



No Time for the Gym? No Problem

You don't need a gym to reach your fitness goals. Try these tips for an effective at-home workout:

- Remember to stretch. A warm-up and a cool-down will help prevent injuries wherever you are.
- Substitute household items for exercise equipment. Use bottles of water to add weight to your workout, and use belts to help you stretch.
- Dance around the house to get your heart rate going. This fun cardio workout requires no equipment.
- Use your own body weight for resistance workouts. Find a soft floor and practice push-ups, sit-ups, and lunges.

When going to the gym is not an option, be creative and stay active right where you are!

Love the Body You're In: An Exercise in Body Positivity

It's important to train your mind to think more positively about your body. Try this mental exercise to help you reach your health and wellness goals!

Preparation: Take the time to prepare your mind for a positive change. This will set the tone for your success. Ask yourself: *What do I like about my body? Am I listening to my body? What is it saying?*

Reflect on your answers, and then set goals based on them.

Practice: Depending on your goals, develop new habits for healthy thinking. This can include complimenting or rewarding yourself for taking care of your body. For example: *The outfit I have on today is flattering. The smoothie I had for lunch gave me a lot of energy.* Repeat this practice of highlighting what is good about your body, and your mind will naturally adjust.

Patience: Strengthening your mind takes time and discipline. Take note of every success, big or small, to keep you motivated.

Learning to appreciate your body and what it can do will help you reach and maintain your health goals.

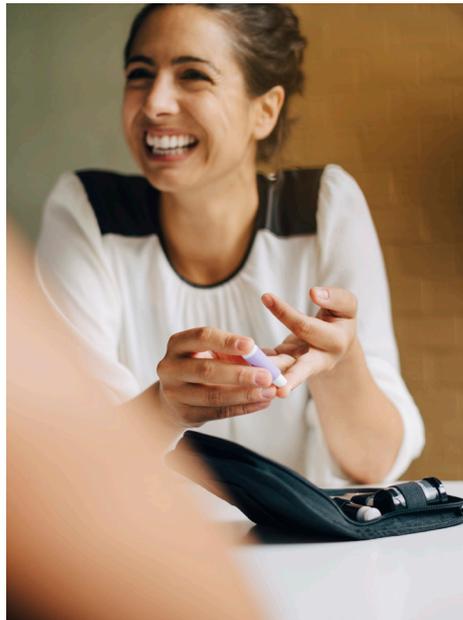


Join A1Chieve – Our Recently Accredited Diabetes Education Program

If you have diabetes, you may be eligible for help managing your health. As part of this program, members can:

- Talk to a diabetes educator on the phone or in person.
- Learn more about testing, medicines, and treatment options.
- Get help with weight management, diet, exercise, and stress management.

To learn more about this program, and see if you are eligible, call us at **800-447-0768**. You can also request more information at emblemhealth.com/HealthMattersConnectWithUs.



Define This! Deductible

A deductible is the amount you pay before your plan starts to pay for covered health services. You can learn what your deductible is by looking at your plan details or calling Customer Service at the number on the back of your member ID card.



Centers of Excellence Have You Covered

As an EmblemHealth member, you may have access to industry-leading hospitals for cancer care and orthopedics through our Centers of Excellence program.

By July 1, 2019, most of our members with serious injuries or illnesses related to cancer or orthopedics and musculoskeletal conditions will have access to our industry-leading hospital partners, Memorial Sloan Kettering Cancer Center and Hospital for Special Surgery (HSS).



Memorial Sloan Kettering
Cancer Center

These top hospitals and doctors are nationally recognized for their high-quality, patient-focused care and best-in-class research, training, and technology standards. They have many convenient locations throughout Manhattan, Long Island, Westchester, and New Jersey.

You can find out whether these centers are part of your network, and learn more about your covered services at the Centers of Excellence, including cost-sharing information, by calling the number on the back of your ID card. Other Centers of Excellence, beyond cancer and orthopedics, may be available in the near future.

Source: U.S. News & World Report

IMPORTANT EMBLEMHEALTH MEMBER RESOURCES

At EmblemHealth, we're committed to supporting the whole you. An important part of that commitment is making sure you're informed about all the resources available to you. This includes:

- Member resources available on our website.
- Your privacy rights.
- Your external appeals rights.
- Your member rights and responsibilities.
- How to find a doctor or hospital.
- How to get a provider directory.
- How to get information in your preferred language.
- Doctor transitions as your child grows.
- What to do if you reach your benefit limit.
- Our care management services.
- Coordinating your health care.
- Utilization management decisions.
- Our quality improvement program.
- Your pharmacy coverage.
- How new medical technologies may become a covered benefit.

To learn more, visit emblemhealth.com/HealthMatters or call us at the number on the back of your member ID card. You can also request a copy of this information be mailed to you in your preferred language.