

2025 —



**CHOUEST
GROUP
HEALTH**

Wellness Resources

CHOUEST GROUP HEALTH

Wellbeing is more than just being physically fit.

Invest in your total wellbeing by taking steps towards a happier and healthier lifestyle by working at all areas of wellbeing while at work, at home, and in your communities.

Being **physically well** means having good health, and enough energy to do what you want to every day. With thriving physical wellbeing, you will look better, feel better, and live longer.

Social wellbeing is defined as having strong relationships and love in your life. **Emotional wellbeing** means having good health and enough mental energy to get important things done every day.

Employees **enrolled** in the medical plan have access to several resources for wellness and preventative care services covered at 100%. There are tobacco cessation drugs programs, weight loss programs, discounted gym memberships, and so much more.

Employees **not enrolled** in the plan can also take advantage of wellness benefits. These websites offer resources and wellness programs to employees.

www.Smokefree.gov

www.Cdc.gov/healthyweight

www.gallagherwellbeing.com

Gallagher Resources

To follow our Monthly Wellbeing Calendar, please visit www.gallagherwellbeing.com

MOMENTUM

MONTH 1

- The Art of Finding your Purpose
- Goal Setting
- Maintaining Momentum

Recipe

Breakfast Smoothies

Activity

Track Your Habits

HEALTH TECH

MONTH 2

- Enhancing Wellbeing with Innovation
- Is Screen-time Affecting your Health?
- 8 Apps to Boost your Wellbeing

Recipe

Screen-time Buddha Bowl

Activity

Throttle your Screentime

HEALTHY FOOD CHOICES

MONTH 3

- How to Design a Balanced Eating Plan
- Fueling your Body for a Better Health
- Blue Zones for Health Aging

Recipe

Mediterranean Quinoa Salad

Activity

Get in the Blue Zone

MASTERING MONEY

MONTH 4

- Build an Emergency Fund in 5 Steps
- Budget-Friendly Meal Planning
- The Psychology of Spending

Recipe

Lentil and Vegetable Soup

Activity

Build a Better Budget

MINDSET MATTERS

MONTH 5

- How to Navigate Loneliness
- Coping with Grief
- Creating Mindful Moments

Recipe

Energy Smoothie Bowl

Activity

Create Mindful Moments

BEING ACTIVE

MONTH 6

- Family Outdoor Exercises
- Fitting in Fitness
- Design a Personalized Fitness Plan

Recipe

Protein Buddha Bowl

Activity

Step it Up

PREVENTION

MONTH 7

- Colonoscopy 101: What to know
- 8 Ways to Improve Eye Health
- Heart Health Essentials

Recipe

Immunity-Boosting Citrus Salad

Activity

Healthy Heart Challenge

EASING STRESS

MONTH 8

- Stressed-Induced Hypertension
- Creating Calm Within the Chaos
- Habits to Boost Brain Health

Recipe

Calming Chamomile Lavender Tea

Activity

Find Your Calm

HEALTH TIPS

MONTH 9

- Leaning in Health
- 9 Habits for Healthy Routines
- Small Adjustments, Big Results

Recipe

Grilled Chicken Quinoa Bowl

Activity

Small Changes

FAMILY HEALTH

MONTH 10

- Managing Your Family's Health
- Mental Health for the Whole Family
- Healthcare: When and Where

Recipe

Family-Style Turkey and Black Bean Tacos

Activity

Build a Family Health Calendar

HEALTH IS PERSONAL

MONTH 11

- Hormone Shifts you Should Know About
- Breathing Easier
- Metabolic Syndrome: Know your Risks

Recipe

Baked Lemon-Garlic Salmon

Activity

Personal Your Health

HAPPINESS

MONTH 12

- 5 Actions to Feel Happier Right Now
- The Art of Gratitude
- Holiday Emotional Eating

Recipe

Spiced Turkey Breast

Activity

Express Gratitude

Preventative Benefits

We want to help you protect your health, and that starts with disease prevention and early detection. Preventative screenings are an important way to track your health.

If you use a provider in your network, you can receive certain routine preventive services at no extra cost to you.

Here's how to prevent health problems and save money using your plan:

- 1 Get Preventative Care!
- 2 See your Primary Care Provider Regularly
Find a provider through your account at www.bcbsla.com

More Tools for Good Health:

- 1 **Blue365**
Learn more at www.blue365deals.com/bcbsla
- 2 Fitness your Way by **Tivity Health**
DISCOUNTS on gym memberships through Blue365 deal.
- 3 **FREE Wellness Assessment**
Free online health survey that will show risks you may discuss with your doctor – www.bcbsla.com/wellness

Quality Blue Primary Care

We work with primary care doctors around the state to help you get the best care possible through a program called Quality Blue Primary Care.

If your plan has copayments for primary care office visits, you may be able to pay less when you visit a Quality Blue Primary Care doctor.

Look up your doctor's name in our directory to see if there is a blue [Q] next to their names www.bcbsla.com/findcare

2025 Wellness Guidelines

Adult Health – For Ages 18 and Over

Preventative care is very important for adults. By making healthier choices, you can improve your overall health and well-being. Some of these positive choices include:

- ❖ Eating a healthy diet
- ❖ Participating in regular physical activity
- ❖ Not using tobacco products
- ❖ Limiting alcohol use
- ❖ Striving for a health weight
- ❖ Taking medications as prescribed by your doctor

Adult recommendations for screenings

Physical Exam	Every year or as directed by your doctor
Body Mass Index (BMI)	Every year
Blood Pressure (BP)	Every year
Colon Cancer Screening	Screening colonoscopy beginning at age 45 in consultation with your doctor. You have options for colon cancer screening: a colonoscopy every 10 years, a flexible sigmoidoscopy every five years or a Cologuard DNA Test annually.
Lung Cancer Screening	For high-risk individuals (Talk with your doctor for ages 50-80).

Adult recommendations for immunizations

	19 – 21 years	22 – 26 years	27 – 29 years	50 – 64 years	65 and older
Influenza (Flu)* / COVID-19	Once each year COVID-19 is 2 or more				
Tetanus, Diphtheria and Pertussis (Tdap)*	One dose with a booster every 10 years				
Herpes Zoster (Shingles) – RZV*				Two doses RZV for those 60 and older	
Varicella (Chicken Pox)*	Two Doses				
Pneumococcal (Pneumonia)*					Two Doses
Measles, Mumps, and Rubella (MMR)*	One or two doses if no evidence of immunity				
Human Papillomavirus (HPV) – Female*	2 or 3 doses if no evidence of immunity (through age 45)				

2025 Wellness Guidelines

Adult Health – For Ages 18 and Over

Adult recommendations for immunizations

	19 – 21 years	22 – 26 years	27 – 29 years	50 – 64 years	65 and older
Hepatitis A**	Two or three doses for at-risk adults***				
Hepatitis B**	Three doses for at-risk adults***				
Meningitis**	One to three doses depending on indication***				
Haemophilus Influenzae Type b (Hib)*	One or three doses depending on health risks***				

*Recommendations for most adults. **Recommended for adults with certain health risks. ***Discuss with your doctor to determine if and when you should get this vaccine.

Women's Health

Women have unique health care needs. To stay well, they should make regular screenings a priority. Women should discuss the recommendations listed on the chart below with their doctors.

Women's recommendations

Mammogram	Every year for women, beginning at age 40*
Cholesterol	Ages 20 – 45 if at high risk, all women ages 45 and over
Pap Test	Pap test every three years for women ages 21 – 65, or Pap test and HPV test every five years for women ages 30 – 65. (women who have had a hysterectomy or are over age 65 may not need a Pap test)*
Osteoporosis Screening	Beginning at age 65 or at age 60 if risk factors are present*
Pelvic Exam	Every year for ages 21 and over*

Men's Health

Men are encouraged to get yearly wellness exams, even if they don't have symptoms. Engage in a healthy lifestyle and complete recommended preventative care services.

Men's recommendations

Cholesterol	Ages 20-35 if at high risk, all men ages 35 and over
Abdominal Aortic Aneurysm	Once between ages 65 and 75 if you have ever smoked – 1 time screening

*Recommendations may vary. Discuss screening options with your doctor, especially if you are at increased risk.

2025 Children Wellness Guidelines



Children's Health

Put your children on the path to wellness by scheduling regular office visits with a doctor. In addition to discussing your child's growth and progress.

- ❖ Check your child's body mass index percentile regularly beginning at age 6.
- ❖ Conduct a yearly wellness exam beginning at age 3.
- ❖ Test vision at least once between the ages of 3 and 5.

Routine children's immunization schedule										
Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	1.5-3 years	4-6 years
Hepatitis B (HepB)	✓	✓		1			✓		1	1
Rotavirus (RV)	1	1	✓	✓	✓ *	1	1	1	1	1
Diphtheria, Tetanus and Pertussis (DTaP)	1	1	✓	✓	✓	1		✓	1	✓
Haemophilus Influenzae Type B(Hib)	1	1	✓	✓	✓ *		✓	1	1	1
Pneumococcal Conjugate (PCV)	1	1	✓	✓	✓		✓	1	1	1
Inactivated Polio Vaccine (IPV)	1	1	✓	✓			✓		1	✓
Influenza (Flu)					✓ Recommended yearly starting at 6 months with 2 doses the first year					
Measles, Mumps and Rubella (MMR)							✓ **			✓ **
Varicella (Chickenpox)							✓			✓
Hepatitis A (HepA)						✓ First dose: 12-23 months ✓ Second dose: 6-18 months later				

● One dose □ Range of recommended dates

*Number of doses needed varies depending on vaccine used. Ask your doctor. **Measles, mumps and rubella (MMR) vaccine. (Minimum age: 12 months for routine vaccination.) Routine vaccination: two-dose series at 12 – 15 months and 4 – 6 years. The second dose may be given as early as four weeks after the first dose.

2025 Children Wellness Guidelines

Tweens and Teenagers

As your child grows into a teen, he or she should continue yearly doctor visits for exams and scheduled immunizations. These visits give the doctor a chance to talk about:

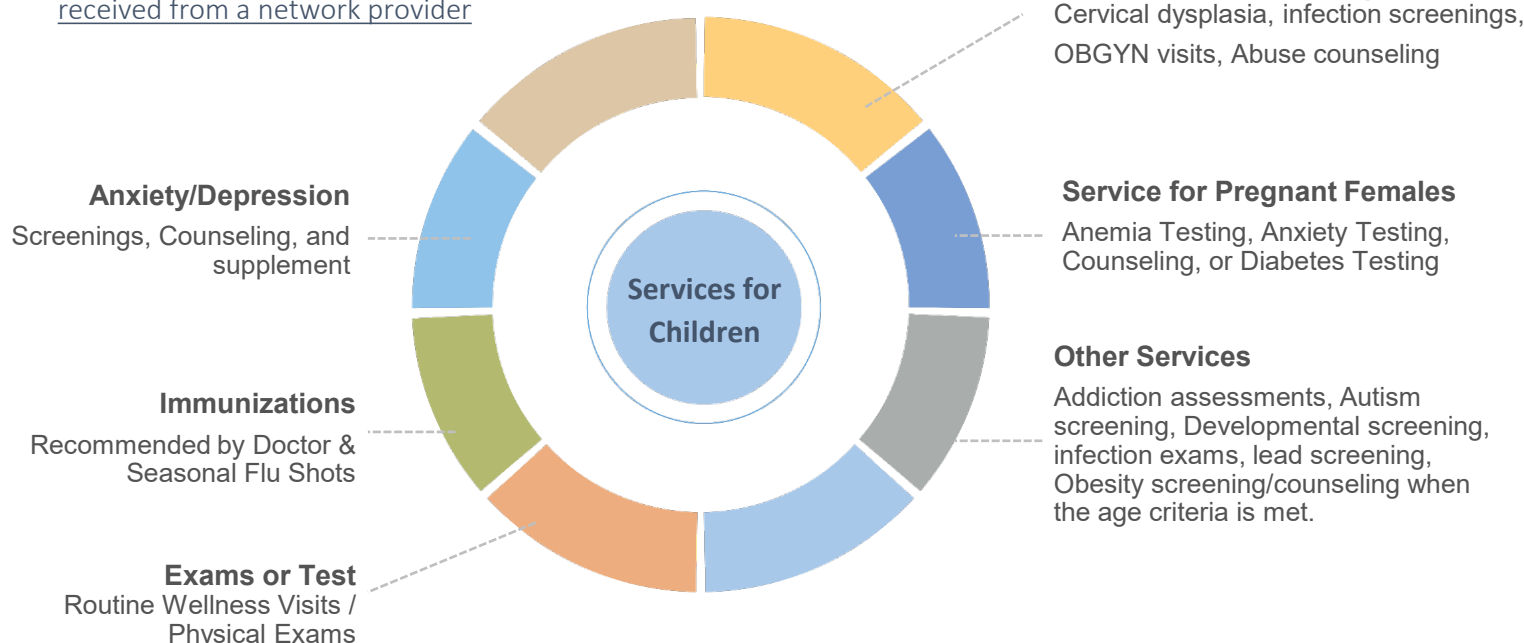
- ❖ The importance of good eating habits and regular physical activity
- ❖ Avoiding alcohol, smoking and drugs
- ❖ The impact of sexual activity and sexually transmitted disease

Routine immunization schedule for ages 7 to 18

Vaccine	7-10 years	11-12 years	13-15 years	16 years	17-18 years
Diphtheria, Tetanus and Pertussis (DTaP)		✓	▲	▲	
Human Papillomavirus (HPV) - Females & Males		✓		▲	
Meningococcal (MCV)		✓	▲	✓	
Influenza (Flu)	Yearly				

● One dose ■ Range of recommended dates

Member pays \$0 for these services when received from a network provider



Employee Resources for Better Wellbeing

COMPANION BENEFIT ALTERNATIVES

Companion Benefit Alternatives (CBA) manages the behavioral health benefits your health plan provides.

Why CBA? This is our free health coaching program which is designed to help you become more informed about what affects your health. You will also learn ways to improve your health. We will work together to help you reach your personal goals.

We can HELP you!

- Recognize your risk factors and identify treatment options
- Explore healthy lifestyle choices (exercise, food choices, tobacco use)
- Complete behavioral health screenings

In this program, you will:

- Receive online and mailed customized information about your medications and health issues
- Receive referrals to community and national resources
- Complete behavioral health screenings

What you need to do: As part of your health plan benefits, you also have access to our other health coaching programs. We have programs designed specifically for depression, bipolar disorder, MOMs support, and attention deficit hyperactivity disorder (ADHD), and recovery support.

How to contact us:

Phone: 800-868-1032 ex. 25835 – Health Coaching Staff

To find helpful tools, information and resources, visit our website:

www.companionbenefitalternatives.com

Employee Resources for Better Wellbeing

Employee Assistance Program - Metlife

Help is always at your fingertips!

We know life is complicated, and sometimes we just all need a little help. Our employee Assistance Program (EAP) helps manage you and your family's total health, including mental, emotional, and physical. It comes at no cost to you if you are receiving the Basic Life benefit through MetLife , which includes 5 telephonic or video sessions.

Family Going through a divorce, caring for an elderly family member, returning to work after having a baby.	Work Job relocation, building relationships with co-workers and managers, navigating through reorganization
Health Coping with anxiety or depression, getting the proper amount of sleep, how to kick a bad habit like smoking	Everyday Life Moving and adjusting to a new community, grieving over the loss of a loved one, military family matters, training a new pet
Money Budgeting, financial guidance, retirement planning, buying or selling a home, tax issues	Legal Services Issues relating to civil, personal and family law, financial matters, real estate and estate planning
Identity Theft Recovery ID theft prevention tips and help from a financial counselor if you are victimized	Will Prep Services Will preparation services are available free to members to take advantage of to help with planning for your family's future.

When you need some support, we're here to help.



Phone

1-888-319-7819



Web

metliffeap.lifeworks.com

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and password: eap**



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