



BH Wellness
...Because good health starts here!

Newsletter

Q1 2023



NEW YEAR, NEW YOU

5 Healthy New Year's Resolutions

Ready to get started?
Here's five resolutions to get you on the path to a healthier lifestyle.

- 1.Reduce your stress and improve your mental health
- 2.Get more sleep
- 3.Exercise more frequently
- 4.Commit to a healthy eating plan
- 5.Make time for an activity that makes you happy



[Read more...](#)

CURRENT PROMOTIONS

More Products, More Benefits
& More Savings with FGIAB+

Contact us today to find out more!



UNDERSTANDING HEART DISEASE

The heart beats about 2.5 billion times over the average lifetime, pushing millions of gallons of blood to every part of the body. This steady flow carries with it oxygen, fuel, hormones, other compounds, and a host of essential cells.

It also whisks away the waste products of metabolism. When the heart stops, essential functions fail, some almost instantly.

Given the heart's never-ending workload, it's a wonder it performs so well, for so long, for so many people. But it can also fail, brought down by a poor diet and lack of exercise, smoking, infection, unlucky genes, and more.

[Read more...](#)



UPCOMING EVENTS

January 17

Health and Wellness Doc Talk with Andretti Bain

February 21

Discussion on Heart Disease Doc Talk

March 21

Healthy Diets Doc Talk



Visit bahamahealth.com/bh-wellness for more details



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TIPS TO PROMOTE HEALTH

- 1** Become health conscious
This means acknowledging and accepting that there is a health concern and desiring to do something about it.



- 2** Seek the right kind of help

Nutritionist, Physician or Mental Health Specialist consultation. In this way you are taking responsibility for your health and the well-being by accessing professional help to diagnose and treat identified areas of concern and to make necessary changes.



- 3** Avoid identified health hazards
Stressful situations can lead to unhealthy practices physically and mentally. Develop coping mechanisms to relieve and alleviate stress. This can mean being prepared in advanced for the next day (meeting, school, travel etc).



Stress can also trigger unhealthy practices that can easily become habits such as smoking, excessive alcohol drinking, consuming "comfort foods" that are high in fat and calories and working long hours with little to no rest.

- 4** Its time for change

Get regular health checks with your family physician at least once every year including prostate check (males) and pap smear and mammograms (females), immunizations for infants and children.

Insure that you consume a health and well balanced diet including sufficient water intake

Lets get moving...
exercise has any benefits including weight management, helping to maintain mobility for joints, aids in digestion, stress relief, and overall well-being. You can walk, run, swim or cycle for 30 minutes a minimum of 3 times daily.

Start a fun hobby such as gardening, sewing, fishing or even learning a new language to exercise other parts of your brain.

Small and consistent changes over time can make a big difference in overall health

Pray, journal or talk to someone trustworthy if you begin to feel overwhelmed.





VENDOR LISTING

Present your BahamaHealth card and a valid ID to take advantage of the following discounts exclusively for BahamaHealth members!

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FOOD & DRINK

- BETTER LIVING HEALTH CENTER: 5%**
T: 323-5473 (Balfour Ave & Palm Beach St)
- CLEAN EATS 242: 5%**
T: 434-0055 (Carmichael Road)
- ANJI'S DELIGHTFUL TEAS: 20%**
T: 426-3003 (122 Hampshire Street)

SUPPLEMENTS

- FITNESS CONNECTION: 10%**
T: 727-1658 (Seagrapes Plaza, Prince Charles Dr.)
- ESSENTIALLY ALKALINE: 5%**
T: 356-3301 (Alexander Street)
- PNC: 10%**
T: 394-2180 (Mall At Marathon)
- ANCIENT CHINESE SECRETS: 7%**
T: 394-1369 (#86 Shirley Street)
- NEW LIFE NATURAL: 10%**
T: 323-0075 (Independence Dr. Business Park)
- DOWN TO EARTH FARMS: 10%**
T: 361-7328 (Cowpen Road)
- SHADDAI HEALTH: 15%**
T: 439-3242 (Park Close)

SUPPLEMENT

- QUALITY HOME CENTRE: 10%**
T: 601-7420 (Baillou Hill Road)

FITNESS


- EMPIRE FITNESS: 10%**
T: 364-2001 (Seagrapes Plaza, Prince Charles Dr.)
- FIT365: 20% OFF** Membership fee
T: 818-9718 (Carmichael Road)
(Powered by Getfitwithsmith)
- EVOLVE FUNCTIONAL FITNESS: 10% OFF**
(Class based gym membership)
T: 356-3448 (#67 Rosetta St & Montrose Ave)

FITNESS GEAR

- SUN TEE: 10%**
T: 393-1004 (#99 East Shirley Street)

SPA AND WELLNESS

- THE BODY BAR: Ongoing Specials**
T: 467-9630 (Saunders Beach Plaza)
- BAHA RETREAT: 10%**
T: 323-6711 (East Bay Street)
- AMBER SPA: 20% Off everything**
excluding hair, makeup services, manicures, and pedicures, spa packages and promotions
T: 363-1218 (Paradise Island)
- WHOLISTIC LIFESTYLE CENTRE: 10%**
Ongoing Specials
T: 323-0610 (East Bay Street)
- PARAMOUNT REHAB AND FITNESS:**
Ongoing Specials
T: 698-1040 (#97A Thompson Blvd.)



*Do Everything You Need
with our new Health Portal*

- Self-service & user friendly**
- Accessible 24/7**
- Access your certified digital membership card**
- Automated enrollment**
- Manage profile updates**
(Student Status, Adding/Removing Dependents, Updating Contact Information etc.)
- Easy access to billing statements & more...**

Contact us at healthinsurance@familyguardian.com

Family Guardian Financial Centre | East Bay & Church Sts. | T: 396-1311 | www.bahamahealth.com
BahamaHealth is a division of Family Guardian

10 HEALTHY HABITS TO INCLUDE IN YOUR DAILY ROUTINE

Living a healthy lifestyle starts with good habits—but we know habits aren't always easy to create (and bad ones can be hard to break!). There are a lot of reasons to make small healthy changes to your day-to-day routine and turn them into good habits.

Maybe you want to eat better, get a better sleep, or improve your mental health. Whatever your goal, little changes can make for a big impact. We won't lie, starting new healthy habits can be hard work! It takes at least 18 days to form the habit and, on average, 66 days for the behaviour to become automatic. [Read more...](#)





CONTACT INFO



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Family Guardian Financial Centre

East Bay & Church Streets
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Nassau, Bahamas

Office Hours: 8:30am - 4:30pm | Monday - Friday

Phone: 242-396-1311
Fax: 242-396-1301/2
Email: info@bahamahealth.com

Claims Submission:

BHClaimSubmission@familyguardian.com
806-HELP / 806-4357

Billing Queries:

BHBilling@familyguardian.com
814-BILL / 814-2455

Verifications & Precertification:

precerts@familyguardian.com
396-1303/4

BahamaHealth Abaco

Don Mackay Boulevard
P.O. Box SS-6232
Marsh Harbour, Abaco

Office Hours: 8:30am - 4:30pm | Monday - Friday

Phone: 242-367-3264
Email: info@bahamahealth.com

Claims Queries:

BHClaimsSupport@familyguardian.com
806-HELP / 806-4357

Proposal Submission:

BHBusinessDev.user@familyguardian.com

Did you get your E-Card?

About your Group #:

The group number on your BahamaHealth ID card represents all enrolled persons under the given Group Name. It is not specific to you.

About Your Member ID#:

Your Member ID# is specific to you (the policyholder) and any dependents covered under your policy. This is the number you should provide when contacting BahamaHealth for assistance.

About Your Pharm/Lab ID:

The Pharm/Lab ID should be used when accessing international Pharmacy and Lab Services.

Using Your Card:

Always present your BahamaHealth card when accessing health care services. Your insurance card functions like a debit card and your signature is required at all times to verify each transaction.

Getting Help:

At the back of your BahamaHealth Card you can find contact information for:

- Precertification (obtaining written approval from BahamaHealth before receiving medical treatment)
- Benefit Verification (confirming the benefits available under your plan in real time)
- Claims Submission
- International Pharmacy & Laboratory Customer Service

Accessing Membership Benefits:

In conjunction with the BahamaHealth Wellness program (BH Wellness) your BahamaHealth card can be used at participating retailers for exclusive member discounts. Be sure to visit our website at www.bahamahealth.com/bh-wellness or contact your Group Administrator for a list of participating stores and eateries. Your BahamaHealth card must be presented at the time of purchase or service.

