

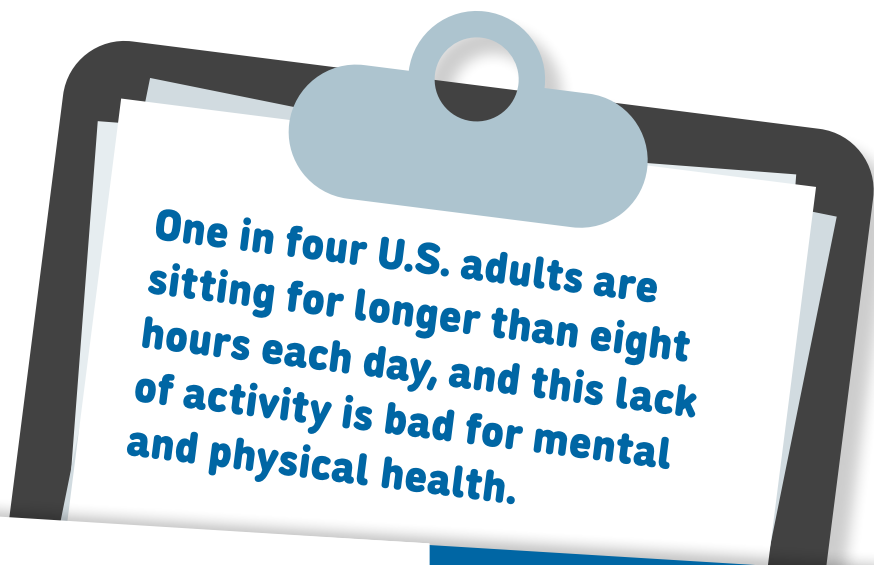


## Setting Realistic Health Goals

Transforming your health can feel overwhelming in a world of quick fixes, but setting realistic and attainable goals is crucial for lasting progress. Here are some key goals to consider:

- 1. Move Daily:** Aim for at least 45 minutes of moderate exercise each day, which can be broken into shorter sessions like stretching or walking.
- 2. Prioritize Sleep:** Establish a consistent bedtime and reduce screen time before bed to improve your sleep quality.
- 3. Upgrade Nutrition:** Instead of restrictive diets, focus on adding healthier options to your meals, like incorporating more vegetables into your favorite dishes.
- 4. Stay Current on Preventative Care:** Keep up with annual physicals and screenings to catch potential health issues early.

Another important goal is to not throw in the towel when things get hard. We all go through chaotic times and difficult seasons, but having realistic health goals in place can help you navigate obstacles by providing a sense of purpose and focus. Working toward a goal, even a small one, can boost your self-esteem and remind you that you can accomplish more.



## BENEFIT SPOTLIGHT



## Healthcare Cost Transparency

Healthcare cost transparency is becoming increasingly important as patients demand clearer pricing before receiving medical services. Many people face unexpected bills due to the lack of upfront cost information, making it difficult to make informed decisions. Recent initiatives, such as the Affordable Care Act's requirement for hospitals to publish pricing data, aim to address this issue. By providing clear, accessible cost information, transparency allows patients to compare prices, avoid surprise bills, and make choices that fit their budgets. This shift could lead to better competition, lower prices, and a more patient-centered healthcare system.

## Respiratory Virus Season (RVS)

From late fall to early spring, respiratory virus season (RVS) sees an increase in illnesses like influenza, RSV, common colds, and coronaviruses. To reduce the risk of you and your family getting sick, stay up-to-date on necessary vaccinations, practice good hygiene, stay home when sick, and make food and sleep lifestyle choices to support good health. Awareness and prevention strategies for RVS can help our communities navigate this challenging season.

## Prevention Strategy



**Get your vaccinations**



**Wash your hands regularly**



**Stay home if you're sick**



**Maintain a healthy lifestyle**



**BONUS ARTICLE:**  
**Complex Post Traumatic Stress Disorder (C-PTSD)**

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