

WHOLE you

2021 Winter Bulletin

Your healthy source for living well.

It's 2021! A whole new year and a whole new *Whole You* from PA Health & Wellness. We are excited to share more with you through this issue, where you'll see updates on how to stay connected and support your health.

This *Whole You* features tips on how to quit smoking, sleep for better health, include more healthy habits in your day, and manage your Diabetes. As well as, a reminder about Cervical Cancer Screenings.

Here's to taking care of the whole you this year. Until next time!

WHOLE you

Clean the Air. Break the Habit.



Smoking and using other tobacco products are linked to many health risks for both smokers and nonsmokers. Even still, these habits are hard to quit. The good news is that once you stop smoking, you can experience health benefits, no matter how long you've been a smoker.

Among the health issues linked to smoking is lung cancer. The risk of developing lung cancer as a direct result of smoking has been on the rise in recent years because of the harsher chemicals in cigarettes.

You can take charge of your health by kicking your habit. Here are some steps to help you quit smoking:

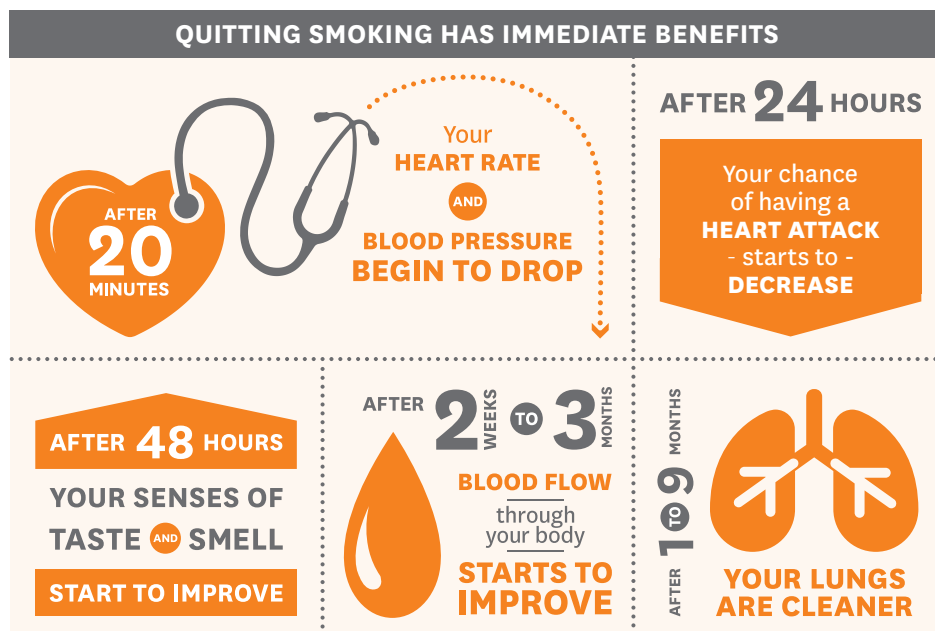
Set a date to quit. Schedule a date to quit seven to 14 days from today's date. Choose a time when you can relax and focus on this change. Holidays and other stressful times are probably not the best times to quit.

Learn from your past. Think about what you did the last time you tried to quit. What worked? What didn't? Plan for the times, places and activities when you did smoke, like having a cup of coffee, after a meal or driving.

Get support and create a smoke-free life.

Tell others you are quitting. And set rules that keep other people from smoking in your house, car or in front of you. Take all cigarettes and ashtrays out of your car, home and workspace. You can also find a quit-smoking mobile app to help keep you honest with your progress.

Talk to your doctor. Contact your primary care provider (PCP) about your decision to quit. Your doctor may offer possible medications and products that can help you quit. Some work better than others. Ask for a recommendation.



WHOLE you

Wash Your Brain with ... Sleep?

Few things have the power to affect your mood and health like sleep. What might only seem like a minor problem when you're well-rested can feel like a total mind collapse if you've been up all night.

Good health starts with healthy habits. And sleep matters because it can help prevent serious health issues like diabetes, heart disease and obesity. Alzheimer's, stroke and dementia have also been linked to sleep problems.

Scientists have long asked why we spend so much of our lives asleep. Some research suggests that our brains, when we rest, are like dishwashers. They use this time to clear out toxins that have built up.

Even if we know enough about sleep to know we should get more of it, most of us don't get enough. Sleep myths are common. One is the belief that you can adapt to very little sleep with time and practice. Another is that you can "catch up" on lost sleep and it's just as good as getting regular sleep each night (it's not).

Here are some quick sleep tips to follow, from the American Academy of Sleep Medicine:

- Keep a set sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- Set a bedtime that is early enough for you to get at least 7 hours of sleep.
- Don't go to bed unless you are sleepy.
- If you don't fall asleep after 20 minutes, get out of bed.
- Establish a relaxing bedtime routine.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet.
- Avoid caffeine in the late afternoon or evening.
- Avoid alcohol before bedtime.
- Reduce your fluid intake before bedtime.

Age Group	Recommended Hours of Sleep per Day
Newborn (0-3 Months)	14-17 Hours
Infant (4-12 Months)	12-16 Hours (Including Naps)
Toddler (1-2 Years)	11-14 Hours (Including Naps)
Preschool (3-5 Years)	10-13 Hours (Including Naps)
School Age (6-12 Years)	9-12 Hours
Teenager (13-18 Years)	8-10 Hours
Adult (18-60 Years)	7+ Hours
Adult (61-64 Years)	7-9 Hours
Adult (65+ Years)	7-8 Hours

WHOLE you

24/7 Nurse Advice Line, Anytime, Anywhere Medical Advice!

It's good to know all of your options when it comes to medical care. And it's good to know that PA Health & Wellness offers the 24/7 Nurse Advice Line at no cost to you. So you can get medical advice without leaving home!

Our free 24/7 Nurse Advice Line at 1-844-626-6813 (TTY 1-844-349-8916), allows you to get quick, expert answers to your health questions from registered nurses. These nurses have spent lots of time caring for people. Now they are eager to help you.

Use the 24/7 Nurse Advice Line to:

- Find a primary care provider (PCP)
- Talk about concerns while caring for someone who is sick
- Determine the best place to go for care — your PCP, the ER or somewhere else
- Schedule a ride to a medical visit
- And more!

A normal medical visit can take weeks or months to get into. You may not even be sure whether you need one. This simple, fast and free benefit is a great place to start if you are unsure of the best care option for you or a loved one. Or, if you just want the comfort of hearing a medical expert on the other end of the line!



WHOLE you

Spring into Healthy Eating Habits



If you're unhappy with the way you eat — because you want to change your health, your mood or your body — a good place to start is with getting to know yourself better.

Be honest. When you assess your true eating habits, you're more likely to be able to make and keep healthy changes. Do you find yourself reaching for sweets when you're stressed? Are you skipping breakfast? Is lunch a quick run to a drive-through?

Don't forget to give yourself credit for the good eating habits you already have! Do you eat when your body tells you to? Do you enjoy what you eat? These are healthy habits, too! You can build on these as you keep making healthier food choices.



Get Support. See if a co-worker, friend or family member is also interested in making healthy changes. Together you can share recipes and advice.



Take notes. Consider keeping a food diary or use an app to track your current eating habits.



Have fun. Suggest activities with friends that aren't food-focused. Maybe a walk through the park or a night of dancing.



Use add-ons. Add more fruits and vegetables to both your meals and snacks. Whether it's a sliced banana on your favorite cereal or a salad for lunch, it's all good!



Make it easy. Keep healthy snacks nearby, like air-popped popcorn or dry-roasted mixed nuts. Or, find a recipe you like and make your own!



Be patient. Know that changing your eating habits will not happen overnight. Don't beat yourself up if you have a "bad" day. This is about learning new ways to enjoy food and making small changes over time.

WHOLE you

Cervical Cancer Screenings

Did you know that cervical cancer is most often caused by an infection from a virus (called HPV), which can be transmitted during sex by a partner who has the virus? Did you also know that cervical cancer can grow slowly, over a matter of years?

As your partner in health, PA Health & Wellness wants to encourage our members to get regular cervical cancer screenings as part of your preventive care program. Your insurance with PA Health & Wellness covers cervical cancer screenings. **And you can also earn \$25 as part of the My Health Pays Rewards incentive program**, for completing your annual cervical cancer screening.

There are two different tests that a doctor can perform on female patients to screen for cervical cancer. First, there is the Pap Test, which looks for precancerous cells. Second, there is the HPV test, which screens for the virus which can cause cancer. These tests can be performed by a gynecologist, an obstetrician/gynecologist, or a primary care provider. The CDC recommends that women get tested for cervical cancer, beginning at the age of 21.

https://www.cdc.gov/cancer/cervical/basic_info/index.htm

https://www.cdc.gov/cancer/cervical/basic_info/screening.htm

If you have questions about whether you should receive a cervical cancer screening at your next exam, please contact your physician.





FROM



Managing Diabetes 1-2-3

1 Start by Setting a Daily Routine

Blood Sugar & Blood Pressure Checks	Check your blood sugar several times a day as directed by your doctor. If you have a digital blood pressure monitor, take your blood pressure every day, also as directed by your doctor. Keep a record of all your numbers and share with your health care team during your next visit.
Foot Check	Use a mirror if you can't see the bottom of your feet or ask a family member for help. Let your doctor know immediately if you have any cuts, redness, swelling, sores, blisters, corns, calluses, or other change to the skin or nails.
Diabetes Medicines	Take the amount prescribed by your doctor, even when you feel good. Report any side effects to your care team. It's important to get your medications refilled when you need them. Your pharmacy may offer free delivery.
Physical Activity	Get at least 150 minutes a week of moderate activity, such as brisk walking or riding a bike.
Healthy Eating	Eat healthy foods that help control your blood sugar and weight, and give you the nutrition you need. Choose healthy snacks, like fruit and vegetables. Write down what you eat every day. Weigh yourself regularly.

2 See Your Primary Doctor Every 6 Months

<p>Always report any new symptoms or health concerns.</p> <p>Some questions you may ask during your appointment:</p> <ul style="list-style-type: none"> ● What are the warning signs or symptoms that my blood sugars are too high or low? What do I do if my blood sugars are too high or low? ● What are the side effects of my medications? ● What are the long-term complications of diabetes, and how can I avoid them? ● How does high cholesterol and high blood pressure affect me if I have diabetes? ● Do I have any other conditions that may be affected by diabetes? 	<p>Labs:</p> <ul style="list-style-type: none"> ● A1C test to measure average blood sugar over 2-3 months ● Cholesterol levels ● Kidney function tests <p>Tests:</p> <ul style="list-style-type: none"> ● Blood pressure check (below 140/90 mm Hg or the target your doctor sets) ● Electrocardiogram <p>Immunizations:</p> <ul style="list-style-type: none"> ● Annual Flu Shot ● One time pneumonia & Hepatitis B
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3 See a Specialist at Least Once a Year

Ophthalmologist or Optometrist	Make sure you get a dilated retinal eye exam annually. Diabetes increases your risk for eye conditions, such as glaucoma and cataracts. The primary concern for eye health in people with diabetes is the development of diabetic retinopathy.
Podiatrist	Regular checkups by a podiatrist — at least annually — are the best way to ensure that your feet remain healthy.
Dentist	See your dentist every year. Practicing good oral hygiene and having professional dental cleanings done by your dentist can help to lower your HbA1c.



Get your A1C checked to earn incentives. Learn more about My Health Pays™ rewards on our website: Allwell.PaHealthWellness.com/member-resources/member-perks/member-rewards.html



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