

YOUR HEALTH & WELL BEING



CIGNA HealthCare
A Business of Caring.

Healthy Holidays, Happy Holidays

The holiday season means different things to different people. But, no matter how you celebrate, it's a time of year that can be fun, exciting – and overwhelming, if we're not careful. As we get caught up in the spirit of giving, decorating and celebrating, the following reminders can help keep yours a season of joy.

FOOD

It's everywhere. Gift baskets at work, cookies at the school play and endless party buffets. It wouldn't be the holiday season if we didn't indulge a little, but with a little planning, you can enjoy without overdoing it. For example, don't be afraid to taste that special desert, but try to fill up on lighter fare like low-calorie vegetables and fruit. And pace yourself. Fill one plate then move away from the food. Try to sit, eat slowly and enjoy. You'll find yourself eating less and feeling better!



Did You Know?

Did you know that day or night, home or away, you can rely on the CIGNA HealthCare 24-Hour Health Information LineSM for assistance and peace of mind by calling toll free 1.800.CIGNA24?

EXERCISE

It's a busy time of the year, but try to exercise – even one daily walk can make a difference. You'll not only feel better when you face the buffet table, but exercising may also help work off some of the stress the holidays can bring. If holiday commitments are making it hard to maintain your regular exercise programs, look for other ways to fit in 10 or 15 minutes. Consider a walk to the corner store for light shopping. Or at work, park a few blocks away or at the farthest end of the lot and, once inside, take the stairs whenever you can.

DECORATIONS

Place Christmas trees and other greenery away from fireplaces and radiators and make sure you keep tree stands filled with water. Be sure to place lit menorahs and other candles away from decorations and drapes, and out of children's reach. Blow out all candles before going to bed or leaving the house.

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HEALTHY HOLIDAYS, HAPPY HOLIDAYS

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SHOPPING

Malls and stores are especially crowded right now, so you should be extra cautious about keeping your children safe while shopping. Teach them to go to a store clerk or security guard if you get separated, and keep children under four years old in a stroller or supervise them closely.

GIFTS

Make sure the toys you give children are safe for them. Read package labels and follow age recommendations. When giving gifts like bicycles, skates or skateboards, be sure to include helmets and other protective gear (such as elbow, knee and wrist pads).

DRIVING

Trips to visit family and friends, late night celebrations and hurried last minute shoppers. Add the

driver who has a couple of drinks before he gets behind the wheel, and holiday roadways can get downright scary. Be prepared to drive aware – notice how others are driving and make sure that you are acting responsibly. When you're scheduling travel plans, consider heavier holiday traffic and if you get too tired during your holiday journeys, be prepared to stop and rest. Above all, if you do drink, be responsible about driving.

It's a special time of year and at CIGNA HealthCare we want you to be well, and to stay safe.



Around-the-Clock Access

We want you to be able to get health information when you need it, all day, every day. That's why we offer the CIGNA HealthCare 24-Hour Health Information LineSM.



The **CIGNA HealthCare 24-Hour Health Information LineSM** offers toll-free access, day or night, seven days a week, to the following:

- **One-on-one help** from a CIGNA HealthCare health information nurse.
- **Recordings on hundreds of topics**, from injuries and illnesses to fitness and wellness.
- **Answers to health care questions**, including directions to the nearest medical facility or pharmacy, home care suggestions or help getting emergency or urgent care.

Did You Know?

Did you know that you should keep holiday plants away from children and pets? Mistletoe, holly berries and Christmas cactus are poisonous if swallowed. Poinsettias can cause stomach irritation in humans, and they can make pets very sick.

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Information reprinted from CIGNA HealthCare Well Being.

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