



A COMMUNICATIONS TOOL FOR HEALTHSPAN MEMBERS

December 2008 Volume 5

HealthSpan *matters!*

Coming Soon!!

In January, HealthSpan will be introducing a new website with a new look and more features:

Features will include:

- An enhanced Provider Search allowing members to search by group name and the ability to print out customized directories
- New resources to assist brokers and consultants in completing proposals and making presentations
- Interactive features for improved communication between members and our HealthSpan Customer Service team
- An expanded provider section to facilitate faster provider changes and updates
- Wellness tools, and much more!

WELCOME to the holiday season -- that whirlwind of gift-giving, marketing blitzes, holiday parties and activities galore that begin right after Halloween, build to Thanksgiving, and continue, gaining momentum, through the end of the year.

While this season is meant to bring feelings of love and cheer, it's also the core of holiday stress for many.

The great thing about holiday stress is that it's predictable. Unlike many other types of negative stress we encounter in life, we know when holiday stress will begin and end, and we can make plans to reduce the amount of stress we experience and the negative impact it has on us.

Here are some tips you can try to help reduce holiday stress before it begins so that it remains at a positive level, rather than an overwhelming one:

- **Set Your Priorities** - Before you get overwhelmed by too many activities (card giving, baking, shopping, etc), it's important to decide what traditions offer the most positive impact and eliminate superfluous activities.
- **Cut Corners** - If you can't fathom the idea of skipping out on sending cards, baking, seeing people, and doing *all* of the stuff that usually runs you ragged, you may do better including all of these activities in your schedule, but on a smaller scale.
- **Change Your Expectations For Togetherness** - With family and friends, it's important to be aware of your limitations. Think back to previous years and try to pinpoint how much togetherness you and your family can take before feeling negative stress. Can you limit the number of parties you attend or throw, or the time you spend at each? Can you limit your time with family to a smaller timeframe that will still feel special and joyous, without draining you?
- **Set A Schedule** - Putting your plans on paper can show you, in black and white, how realistic they are. If you find a time management planner and fill in the hours with your scheduled activities, being realistic and including driving time and down time, you will be able to see if you're trying to pack in too much. Start with your highest priorities, so you will be able to eliminate the less important activities.



HealthSpan Holiday Hours

HealthSpan will be closed on Wednesday, December 24th at noon; Thursday, December 25th; Friday, December 26th; Wednesday December 31st at noon; and Thursday, January 1st. We will operate normal business hours of 8:30 a.m. to 5:00 p.m. Monday through Friday all other days during the holiday season.