Top stories in this newsletter

**Tips to Become an Educated Consumer**

- Take full advantage of the resources your health, pharmacy and dental plans have to offer – check out their websites for detailed information, use their nurse line services and benefit from free preventive services and wellness visits.

- Take time to evaluate your health plan options! Annual open enrollment is the perfect time to determine if you should remain in the plan you are enrolled in now or make a change. For example: If you are enrolled in BCBS PPO1 or MESSA 10/20 plan, compare the benefits you get from this higher premium plan to the BCBS PPO2 (or HDHP) or MESSA Saver (or ABC HSA) plan – you may find you will save a substantial amount of money each year in your premium.

- If you need to see a doctor and it is after hours or you cannot get an appointment right away, you have a few options available here.

- Consider embracing your vision of a new life, one step at a time. Take advantage of the opportunities available to you through our wellness program, Your Health It's Central. All resources and events are a benefit to you.

- Ask questions. For many of us, it is uncomfortable to ask the doctor questions and to trust what she/he is telling us to do. We encourage you to be your own advocate. Write down your questions before your doctor’s appointment, take a family member or friend with you as a second set of ears to hear what the doctor is saying, and be sure to get answers to all of your questions before the appointment ends.

Change can be difficult; however, everyone must take responsibility to help control the rising costs, make educated decisions about how they access health care services and ultimately, manage their health and lifestyle appropriately.

**Get Moving in May!**

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet in Michigan nearly 23% of adults 20 years and older don’t get the recommended amount of physical activity.

The Physical Activity Guidelines for Americans recommend that adults:

- Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May.

**Meet the New Max Buzz™**

Last month, Virgin Pulse introduced its new and improved activity tracker, the Max Buzz. Max Buzz tracks steps, distance, active minutes, calories and sleep with a sleeker, more modern design. It also has a night mode, is water resistant and can provide text and call notifications. The new Max Buzz will be available to new employees enrolling in the program starting July 1st. The current Max activity trackers will continue to be supported by the platform, but if you would like an upgrade, the new Max Buzz is available for $24.99 in the Virgin Pulse store for all current participants.