

WELLNESS CARE PACKAGE

February 2022

PREVEA ³⁶⁰ health planSM

*Programs are open to all, regardless of insurance, unless otherwise noted**

Sleep & Social Impacts on Heart Health

February is Heart Health month and we often hear about nutrition and physical activity, but when's the last time you intentionally worked on improving your sleep habits or relationships? Both are important to overall well-being and can be detrimental to your health if ignored.

A lack of sleep has been linked to higher risk for obesity, diabetes, high blood pressure, and poor mental health—all which contribute to heart disease. Learn about simple sleep habits to try to log your seven to nine hours of sleep each night:

- **Register** for the [Seize the Zzzz](#)* Living Healthy challenge. Once logged in to your member portal, click the Living Healthy tile and find the challenge on the home page. Registration opens Jan. 24 for this 21-day challenge which starts Feb. 7. Log your hours of sleep every day and get tips along the way.
- **Set** an [Improve Sleep](#) REAL goal.

Research has shown that loneliness has the same impact on health as smoking 15 cigarettes a day. Keeping healthy relationships is just as important as other aspects of wellness on your heart's health.

- **Join** this month's [Learning Loft](#) to chat with others while making—or just watching to learn how to make—bead and leather earrings.
- **Read** *Where the Crawdads Sing* by Delia Owens and **join** us for a virtual [Book Club](#) on March 22 at 12 pm. This story asks how isolation influences the behavior of a young woman, who like all of us, has the genetic propensity to belong to a group. Read how Kya opens herself to a new and startling world—until the unthinkable happens.

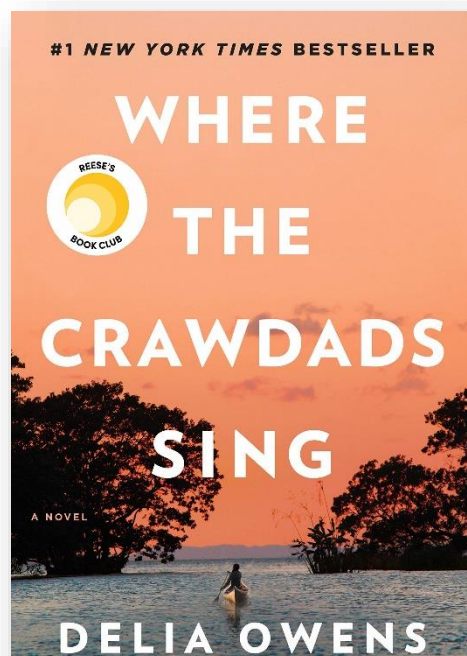
What to expect at Book Club:

- Read the book (if you haven't already) and take notes of what you liked or disliked about it. Finishing the book isn't an absolute requirement although, you may hear spoilers.
- Remember that we may all have different views or ideas on how the book may have been interpreted. Come share your perspective in this fun discussion group.



Wear Red Friday, Feb. 4

In order to raise and spread awareness for heart disease and stroke, wear red on Friday, Feb. 4.



Interested in something else? [Explore all Health & Wellness programs.](#)