

2018 - Here's to a Healthier You!



A new year is a time for reflection on the past and vision into the future. Goal setting allows us to determine our vision and guides our actions for accomplishing it. It allows us to pursue what we want, not something we already have or have already done. When it comes to setting goals, be sure to follow these simple SMART rules:

1 SPECIFIC – Clearly define your goal and the specifics of what you set out to accomplish. Ask yourself these questions – **Who? What? When? Where? Why?**



2 MEASURABLE – Determine the metrics of your goal. Keep track of progress to keep your motivation to succeed.

3 ACHIEVABLE – Is your goal attainable? Do you have all the tools or skills you need to accomplish the goal? If not, what would it take to acquire them?

4 REALISTIC/RELEVANT – Is the goal aligned with your objectives and desire? While some goals may require you to challenge yourself, ensure your goal is not too extreme.



5 TIMELY – Set time lines and boundaries for your goal. Having a due date prevents the goal from being set aside for day-to-day activities.

One of the most important points of goal setting is to have accountability. When someone knows what your goals are, you become more invested in the outcome and the goal becomes more powerful.

Make Prevention Your Intention

Do you know your numbers? It's important to know your cholesterol and triglyceride (or fat) levels, blood pressure readings and more.

Talk to your doctor about preventive screenings, and have a follow-up discussion once you have the results. Use these goals as a starting point:



- **Waist measurement:** less than 35 inches for women and less than 40 inches for men
- **Blood glucose (blood sugar)** before eating: less than 100 mg/dL
- **Body mass index (BMI):** less than 25 kg/m²
- **Blood pressure:** less than 120/80 mmHg
- **HDL (good) cholesterol:** 60 mg/dL or higher
- **LDL (bad) cholesterol:** less than 100 mg/dL
- **Total cholesterol:** less than 200 mg/dL
- **Triglycerides:** less than 150 mg/dL

Have questions about results from health screenings or readings? Talk to your doctor about what your numbers mean.

Source: American Heart Association



Well onTarget® Online Member Portal and Programs

Well onTarget offers an array of health and wellness programs to support you throughout your lifelong journey to healthy living. **Well onTarget** offers:

► onmytime Self-directed Courses

Online courses let you work at your own pace to reach your health goals. Track your progress as you make your way through each lesson.

► Tools and Trackers

Interactive tools help keep you on course while making wellness fun. Use food and workout diaries, health calculators and medical and lifestyle trackers.

► Fitness Program

\$25 monthly membership fee to a nationwide network of leading national, regional and local fitness centers, with no contract.

To access **Well onTarget**, log in to Blue Access for MembersSM (BAM). If this is your first time logging in, you will need to register your account. Once you are logged in to BAM, simply click the Well onTarget link on the left side of the page and it will take you to the portal.

Healthy Futures Wellness Program: Total Health Management (THM)

THM's primary purpose is to encourage members to get their annual preventive care visits with their Primary Care Provider. The program creates a one-on-one relationship between the member and provider, and helps the physician identify possible risk factors for their patients. In turn, the member receives valuable information that may make a difference in his or her health and well-being.

Receive \$100 Off Your Plan Deductible for completing the HEALTHY FUTURES Wellness Program! (\$100 off plan deductible in the following benefit year)

MUST offers the Healthy Futures Wellness Program to most groups. This comes at no additional cost to the member.

Complete just one simple step:

Download a Blue Cross and Blue Shield of Montana Total Health Management (THM) Assessment Form at: www.mustbenefits.org/forms

Take the form to your in-network primary care physician.

Have your provider complete the THM form and make sure both you and your provider sign the form. It will be considered incomplete if not signed by both parties.

Fax or mail the completed form to BCBSMT for processing. You will be notified when your THM form is received at BCBSMT if you provided a legible e-mail address.

The THM form must be completed and submitted by June 30, 2018.

Employees and covered spouses are eligible for this program. In the next benefit year under a MUST medical plan, you will receive a \$100 credit to your plan deductible.

Please note: Medicare-eligible members and dependent children are not eligible for this incentive.

7 Tips

for a Healthy, Beautiful Smile

1 BRUSH YOUR TEETH

Brush your teeth two-times every day. Use a toothbrush with soft bristles and toothpaste with fluoride. Fluoride is a mineral that helps protect teeth from decay.

- Brush in circles and use short, back-and-forth strokes.
- Take time to brush gently along the gum line.
- Brush your teeth for about 2 minutes each time.
- Don't forget to brush your tongue.
- Get a new toothbrush every 3 to 4 months. Replace your toothbrush sooner if it's wearing out.



Take Care of Your Teeth and Gums

Taking care of your teeth and gums is especially important if you:

- Have diabetes
- Have cancer
- Are an older adult
- Are pregnant

2 FLOSS EVERY DAY

Floss every day to remove plaque and any food between teeth that your toothbrush missed. Rinse your mouth with water after you floss. If you aren't sure how to floss, ask the dentist or dental assistant to show you at your next visit.

3 GET REGULAR CHECKUPS AT THE DENTIST

Visit a dentist once or twice a year for a checkup and cleaning. Get checkups even if you have no natural teeth and have dentures. If you have problems with your teeth or mouth, see a dentist right away.

4 CUT DOWN ON SUGARY FOODS AND DRINKS

Sugar reacts with the bacteria in plaque (the sticky coating on your teeth) and produce harmful acids. It is important to have sugary foods or drinks just at mealtimes, limiting the amount of time your mouth is at risk. Gum disease can lead to tooth loss and cause bad breath.

5 QUIT SMOKING

People who use tobacco in any form (cigarettes, cigars, pipe, smokeless tobacco) are at higher risk for gum disease and oral (mouth) cancer.

6 DRINK ALCOHOL ONLY IN MODERATION

Drinking a lot of alcohol can increase your risk for oral cancer. If you choose to drink, have only a moderate amount.

7 TAKE CARE OF YOUR CHILDREN'S TEETH

If you have kids, help them learn good habits for a healthy mouth. Start cleaning your child's teeth as soon as they come in.

Source: www.healthfinder.gov

What causes tooth decay and gum disease?

Plaque is a sticky substance that forms on your teeth. When plaque stays on your teeth too long, it can lead to tooth decay and gum disease. Brushing and flossing help get plaque off your teeth so your mouth can stay healthy.

Member Wellness Resources

CareHere Wellness Library (member log-in required) www.carehere.com

Dietary and Physical Activity Guidelines www.health.gov

MUST Healthy Futures Wellness Program and Total Health Management (THM) Form..... www.mustbenefits.org/wellness

MUST Preventive Benefits www.mustbenefits.org/preventive

Well onTarget (access through MUST Member BAM Online portal) www.mustbenefits.org

Health and Wellness Deals www.blue365deals.com
As a MUST member, you have access to Blue365, which offers discounts to save on products and services for a well-balanced lifestyle. (member log-in required)



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SETTING POWERFUL GOALS

Make Prevention Your Intention

HEALTHY FUTURES

Well onTarget® Online Member Portal

TAKING CARE OF YOUR TEETH AND GUMS

7 Tips for a Healthy Smile



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<STREET ADDRESS>
<CITY, ST, ZIP CODE>

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