

Fort HealthCare Welcomes New Board Members



Fort HealthCare is pleased to announce the appointment of two new members to the organization's board of directors, Christopher Martin and Paul Schuppner, D.O.

Christopher Martin graduated from Fort Atkinson High School in 2001. He received his bachelor's degree in Political Science from the University of Wisconsin – Madison in 2005 and his Juris Doctor from Marquette University Law School in 2009. After being admitted to the Wisconsin bar, he began his legal career at the local firm of Vance, Wilcox, & Short, S.C., where his practice was focused heavily in the areas of estate/trust planning and administration, tax, business law and real estate. After a short stint at Wilson Law Group, a boutique Madison law firm focused on high level estate/trust and business planning, with a desire to “come home,” Christopher returned to the Vance law firm in late 2015. In October of 2018, he joined PremierBank's Wealth Management

department where he currently serves as a wealth management advisor/trust administrator. In the local community, Christopher currently serves on the boards of the Evergreen Cemetery, Hoard Curtis Scout Camp, and Fort Atkinson Chamber of Commerce and is a current member of the Fort Atkinson Rotary Club. He was also a past participant in Project Lead. His family includes his wife of 10 years and two sons.

Dr. Paul Schuppner studied pre-exercise science at the University of Iowa and then received his bachelor's degree from Northern Illinois University. He went to medical school at the Chicago College of Osteopathic Medicine at Midwestern University and completed his traditional internship at McLaren Greater Lansing (formerly Ingham Regional Medical Center). Dr. Schuppner did his orthopaedic surgery residency at McLaren Greater Lansing and an orthopaedic sports medicine fellowship at Orthopaedic Research of Virginia. Dr. Schuppner was appointed to our Medical Staff in July 2013 and began working at Orthopaedic Associates in September 2013. He currently serves on Surgery Committee. Dr. Schuppner recently moved to Fort Atkinson with his wife and daughter.

Michael Wallace, Fort HealthCare President and CEO welcomes the new members to the board for a three-year term that began on January 1, 2022. Board members may be reappointed for two additional terms. Board members are chosen based on their professional skills and their ability to represent the healthcare needs of the various communities within the Fort HealthCare primary service area.

“These new members were selected because of their high regard for the welfare and vested interest of the communities they live in,” said Wallace. “Paul's medical background will help guide the board in our decisions that directly affect the health of our patients. Christopher, with his background in law and the financial industry, provides valuable expertise as well as experience with various community groups.”

In addition to Martin and Schuppner other Fort HealthCare board members are community representatives Mary Behling-Chair, Fort Atkinson; James Fitzpatrick, Ph.D. -Vice Chair, Fort Atkinson; Stephanie Nottestad, M.D. -Secretary, Cambridge; Roy Budlong -Treasurer, Fort Atkinson; Kathi Cauley, Jefferson; Richard Telfer, Ph.D., Whitewater; Tom Vinz; Lake Mills, and providers Bill Kontny, M.D., Christine Chuppa, M.D., and Mary Beck Metzger, Advanced Practice Nurse.



Fort
HealthCare
FOR HEALTH



VIRTUAL 5K
WINTER SERIES

**Valentine's
DAY**

FEBRUARY 11-13, 2022

EVENT IS FREE • DETAILS & REGISTER ONLINE

forthehealthcare.com/virtual5k

 FOLLOW US: [Facebook.com/forthehealthcare](https://www.facebook.com/forthehealthcare)



WHY SHOULD I PARTICIPATE IN THE FORT HEALTHCARE WELLNESS PROGRAM?

Employer-funded HRA/Flex dollars for benefit-eligible employees

These dollars are awarded based on your biometric & lab numbers for the outcome-based component of the wellness program, which are BMI, Blood Pressure, Total Cholesterol OR Cholesterol Ratio & HbA1c. These dollars are employer-funded, and are automatically awarded. Employees with the Fort HealthCare insurance will be awarded with Health Reimbursement Arrangement (HRA) dollars and those without the FHC insurance will receive their dollars in a Flexible Spending Account.

Monetary Incentives

Earn monetary incentives on your paycheck three times a year for doing things that you may already be doing—such as going to the doctor/dentist, volunteering, participating in wellness events, exercising and drinking water! These monetary payouts are available to employees with a FTE.

Utilization of the portal/Health information

The Fort HealthCare portal is very innovative, and has many different resources available such as food logs and plans, exercise examples, workout plans, blogs, and general health information.

Camaraderie with fellow like-minded health-driven individuals

Making health changes/maintaining health can be challenging, and it's important to have support all around you. With many individuals working longer shifts at the hospital, it's a great idea to have like-minded folks around you when you're working. Rally your departments to make changes together, and be on the same page with wellness/department topics. Last year, Fort HealthCare had nearly 60% of eligible employees participated, and we're looking to see that number go up for 2021!

Challenges

Fort HealthCare offers a wide variety of health challenges to keep you engaged, motivated and to fuel your competitive spirit throughout the year. Additionally, you earn wellness points for participating AND have the chance to win prizes too!

Improvement/maintenance of health

Making changes to your health is HARD—and we want to provide every opportunity for you to succeed! The Wellness Program can help keep you on track, offer support and different opportunities to help keep you motivated and moving towards your health goals!

Taking pride in Fort HealthCare

Our Mission and Vision Fort HealthCare is actively working on "Being the Healthiest Community in Wisconsin", and that takes support and drive from all individuals. We want to mimic great health and have individuals around us notice our dedication to health and drive for improvement as a whole.



Don't Forget:

2022 Fort HealthCare Wellness Program

Biometrics Lab Work Personal Health Assessment (PHA)

Are due by March 18th

WHERE DO I DO MY FHC WELLNESS PROGRAM BIOMETRICS & LAB?

SCHEDULE APPOINTMENT FOR BIOMETRICS/LABS AT HOSPITAL THROUGH WELLNESS PORTAL:

Hospital Employees
Spouses

Employees from the following clinics:

Business Health
Business Office
ENT
Surgical Associates
Kids Konnection
Pain Clinic

COMPLETE BIOMETRICS & LABS AT YOUR CLINIC

Employees from the following clinics:

Jefferson Clinic
Center for Women's Health
Cambridge Clinic
Ortho
Lake Mills Clinic & Rehab
Therapy and Sport-Fort
UW Cancer
IFC
Johnson Creek Clinic & Wound
Internal Medicine & Pediatrics and Behavior Health
Whitewater IMP Clinic & Rehab

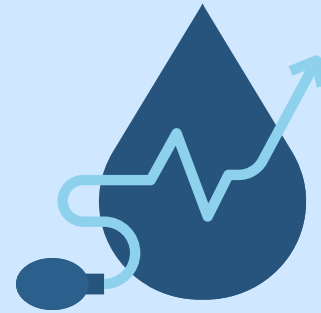


HOSPITAL BIOMETRIC & LAB APPOINTMENT

HOW DO I REGISTER

STEP 1

Log in to your [Fort HealthCare
Wellness Portal Account](#)



STEP 2

Click "Events & Communication" and
"Event Registration" in the top blue banner

STEP 3

Pick a day and click the blue box in the
calendar. Click register and put in contact
phone number. Click "Register for this spot" to
secure your spot.

STEP 4

Download the appointment
to your calendar

For questions
please call 920-568-5475
or email
wellness.advisor@forthc.com



FHC Wellness 2022

Hospital Employees, Clinics Without Lab Service & Spouses



1

Log in to Cerner Wellness Portal
(forthehealthcare.mycernerwellness.com)

Register for a Biometric & Lab Appointment
under "Events & Communication"



2

Complete your Biometric & Lab
Appointment on scheduled day at
Hospital 2nd floor South (7224 & 7225)

*Biometrics will be taken once and no
fasting necessary for labs.*



3

Starting February 1st, log in to Cerner
Health Portal and complete your Personal
Health Assessment (PHA).



4

(OPTIONAL) Make appointment and
complete Advisor Visit with Health Coach



FHC Wellness 2022

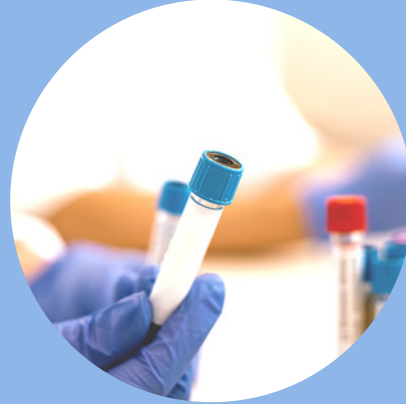
Clinics With Lab Service



1

Complete your Biometrics on scheduled clinic day in designated location. No appointment necessary.

Biometrics will only be taken once.



2

Complete Labs in clinic laboratory during available times. Please be conscientious of outpatient appointments.



3

Starting February 1st, log in to Cerner Health Portal and complete your Personal Health Assessment (PHA).



4

(OPTIONAL) Make appointment and complete Advisor Visit with Health Coach



FEBRUARY DIGITAL ZOOM FITNESS CLASSES

Participants can sign up for all classes for \$20 | Employees & Partners receive 50% off all classes

MONDAYS: Midday Stretch with Tiffany Pernat
February 7-28 | 12:00PM-12:15PM | FREE

WERQ with Gina Elmore
February 7-28 | 5:30PM-6:00PM | \$10.00

TUESDAYS: Yoga Stretch with Carrie Garity
February 1-22 | 4:30PM-5:00PM | \$10.00

Tabata Tuesday with Tiffany Pernat
February 1-22 | 5:05PM-5:35PM | \$10.00

WEDNESDAYS: Midday Stretch with Tiffany Pernat
February 2-23 | 12:30PM-12:45PM | FREE

Glutes & Abs with Tiffany Pernat
February 2-23 | 4:30PM-5:00PM | \$10.00

Body Blast with Tiffany Pernat
February 2-23 | 5:05PM-5:35PM | \$10.00

THURSDAYS: Strength & Stretch with Tiffany Pernat
February 3-24 | 6:00AM-6:30AM | \$10.00

FRIDAYS: Midday Stretch with Tiffany Pernat
February 4-25 | 11:30AM-11:45AM | FREE





Virtual/In-Person Diabetes Support Group Offerings

This is a monthly virtual and in-person gathering in a casual, positive setting. Adult participants include those who have diabetes or who have been touched by diabetes. Spouse and support persons are also welcome to attend. Each month, there is a different topic of discussion such as nutrition, activity, carbohydrates, food preparation, recipe, medication, eye health, blood sugar readings, and much more!

This monthly group meets virtually and in-person on the **second Wednesday of each month from 1:00pm - 2:00pm. You must register in order to receive a link to attend the support group online. For in-person meetings, a location will be emailed to you a week before the class begins.**

You can participate in the class or group from your home via an electronic device such as a computer, laptop, tablet, or phone. Follow the directions below to register:

Participants will need to register by calling the **Diabetes Education Office Assistant, at (920) 568-5453**. Upon registration, you will receive an email link to “Join” the meeting through your computer or mobile device. You will need a microphone on your device in order to participate in the meeting conversation. A camera is not required but helpful.



Fort HealthCare Department *Spotlight*

RESPIRATORY CARE DEPARTMENT

At Fort HealthCare, we have an incredible Respiratory Care Department. The mission is the diagnosis and treatment of patients with pulmonary impairment and the non-invasive diagnosis of peripheral vascular abnormalities. Some of the incredible work the department does as a whole, include:

- Pulse Oximetry - Pulmonary Function Testing - DLCO
- Arterial Blood Gases - Basic Spirometry - MVV
- Nocturnal Oximetry - Pre & Post Spirometry - Provide Education
- Sleep Studies - Lung Volume - Peripheral Vascular Testing

Thank you to our incredible Respiratory Care Department:

Walter Bird, John Calebaugh, Lisa Cisewski, Helen Grimes, Nicole Hunsicker, Jamie Kroll, Lori Sachse, Penny Schloesser, Joshua Schmitz, Laurie Stewart, Jessica Stowers, Christy Swartout, Robert Todd and Harry Walter.

If you see any of the Respiratory Care Team on your work shift, make sure to give them a thanks for all that they do!



Cancer Links

Cancer links is a support group for all people who have had or are going through any type of cancer.

We meet virtually over Zoom once a month at 6:30pm on the 4th Thursday.

Sign up on the website below and receive and link in your email.



- When the diagnosis of cancer hits, know that you are not alone. You are now linked to others in a very special way.
- This group is for anyone with previous or current cancers. Any type, any kind - you are all welcome.
- This support group is for you and/or significant others.



Fort HealthCare **RESPECT** NOMINATIONS

Thank you!

Heather Allen of Ambulatory Services would like to nominate Margaret Majors of Ambulatory Services for their Teamwork, Professionalism and Excellence. “Margaret has been an excellent coworker to me from day one, I started working here in October of 2021, and Margaret has been an absolute blessing to learn from. She has clearly shown me professionalism and a great sense of teamwork as we job share together. I am privileged to have been trained by her.”

Adele Cooper of the Business Health Clinic would like to nominate Jamie Strasburg for her Professionalism, Responsiveness and Sensitivity. “I recently needed to request medical records be sent. I had some difficulty with faxing the release. Jamie alerted me when she didn’t receive it and then when she did. Also reassured me of the timeliness of the records being sent out. What an awesome individual to work with!”

Julie Menke of the Emergency Department would like to nominate Marlene Banker for her Excellence, Professionalism, Responsiveness, Sensitivity and Teamwork. “Marlene is one of the most dependable employees that we have in the Emergency Department. She is hardworking and caring, and puts patient’s first. She is also our go to registration guru and has been an excellent trainer for many of the new HUCs in the department. “

Marlene is a true asset to the Emergency Department. She has worked for the department for many years. She is always flexible with her work hours, especially coming in short notice and extended her hours when she is currently working. She is responsive to patients, visitors, and other coworkers. Marlene will do any task within her capability when asked or she will reach out and ask to help if she notice something needing to be done that she can help with....she is also positive and friendly when at work too....Way to go Marlene!

Jessica Olson of the Lab would like to nominate Dennise Phillips for her excellence, professionalism, responsiveness and teamwork. “Dennise is ALWAYS going above and beyond her job duties. Everyday that she works she comes in early cleans the outpatient lab waiting area as well as vacuums. Dennis treats the outpatient lab as though it is an extension of her home. Taking great pride in every customers experience.”

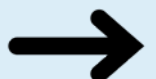
Emilio Ramirez of the Emergency Department would like to nominate Marlene Banker for her Professionalism, Excellence, Responsiveness and Teamwork. “Outstanding amount of co-pays collected as well as being the most flexible employee when it comes to the hours she will work.”

Tyler Morgan of the ER Department would like to nominate Marlene Banker for her Cultural Diversity, Empowerment, Excellence, Professionalism, Teamwork, Responsiveness and Sensitivity. “Marlene has gone above and beyond for this department. She works hard for the ED and continues to demonstrate excellence when she works. As a HUC, she is also registration for patients. One of the responsibilities is to collect copays. Marlene has collected over \$79,000+ for the entire year of 2021. She continues to be a role model for our staff and trains our new employees on the importance of copays.”

Kenneth Evans of ER would like to nominate Marlene Banker for their excellence, professionalism, teamwork, responsiveness and sensitivity. “Marlene has shown great enthusiasm for taking on extra shifts when the ER is short-handed, and has shown excellence in handling patient registrations and collection of copays.”

Jamie Frantell of the Emergency Department would like to nominate Marlene Banker for her Teamwork. “Marlene is the glue that holds our department together. She is always willing to pick up on the busiest of shifts and take call after her already worked shift to support her co-workers and maintain ED throughput during these trying times. We appreciate all she does for the department.”

More on page 12





Fort HealthCare **RESPECT** NOMINATIONS

Thank you!

Amy Ross of the ER department would like to nominate Marlene Banker. "Marlene is a true asset to the Emergency Department. She has worked for the department for many years...She is always flexible with her work hours, especially coming in short notice and extended her hours when she is currently working. She is responsive to patients, visitors, and other coworkers. Marlene will do any task within her capability when asked or she will reach out and ask to help if she notice something needing to be done that she can help with....she is also positive and friendly when at work too.... Way to go Marlene!"

Hailey Decker of ER would nominates Marlene Banker. "Marlene consistently "saves the day" in the Emergency Department. She is such a team player, always willing to come in when were are short or busy. When she comes in at all hours of the day she is always professional and pleasant with a smile on her face." Great job, Marlene!

Ally Kunze of ER would like to nominate Marlene Banker for her excellence and teamwork. "Marlene constantly exhibits the values of excellence and teamwork within the Emergency Department. She consistently picks up to cover staffing holes within the department at all hours of the day, which is greatly appreciated by all those who have the privilege of working with her. She has a wealth of knowledge regarding all things registration and is our department copay queen, collecting almost \$80,000 in copays in 2021. We are so lucky to have Marlene on our ED team!"



Employees are eligible to win prizes throughout the year by submitting either RESPECT nominations or by finding the Batman symbol within the INSIDE Newsletter.



- Stacey Haldemann
- Kelly Eiden
- Laura Jacobson
- Halley Decker
- Carrie Kester
- Amy Curtis
- Mary Zoesch
- Lynn Anderson



Have You Checked Out The New Digital On-Demand Fitness Video Library Subscription?

Already have a subscription?

Log in on this page:
FortHealthCare.com/OnDemand



February: Healthy Heart Challenge

Pick 7 days in February, and track your heart-healthy habits by checking off the hearts. Want more? Track 2, 3 or even 4 weeks total! (the more weeks you do, the more entries you will receive for prizes.)

Total Spaces: _____

- 30 Min. Exercise
- 5 Servings of Fruits & Veggies
- 7-9 Hours of Sleep
- Made Time for Self-Care
- BONUS: Random Act of Kindness
- Have FUN/Laugh/Smile
- No Alcohol/Sugary Beverages
- BONUS: Eat Breakfast



February: Healthy Heart Challenge

Print off the "Healthy Heart Challenge" sheet from Wellness Portal or Health & Wellness Intranet Tab.

Pick a week in February to track your Healthy-Heart Habits (or 2, 3 or 4 weeks!).

Email wellness.advisor@forthc.com with number of hearts you checked off to be eligible for prizes.

Community Health & Wellness will record your 100 Wellness Points in Wellness Portal.

Feb
2022

Heart Health

Boost heart health all year long

Did you make a resolution for the new year? Sticking to achievable goals is still a fresh topic as we enter February. Fitness, nutrition, and weight loss are common goals. While weight loss is an excellent goal worth seeking, there are other aspirations you may want to look into besides losing pounds. Consider heart health as a goal this year. There are many habits you can work on to keep your heart healthy.

Heart health is often forgotten, because your heart is working around the clock for your body without much thought. A first step you can take this year is consulting with your primary care provider (PCP) about your cholesterol, blood pressure, and other measurements often taken during an annual physical exam. Understanding your numbers is key to reducing the risk of heart disease. Consider working with your PCP to discuss the following lifestyle changes as you seek to get your numbers in range and your heart healthy for years to come.

- 1. Eat healthy:** Fill your plate with fruits, vegetables, whole grains, low-fat dairy, beans, skinless poultry, and lean meats. Limit saturated and trans fats, salt, and added sugar.
- 2. Get active:** Talk with your PCP before you start exercising if you have any underlying health concerns. You can start by doing just a little bit of activity at a time. Aim for 150 minutes per week of moderate to intense activity.
- 3. Manage stress:** Stress can raise your blood pressure. Exercising and getting enough sleep can help relieve tension. You can also try to take 15 minutes of quiet time every day to relax. Leaning on friends and family for support and doing things you enjoy may also help.
- 4. Avoid tobacco smoke:** If you smoke, quit. If you don't, secondhand smoke can still damage your heart.
- 5. Limit your alcohol intake:** For women, this means no more than one drink a day. For men, it's no more than two. One drink equals 4 ounces of wine (about half a glass) or 12 ounces of beer (usually one can or bottle).
- 6. Use care with medication:** Some prescription and over-the-counter medicines can have too much sodium or may raise your blood pressure. Talk to your PCP or pharmacist about all of the medicines you are taking. Even things that you may consider to be safe may increase your blood pressure.



Source: WebMD.com, Heart.org, ACSM.org, MayoClinic.org



Heart Health

Boost heart health all year long

SMART Goal Setting

Now that you have read about important lifestyle changes that improve heart health, it's time to make a plan. Well-planned goals can help you convert your thoughts into action. Use the worksheet to create SMART goals to improve your heart health this month:

S	M	A	R	T
<p>Specific</p> <p>Write a goal that includes specific details. Declare what you will do, and how long or when you will do it.</p> <hr/>	<p>Measurable</p> <p>If you can measure a goal, then you can objectively determine how successful you are at meeting the goal. A goal of eating better is not easily measured, but a goal of eating only 1 dessert each week can be measured. How will you measure your goal?</p> <hr/>	<p>Attainable</p> <p>An attainable goal is one that you have enough time and resources to achieve. For example, if running is physically difficult for you, then running every day would not be an attainable goal. How is your goal attainable?</p> <hr/>	<p>Relevant</p> <p>Don't set goals that someone else wants you to obtain. Ask yourself what's most important to you, and then determine your goals. How is this goal relevant to you?</p> <hr/>	<p>Time-limited</p> <p>Set a deadline accordingly. For example, if you want to lose 10 pounds, circle a finish line on a calendar and strive for that. What is a realistic timeline for you?</p> <hr/>

Watch this [video](#) to learn 7 amazing facts about your heart.
 Read these [tips](#) if you or someone you know needs to quit smoking.
 Read this [article](#) for 10 tips to eat healthy on a budget.

By clicking on these links, you will be leaving this website and will be directed to third-party sites. These links are provided for informational purposes only.



Feb
2022

5 things you can do to prevent heart disease

Heart disease is the leading cause of death in America. Thankfully, there are many factors that you can control to help improve or maintain good heart health. Consider the tips below to pump up your healthy habits.

Add more color to your plate

with fruits and vegetables! These foods are loaded with key vitamins and minerals. They are also a great source of dietary fiber.

Flavor your food without salt.

Research has shown a direct relationship between sodium intake and blood pressure.

Focus on heart-healthy fats.

Unsaturated fats found in certain foods can improve heart health. Foods such as nuts and seeds, avocados, olive oil, and fatty fish are a few examples.

Be mindful of added sugars.

Too much sugar can increase your risk of heart disease. Avoid packaged foods that contain added sugar, or opt for water or unsweetened iced tea over soda.

Plan ahead for healthy meals at home.

Tie all of these tips together to make a plan so you can create simple, satisfying, and well-balanced meals at home.



Heart Health

Source: EatRight.org, Heart.org



Are Your Medical Wishes Known?

Give Those You Love The Gift of Knowing



Honoring Choices
WISCONSIN

AN INITIATIVE OF THE WISCONSIN MEDICAL SOCIETY



For FREE Advance Care Planning assistance, please call:

Fort HealthCare- (920) 568-5279

or visit [FortHealthCare.com/AdvanceCarePlanning](https://www.forthhealthcare.com/AdvanceCarePlanning)



Furry friends and heart health

We are often told to eat healthy and move more to improve heart health, but what else can we do? You may want to consider getting a pet! Studies suggest that pet owners may live longer, heart-healthier lives. According to the American Heart Association, pet ownership may help increase fitness levels and lower blood pressure and cholesterol levels, all things that lead to a healthier heart. This may be due to your furry friend's ability to reduce stress.

When stressed, our bodies release a hormone that can contribute to heart disease. Petting a furry companion suppresses the release of this stress hormone. Cuddling your pet also causes the release of a bonding hormone that promotes feelings of calm, connection, and overall well-being. This hormone can slow down breathing and heart rate. It may also decrease blood pressure and improve blood flow.

Pets may also help you get through tough times. For example, there has been an increase in pet ownership and the use of emotional support service animals during the pandemic. Pets may provide social support by helping prevent loneliness or isolation. Studies show that social support can have a positive impact on behavior change, which may make it easier for you to reach your goals.

Another common goal for heart health is weight loss. Losing weight, especially around the belly, can reduce the risk of heart disease. One way to maintain a healthy weight is by getting enough physical activity each week. Furry friends can help with that as well. Dog owners who walk their dogs regularly have one third the risk of diabetes compared to those who don't own a dog. They are also 34% more likely to meet the recommended amount of physical activity per week. This indicates that they are more likely to reach their fitness goals than non-dog owners.

Owning a pet is a great way to teach responsibility and healthy lifestyle habits to your family. If you've been thinking about getting a furry friend and weighing the pros and cons, be sure to add improved heart health to the list!

Source: [Heart.org](https://www.heart.org), [NIH.gov](https://www.nih.gov)

Feb
2022





February 2022



Digital Fitness Classes

Register [HERE](#)

[Class Schedule](#)

Employee Wellness Program

February 1st-March 18th

Fort HealthCare offers a robust and voluntary Wellness Program that is open to all employees and spouses.

"Gatekeepers" in order to participate:

Biometrics

Labs

Personal Health Assessment

Additional information can be found on the Health & Wellness Intranet tab:

[Employee Wellness Mailer](#)

[Employee Wellness PowerPoint](#)

[Signing Up For Biometric & Lab](#)

[Appointments*](#)

(*clinics with no lab service)

Virtual Winter 5k Series

February race/Registration:

[Valentine's Day Virtual 5k](#)

February Health Challenge

[Healthy Heart
Challenge](#)

February Resource 2:

[Why Should I Participate
In The FHC Wellness
Program?](#)

Monthly Focus

"Heart Health" Emails (Thursday)

[Employee Wellness Program](#)

[Healthy Heart Challenge](#)

[Valentine's Day Virtual 5k](#)

February Resource 3:

[LifeMatters EAP](#)

[Password: FHC1](#)

QUESTIONS? EMAIL WELLNESS.ADVISOR@FORTH.COM



Set Yourself Up for Success in 2022

Get your New Year's weight loss resolutions off to a good start with all the tools, resources, and support you need to take small steps for lasting change on Real Appeal®.

Helping You Stay on Track

Real Appeal on Rally Coach™ is a proven online weight loss support program. It's available to you and your eligible family members at no additional cost as part of your health plan benefits.



Online Convenience

Set goals, track your meals and activity, stream expert-led workouts, and access hundreds of recipes — all on the Real Appeal app.



Personalized Support

Communicate 1:1 with an online coach to discuss your specific health goals and circumstances.



Motivational Resources

Join live sessions with a community of members to learn practical tips for meal prepping, cooking meals with fewer calories, and more.

Get Started Now at enroll.realappeal.com

Use these tips to form healthy habits that stick.

Stack your habits

Tie new habits to existing ones. Try a one-minute meditation with your morning coffee.



Start small

Take a daily walk at the same time, eat an apple, or do one pushup for starters.



Reward yourself

Listen to audiobooks while walking, or watch a cooking show on the treadmill.



Read "7 Daily Habits to Reach Your Goals" on the back for more ways to a healthy start of your New Year.

RALLY/COACH™

Real Appeal is offered at no additional cost to members as part of their medical benefits plan, subject to availability.

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7 Daily Healthy Habits to Reach **Your Goals**

Get a jump on your New Year's resolutions with this checklist of healthy habits that don't require a membership or meal plan.



Drink Up

Drink plenty of water during your day — and be sure to drink extra after exercise.

Move Your Body

Find ways to make movement part of your day, even if it's just taking the stairs.

Eat Your Veggies Twice

Eat 2½ servings each day, equivalent to one cup of cooked, raw, or canned veggies.

Snack on Fruit

Reach your daily fiber needs and satisfy your sweet tooth with two servings a day.



Fill Up on Fiber

Eat more fruits and veggies, along with healthy fats like nuts and avocados.

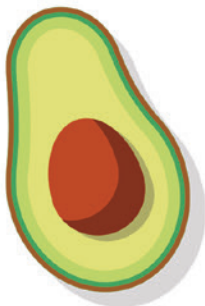
Opt for One Plant Protein

Choose plant proteins like chickpeas, lentils, or black beans for fiber and vitamins.



Make Sleep a Priority

Get 7-9 hours to improve your mental health, focus, and immune system.



Get Started Today at enroll.realappeal.com

Real Appeal

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