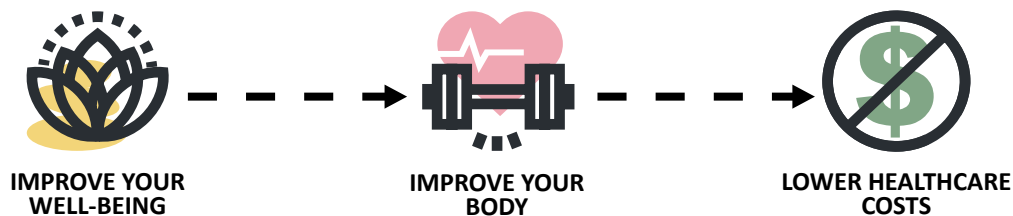


# MARCH

## Improve Your Well-Being & Lower Healthcare Costs

### Take Control of Your Mental Health in 2020

*As healthcare costs continue to rise, you can take action to combat these expenses. Taking control of your mental health and well-being may significantly lower your healthcare costs.*



#### HOW YOUR MIND FEELS DIRECTLY AFFECTS HOW YOUR BODY PERFORMS

According to the Centers for Disease Control and Prevention (CDC), 86% of the nation's healthcare costs go to treating chronic conditions, like obesity, heart disease and Type 2 diabetes. One common finding is that people who suffer from a chronic disease are more likely to also suffer from a mental illness.

Risk factors for chronic diseases and other health problems can be managed through your lifestyle choices. The CDC has identified inactivity, smoking, high cholesterol, obesity, elevated blood pressure and diabetes as risk factors. The Medical Expenditure Panel Survey, conducted by the Department of Health and Human Service's Agency for Healthcare Research and Quality, found that people who have four or more of the listed risk factors rack up an average of \$3,116 more on medication costs alone than those with one or less of the risk factors.

#### IT'S TIME TO INVEST IN YOU

Making changes to your lifestyle can help prevent or lessen the severity of health issues, which may result in fewer health expenses and improved well-being. At its most basic level, well-being refers to feeling good and maintaining a healthy lifestyle. Achieving total well-being may seem unattainable, but it's a continuous goal that you can work towards.

You can improve your well-being and mental health through the following daily action:

- **Reduce Stress** — Recognize stress factors in your work and personal life and work to cope or eliminate them.
- **Find Support** — Create long-lasting support systems and connections with others. Joining a club or an adult sports team is a great way to meet new people and stay active in a way that's low commitment, yet extremely beneficial to your overall well-being.
- **Get Active** — Exercise releases chemicals like endorphins and serotonin that improve your mood. If you exercise regularly, it can reduce your stress and symptoms of mental health conditions like depression and anxiety, and help with recovery from mental health issues.

Our Employee Service Representative (ESR) Team can provide additional information on available programs and tools that can help you improve your mental health. Contact the team at **844-231-8414** or at [esr@creativebenefitsinc.com](mailto:esr@creativebenefitsinc.com)!