

JANUARY IS

Goal Setting Month!



hero
HEALTH™

Happy New Year!

Most of us set well-intentioned goals at the start of a year, but did you know that nearly 80% of New Year's resolutions fail? And by February, no less! If you make a resolution, make sure it's **SMART**: Specific, Measurable, Achievable, Relevant and Timely. That will give you the best chance of success.

Try to incorporate more of the 4:



Movement



Fruits+Veg



Sleep



Water

Here's 10 SMART goals to get your year off on the right health track:

1. Add movement to your routine a few minutes at a time
2. Meditate for 5 minutes every day
3. Eat 3 balanced meals a day
4. Try a new exercise every month
5. Drink incrementally more water per day
6. Set a daily step goal
7. Try a new healthy food once a week
8. Go to sleep at the same time every night
9. Stop using your phone an hour before bed
10. Spend one night a week doing something that makes you happy

The Benefits of Primary Care

Primary care is the foundation of our healthcare system and essential to better health outcomes, lower costs and healthier families. In fact, US adults who regularly see a primary care physician have 33% lower healthcare costs and 19% lower odds of dying prematurely than those who only see a specialist. Seeing your primary care physician regularly can help prevent the onset of preventable disease and lead to earlier diagnosis and treatment.

So don't wait until you're ill! Call Your Nurse First™ to get your annual appointments scheduled!



Your Nurse, Andi

Andi@HeroHealthPlans.com

Call or text: (910) 226-2760



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