in your eating. Be sure to record everything you eat and drink, as well as how much. You might be surprised by what you learn.



03

## Active Living

### Spring Clean Your Exercise Routine

Between the holidays and the cold weather, winter can lead to a break in your workout routine. Now that spring has arrived, it's a good time to get back into the swing of things. But that's often easier said than done. So here are 5 tips to help you get back on track—and help you stay on track—with your workout routine.

- 1. Set realistic, short-term goals—and track your progress.** Motivation can tank if you skip goal setting. But goals that are too far in the future or too hard to achieve can also weaken your resolve. So choose goals that are realistic. And set a reasonable time frame. And then track your results with a wearable device, a smartphone app, or a journal. Tracking helps you see your progress—and that's a great motivator.
- 2. Set up cues that prompt you to get active.** Pack your gym bag and set it by the front door. Schedule workout reminders on your cell phone, computer, or calendar. Keep a pair of tennis shoes at work or in the car. Set hand weights or resistance bands by the TV. These cues can help prompt active habits.
- 3. Get support from others.** Ask your family and friends to join you in being more active. Team up with a workout buddy. Or join a fitness class or running group. Social support can keep you accountable and can make being active more fun.

- 4. Keep your routine fun and interesting.** Pack your fitness plan with activities that you enjoy—you're much more likely to stick with your routine if you do. And change up your routine if you get bored. When you want to make a change, keep "FITT" in mind. FITT stands for frequency, intensity, time, and type of exercise. Changing any of these elements keeps your routine challenging.

- 5. Reward yourself when you meet a goal.** Choose healthy rewards like a trip to the movies, new workout gear, or spending time on a hobby you love. Don't forget the real rewards of being active, too. Rewards like feeling better, sleeping better, performing daily tasks with greater ease, and having more energy.

If you haven't been active in a while or have any health issues, talk with your doctor before you start to get active again or make changes to your fitness routine. Then ease back into your workout routine slowly. Increase the time and intensity a little each week. This can help you stay safe and avoid injuries. Before you know it, you'll be back into the swing of your workout routine.

## SERIOUS ABOUT QUITTING?

We at Healthyroads understand the challenges of quitting smoking. That's why we offer a variety of online tools and articles to help you quit—once and for all. Our Web-based tools give you every chance to succeed. For anyone considering quitting smoking, take the first step and visit [www.healthyroads.com](http://www.healthyroads.com).





## Life Skills

### Fractured Focus

The world today is a busy place. You may find yourself bouncing from email to text messages, from social websites to phone calls. You may feel the need to be always “on,” always doing a dozen things at once. Many people still regard multi-tasking as a virtue, something to aim for. But are you really getting so much done when your attention is splintered? And how is multi-tasking affecting your health?

Some recent studies suggest that by trying to do it all, you might be doing less. Doing multiple things at once sometimes translates into doing each thing less efficiently or with more mistakes. And constantly trying to juggle tasks can lead to chronic stress. Higher stress, especially over a period of time, might begin to take a toll on your health. Chronic stress has been linked with a higher risk for such conditions as heart disease, stroke, depression, and some cancers.

There can be pressure to multi-task. But you might find that single-tasking is more efficient. And focusing on one thing at a time can help you keep stress at a manageable level.

Here are a few tips to help us slow down and focus.

- \* **List It:** Whether you use a piece of paper or an app on your smart device, make a list of the things you need to do.
- \* **Sort It:** Look at your list. What one thing seems the most pressing to finish? Start with that. If you get stuck, close that item for now and move to the next on your list.

- \* **Time It:** When are you most focused? If you're a morning person, hit those complicated tasks first thing, and save the emails and busy work for later in the day. If you're better in the afternoon, start the day with emails and simple tasks.
- \* **Limit It:** Know when your list is too long. Turn down extra projects when it's full. You can't do everything.

And, of course, one of the best things you can do to increase your focus is to put your smart device down once in a while. Take some unconnected time just to sit and savor a good meal when you can. Or enjoy a nice walk without your phone.

## GET STARTED

with Healthyroads today!

**Healthyroads.com** provides the following helpful health tools:

- \* Online classes
- \* Award-winning educational materials
- \* Challenges, polls, blogs, and more!

For more information, visit us online at [www.healthyroads.com](http://www.healthyroads.com).



## HEALTHYROADS WANTS TO HEAR FROM YOU!

Do you have ideas for articles you would like to read? Suggestions for improvements? Please let us know at [Feedback@Healthyroads.com](mailto:Feedback@Healthyroads.com)

