

Health Tips

Make Health Happen

HOW CAN YOU
BE MORE ACTIVE?

www.anthem.com/inmedicaid

Being more active is a process

Thinking about weight loss is a great start in making a change. What's one thing you would like to change to become more active? Write it here:

Be active, be healthy

Being more active can help improve your health. Regular exercise can:

- Strengthen your heart and lower your blood pressure
- Lower your bad cholesterol and raise your good cholesterol
- Prevent chronic health conditions like diabetes, obesity and some cancers
- Increase your flexibility
- Give you more energy
- Help you sleep better and wake up feeling more rested
- Help you feel better about yourself and deal with stress

Take small steps

There are many ways you can be more active. Here are just a few ideas:

- Take the stairs instead of the elevator
- Park farther from building entrances
- Do work around the house or yard
- Do some stretching or sit-ups on the floor while watching TV
- Play a sport with family or friends
- Go dancing with a friend
- Start with one activity one day a week



Even if you have a disability, activities can be adjusted to meet your needs. Talk to your doctor to learn more.

What's the best time of day for you?

You don't have to get all of your exercise at once. Break up the time you exercise into short 15-minute sessions. Then, increase the amount of exercise you do. Work up to 30 minutes of nonstop activity per day.



Stay safe

- If you feel any pain, discomfort or dizziness, stop and contact your doctor.
- Make sure to wear well-fitting, comfortable shoes and clothing.
- Check with your doctor before starting any type of activity or exercise program.
- In case of a medical emergency, call 911.

Find more tips at cdc.gov/physicalactivity.

Anthem  
BlueCross BlueShield

Serving Hoosier Healthwise,
Healthy Indiana Plan and Hoosier Care Connect

Helpful phone numbers for Anthem Blue Cross and Blue Shield members only

Member Services and 24/7 NurseLine:

- Hoosier Healthwise and Healthy Indiana Plan - 1-866-408-6131
- Hoosier Care Connect - 1-844-284-1797
- TTY: 711

Call for free translation/Llame para una traducción sin costo:
1-866-408-6131 (Hoosier Healthwise, Healthy Indiana Plan);
1-844-284-1797 (Hoosier Care Connect); TTY 711.