

Road to WELLNESS

Embrace better health.®

COPING WITH COMMUTING



South Florida business leaders joined the Florida Department of Transportation to discuss commuter challenges in a forum called "Easing Gridlock: Addressing Transportation Woes in the Workplace." Panelists shared solutions for making sure employees aren't too stressed when they get to work to make that all important commute from the door to their desks! AvMed's very own Wellness Director, Elizabeth Sanchez-Brana, PhD., participated and says, "even something simple like changing your commute hours or varying your route can help calm your hectic morning."

According to Psychology Today, "Commuting has been found to be one of life's least enjoyable activities." The longer your commute, the lower your state of well-being. Commuting is literally a pain—the stress that doesn't pay.

Shawn Achor, CEO of GoodThink, says that reducing stress and increasing positivity during your morning commute can be a very good thing. "The greatest competitive advantage at work is a positive and engaged brain," he says, "so happiness is an advantage. Finding happiness on the way to work might get you a promotion."

To help reduce stress and increase happiness while driving, Buick recently launched the 24 Hours of Happiness Test Drive. Some of the wellness experts who helped design this program shared their top five tips for reducing stress during your morning commute.

1. Focus on gratitude

According to Achor, "Your brain can't do two things at once. The more time you spend on your commute mentally fighting the traffic, the less opportunity you have for choosing happiness. So as you put your seatbelt on to

protect your body, also protect your brain by thinking of one thing you are grateful for," rather than focusing on the negative aspects of your commute.

2. Learn something new

Use your commute to your advantage. Says Achor, "Take a few minutes to do those things we wish we had time for, such as listening to an audiobook or learning a language."

3. Turn up the tunes

Dr. Dot, masseur to the stars, recommends listening to "happy music" behind the wheel. Research reveals that listening to music can positively impact mood while driving. And having a better mood when you walk through your office door is something everyone will appreciate.

4. Stretch it out

Chad Dennis—yoga instructor to Maroon 5 and other celebrities—explains that while driving, "Stress can manifest in the shoulders, which can ride up." You can counter this simply by rolling your shoulders down and back and opening your chest, which Dennis says, "is a simple yet effective way to take you out of 'fight or flight.'"

5. Breathe

Amanda Chantal Bacon, wellness guru and founder of Moon Juice, recommends reducing stress while driving by taking "some conscious even-inhale even-exhale deep breaths as you drive." It sounds simple, but deep breathing has been proven to have the power to calm us down.

<http://www.inc.com/peter-economy/5-great-ways-to-reduce-your-morning-commute-stress.html>

HELP FOR ALCOHOL AND DRUG ADDICTION

Did you know adolescent (13 years and older) and/or adult Members who are dealing with alcohol addiction or other drug dependence issues may qualify to receive treatment services through AvMed? Initiating treatment has been shown to improve medical and behavioral health outcomes. For additional information or to learn more about which treatment services are covered, please call AvMed's Member Engagement Center or visit AvMed.org.

APRIL IS IBS AWARENESS MONTH

If you have irritable bowel syndrome (IBS), you are not alone – IBS is common worldwide. Yet many people remain undiagnosed and unaware that their symptoms indicate a medically recognized disorder.

IBS, or irritable bowel syndrome, is a long-term disorder in which abdominal pain or discomfort is associated with a change in bowel habit (diarrhea, constipation, or alternating episodes of both). Other symptoms may also be present.

Although there is currently no cure for IBS, there are ways to improve symptoms and feel better. Whether mild, moderate, or severe, all IBS treatment should begin with education about the nature of the disorder. If you have signs of IBS, get an accurate diagnosis, work with your doctor, and be proactive in your own health maintenance. Learn more about IBS, including signs and symptoms and treatment options at

<http://www.aboutibs.org/site/living-with-ibs/ibs-awareness-month/>.

NATIONAL INFANT IMMUNIZATION WEEK



National Infant Immunization Week (NIIW) – April 16-23, 2016 – is an annual observance to highlight the important of protecting infants from vaccine-preventable diseases and celebrate the achievements of immunization programs and promoting healthy communities. Learn more at <http://www.cdc.gov/vaccines/events/niiw/index.html>

PREVENTIVE CARE - WE'VE GOT YOU COVERED

Did you know that you're covered at 100 percent – that means no copays, no cost sharing, and no coinsurance – for preventive services when you get them from within a participating network? Services include, but are not limited

to: well-woman exams, annual physical examinations, well-child care and immunizations, mammograms, colon cancer screenings, and more. For a complete list of covered preventive care services, please visit [AvMed.org](http://www.avmed.org).

APRIL EVENTS

Date	Time	Location	Event	Description
April 7	6:45 pm	32 E. Las Olas Blvd. Fort Lauderdale Fla. 33301	Corporate Run Fort Lauderdale	http://www.mercedesbenzcorporaterun.com/fort_lauderdale.php
April 9	7 am	N. Ocean Drive Riviera Beach, Fla. 33404	Singer Island Half Marathon and 10K	Up and over the Blue Heron Bridge with views of Peanut Island and the Port of Palm Beach. http://www.multirace.com/events/85
April 13	6:45 pm	104 Datura St., West Palm Beach, Fla. 33401	Corporate Run West Palm Beach	http://www.mercedesbenzcorporaterun.com/west_palm_beach.php
April 24	7:30 am	3400 NE 163rd St., N. Miami Beach, Fla. 33160	down2earth 5k-10k-half marathon Trail Run	IT'S A TRAIL RUN LIKE NOTHING ELSE! THE TRAIL IS CALLED GILLIGANS ISLAND LOCATED AT THE VERY END OF OLETA RIVER STATE PARK http://www.active.com/north-miami-beach-fl/running/trail-run-races/down2earth-5k-10k-half-marathon-trail-run-2016?int=
April 28	6:45 pm	301 Biscayne Blvd. Miami, Fla. 33132	Corporate Run Miami	http://www.mercedesbenzcorporaterun.com/miami.php
Open Dates	Team FootWorks	5724 Sunset Drive. Miami, Fla. 33143 Phone: 305-666-RACE (7223)	Premier half and full marathon training program in South Florida!	Training programs target the everyday person who wants to complete a half or full marathons or improve over a previous performance. With TeamFootWorks, you CAN DO IT!! http://teamfootworks.org/half-full-marathon-training/

A Wellness Newsletter for AvMed Members

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