

## Don't Stress It!

Believe it or not, sometimes stress can be good for you. In fact, stress is a natural reaction. When you feel stressed, signals are firing to your hormones to help speed up your heart and breathing rates. Even before your mind kicks in, your body is preparing to handle the situation ahead. You may find that stress shows up when you need it most — while speaking in public or playing sports.

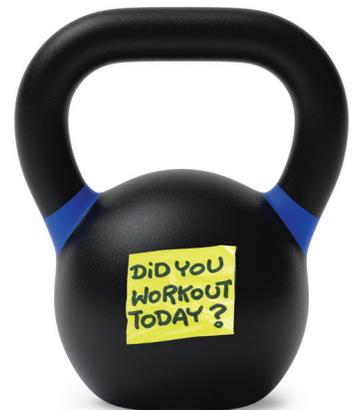
On the other hand, when stress lingers for too long, it can become unhealthy. A stressor that starts at work, if not managed in that environment, can sometimes follow us home. At home, we're greeted by bills, roommates, and even more responsibilities. When those stressors follow us to work the next morning, an unhealthy habit has formed. In some cases, sweaty palms and butterflies can quickly escalate to insomnia, anxiety, or depression.

Being aware of our stressors and developing coping techniques to manage them takes time and practice. Small changes in diet and exercise routines can make a big difference. Taking time for ourselves and for others can give us important perspective on what really matters. As your health insurance company, we want to give you healthy tips to manage your stress so that you can make health a priority.

## Make Health a Habit

EmblemHealth wants to help you stay healthy, all year round. Setting healthy habits doesn't have to be hard. Here are some tips to help you meet your health goals.

- 1 Create visual reminders that will help you to engage in a healthy behavior.**  
Set up a notification on your phone or lay out your workout clothes the night before.
- 2 Act, but start small.** Is your goal to start eating healthy at lunch? Start by packing a small snack every day, like a piece of fruit.
- 3 Treat yourself with an immediate reward — one that you can feel.**  
For example, take a minute to acknowledge how much energy you have after a workout. This will keep you on track even longer.



## Need a Primary Care Doctor? Try AdvantageCare Physicians.\*

EmblemHealth has teamed up with AdvantageCare Physicians (ACPNY) to provide you with quality care from doctors and providers who get to know the whole you.

ACPNY offers same- and next-day appointments, and when you need a referral within the EmblemHealth network, you can leave your ACPNY office visit with an approved referral in-hand. Each referral will be posted on your **myACPNY** patient portal and on your **myEmblemHealth** member portal. Your specialist will already have your approved referral when you arrive for your appointment.

### Ready to make an appointment?

**AdvantageCare Physicians: 646-680-4227** or visit [acpny.com](http://acpny.com)

**BronxDocs: 646-680-5200** or visit [bronxdocs.com](http://bronxdocs.com)

\*AdvantageCare Physicians is part of the EmblemHealth family of companies.

To see a full listing of doctors and facilities in your network, go to “Find a Doctor” on [emblemhealth.com](http://emblemhealth.com).



## Helping Others May Help You!

**Giving your time to help others is good for your body and your mind.**

It can help you feel more socially connected and is a great way to meet people with similar values. Volunteering doesn't have to be difficult or completely out of your comfort zone; the best way to volunteer is to do something you're good at for someone else.

Use your skills to make a difference in something that matters to you, like volunteering during election season, working with local nonprofits, or volunteering with a community board. Consider giving back this holiday season.



## Protect Yourself and Your Family from the Flu



The influenza vaccine (flu shot) is the best way to prevent this common but serious respiratory infection. Flu viruses evolve fast, so last year's vaccine may not protect you from this year's viruses. If you haven't already, call your doctor to make an appointment to get your flu vaccine. If the vaccine is the only reason for your office visit, it's free. EmblemHealth members ages 18 and over can save time by getting their flu vaccine at a local pharmacy.

Visit [emblemhealth.com/flu](http://emblemhealth.com/flu) for more info.

Source: CDC

## Define This!

A primary care provider (PCP) is a doctor who provides your everyday care. Your PCP may refer you to a specialist, such as an allergist or dermatologist, who provides services other than primary care.



### IMPORTANT EMBLEMHEALTH MEMBER RESOURCES

At EmblemHealth, we're committed to supporting 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](http://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.