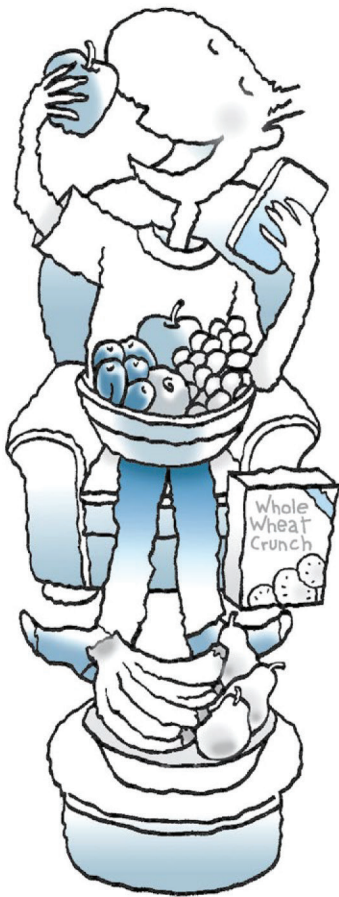




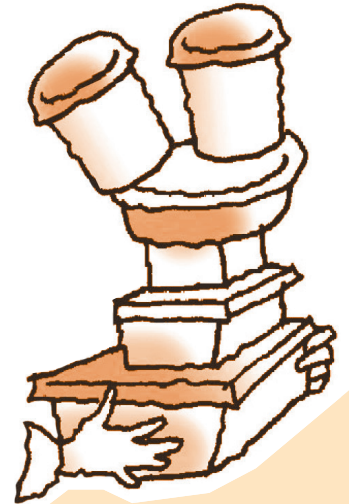
Curb Nighttime Eating

By Cara Rosenbloom, RD



It's common for healthy eating plans to go awry in the evenings. Snacking while watching TV often leads to distracted and mindless eating. Chances are that means your fullness cues are ignored and portions are larger than usual. If you're pulled in by the allure of potato chips and ice cream after 8 p.m., here are eight ways to deal with the nightly snack attack.

- 1. Assess your appetite.** Are you snacking because you're truly hungry, or is it out of habit or boredom? Rate your hunger on a scale from 1 to 10 and eat a portion to satisfy your true hunger level.
- 2. Grant yourself permission.** If you're always hungry in the evening, listen to your body. Make an evening snack a standard part of your daily eating habits, and choose a satisfying, nourishing mini-meal instead of a large quantity of ultra-processed foods.
- 3. Enjoy an evening treat but control the portion.** Serve yourself one portion on a plate or bowl, rather than eating out of the product container.
- 4. Snack on whole vegetables and fruit (not juice).** They are filled with fiber and fluid, which can help you feel full and satisfied for relatively few calories.
- 5. Prevent distractions.** Mute the TV or put down your phone while eating. Focus on enjoying your food instead.
- 6. Eat regularly.** Sometimes night snacking is an indication that you're not eating enough during the day. Make sure to have regular meals and snacks.
- 7. Choose wisely.** Stock the kitchen with nourishing snacks, such as fruit, vegetables, yogurt, nuts, seeds, popcorn, edamame and hummus, etc.
- 8. Do something else!** If you aren't hungry at night but eat due to boredom, change it up. Go for a walk, call a friend, create a games night or book club, try yoga or prep for your next meal.



Tip of the Month

Plastic Food Packaging

Storing food at home? Some people are turning to glass, stainless steel or ceramic containers instead of plastic. Studies show that some plastic polycarbonate containers break down over time, and bits of plastic may leach into food when the containers are heated. The chemicals that get into food have been linked to hormonal issues and infertility. If you're concerned, you can choose glass or ceramic containers with lids, especially if you often reheat leftovers in the microwave.

If you use your smartphone constantly, chances are you may develop text neck. Symptoms include shoulder pain, neck aches and headaches. They develop from hours spent slumped in a chair or leaning

over a table or desk with shoulders hunched forward and your head tilted toward your phone or another device. For relief, roll your shoulders back and don't tilt your head forward toward the phone's screen (use a docking port).

And about every 20 minutes, take a break from your mobile device. Stand, roll your shoulders and gently move your neck from side to side and up and down to increase blood flow. Consider reducing your screen time.





Receive virtual care and support 24/7 with our Sydney Health app

Now you can connect more easily to the care you need through our SydneySM Health mobile app. Have a video visit with a doctor on your mobile device or computer with a camera, 24/7.



Visit with a doctor for common health concerns

Doctors are available anytime, with no appointments or long wait times. They can help you with these types of conditions:

- COVID-19 • Flu • Cold and fever • Minor rashes • Sore throat • Headaches

During your video visit, the doctor will assess your condition, provide a treatment plan, and send prescriptions to the pharmacy of your choice, if needed.¹

What people say about virtual care visits²

- 89% said the doctor they saw was professional and helpful
- 92% thought the doctor understood their concerns
- 92% were able to book a virtual visit sooner than an in-person visit

Here's how to access the program through virtual care:

Download our no-cost Sydney Health app.

1. Register (if you haven't yet) and log in.
2. Once you register, your username and password are the same for our app and anthem.com/ca.
3. Select Care and then select Video Visits.

Visit anthem.com/ca.

1. Register (if you haven't yet) and log in.
2. Once you register, your username and password are the same for anthem.com/ca and our Sydney Health app.
3. Select Care and then select Virtual Video Visit With A Provider.

How to download our Sydney Health app:

Download the Sydney Health app on the App Store, or on Google Play.



1. Prescription availability is defined by physician judgment. 2. Based on Sydney Health utilization trends from top national clients. In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.



Get quality care whenever you need it

With Kaiser Permanente, you have many options available to get the world-class care you depend on for all your health needs – day or night. Here's how:

Phone Visit Talk with a clinician over the phone for the same high-quality care as an in-person visit.^{1,2} Schedule an appointment or get fast, personalized support 24/7.

Video Visit Meet face-to-face with a clinician by video from your smartphone, tablet, or computer.^{1,2} Appointments are optional.

24/7 Care Advice Talk with a Kaiser Permanente clinician anytime day or night for advice.

E-visit Fill out a short questionnaire about your symptoms online and get personalized self-care advice from a Kaiser Permanente clinician.

Email Message your doctor's office with nonurgent health questions anytime through your kp.org account.

Mail-order Pharmacy Get prescriptions sent straight to your door with our mail-order delivery service.³

[Click here](#) to find Kaiser Permanente care in Southern California.

Making an appointment is easy

Go online To choose the kind of care you need, visit kp.org/getcare or sign in to the Kaiser Permanente app – and avoid hold times on the phone. For Colorado or Washington members, chat online with a doctor through your kp.org account.

Call us 24/7 Find your location information below.

| | |
|--|--|
| California | Northern California: 1-866-454-8855 Southern California: 1-833-574-2273 |
| Colorado | 303-338-4545 or 1-800-218-1059 |
| Georgia | 404-365-0966 |
| Hawaii | Oahu: 808-432-2000 Maui: 808-243-6000 Hawaii Island: 808-334-4400 Kauai: 808-246-5600 |
| Maryland/Virginia/ Washington, D.C. | 1-800-777-7904 |
| Oregon/ SW Washington | Portland: 503-813-2000 All other areas: 1-800-813-2000 |
| Washington | 1-800-297-6877 |
| TTY | 711 |

1. Where appropriate and available. 2. If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors from providing care across state lines. Laws differ by state. 3. Some prescriptions are not available through the mail-order pharmacy. For certain drugs, you can get prescription refills mailed to you through our Kaiser Permanente mail-order pharmacy. You should receive them within 10 business days.