



Happy, Healthy Holidays

The holidays are a busy time of year. When you're making plans, don't forget to plan for good health.

In the hustle and bustle of the holiday season, it's easy to neglect our health and well-being. At the end of the holidays, many of us are exhausted, under the weather and may have eaten too many sweets, adding a few extra pounds to the scale. The holidays are also a tough time for people managing depression, and the stress of the season can often increase symptoms of depression.

It's important to make time for yourself. Here are some tips for staying healthy – mentally and physically – during the holiday season:

Don't forget about your medications. Busy schedules get in the way of taking medication as directed. Set extra reminders on your phone – the [Express Scripts Mobile App](#) can help – or have a family member call you when it's time to take your medication, so you stay on track. Also, remember that some medications may interact with alcohol. Call your doctor or pharmacist to learn more about how alcohol can interfere with your medications before you drink.

Keep exercising. Exercise is important and a good stress reliever. Move or shorten your workout session if you are pressed for time – don't eliminate it. In addition, if you must shorten it, try to make it up by taking an extra lap around the mall while shopping or taking the stairs.

Avoid impulse eating. It's easy to make unhealthy food choices when you're having fun at a party or do not have time for regular meals. Start the day by eating a balanced breakfast and pack snacks, such as grapes or almonds, to have while you're on the go. Eating a healthy snack, such as a cup of yogurt, before you go to a party can help prevent eating too much party food. Drinking plenty of water throughout your day can prevent the afternoon crash that leaves you reaching for a high-calorie, holiday coffee drink. [Nutrition.gov](#) has helpful tips for making healthy nutrition choices.

Pay attention to your feelings. The holidays can trigger or increase depression. If you're feeling depressed, make sure you call your doctor immediately for help. Also, get a good amount of sleep and take a few minutes each day to stretch or meditate when you're feeling overwhelmed. [Military OneSource](#) has resources to help manage depression or stress during this time.

To contact Express Scripts or to learn more about your TRICARE pharmacy benefit visit [Express-scripts.com/TRICARE](https://www.express-scripts.com/TRICARE) or call 877.363.1303 and speak with a Patient Care Advocate.