

# INSPIRE

Adventist Health 

Living well and  
whole-person health

Spring 2023



## Create the well-being habits you want this year

Adventist Health is committed to providing the tools and resources that empower you to prioritize your well-being and live better, longer. In 2023, take advantage of offerings to focus on every area of well-being, including spiritual, physical and mental health, throughout the year. We've partnered with Sharecare to help keep your mind and body strong—at no cost to you. For some extra motivation, earn up to \$400 in reward points in 2023, and redeem them for your favorite gift cards in the Sharecare marketplace within the app.

Here are some ways to put your well-being first this year:



### TAKE THE REALAGE TEST

Start by taking the RealAge well-being assessment within Sharecare to reveal your body's true age based on your eating, activity, sleep habits and lifestyle choices. After taking the test, you'll have a better understanding of your overall health and how your daily choices are impacting your longevity.



### GET YOUR ANNUAL WELLNESS EXAM

Connect with your provider for your annual wellness visit for age-appropriate screenings and biometrics, then submit your form to earn rewards. Don't have a provider? If you're an Adventist Health Employee Health Plan member, we can help you find a primary care physician by calling **800-441-2524** or visiting [AdventistHealth.org/EmployeeHealthPlan](https://AdventistHealth.org/EmployeeHealthPlan).



### COMPLETE A FUN WELLNESS CHALLENGE

Join a challenge in Sharecare to focus on specific elements of well-being and stay motivated with the support of your colleagues. Challenge yourself to earn more green days by tracking healthy habits, practicing the principles of a Blue Zones lifestyle, sleeping more, saving money, moving naturally, eating wisely, downshifting to stress less and spreading kindness. Find details in the next section.



### EXPLORE WELL-BEING OFFERINGS

Find tools to improve a healthy outlook:

- **Unwinding Anxiety** is a new, guided, online program that uses evidence-based mindfulness techniques and workshop videos to help you identify what triggers your anxiety and learn how to control it.

- The Dave Ramsey **SmartDollar** program helps you evaluate your financial strengths and stressors and gives you tools to create and manage a budget.
- **SyncTALK** connects you to a licensed, master's level counselor for free telehealth counseling and offers unique support in between sessions from a virtual assistant named Karla.
- With **The Blue Zones Personal Pledge**, you can make a pact with yourself to practice Blue Zones principles that will help us thrive in every area, from community to movement and finances.
- **Blue Zones Buddy Challenge**—don't do it alone! Create or join a peer-to-peer challenge and reach the goal to earn rewards. Explore other challenges in the app to help you make positive habits and earn rewards.
- **Blue Zones Lifestyle Costa Rica "Master Class" videos**—be inspired by this Blue Zone and learn how Costa Ricans live extraordinarily long and happy lives.

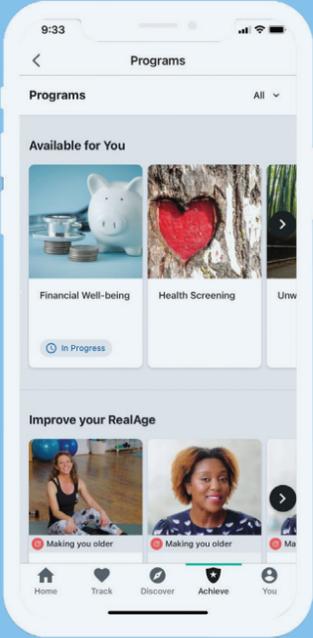
To learn how you can prioritize your well-being, connect to your purpose, and find creative ways to downshift at work and at home, explore the app and connect with other associates today.



### Get started today!

1. Visit [adventisthealth.sharecare.com](https://adventisthealth.sharecare.com) to learn more and register. All benefits-eligible associates can enroll.
2. Take the RealAge well-being assessment. This is Sharecare's scientifically based assessment that determines your body's true age—not what the calendar says.
3. Download the Sharecare app. Use the app to begin your well-being journey today.





# sharecare

## First steps

SmartDollar® can be accessed through the Financial Well-Being program in the Sharecare app. Start experiencing financial peace today!

Visit [adventisthealth.sharecare.com](https://adventisthealth.sharecare.com) to learn more and register. All benefits-eligible associates can enroll.

**Take the RealAge test.** This is Sharecare’s scientifically based assessment that determines your body’s true age, not what the calendar says.

**Download the Sharecare app.** Check out SmartDollar and earn cash rewards as you use it!

## Five elements

Gallup’s research into well-being found that “a life well-lived”—the underlying concept of well-being—requires the fulfillment of five elements: Career, Social, Physical, Community and Financial well-being. A person’s experience of well-being—whether thriving, struggling or suffering—affects every aspect of their life.

**Have questions?**  
Visit [adventisthealth.org/well-being](https://adventisthealth.org/well-being) to learn more about Blue Zones at Adventist Health.

# Reclaim your finances with Dave Ramsey’s SmartDollar

The phrase “¡pura vida!” is commonly used by the centenarians of the Nicoya Peninsula in Costa Rica as a greeting. Translating to “pure life” or “simple life,” this phrase adequately describes the way these centenarians live—simply put, with a relaxed and low-stress approach.

Stress has been scientifically associated with every age-related disease—and more than half of Americans identify money as a significant stressor. We know that managing finances is a high priority for all of us, so we’ve incorporated SmartDollar, a renowned personal money management program from Dave Ramsey, on our digital wellness platform, Sharecare. SmartDollar provides employees with tools, resources and educational videos to get ahead with money. Participants learn Dave Ramsey’s “7 Baby Steps” for financial well-being, a plan for getting out of debt, how to save for emergencies, how to prepare for the future and more.



## Spring cleaning safety tips

Spring is the perfect time to do some much-needed house cleaning. Before you start, there are a few things you should know about spring cleaning safety.

First of all, do you plan to clean, sanitize or disinfect the surfaces in your house? Keep these tips in mind:

- Cleaning removes most dirt and debris from surfaces. Clean a surface before moving on to sanitizing or disinfecting so the heavier cleaners can reach the germs.
- Sanitizing reduces germs on a cleaned surface.
- Disinfecting kills germs and may involve bleach cleaners or other heavy-duty disinfecting products.

Avoid using disinfectant sprays when children are present.

### Cleaning with disinfectants

Bleach is a common cleaner that can sanitize or disinfect surfaces. As with any disinfectant, use it (and store it) with care. Never mix bleach or any bleach-containing products with ammonia. The resulting fumes can cause severe illness and death.

When using any disinfectants, follow the label's instructions and protect your skin and eyes from contact with the cleaner. Use it in a ventilated area to help reduce the fumes.

### Keep safety in mind while you clean

Chances are good that you already have some other handy cleaning items besides bleach. You can use soap and warm water to scrub away dirt and germs. Use baking soda for tougher scrubbing. Vinegar is also useful for cleaning. Remember to treat any cleaner with care. For example:

- Use caution, protection and ventilation when using all cleaners, even those that are marketed as green or natural. Treat them with the same respect you show for cleaners that you know to be toxic.
- Check the labels and follow the instructions carefully to ensure you use the product correctly.
- Keep all cleaners out of reach to protect small children or pets.

By taking these steps, you can help keep your home safe and clean this spring.

Sources: American Academy of Pediatrics; American Lung Association; Centers for Disease Control and Prevention



## Someone to talk to, whenever you need it

It's no secret that the COVID-19 pandemic put a unique burden on those of us working in healthcare. Whether you're on the front lines caring for patients or in a support role, it's not a surprise that you feel "it" sometimes.

Stressed. Overwhelmed. Depleted.

You need to know that you're never alone. Adventist Health offers SyncTALK to you and your family members, whether or not you are enrolled in our Employee Health Plan. This includes:

- Adventist Health employees and their immediate family members receiving
  - Up to eight hours per person with \$0 co-pay
  - Unlimited visits with \$0 co-pay for Employee Health Plan members and dependents
- Certified, master's level counselors available virtually
- A 24/7 crisis line
- An app to provide support

SyncTALK is flexible and convenient and has helped many individuals with anxiety, stress, depression, relationships, suicidal thoughts, trauma, grief and loss, and much more. Here's what four Adventist Health participants think about SyncTALK:

- "It got me through a very hard time in my life."
- "Life saving."
- "I didn't realize how much I needed someone to talk to. I don't think I can be without it now. It's like a weight off my shoulders after every session."
- "Helped me take the first steps towards living again."

You deserve to have a thriving emotional and mental well-being.

To schedule your appointment, call us at **888-915-2752** or visit **ah.synctalk.us**. All services are completely confidential and will never be shared with your employer.



# Access to doctors anytime, anywhere

As an Adventist Health Employee Health Plan member, you have access to quality healthcare anytime, anywhere via mobile app or video—at work, in the comfort of your home and even while traveling—with Adventist Health OnDemand.

Once you register for Adventist Health OnDemand, you will have access to a network of U.S. board-certified physicians, certified in internal medicine, family practice or pediatrics. The Adventist Health OnDemand doctors can diagnose, treat and prescribe medication for your non-emergency conditions. This includes treatments for the flu, sore throat, eye infections, bronchitis and much more.



**Whenever you need care, a doctor is available within minutes.**

- Cold and flu
- Sinus infection
- Behavioral health
- Allergies
- Sore throat
- And more!

Get the care you need for a \$5 co-pay for Employee Health Plan members

**1 Get started**

Download the Adventist Health OnDemand app, or visit the URL below.

**2 Set up**

Register your account and create your username and password.

**3 Request a visit**

A doctor is now just a click away!



**Set up your account today!**

[AdventistHealthOnDemand.com](http://AdventistHealthOnDemand.com)

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**Adventist Health**  
 ONE Adventist Health Way  
 Roseville, CA 95661

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## Spring cleaning do's and don'ts

Keep these safety tips in mind.  
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**Reclaim your finances with SmartDollar**  
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**SyncTALK connects you to a counselor**  
**Page 3**

## Is food affecting your mood?

While we know that what we eat can affect our physical bodies, it is a popular myth that food doesn't play much of a role in our mental health. Contrary to this widely adopted belief, what you eat actually does affect your brain.

Did you know that excess amounts of sugar can slow down your ability to think and focus and can have long-term effects on your emotional health? Research shows that consuming a diet full of processed and refined foods and sugars can increase the risk for depression by as much as 80%! However, a diet without these things can decrease the risk for depression by as much as 35%.

Dawn Zerneke, Synchronous Health's doctor of holistic nutrition, notes: "Do you feel sluggish or irritable after you eat certain foods? It can be helpful to rate your level of mood and energy on a scale of 1 to 10 (from worst to best) after you eat something. This can help you identify the foods that may be beneficial to remove from your diet and what foods to add more of. The right food for your body can fuel your energy and your mood."

Breaking habits takes work and intentionality, but a healthy diet can work wonders on your overall well-being, mood and outlook on life. Here are some things to consider when making adjustments:

**REMOVE.** Remove things that aren't contributing in healthy ways to your diet. Start with one or two things, then take away more as you progress, and see if you notice a difference.



**REPLACE.** As with any habit, finding a replacement for what's been removed is key to bringing about the desired change. There are many healthier alternatives in the food world. And just because it's healthy doesn't mean it has to taste bad.

**RESET.** Once you've adopted a healthy diet, you may find yourself thinking more clearly and positively. With this new mindset, you might consider other healthy habits and hobbies to develop, like exercise, meditation, prayer or volunteering.

For help establishing healthier dietary habits, call **888-915-2752** or visit **ah.synctalk.us**.

Sources: The Center for Treatment of Anxiety and Mood Disorders; Harvard Health; Harvard Medical School; Very Well Mind