

HEALTHY LIFESTYLE

A SMALL CHANGE CAN MAKE A BIG DIFFERENCE

PHP Care Complete FIDA IDD Plan
(Medicare-Medicaid Plan)



WHAT SHOULD WE CONSIDER WHEN TALKING ABOUT A "HEALTHY LIFESTYLE"?

A Healthy Lifestyle can mean different things to different people, we are all unique individuals. But here are some areas we can all look at:

- Your health history
- Diet
- Physical Activity
- Smoking
- Drinking

YOUR HEALTH HISTORY

Talk to your family about their health history. Discuss your family's health history with your doctor so a bad history can be prevented from repeating itself

DIET

What you eat and how much you eat affects your weight and we know one of the leading causes of poor health is being overweight. Eating a balanced diet means choosing the right food groups in the right portions for each meal. There are charts that can help below.



SEE THE NEXT PAGE FOR CHARTS PROVIDED BY HARVARD UNIVERSITY AND NORTHWESTERN MEDICINE FOR SPECIFIC TOOLS AND GUIDES ON LIVING A HEALTHY LIFESTYLE

PHYSICAL ACTIVITY

- Regular physical activity helps to improve your fitness, quality of life and reduce your risk of chronic diseases such as diabetes, heart disease and depression
- Types of activity include walking, running, biking, dancing, and muscle strengthening of different body parts. Ideally you should do 150 minutes of activity each week and muscle strengthening twice a week
- Start out slowly and build up your activity - remember something is better than nothing

DRINKING

- Choose water over sugar sweetened drinks that cause you to gain weight. Keep yourself hydrated, drink 6 to 8 glasses of water a day - you'll feel better
- If you drink alcohol, do so in moderation - 1 or 2 drinks per day

SMOKING

If you smoke - QUIT. Smoking causes many serious chronic diseases and can cause cancer. Ask your Care Team if you need help to quit

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PARTNERS
HEALTH PLAN

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



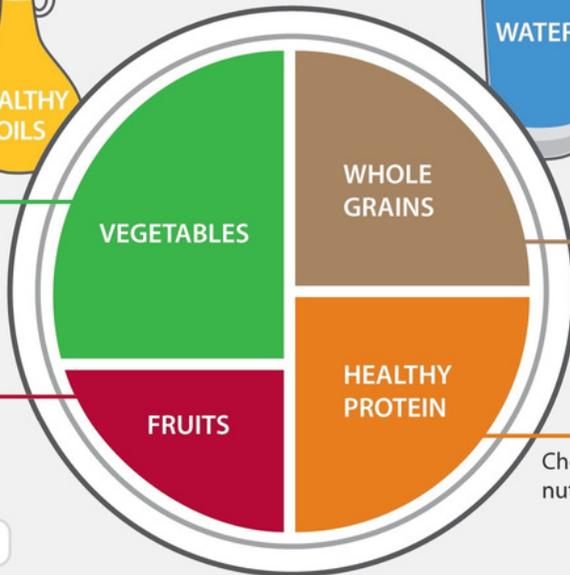
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

A HANDY GUIDE TO SERVING SIZES



FINGERTIP

1 TEASPOON

Butter, margarine, mayonnaise, oils



THUMB

1/2 TABLESPOONS

Pepper, butter, hard cheese, salad dressing, sour cream, cream cheese



1 HANDFUL

1-2 OUNCES

Nuts, pretzels, crackers



PALM

3-4 OUNCES

Meat, fish, poultry, pasta, potatoes, cooked vegetables



FIST

1 CUP

Fruit, fluid, raw vegetables, whole grains, soup



For personalized advice on portion and healthy eating, talk to your healthcare provider.

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For more information, visit www.phpcares.org or call (855) 747-5483/TTY 711. 7 days a week, 8:00 AM - 8:00 PM

The State of New York has created a Participant Ombudsman Program called the Independent Consumer Advocacy Network (ICAN) to provide participants free, confidential assistance on any services offered by Partners Health Plan. ICAN may be reached toll-free at 1-844-614-8800 (TTY users call 711, then follow the prompts to dial 844-614-8800) or online at icannys.org. Partners Health Plan is a managed care plan that contracts with Medicare and the New York State Department of Health (Medicaid) to provide benefits to Participants through the Fully Integrated Duals Advantage for Individuals with Intellectual and Developmental Disabilities (FIDA-IDD) Demonstration.