



Sleep and Mood

Lack of sleep can have a major impact on your mental health and emotions. According to research, sleep deprivation can affect mood by:

- Causing stress and anxiety.
- Leading to depression.
- Causing irritability.
- Making decision-making, concentration and focusing more difficult.
- Impairing the ability to learn and perform tasks that require logical or complex thinking.
- Increasing the risk of developing a mood disorder.
- Slowing reaction time.



Ways to improve your sleep:

Keep a consistent bedtime routine. Get up and go to sleep at roughly the same time every day.

Don't take long naps during the day.

Avoid alcohol, nicotine and caffeine in the late afternoon and evening.

Keep it cool. Sleep experts recommend setting your thermostat between 65°F and 68°F.

Don't go to bed too hungry or too full.

Develop a nightly bedtime routine, such as taking a bath or shower, meditating or reading.

Exercise during the day, not right before bed. Tip: Aim for at least 150 minutes of moderate-intensity exercise a week.

Turn off all of your electronics (yes, even your phone) about an hour before going to bed.

See your health care provider if you still have sleep problems.

Studies indicate that even a moderate lack of sleep can greatly impact temperament. In one study, University of Pennsylvania scientists discovered that participants restricted to just 4.5 hours of sleep per night for one week experienced heightened levels of stress, anger, sadness and mental fatigue. However, once the participants returned to their usual sleep patterns, they noticed significant mood improvements.



It's Not Too Late to Get a Flu Shot

Yes, it's best to get vaccinated in September or October before flu season is going strong. But the flu virus is often still active into March. So, if you didn't get your flu shot before, make time to get it now. Remember, it takes about two weeks for full immunity to the virus to kick in after vaccination. If you got through the last couple of months without catching the flu, that doesn't mean you're not at risk for catching the virus now. By getting the flu shot, you'll not only raise the odds you'll avoid the flu, but you'll help prevent spreading the flu to others. And make sure you're up-to-date on your COVID vaccination.



Activate Your Healthy Mind–Healthy Body Online Webinar Series



You're invited!

Join our health education professionals to focus on your mind–body health.

Register by scanning the QR code with your smartphone camera. You'll then get an email with a link to join.



Can't make it live? Sessions are recorded and available on demand for 3 months.



Anyone can join!

- No cost.
- You don't need to be a Kaiser Permanente member.
- Open to the community, friends, family, coworkers, and everyone else.

Upcoming Webinars

Body Harmony: Embrace and Thrive January 27, 2025

Go beyond dieting and calorie counting. This webinar will focus on sustainable habits, mindful eating, and embracing a positive relationship with your body. You will also be invited to create a realistic action plan to embrace your body and thrive!

Keeping Your Heart Strong February 24, 2025

This webinar will discuss the lifestyle factors that can affect heart health, including diet, exercise, alcohol, sleep, and stress, and it will highlight the Mediterranean and plant-based meal plans. You will be invited to create a realistic action plan using your personal strengths to help keep your heart healthy for life.

The Power of Food March 24, 2025

Learning about the food you eat and how it affects your mind and body is an important step toward better health. Explore the most common truths and myths about eating well. Get tricks and tips for creating your own healthy-eating action plan, such as eating mindfully, creating a healthier plate, or making healthy snack choices.

2025 Schedule

Body Harmony: Embrace and Thrive

Monday, January 27, 2025

- Available On-Demand

Keeping Your Heart Strong

Monday, February 24, 2025

The Power of Food

Monday, March 24, 2025

Staying Healthy as a Family

Monday, April 21, 2025

Finding Calm in the Chaos: Skills for Everyday Life

Monday, May 19, 2025

The Men's Health Playbook: Tips for a Healthier Life

Monday, June 23, 2025

Mini Moves

Monday, July 7, 2025

Activate Series Cardio Boost

Monday, July 28, 2025

Grocery Savvy: Mastering Smart Shopping & Label Reading

Monday, August 25, 2025

Renew & Recharge: Navigating Burnout

Monday, September 29, 2025

Empowered Health: A Focus on Women's Wellbeing

Monday, October 27, 2025

Eat with Intention: Discovering Mindful Eating Practices

Monday, November 17, 2025

Goodnight, You!

Monday, December 15, 2025



Tip of the Month: Prebiotic Soft Drinks

Soft drinks with fiber? Indeed. Trendy prebiotic soda is popping up on store shelves. It's flavored carbonated water with two to three grams of fiber per can from prebiotic inulin, acacia or tapioca. Prebiotic fibers help support the beneficial bacteria (probiotics) in the gut. This soda doesn't

replace the need to get 25 to 35 grams of fiber daily from foods, such as fruit, vegetables and whole grains. If you try it, choose a low-sugar option with fewer than two teaspoons of sugar per can. Caution: Prebiotic fibers may cause gas and bloating, especially if you already have irritable bowel syndrome. Do not try to get all of your daily fiber intake from this soda. Rely on vegetables, beans and whole grains for a fiber-rich and well-rounded eating plan.



The Toll of Financial Stress

By Eric Endlich, PhD

Having enough money is one of the most common things that causes all of us to worry – and that couples argue about. However, worrying won't put money in your bank account or bread on the table, and it can have negative impacts, such as:

- Poor sleep.
- Difficulty enjoying life.
- Decreased productivity.
- Head, back or stomach aches.
- Conflict with your partner or loved ones.
- Reduced immunity.

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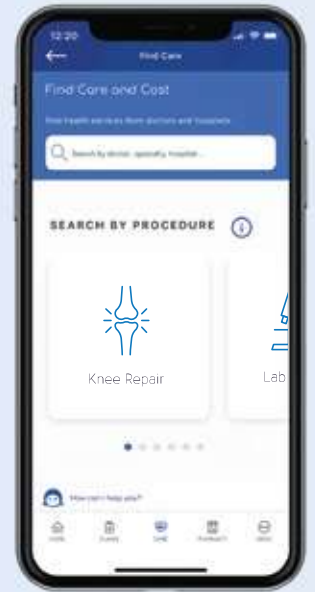


Find high-quality doctors nearby and compare costs

Choosing a doctor you trust is important – and choosing one in your plan's network helps lower your costs. The **Find Care** tool on the SydneySM Health app and anthem.com/ca can help you do both.

Helping you find the right care

The **Find Care** tool brings together details about doctors in your plan's network. You can customize your search by name, location, specialty, or procedure. You also can compare information such as costs, languages spoken, and office hours.* To make sure a care provider is in your plan's network, view the doctor or facility profile.



To help you find care providers who would be a good fit for you, we sort your search results and provide the top three matches using Personalized Match. There are more options available below your top three, and you can always re-sort these search results by distance or name.

After viewing your initial search results, you can filter your results by selecting the relevant boxes on the left or browsing by list or map views.



Search by name, specialty, or procedure.



Customize and refine results.



Compare doctors and costs.



Download the Sydney Health app

Scan the QR code to download the Sydney Health app. Choose Find Care and Cost from the Care menu.

* On-screen experiences may vary by user due to personalization experiences, benefit packages, and ongoing user-experience improvements.

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Because of these effects, it's well worth trying to break this mental habit. There are several strategies you may find effective, including:

Facing your feelings.

These worries are normal, but when making big decisions, it's important to leave time to think things through calmly.

Examining your beliefs.

If you have persistent irrational thoughts about money (e.g., "I won't be happy until I'm a multimillionaire"), look for evidence to challenge them (e.g., "there are many things in life that bring me joy and cost nothing").

Developing a budget.

Knowing how much is coming in and going out can help ease your mind.

Consulting a professional.

Ask those you trust for recommendations for financial experts who can help you make an effective plan for the future.

Focusing on what you control.

Prices may rise whether you like it or not, but you can still decide what and when to buy in many cases.

Taking a break.

Find relaxing and enjoyable activities to engage in so you're not thinking about money all the time.

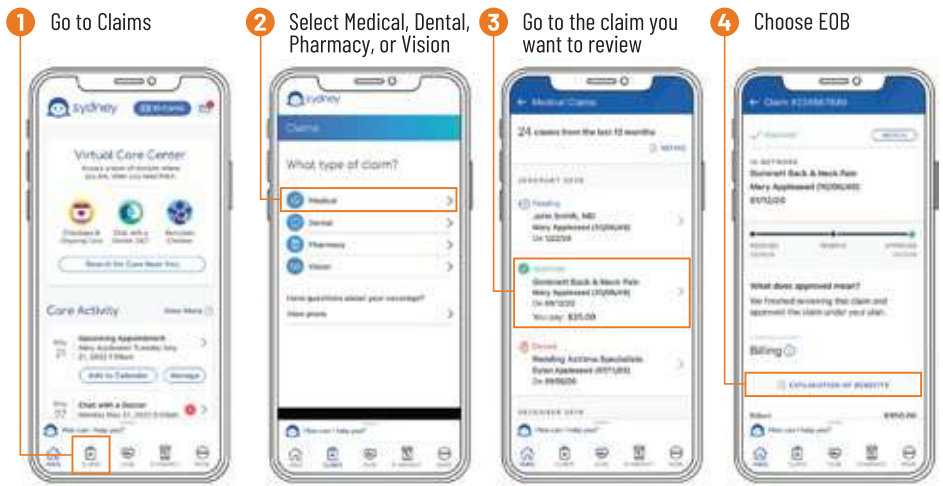


Anthem Digital EOB

A step-by-step guide to accessing your explanation of benefits

With your digital explanation of benefits (EOB), you'll never have to wait for your EOB to arrive in the mail. You can instantly check your EOBs for the last two years whenever it's convenient simply by using your smartphone or computer.

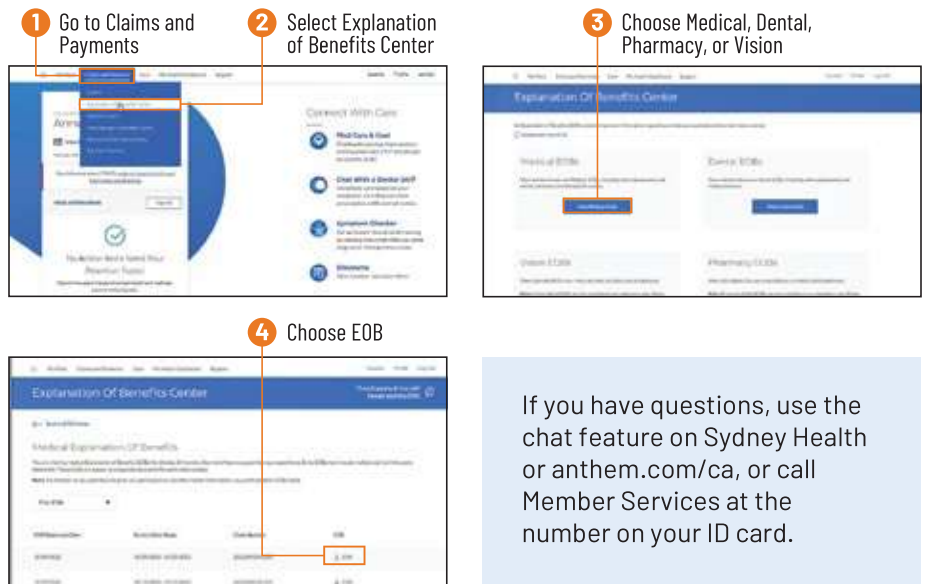
Find your digital EOB on the SydneySM Health app:



Download the Sydney Health app today in the Google PlayTM or App Store[®].



Find your digital EOB on anthem.com/ca:



If you have questions, use the chat feature on Sydney Health or anthem.com/ca, or call Member Services at the number on your ID card.

If you prefer to get your EOB by mail

Change your Communications & Settings preferences on Sydney Health or anthem.com/ca, or call Member Services at the number on your ID card.