

Coaches Corner

Hello from your Population Health team at Community Health Plan of Washington! We're here to help you to live a full and active life, no matter what your health condition is. Being healthy is not just about being free from disease – half of what makes you healthy depends on your health behaviors. The way you manage your health can make it easier to do everyday things, like cooking meals, finishing chores, or keeping appointments. Developing a good health mindset, a well-balanced diet, and regular physical activity doesn't happen overnight. It takes work, every day, but you are not alone. Our team of Health Coaches can give you the advice and support to develop healthy habits, no matter if you're managing one health issue or several.

Stay Motivated

Have you stopped yourself from going on a walk or joining a gym because you were afraid you would fail? Or maybe you feel pressure to find workouts that are “real workouts.” New activities can seem overwhelming, until you decide to get started. Be honest with yourself about how you really feel and what's making you anxious or worried. Remember that whatever activities you are able to do, no matter how “easy,” will make a positive difference for your health. Be proud of what you have done rather than feeling guilty for what you have not done.

Talk to yourself in a kind way. If you're thinking mean thoughts about yourself, try writing those thoughts down. Think of positive things you can say to yourself instead. For example, instead of “I don't want to get up” or “I'm too tired,” you can say “I'm feeling pretty good today,” or “I'm going to do something I enjoy.” Repeat these positive thoughts to yourself over and over again. This will help you stay motivated when you feel like giving up and will turn into a habit over time.

Dance

Have you thought of dancing as a great way to exercise? Salsa dancing, for example, has a fast beat for quick steps and a Latin flair that you can enjoy with a good sweat. The great part about dancing is that it does not feel like exercise at all. You can also enjoy dancing with family and friends.

Dancing has benefits for your body, mind, and health. Here are a few of them:

- Dance exercises our bodies and increases blood flow. It helps us burn calories for weight loss while improving our energy.
- Dancing exercises all major muscle groups, including your legs and even your core (abdomen).



- When you use your brain to remember steps, routines, and dance patterns, it helps keep your mind young, quick, alert, and open.
- Dance elevates mood by releasing endorphins, the feel-good chemical in the brain. This allows you to heal stress and depression. It improves self-confidence and self-discipline, which creates a sense of well-being.

Allergies



You wake up one morning and turn off your alarm, and you realize your lips are extremely dry. They are dry because you had a hard time breathing last night from your stuffy nose. You get up for a glass of water, and discover that your eyes are itchy and red. Before you are able to pour a glass of water, an uncontrollable sneezing fit stops you dead in your tracks.

Does any of this sound familiar? Allergies can be very uncomfortable and finding relief for symptoms can be challenging. Symptoms can occur year-round or only during certain seasons. An allergy test can give you very specific information on what you are and are not allergic to. If your test shows that you are allergic to dust mites, but not cats, you may have to vacuum more, but you don't have to find a new home for your cat. You and your doctor can develop a treatment plan to manage or get rid of your symptoms. Community Health Plan of Washington can help with your search for a doctor that specializes in allergies so that you can get tested and start finding relief.

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Community Health Plan of Washington is committed to going green to help the environment. We will only send you this one paper copy. Future newsletters will now be available online every 3-months. For more information and to read upcoming newsletters, visit <https://healthfirst.chpw.org/wellness/>

Being healthy is a lifestyle, not just an outcome. Taking small steps towards better health can make the biggest difference in how you feel. By visiting our wellness page, you will learn tips and tricks to improve your health every day.

If you have Diabetes, Asthma, or COPD and are interested in working individually with one of our health coaches, contact our Population Health Department at 1-866-418-7008 or email pophealthrequests@chpw.org.

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