SHBP State Health Benefit Plan
A Division of the Georgia Department of Community Health

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BeWell SHBP

Eat Healthy & Track Your Green Days!

There are many ways to eat healthy!

The key is to build a healthy eating pattern, which means choosing a variety of nutritious foods in the right amounts for you – and making these choices part of your everyday routine.

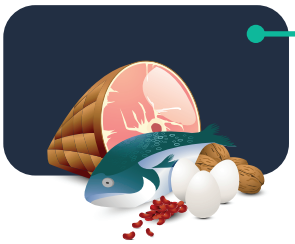
What's in a Healthy Eating Pattern?

For someone who needs 2,000 calories a day, a healthy eating pattern includes:

FRUITS
(especially whole fruits)
2 cups

GRAINS
(at least half of which are whole grains)
6 ounces

VEGETABLES
(dark green, red and orange, starchy, legumes [beans & peas], and other vegetables)
2.5 cups



PROTEIN FOODS
(seafood, lean meats and poultry, eggs, legumes [beans & peas], soy products, and nuts and seeds)
5.5 ounces

FAT-FREE or LOW FAT DAIRY
(milk, yogurt, cheese, and/or fortified soy beverages)
3 cups

OILS
(canola and olive oil or foods that are sources of oils, like nuts and avocados)
5 teaspoons

And it has limits on:

SATURATED & TRANS FATS
(limit saturated fats to less than 10% of daily calories and keep trans fat intake as low as possible)

ADDED SUGARS
(limit to less than 10% of daily calories)

SODIUM
(limit to less than 2,300mg a day for adults and children 14 years and up - less for younger children)

Source: health.gov/dietaryguidelines/resources/

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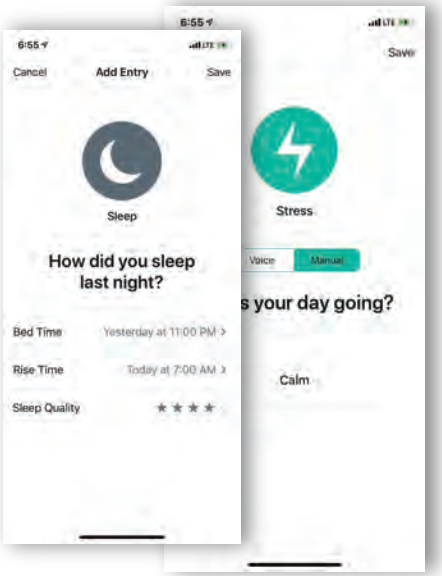
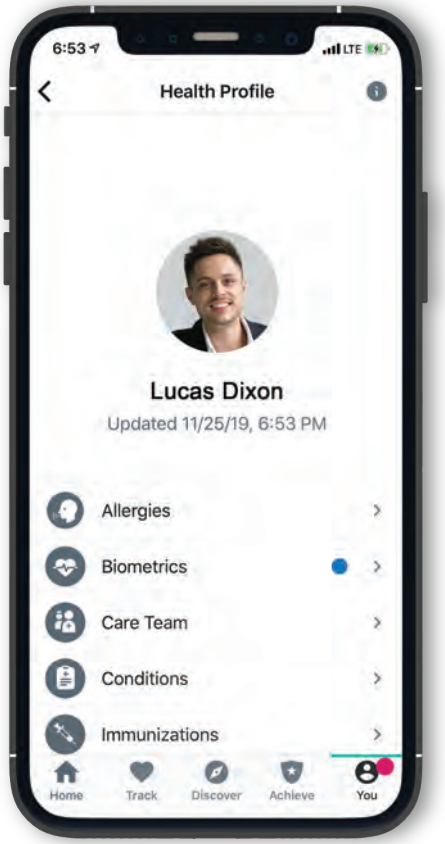
Did You Know?

A healthy diet is one of the items you can track when you join a Green Day Challenge!

- Earn 120 well-being incentive points by tracking 21 green days during a 30-day challenge period.
- Green Day Challenges are offered in March, June, and September 2020; check it out and join in on BeWellSHBP.com/Healthy.





Don't Forget to Redeem Your Well-Being Incentive Points!

You and your covered spouse are each eligible to earn up to 480 well-being incentive points; visit the Redemption Center and choose how to redeem your points:

- A $150 Visa Reward Card (to use anywhere Visa is accepted), **OR**
- A $225 Walmart Gift Card (to use in participating stores, for pharmacy and vision center items), **OR**
- 480 well-being incentive credits (to apply toward eligible medical and pharmacy expenses). Well-being incentive credits can be redeemed in increments of 120 points.

www.BeWellSHBP.com/Healthy

Questions about tracking green days? Call us toll-free: 888-616-6411