

# healthy wealthy & wise

**GLAUCOMA:  
THE SILENT  
THREAT TO  
VISION**

**REDEFINING THE  
CONCEPT OF  
WEALTH**

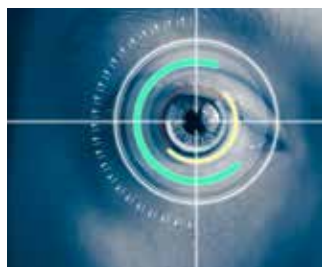
**MAKING AND  
KEEPING  
NEW YEAR'S  
RESOLUTIONS**

**WINTER 2023**

**NEW TRAVEL SAVINGS!**  
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**Empowered** Members,  
**Informed** Choices



## SEE THINGS CLEARLY: KNOW HOW GLAUCOMA CAN AFFECT YOU

Every January, our nation shines a spotlight on an often overlooked but potentially sight-threatening condition: glaucoma. National Glaucoma Awareness Month serves as a crucial reminder of the importance of eye health and understanding this silent thief of vision.

Glaucoma is not just one eye disease, but a group of conditions that damage the optic nerve, typically due to increased pressure within the eye. The optic nerve is responsible for transmitting visual information from the eye to the brain. When damaged, it can result in vision loss or blindness if left untreated.

One of the most alarming aspects of glaucoma is its subtle progression. In its early stages, glaucoma often presents no symptoms. As the condition advances, peripheral vision may gradually diminish, leading to tunnel vision and, ultimately, irreversible blindness. However, early detection and proper treatment can slow or halt vision loss.



### Early Signs of Glaucoma

- Loss of Peripheral Vision
- Rainbow-colored "Halos" Around Lights
- Blurred Vision
- Tunnel Vision
- Blind Spots
- Red Eyes
- Headaches
- Eye Pressure or Pain Symptoms

#### DID YOU KNOW?

*Glaucoma is a leading cause of blindness among African Americans and Hispanics in the U.S.*



Anyone can develop glaucoma, but certain factors increase the risk, including age, family history, high fluid pressure within the eye, and certain medical conditions like diabetes or hypertension. While it's more common in older adults, it can affect individuals of all ages.

Early diagnosis is key to managing glaucoma effectively. While vision loss due to glaucoma cannot be reversed, treatments aim to prevent further damage. These may include prescription eye drops to reduce eye pressure, oral medications, laser therapy, or surgical procedures to improve fluid drainage from the eye. Regular eye exams are crucial, especially for individuals at higher risk, to detect glaucoma in its early stages when interventions are most effective.

National Glaucoma Awareness Month serves as a call to action to

spread knowledge about this often-undetected condition. Education and regular eye check-ups are vital in the fight against glaucoma. Be proactive in scheduling comprehensive eye exams, especially if you are at higher risk or over the age of 40. Remember, vision loss from glaucoma is preventable with timely intervention.

More than **3 million** Americans have glaucoma, but only about half are aware of it.

Glaucoma is the **leading cause of irreversible blindness** worldwide. Age, genetics, diabetes, and severe nearsightedness are significant risk factors

A yearly dilated eye exam is the best and most effective way to detect glaucoma.





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## Not Just A Numbers Game: Measuring Your Personal Prosperity

Sometimes, it can be difficult to grapple with the prospect of more: more money, more assets, more stuff. Most of us have looked at our family members, friends, or neighbors and made hasty comparisons: someone is bound to have a bigger house or a newer car. But the concept of “more” is not confined to material goods. In recent years, more and more people of all ages have gravitated toward the idea that they can make more for themselves. Redefining what more means can help reshape what is valuable to us.

We live in a world where wealth is commonly associated with financial prosperity. The size of one’s bank account, the properties owned, and the material possessions amassed have long been the yardstick by which society measures success. However, many now view wealth through a more holistic lens, encompassing facets far beyond the realms of money and assets.

The conventional view of wealth often disregards a fundamental aspect: our own personal well-being. In recent years, perception has shifted,



where well-being usurps money as the leading measure of prosperity. It's an acknowledgment that financial wealth doesn't guarantee happiness or contentment. A sense of wealth is increasingly tied to mental health, emotional fulfillment, and overall happiness. This represents a profound shift in societal values, recognizing that true wealth resides in a healthy mind and a contented heart.

Time is an invaluable asset and possibly the most precious form of wealth. "Wealthy" individuals aren't merely those with overflowing bank accounts; they're individuals who possess the luxury of time. Having time for personal growth, pursuing passions, fostering relationships, and indulging in moments of serenity contributes significantly to a sense of richness. In essence, time becomes the currency with which we buy experiences and create far more enriching memories than any material possession.

There's a reason why activities such as learning a new hobby, spending more time with friends and family, and traveling more are consistently among the top 10 most common

New Year's Resolutions. Most people desire to better their lives, not just their bank accounts. You could be the wealthiest, hardest working person in the world, but is it worth it if you have no time to enjoy it?

Countless studies reveal that the joy derived from experiences surpasses the fleeting happiness of acquiring material goods. Memories, relationships, and adventures are the building blocks of a fulfilling life. They create a tapestry of moments that serve as the benchmarks of true prosperity.

This coming year, try focusing on the significance of mental well-being, the value of time, and the richness of experiences. Don't confine your aspirations solely to monetary gains. Strive for wealth encompassing the richness of experiences, the depth of relationships, and something akin to peace.

As another year winds to a close and the house is full of torn wrapping paper and new toys, don't forget to take in the laughter, warmth, and love.





*I feel so tired and stressed.*

*It's all I can do to keep from crying all day.*

*How am I going to pay all the bills this month?*

*My kids are out of control.*

*I recently lost my mother and could really use her advice right now.*

## A healthy LIFE starts with a healthy mind.



We understand life can come at you quickly! That's why we offer the LIFE Mental Well-Being program.

With the LIFE Mental Well-Being, you and your family can quickly and virtually access professional counselors to answer all of your mental health questions and concerns.

Plus, the LIFE Mental Well-Being Program is easy to use and is included in Preferred, Prime Plus and Sterling Plus memberships at no fee to you!

### LIFE Mental Well-Being Powered by DialCare Mental Wellness:

- DialCare Mental Wellness is a program designed to provide you with a safe, secure and private means of seeking mental health assistance from licensed counselors via virtual or telephonic counseling sessions. This unique program offers an app-based interface, connecting you with our counselors not only over the phone, but via video chat as well.
- DialCare Mental Wellness counselors can assist you with conditions such as stress, depression, anxiety, grief, relationship problems and more.
- Access the Member Portal located on your Membership ID Card. Call **800-557-5024** for login assistance. LIFE Mental Well-Being is part of the following Membership Plans: Preferred, Prime Plus & Sterling Plus

**Disclosure: THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance.** State restrictions list is available at [dialcare.com/states](https://dialcare.com/states).

TM4LIFE | MentalWellness Flyer-0921



## New Year, New You: The Ultimate Guide to Crafting Resolutions That Stick

As the year draws to a close, we are surrounded by holidays and traditions. It kicks off at the end of November with Thanksgiving and lasts throughout December with celebrations such as Hanukkah, Christmas, and Kwanzaa.

There is one last tradition we save for the very end of the year: the New Year's Resolution. Setting ambitious goals, embracing healthier habits, and fostering personal growth becomes a newfound commitment for many as they prepare to start fresh when the clock strikes midnight on New Year's Eve. The age-old challenge lies not just in making these resolutions, but in steadfastly keeping them throughout the year.

**Research suggests that 23% of people quit their resolutions within the first week, 43% quit by the end of January, and only 9% of Americans keep their resolutions throughout the year!**

Research indicates that while many individuals set resolutions, only a fraction actually accomplish them. Unexpected obstacles, failure to set realistic goals, and a lack of accountability are the main reasons why so many New Year's Resolutions fail right out of the gate.

So, what's the secret to transforming these aspirations into tangible, long-lasting achievements?

**Reflect and Set Realistic Goals** - Before diving into the resolution-setting spree, it's crucial to reflect on the past year. What worked well? What areas could benefit from improvement? Self-reflection can offer invaluable insights into what changes are most meaningful. Once identified, craft resolutions that are specific, achievable, and realistic. Instead of broad statements like "exercise more," consider setting a goal of "going for a 30-minute walk three times a week." Clarity and tangibility significantly increase the likelihood of success.

**Establish a Plan and Track Progress** - Resolutions often falter due to a lack of planning. Create a roadmap that



outlines actionable steps toward the goal. Break down larger objectives into manageable chunks. For instance, if the aim is to read more, set a monthly book target or dedicate a specific time daily to reading. Equally crucial is monitoring your progress. Whether through journaling, apps, or calendars, tracking the journey provides a sense of accomplishment and will help you realize there's a need to readjust your strategy.

### **Cultivate Consistency and Patience**

- Building new habits takes time and consistency. Committing to a resolution means embracing the process, even during the challenging moments. Understand that setbacks are a natural part of the journey; they don't negate progress. Practicing patience and self-compassion while staying focused on the end goal can make all the difference.

**Accountability and Support** - Sharing resolutions with a supportive circle of friends and family or joining communities with similar goals fosters a sense of accountability. Having someone to share successes and challenges with provides encouragement and reinforces commitment to the resolution.

**Adaptability and Flexibility** - Life is dynamic, and circumstances change. Being rigid with resolutions might lead to discouragement. Instead, remain adaptable and flexible. Don't hesitate to modify the strategy if a particular approach isn't working. The essence lies in the pursuit of the goal rather than sticking rigidly to the initial plan.

### **Celebrate Milestones and Learn from Setbacks**

- Every milestone deserves celebration, no matter how small. Acknowledging progress reinforces motivation and enthusiasm. Additionally, setbacks offer invaluable lessons. Analyze what led to the setback and use it as a learning experience. It's not about the fall but about the willingness to get back up and continue the journey.

Making and keeping New Year's Resolutions revolves around intention, planning, adaptability, and resilience. By embracing these principles, one can transform aspirations into tangible accomplishments, turning the beginning of a new year into a journey of personal growth and fulfillment. Using these strategies can help you turn your resolutions into achievements that last well beyond January.

## COMMON & ACHIEVABLE NEW YEAR'S RESOLUTIONS

<b>Exercise More</b>	Create And Maintain A Weekly Goal
<b>Lose Weight</b>	Make A Gradual, Healthy & Realistic Plan
<b>Quitting a Vice</b>	Don't Be Afraid To Ask For Help!
<b>Save Money</b>	Set Aside A Reasonable Amount That Won't Break Your Wallet
<b>Eating Healthier</b>	Experiment With Recipes, Stick To Your Grocery List

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— with the —

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DialCare Physician Access is a modern, easy-to-use telemedicine solution for non-emergency illnesses and general care. Members and their families have direct access to state-licensed and fully credentialed doctors via phone and video consultations to receive treatment and advice for common ailments, including colds, the flu, rashes and more.



## Sign Up. Save Time. Feel Better.

What's worse than feeling bad? Filling out forms while under the weather!

Don't delay access to treatment. Preregister now for TelemedForLIFE, the feel-better member benefit available to you and your family. By signing up before symptoms set in, you can rest easy knowing enrollment is complete, fast-tracking your way to total relief.

*TeleMedForLIFE is included in the Basic, Preferred, Prime, Prime Plus, Sterling, Sterling Plus, My LIFE Wellness and My LIFE Senior Plus membership plans.*



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LIFE Association is continually striving to provide benefits and services to enhance you and your family's lives. If you have any questions regarding your LIFE Association membership, please call 800-557-5024.

Healthy, Wealthy & Wise is dedicated to helping LIFE Association members live happier, healthier lives. This publication does not replace necessary information or care provided by medical, financial, or other professionals.

*Unless otherwise noted, all models are used for illustrative purposes only.*



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