



Medical Mutual is dedicated to your good health. We want to help you make good choices that can lead to a longer, healthier and happier life.

When you take care of yourself, you can maintain and improve your health. You reduce your risks for certain conditions and strengthen the positive choices you are making.

Use the following information to guide your daily decisions and be a healthier, happier you.

Healthy Lifestyles

Tips for good health



Build Good Health Habits

- Get a good night's sleep on a regular basis. The Centers for Disease Control and Prevention (CDC) recommends 7 to 8 hours of sleep each night for adults.
- Brush your teeth at least twice a day. Floss daily. If you have trouble using floss, try one of the many plastic flossers that make flossing quicker and easier.
- Wash your hands often. Wash with soap and water for 20 seconds. Time yourself by singing the Happy Birthday song twice.
- Exercise regularly. Try to get at least 30 minutes of moderate activity five days a week, or 20 minutes of vigorous activity three days a week. Include strength-building exercises two days a week.
- Maintain a healthy weight for your height.
- If you smoke or use tobacco, stop. Avoid secondhand smoke.
- Take prescribed medicines only as directed. If you are taking antibiotics, finish them according to the label instructions or as instructed by your doctor.
- Talk to your doctor or other health professional about preventive screenings and immunizations you might need. Vaccines are not just for children.

Reduce Stress

- Develop a personal support group of family and close friends. If you feel lonely, isolated or have recently suffered a loss of someone close to you, reach out to family, friends, neighbors, a community group or a religious group.
- Know your financial limits and try to live within your means. Make a budget.
- Complete unfinished tasks or projects. Make a to-do list and enjoy crossing off a project with a bold stroke.
- Go for a walk, listen to music or do both.
- Make time each day to do something you enjoy.

Be Safe

- Practice safe sex.
- Don't drink and drive.
- Don't text and drive.
- Avoid illegal drugs.
- Always buckle your seat belt and stay within five miles per hour of the speed limit.
- Wear a helmet when riding a bike or motorcycle.

Diet Dos and Don'ts

- Start each day with a healthy breakfast which includes protein.
- Eat healthy fats such as olive oil, avocados, fish and nuts.
- Avoid saturated fats, hydrogenated fats and trans-fats. Read labels to help avoid these unhealthy fats.
- Aim for at least five to seven servings of fruits and vegetables a day.
- Choose healthy, low-fat proteins such as beans, fish and poultry. If eating beef, select the leanest cuts and consider grass-fed beef.
- Opt for whole grains such as brown rice and oatmeal, and whole-grain breads, pasta, cereals and crackers.
- Limit high-calorie snacks and sugary beverages. Drink plenty of water.
- Practice portion control. Use smaller plates.
- Avoid alcohol or limit your intake to one drink per day.

For more tips about how to improve your health, log in to My Health Plan at [MedMutual.com/Member](https://www.MedMutual.com/Member) and select Wellness Portal under the Healthy Living tab.

Source: CDC.gov

The material provided, including websites and links, is informational only. It does not take the place of professional medical advice, diagnosis or treatment. You should make decisions about care with your healthcare providers. Recommended treatment or services may not be covered. Eligibility and coverage depend on your specific benefit plan.