

Be Well, Stay Well

Mental health and wellbeing



Our mental health can affect our lives just as much as our physical health. Whether it's stress, feeling down or the inability to focus on the task at hand, this affects our wellbeing.

Life gets busy, but we all need to take time for ourselves. It's important to relax and recharge to release stress, improve your mood and feel your best. Start with these tips to exercise, eat healthy, sleep better, and connect with those around you.

Exercise and healthy eating

Exercise has many benefits for your health, including relieving stress, improving your mood and increasing your energy. Take time to get 30 minutes of activity most days of the week. It can be something as simple as taking a walk or gardening. Make your activity something you enjoy and will stick to.

Eating well can also boost your energy and fuel your exercise. Eat a well-rounded diet including fruits, vegetables, whole grains, protein and dairy every day.

Sleep tight

When we think about living a healthy lifestyle, we often overlook a large portion of our day - the time we sleep. Sleep provides us with the energy and focus to exercise and eat right and also greatly impacts our mood and mental health. To help get a good night sleep, establish a consistent schedule - even on weekends. Create a regular bedtime routine, such as listening to soothing music, reading quietly, or taking a hot bath, to help you wind down from the day.

Be social

Sometimes our first instinct when we start to feel stressed or down is to be by ourselves. While we all need alone time, maintaining connections with our friends and family is important for our health. Enjoying social activities can be a great boost to our mood, and the people in our lives can pitch in when we're feeling stressed or overwhelmed.

Is it more than just "feeling down?"

Do you have symptoms such as anxiety, loss of energy, social withdrawal, loss of interest in activities you once enjoyed, or heavy feeling in the arms or legs? If you've been feeling down for days at a time, see your doctor. He or she can determine if you are dealing with depression and provide advice on how you can start feeling better.

Disease Management Nurse Coaching

Do you have a chronic condition that is affecting your wellbeing? Disease Management can help.

If you have asthma, chronic obstructive pulmonary disease, chronic pain, congestive heart failure, coronary artery disease, diabetes, high blood pressure or high cholesterol, you are eligible to participate in the Disease Management program. Our Nurse Coaches are available to help you manage your condition to improve your health.

Call American Health at 1-866-244-8977 to enroll or learn more about the program

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