



## Staying Active as a Family

It's not always easy to prioritize physical activity. We all have busy schedules, and it can feel like there is never enough time. Here are a few simple ways to get the whole family active while still making the most of your time together.

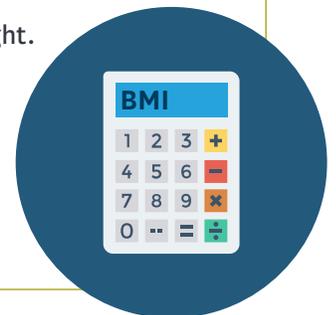
- Go to the park. Make their play time your workout time. While your child is playing basketball, find a spot to sit and stretch. Other parents may even join you.
- Make chores fun. Assign tasks, turn on music, and set a timer. Who says cleaning up needs to be boring?
- Celebrate spring weather by planning outdoor activities, like a family hike to a local park.
- Turn screen time into gym time. For example, do a set of 10 crunches, 5 push-ups, and 20 jumping jacks during every commercial break.

Taking small steps like these can make sure that your family gets the recommended amount of daily physical activity needed to stay healthy.

### Define This! BMI (Body Mass Index)

Body Mass Index, or BMI, is a way to measure body fat based on your height and weight. Calculating your BMI is a quick and easy way to see if your current weight is within a healthy range. You can calculate your BMI by using the calculators at [emblemhealth.com/BMI](http://emblemhealth.com/BMI).

Bring the results with you to your next doctor's appointment. Your doctor may have suggestions to help you and/or your child manage BMI in a healthy way.



# 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.



## Right in Your Neighborhood!



EmblemHealth Neighborhood Care is a community resource for everyone. Our customer care navigators are passionate about getting to know the whole you.

We offer programs that support your physical, financial, intellectual, social, and emotional wellbeing. Not only do we work in the neighborhood; we live here too. We know the community resources and are here to help you navigate your care. We can help you:

- Find a doctor who meets your needs.
- Solve claims or billing issues.
- Make the most of your benefits.

Want to find out where we are? Visit [emblemhealth.com/Neighborhood](https://www.emblemhealth.com/Neighborhood) for a complete list of our New York area locations.

We all deserve a neighborhood we can count on.

### 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](https://www.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.