

# HSA SMARTNEWS!

May 2012

## Jump into Health and Fitness Month!

May is Employee Health and Fitness month. Are you doing all you can to be the healthiest you can be?

Start by scheduling your annual preventative care visit with your physician. It's a great time to discuss your personal health and family health history and, together with your doctor's guidance, come up with a plan to get and stay healthy.

There are lots of ways to work a healthy lifestyle into your everyday schedule. Here are a few simple suggestions:

**Make healthy eating choices.** Don't skip breakfast; that important meal gives you the fuel you need to start the day right. Grab a healthy snack when you're hungry; don't reach for treats with empty calories and high fat content. Drink plenty of water; hydration is key. And, be creative with your menus; planning meals ahead of time is a smart way to stay on track with healthy eating.

**Get active!** Simple choices make a difference. Take the stairs, instead of riding the elevator. Park a row or two further away from the door at work or when you're out shopping. Get outside for a few minutes every day and go for a walk, take a bike ride, or play with your kids or pets. All are easy ways to stay active.

**Make a change.** We all have habits that are not healthy. What's your vice? Smoking? Drinking? Watching too much TV? Not getting the proper amount of sleep each night? These are all things we can control and change.

**Be careful.** The warm weather is upon us, and we will find ourselves outdoors more often. Don't forget the sunscreen! Protecting your skin from harmful UV rays is critical to your health, so don't neglect it.

## Healthy Smartphone Apps

Having access to information at our fingertips is the reason millions of us carry a smartphone. Most of us have already downloaded the apps for Facebook, iTunes and Angry Birds. Did you know there are HSA, healthcare, fitness and even pharmacy apps available, most of which are FREE?

Take a minute to check out some of these smartphone apps, all of which are available at [AppShopper.com](http://AppShopper.com):

For managing your **HSA** and **healthcare**, apps such as [Savings Calculator Plus](#) and [PocketBenefits](#) are terrific resources.

For **fitness** and **wellness**, try one or all of the following apps: [Run-Keeper](#), [iTrackBites](#) (food journal), [Restaurant Nutrition](#), [Exercise Tracker](#), [Wellness Tip of the Day](#), and [ShopWell](#).

And, ask whether your local pharmacy offers an app, as many of them provide quick and easy ways to refill prescriptions, view current sales ads, and find the nearest location of and wait time for a walk-in clinic.

## Is Your HSA Debit Card Activated and Ready for Use?

Paying for qualified medical expenses is safe and convenient with your HSA debit card. The card provides quick and easy access to the money in your HSA. Use it for point-of-sale transactions, or pay for services by giving the card number to your healthcare provider over the phone, online or on their paper bill.

Activate your HSA debit card now, so it's ready to go when you need it! Information about activating it is included in your new account Welcome Kit, as well as on our Web site.

Look forward to our upcoming newsletters  
for further detailed healthcare information!