

May Wellness Action Message



Quarterly Theme:
Mental Wellbeing: Prevention & Intervention

May's Theme: Resiliency/Stress Management Skills

Stress Management 101

Not all stress is bad. Stress is how the body reacts to a challenge or demand. Change is often a cause of stress. Even positive changes, like having a baby or getting a promotion can be stressful. Stress can be short-term or long-term. But long-term stress can lead to health problems.

Preventing and managing long-term stress can lead to health problems. Preventing and managing long-term stress can lower your risk for other conditions – like heart disease, obesity, high blood pressure and depression.

You can prevent or reduce stress by:

- Planning ahead
- Deciding which tasks to do first
- Preparing for stressful events

Some stress is hard to avoid. You can find ways to manage stress by:

- Noticing when you feel stressed
- Taking time to relax
- Getting active and eating healthy
- Finding solutions to problems you're having
- Talking to friends and family

Importance of Stress Management

Stress management gives you a range of tools to reset and to recalibrate your alarm system. It can help your mind and body adapt (resilience).

Managing stress can help you:

- Sleep better
- Control your weight
- Have less muscle tension
- Be in a better mood

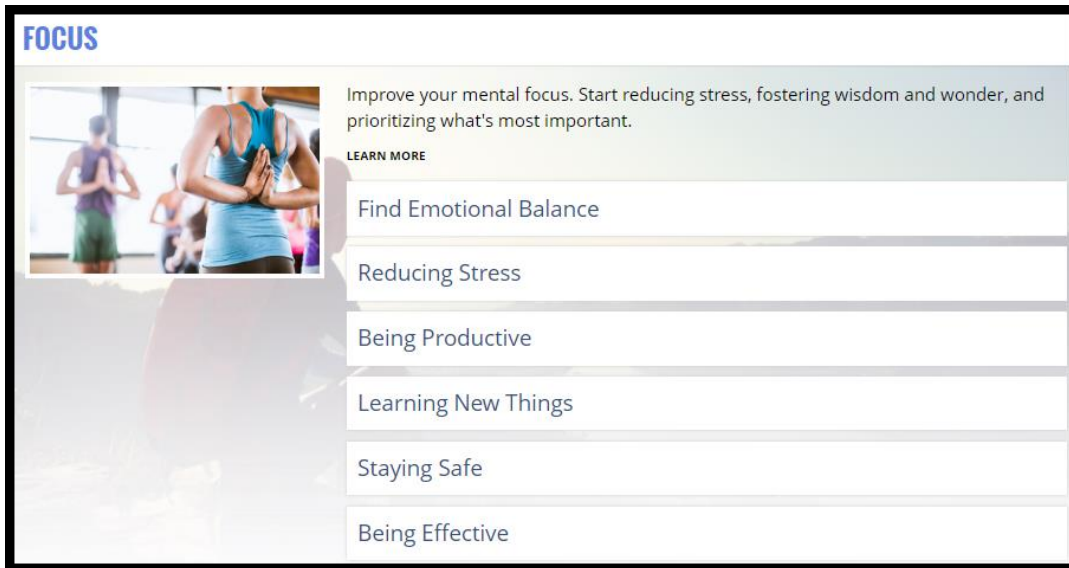
Source: <https://health.gov/myhealthfinder/health-conditions/heart-health/manage-stress>

My Health Rewards – Stress Management Healthy Habits & Learning Cards Tools

Looking for nudges and learnings to improve your mental focus by learning simple stress management skills you can put into practice?

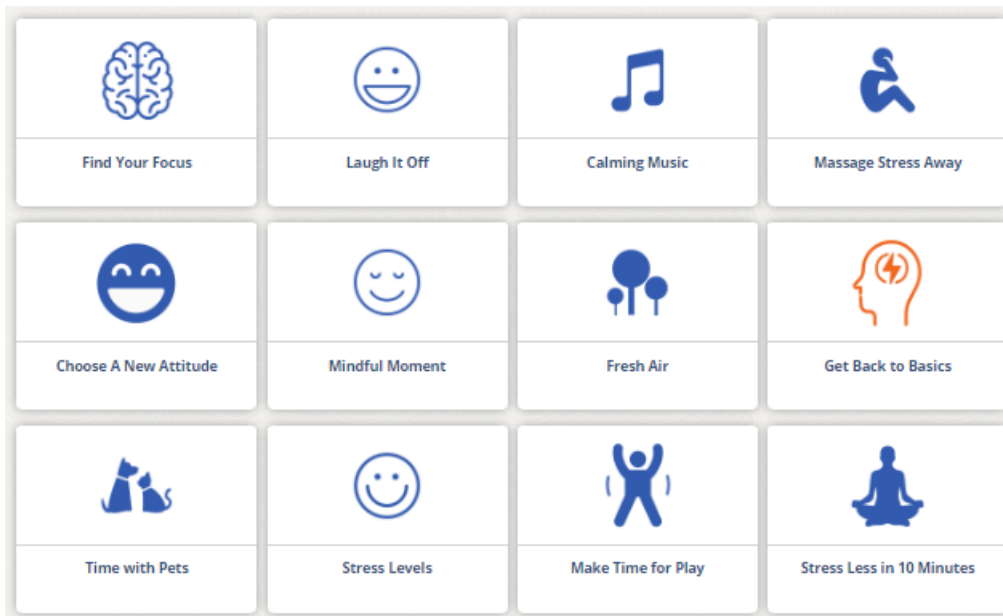
Action step:

- Go to More, click on Pillars
- Under Focus, select the focus topics you want to practice
- Select the healthy habits you want to take action on a daily routine



Example: Reducing Stress

Stress happens, but you choose how to face it. Breathe, relax, and calm your mind. This is your place to feel in control.

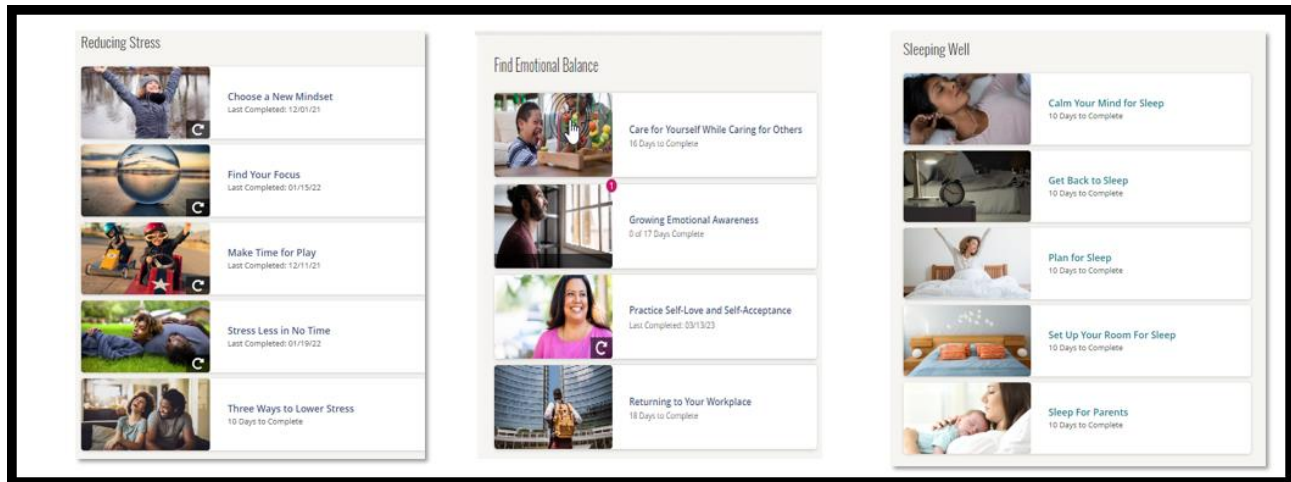


My Health Rewards – Journeys

Take the first step by starting a mental health journey today that provides a self-guided course to help you build stress management skills with easy steps.

Action step:

- Go to Health, click on Journeys
- Under Journeys, click on one of the following to start building your stress management skills
 - Reducing Stress: 5 journeys available
 - Find Emotional Balance: 4 journeys available
 - Sleeping Well: 5 journeys available



Self Care by AbleTo

Overall Goal: Self Care by AbleTo empowers individuals to engage with self-care techniques, coping tools, meditations and more to improve their mental health and build life skills.

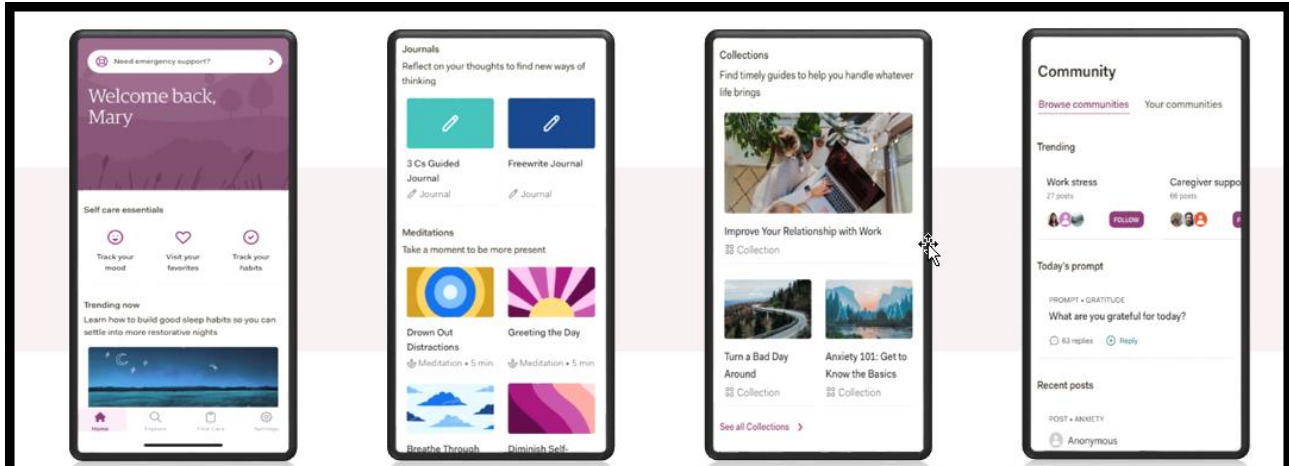
- Based on cognitive behavior therapy, focusing on how thoughts, feelings and actions are connected.

Eligibility: Medica members age 13+

Accessibility: Mobile app or computer/Web experience

**Sanvello has joined AbleTo. Members currently using the Sanvello app will receive in-app notifications encouraging them to get started using Self Care. Sanvello will be supported through 2023, but new users will no longer be able to register to use it after 6/30/23.*

Self Care by AbleTo offers four sources of support



Assessments and tracking
Mood tracking and assessments help members understand their emotional state, track progress and access focused content, tools and support.

Mental health skills and tools
Clinical tools and techniques help members learn and practice evidence-based mental health tactics to build long-term life skills.

Collections
Topical content helps members learn and apply skills relevant to specific needs or situations.

Community
Coming later in 2023, will feature structured chats and message boards invite peer-to-peer discussions and allow users to connect and learn from one another.

In addition, when members need extra support, a “Find Care” feature is offered allowing Medica members to schedule an online therapy session and talk to a licensed therapist from the comfort of wherever they are.

Note: There is a separate cost for online therapy sessions. Sessions are covered under the plan benefits as a behavioral health office visit.

To learn more about Self Care by AbleTo, refer to the attached informational handout.

Have questions?

We’re here to help. Call Member Services at the number on the back of your Medica ID card (TTY: 711).