

Wellbeing Blitz

March: Get Better Sleep



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Health Promotion Manager

Healthy Sleep

- Healthy sleep is vital
- Sleep has distinct stages, cycles
- Brain & Body are still active during sleep
- Sleep benefits
 - Feel well rested & energetic
 - Learn or create memories
 - Creativity, problem solving & focus
 - Reduces risk for heart disease, high blood pressure & weight gain
- Most adults need 7 – 8 hours of sleep



Anthem Programs

Better Sleep

AIM Clinical Review: Sleep

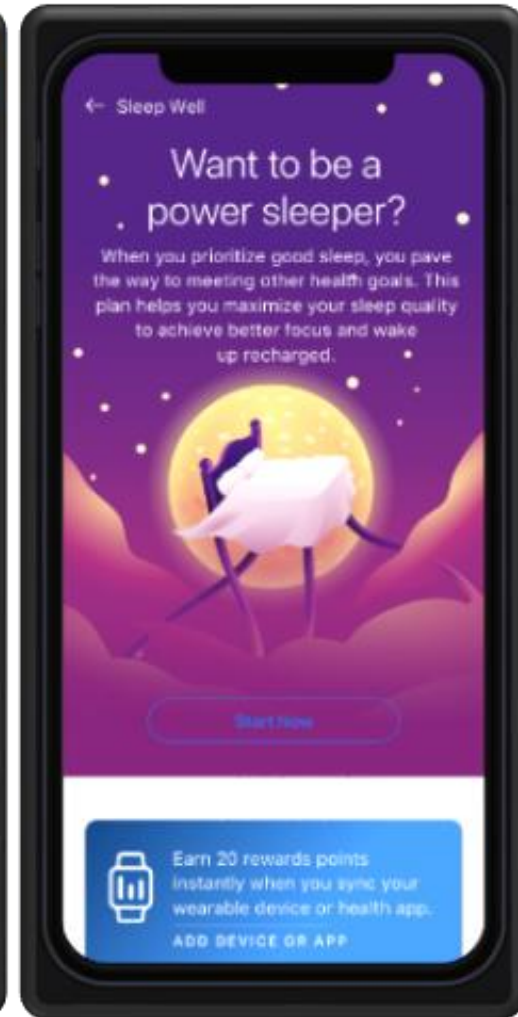
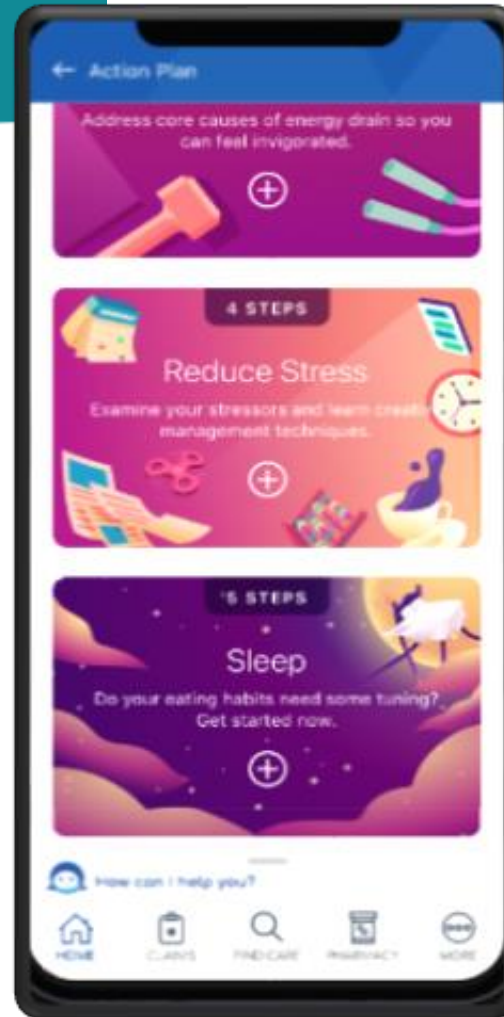
Sleep program addresses
common sleep study issues

Managing testing and treatment
for sleep breathing disorders

- Clinical appropriateness review or testing and therapy (APAP vs. CPAP)
- Provider decision support to help direct to appropriate testing level or site
- Monitoring and managing member treatment compliance

Sydney Health My Health Dashboard

1. **Decide** – Sleep is important
2. **Pick** – **Better Sleep** Action Plan
3. **Personalize** – Choose what works
4. **Explore** – Videos & Articles
5. **Keep going** – Consistency not perfection



Anthem EAP

Mental & Emotional health issues can impact sleep:



EAP counseling visits

- In-person or virtually via LiveHealth Online
- Provider finder tool on the EAP website
- Offered on a per issue per year basis

Support for sleep concerns, issues, and guidance

- Video
- Articles
- Seminars



Health Promotion

Better Sleep

Time Well Spent

- Topical health promotion materials
- Sleep included in 2022 Wellness calendar
- Couple with:
 - *Dispelling Fitness Myths* podcast
 - *Healthy Selfie: Good Things* wellness challenge
 - Multiple health kits

2022 Wellness Calendar

Home / Employer Planning / 2022 Wellness Calendar

What if you had a list of health topics — one for each month — to help you focus your messages? You're in luck! Use the articles in our wellness calendar to spread the word on health issues each month. Share articles with your employees via email, in newsletters or them to your intranet site. You can also print them and place them in high-traffic areas.

January	February	March
Fitness & Exercise Dispelling Fitness Myths Podcast Cardio and Strength Training Flier 10 Changes to get more exercise	Healthy Heart Heart Health Controlling your Blood Pressure Healthy Heart	Healthy Sleep Healthy Sleep Habits Tech Free Sleep
	May Mental Health Awareness Month Mental Health Overview Protect your mental health and well-being Depression	June Preventive Care Preventive Guidelines Preventive Health Well Check Poster Preventive Health Well Check Preventive Questions Ask Doctor

... better sleep
... as a result of bad sleep habits, illness, or sleep apnea. To do your best, your bedroom might be too hot, too warm, or too noisy, making it hard for you to sleep. Get outside enough time to sleep each night. Here are tips to help you sleep better:

- **Be consistent with your sleep schedule.** Go to bed at the same time every night and rise at the same time every morning, including weekends. Don't nap after 3 p.m. or longer than an hour.
- **Exercise early.** Give your body at least two hours to relax before bedtime.
- **Skip or limit the following:**
 - **Caffeine and nicotine:** They stimulate the body and can take up to eight hours to wear off.
 - **Alcohol:** A drink may make you feel sleepy, but it prevents deep sleep.
 - **Large meals and drinks at night:** Too much food can cause indigestion and prevent sleep. More drinks also mean more trips to the restroom.
- **Talk to your doctor about certain medicines.** Certain heart, blood pressure, asthma, and cold medicines can delay or disrupt sleep, so ask your doctor about your options.
- **Relax before bedtime.** Try listening to music, reading, or taking a bath.
- **Go outside during the day.** At least 30 minutes of natural sunlight a day can help you sleep better at night.
- **Do something if you can't fall asleep.** After 20 minutes, do something relaxing, like reading a book, until you feel tired. Stay away from smartphones and tablets, which emit blue light and can keep you awake.

Consult your doctor
Even with good sleep habits, it may still be a struggle to have enough quality rest. Your doctor can recommend solutions, or arrange for a sleep study to find out if you have a sleep disorder.
Something as simple as sleep can make a big difference in your health.

Additional Resources

Better Sleep

Public Health Partners

Collaborations to support healthy members, families & communities



Resources Overview

- **Anthem Programs**
 - AIM Clinical Review Sleep
 - Sydney Health [Sleep Better](#) Action Plan
 - EAP
 - Live Health Online Better Sleep
- **Health Promotion ([TWS](#))**
 - [Healthy Sleep Habits](#)
 - [Tech Free Sleep](#)
- **Public Health Partners**
 - [American Academy of Sleep Medicine](#) (AASM)
 - [CDC: Sleep & Sleep Disorders](#)
 - [The Sleep Foundation](#)

Questions?

Health & Wellness Solutions

- **Bryan Grande**
 - LG, 500+
- **Lindsay Pryor**
 - LG 100 – 499; COVA
- **Brandy M. Rollins**
 - LG, 100 – 499; Key Accounts



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