

## Healthy resolutions that stick

Ever wonder why your New Year's resolutions go flat as day-old bubbly, once the new year excitement is over? You aren't alone. Surveys show that every year only a small percentage of people accomplish their New Year's resolutions.

Don't worry. Resolutions really can work. The trick, say the experts, is avoiding vague promises with no plan for getting, or staying, where you want to go.

*continued on next page*

### INSIDE



Meet the team



Aspire Rewards



Use as directed



Rediscover fitness



Too embarrassed



Upcoming events

**So, before letting another New Year's promise fizzle out, consider these tips for keeping your 2023 goals on track.**



### **Define it.**

To be successful in reaching your goals, you must first have a clear idea of what they are. So, instead of "I want to lose weight this year," be as specific as possible: "I'm going to weigh 10 pounds less when my son gets married on May 15."



### **Make it easy to measure.**

Think weight on the scale, distance walked, or signing up for a yoga class, etc. Make it targeted with a timeline and an endpoint. If your goal is long term, set smaller targets on the way to your final deadline. Know there will probably be setbacks. If you stumble, get up and continue. Every step brings you closer to reaching your goal.



### **Make it reasonable.**

Many lasting changes take time and can't be accomplished overnight. But introducing a meatless dinner every week is both manageable and reasonable.



### **Make it visible.**

Put your goal and timeline in writing. Mark milestone dates in your calendar as reminders. If you have a smartphone, consider making your lock screen an image that will remind you of your goal every time you open your phone.



### **Make use of your Aspire benefits.**

Your plan includes a wealth of resources to help you accomplish your health and wellness goals.

- All Aspire plans include a no-cost fitness club membership with access to local gyms and exercise classes as well as online classes you can do at home
- Aspire's health coaches are available to assist with goal setting
- Find purpose to help define your goals. Join us at our Community Connections classes for identifying goals and building resiliency
- Give back — join us January 19 for Community Connections and help us make more than 400 Valentine's Day cards for older adults in local assisted living facilities

**Let's make 2023 the year our bubbly doesn't go flat.**



# Have you met the team?

Whether you are new to Aspire or a loyal, long-time member, knowing the team will help you get the most out of your plan this year.

## What types of things can Member Services help members?

Members can contact Member Services with any questions about their plan, such as benefit coverage or how to change doctors. Our team members are plan experts. They receive extensive training to assist with wide range of topics to meet the individual needs of our members. Jeanine and McKenna are two of our Member Services representatives.



## What's a member advocate?

Silvia, our member advocate, is dedicated to helping Aspire Health Plan members find the right care for their needs. If you are having difficulty getting in to see one of your healthcare providers, we can help. By focusing on our member's individual needs, our member advocate ensures your voice is heard.

## Who are our health coaches, and how can they help?

Our health coaches offer one-on-one support to help you meet your health goals, provide health resources, and reduce risks or complications related to chronic conditions. They can be a great resource for keeping, and meeting, those New Year's resolutions. Get connected to a free health coach at (831) 644-7490.

## HEALTHY HABIT HACKS FROM OUR COACHES



### "Just 5 minutes" from Nicole Jurgens

Getting started is the hardest part of getting things done. Not to mention dreading an activity and stressing over inaction can be exhausting and demotivating. So, whether it's exercising, packing a lunch, cooking dinner or even just getting some laundry done, I positively tell myself, "Just 5 minutes." Often 5 minutes turns into 10, or 20, and next thing you know I'm saying — "I'm so glad I did this for myself. I feel so much better." It's empowering.



### "Take a two minute fitness break" from Ruby Vargas

Scheduling time to exercise in my busy schedule sometimes feels impossible. When I'm feeling this way, I simply try to move my body more by taking two minute fitness breaks. While at work or taking care of my family, I often find myself sitting for long periods of time, so every 30-60 minutes I make a point to get up for to minutes to march in place, walk around, or stretch. Fitness breaks feel good and prevent me from falling into a sedentary lifestyle.





## Rediscover your love of fitness

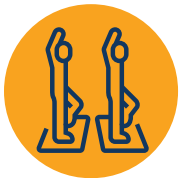
We are excited to offer you new enhancements to your fitness benefit, including a **\$0 annual co-pay for all Aspire plans.**

Aspire is partnering with One Pass™, a new fitness program that offers expanded programs to enhance member wellness and engage everyone at their speed. Get everything you need to keep your body and mind healthy in one easy plan.

### YOUR NEW BENEFIT INCLUDES:



- More fitness centers in the network, including Montage Wellness Center
- Live, digital fitness classes and on-demand workouts



- Online brain training app to help improve your memory and focus
- Social groups and clubs near you so you can meet like-minded people
- Home fitness kit

Aspire members can use multiple gyms in the same month. You can do Cyclebar in the morning and then swim in the pools at the Montage Wellness Center in the afternoon. **And, all this is available at no extra cost.**

### HOW YOU GET STARTED

You can call the One Pass™ customer service line at **(877) 504-6830 (TTY:711)** or go online and register at **[www.aspirehealthplan.org/fitness](http://www.aspirehealthplan.org/fitness)** to obtain your new member code.

This important code is your One Pass™ member code that allows access to any fitness location in the network. Additionally, use it to access online fitness vendors and other One Pass™ offerings.

**Let's rediscover your love of fitness in 2023.**



# Coming soon – Aspire Rewards

## REWARDING YOU FOR TAKING HEALTHY ACTIONS

Aspire Rewards is a program where you can earn rewards for taking care of your health. When you complete a qualifying healthcare activity, let us know. We'll ask you to provide a few details, and then send you a catalog of more than 100 popular over-the-counter items to choose from. It's that simple. Watch for a mailer in March for full details.

### 2023 REWARDABLE ACTIVITIES

#### Annual Wellness Visit or Health at Home Visit

The Annual Wellness Visit is a planning session with your primary care doctor, including a discussion of how you can improve your health and avoid or reduce the effects of certain conditions. All members qualify to earn rewards for completing their Annual Wellness Visit.

#### Fall Prevention Screening

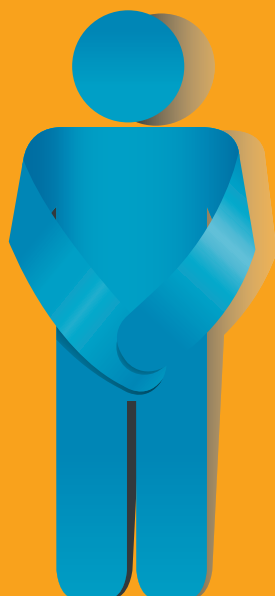
Falls are the leading cause of injury in adults 65 and older, which often results in a loss of independence. Completing a fall risk assessment

can help identify the factors that could increase your risk of a fall, and help minimize those risks.

#### Diabetes eye exam

The early stages of diabetic retinopathy don't cause vision changes and you won't have symptoms. You may not know your eyes are damaged until the problem is bad. Only a diabetes eye exam can detect the problem and the steps that can then be taken to prevent the retinopathy from getting worse.

*Qualifying healthcare activities will differ based on individual needs. Not all members will qualify for all rewards.*



## Too embarrassed for your own good?

Need to discuss a sensitive health issue with your doctor, but are too embarrassed to bring it up? While it might be easier to avoid the topic, doing so could be bad for your health.

It may help to know that no matter how mortified you are by what you have to say, your doctor won't be. He or she will have had experience with all kinds of medical and health issues. That means there's likely nothing you can say that your doctor hasn't heard from a patient before.

### **If the thought of having this type of conversation still makes you uncomfortable, try this tip:**

Be upfront about how you feel. Start by saying, "This is kind of embarrassing for me to talk about." It can be helpful for your doctor to know how you're feeling, as well as what's going on.

# Use as directed

## GETTING THE MOST FROM YOUR PRESCRIPTION DRUG BENEFITS.

**There's a prescription for getting the most out of your Aspire pharmacy benefit.**

**Directions for use:** Take your prescriptions to one of Aspire's in-network pharmacies. With over 40 pharmacies in Monterey County, including Rite Aid, Walgreens, Walmart, and CVS, there is sure to be one near you.

**Quantity:** Fill a 90-day supply of the prescription medications you take on a regular basis. You'll save time and money. Ask your doctor or pharmacist about getting three-month refills. You'll receive a three month supply, for the cost of a two month supply. This benefit is now also offered at retail pharmacies.

**Additional instructions:** Avoid issues at the pharmacy counter by finding out beforehand if a drug is covered. Check the Aspire Formulary, which lists all the medications covered by the plan. And look to see which tiers they're on (drugs on lower tiers cost less than those on the higher tiers).

### How to look up your medications on the Aspire Formulary.

- Use the online Formulary search. This up-to-date tool will show you alternate medications, too. Go to [www.aspirehealthplan.org](http://www.aspirehealthplan.org), click on the drug coverage tab on the top of the page, and then select interactive formulary
- Call the Part D Member Services line. A Member Services representative can look up your medications for you

### What if a drug prescribed by your doctor doesn't show up in the Formulary?

1. Check with your doctor first to see if there is a drug that is in the Formulary that would work just as well for you.
2. If there is no reasonable substitute, you or your doctor can ask Aspire to cover the non-formulary drug. If Aspire agrees, the medication will be covered on Tier 4 or Tier 5 (the higher-cost tiers). Call Member Services for information.

[www.aspirehealthplan.org/members-newsletters](http://www.aspirehealthplan.org/members-newsletters)  
**Share your thoughts:** [feedback@aspirehealthplan.org](mailto:feedback@aspirehealthplan.org)



**Like us on Facebook:**  
[facebook.com/aspirehealthplan](https://facebook.com/aspirehealthplan)

For accommodations of persons with special needs at meetings call (855) 570-1600 (TTY users call 711). Other providers are available in our network. We are open 8 a.m.–8 p.m PT Monday through Friday from April 1 through September 30 and 8 a.m.–8 p.m. seven days a week from October 1 through March 31 (except certain holidays). H8764\_MBR\_Newsletter23\_1222\_C



# Community Connections

Classes are open to the public.  
Share with a friend.



## BE MY VALENTINE



**THURSDAY, JANUARY 19, 2–4 P.M.**  
**Montage Wellness Center, 2920 2nd Ave., Marina**

Spread the love this Valentine's Day by creating handmade cards for individuals in local nursing homes. All materials will be provided.

## IDENTIFYING GOALS AND BUILDING RESILIENCY



**THURSDAY, JANUARY 26, 10–11 A.M.**  
**Montage Wellness Center, 1910 N. Davis Rd., Salinas**

Learn how to harness motivation and retrain habits to achieve your goals. Understand the value of goal setting and how resiliency can affect your overall health and vitality.

## HOW TO TALK TO YOUR DOCTOR



**MONDAY, JANUARY 26, 10–11 A.M.**  
**PrimeCare, 5 Lower Ragsdale Drive, Monterey**

Join us with our Chief Medical Officer, Dr. Eva Balint, for tips on how to have a successful visit with your healthcare providers.

## MEDITERRANEAN DIET



**WEDNESDAY, FEBRUARY 22, 10–11 a.m.**  
**Montage Wellness Center, 2920 2nd Ave., Marina**

Find out what makes the Mediterranean diet so healthy, AND so tasty. Learn tips to leading this healthy lifestyle.

## LINE DANCING



**THURSDAY, FEBRUARY 23, 10–11 a.m.**  
**Active Seniors, Inc., 100 Harvest St., Salinas**

Dance like nobody is watching. Join us for an easy introduction to line dancing, where having fun is as important as learning the steps. Dance improves strength, increases balance and flexibility, and improves your cardiovascular health.

## BLUE ZONES PURPOSE WORKSHOP



**FRIDAY, FEBRUARY 24, 2–4 p.m.**  
**PrimeCare, 5 Lower Ragsdale Drive, Monterey**

Join us for a life-changing workshop. People with purpose are happier, more successful, and they live longer. This interactive workshop is a fun, enlightening way to find your purpose.

## IDENTIFYING GOALS AND BUILDING RESILIENCY



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## FASCINATOR MAKING



**THURSDAY, MARCH 30, 10–noon**  
**Montage Wellness Center, 2920 2nd Ave., Marina**

Mother's Day or Kentucky Derby — we've got you covered. Join us for a morning of fun and creativity. We will supply all of the material needed to create ornate headpieces fit for a queen. Whimsical to elegant, the only limit is your imagination.

**REGISTER FOR THESE FREE EVENTS:**  
**[www.aspirehealthplan.org/connections2023](http://www.aspirehealthplan.org/connections2023)**  
**or (855) 570-1600 (TTY 711)**



ASPIREHEALTHPLAN

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membership in Aspire  
Health Plan. Help us  
grow by sharing Aspire  
with the people you  
care about.