

HealthyWay

SMALL CHANGES. BIG RESULTS.

Your guide for everyday wellness.



Feel better, stress less

The New Year brings plenty of pressure to reinvent yourself. But if a "new you" means crash diets, brutal workouts and giving up what you love, we're already over it. This year's glow-up doesn't have to be extreme to be effective. The changes that matter most are simple, enjoyable and last well past February.

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The heart's hidden hustle

Your heart beats more than 100,000 times a day, quietly working whether you're at your desk, climbing stairs or bingeing Netflix. Heart problems rarely appear overnight. They build slowly through everyday habits and stress that feel normal. Understand how smart choices can impact your heart health.

[Read more](#)

Book now! Your Annual Wellness Visit

If you wake up feeling good, scheduling a doctor's visit might seem pointless. After all, no cough, no pain, no problem, right? Not so fast. Turns out, some of the best health visits happen when nothing feels wrong. That's where the **Annual Wellness Visit for Medicare Advantage members** comes in.

[Get the facts](#)



Watch: UC vs. ER

When you're sick or injured, knowing where to go matters. Should you head to an urgent care center or straight to the emergency room? Understanding the difference can save you time, money and stress. Here's how to know which option is right for you.



Nirav Shah, M.D.
Senior Medical Director



Your first doctor's visit made easy.
You've made your first doctor's appointment. Now what?
[Click here to get the most out of your visit.](#)

A bowl of cozy: chicken, pasta & spinach soup

Cozy up with a bowl of chicken, pasta and spinach soup. It's a hearty meal that works just as well for lunch as it does for dinner. Packed with whole grains, lean protein and just the right amount of veggies, this soup is more than good food, it's also diabetic friendly and heart healthy.



Recipe by Nancy Hughes from *The Carb Control Cookbook*.
Photo by Renée Comet.

[Get the full recipe here](#)