

February 2024



Health & Life

the Eder Way



A month with heart

Some people embrace the spirit of February by sending heartfelt cards, indulging in heart-shaped chocolates, or enjoying a romantic dinner—after all, it's the month of love and Valentine's Day! But February also marks American Heart Month, a time dedicated to prioritizing cardiovascular health. Earlier this month you may have even participated in National Wear Red Day, which builds awareness around women's cardiovascular disease.

As festive hearts remind you of Valentine's Day, take a moment to think of your own heart health and that of your family. Ensure each family member has undergone their routine checkup.

As you celebrate matters of the heart this month, may your heart be filled with love and thrive in good health.

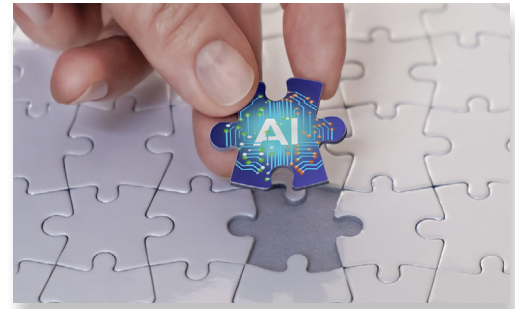
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Health & Life Benefits



Healthcare gets help from AI

Artificial intelligence is popping up everywhere these days. Highmark has partnered with Google to create a secure AI presence within Highmark's database to use AI to manage and administer its medical insurance.

So, what does this look like? A Highmark product strategist can have AI summarize and compare competitor's products and marketing strategists can ask AI to draft images to create story boards. Highmark is using AI to improve customer service, to streamline processes, and to write content. The partnership with Google could include many things, since AI

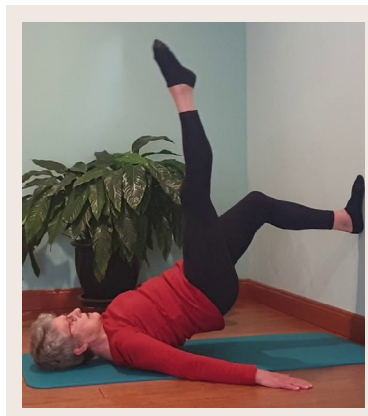


is still in its infancy, but two major aspects are speed and agility. With AI, Highmark can innovate faster and develop new capabilities. If you don't have Eder insurance, check with your own provider to see if these services are provided for you.

Protect yourself against respiratory disease

Respiratory virus activity like COVID-19, the flu, and the respiratory syncytial virus, is high according to the Centers for Disease Control. The prevalence of the JN.1 variant is responsible for the rise in COVID cases. Seasonal influenza activity remains elevated in most parts of the US. Hospitals across the country have experienced an influx of patients with RSV. According to the CDC, you can protect yourself by doing things like wearing a mask, physically distancing yourself from others, improving the airflow in populated places, and getting the available immunizations for all three of these respiratory diseases.

Skip the gym, stay at home!



Who needs a gym when you can do things at home to stay healthy, especially if you are a senior!

Pilates is mind-body exercise that combines core stabilization, strength, flexibility, balance, and proper alignment with concepts like mindfulness, breathing techniques and fluidity of movement. [Beginners can learn more from this article.](#) Chair yoga provides a low-impact workout requiring nothing but a straight-back chair. [Start a 20-minute session now.](#)

Purchase a small, portable leg moving machine or a multi-functional treadmill you can use at home or on the go. You can often get these items at affordable prices by shopping at your local resale shop, such as Goodwill or Salvation Army. Physical activity is not the only thing you can do at home to improve your health. Look for healthy recipes in cookbooks or online. And finally, find relaxation techniques, such as deep breathing, massage, music, and aromatherapy to help round out your total mind/body wellness routine.

Talk to your organization's benefits contact or Debbie Butcher at 847-622-3391 or insurance@eder.org.