

STAYIN' ALIVE

Talking about safety isn't enough.



HEALTH & WELLNESS NEWSLETTER MAY 2019

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HIGHLIGHTS for the May 2019 Newsletter

Follow the 'Walk It Off, Keep It Off' Plan

What's the secret to losing weight and keeping it off? It's not extreme dieting, punishing workouts, or weight-loss pills. It's actually pretty easy, you just have to do it consistently. Here's what it takes:

The Glass-Half-Full Secret to Prevent Heart Disease

Are you an optimist or a pessimist? Is the glass half full or half empty? Can you look on the bright side of things, even when things aren't perfect? Your answer could have an impact on your heart health. Learn more.

Want to Live Longer? Clean Up Your Diet

How's your diet? Be honest. About 75 percent of adults think they're eating well. But new research shows an estimated 1 in 5 deaths worldwide are linked to poor diet. Ready to clean up your diet? Here's what you should be eating:

Y-Axis: The Sugar Rush Myth

Gulp down an energy drink. Munch your way through a candy bar. If you think a sugar rush is going to help you, prepare for some mind-bending news. Results from a recent study may change the way you think about sugar.

Recipe: Avocado, Mango, and Bean Salad

Hungry for a healthy salad? Here's an easy-to-make bean salad with avocados, lettuce, and lots of tasty flavors.

Ask the Wellness Doctor

Dr. Brittany Carter answers this month's Ask the Wellness Doctor question: Why should I see a doctor once a year?

Health Challenge

Take the month-long Health Challenge: Know Your Medical History: Get info to manage your health.

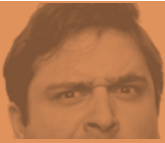
NEWSLETTER

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THE Y AXIS



The Sugar Rush Myth

Looking for a quick boost of energy? You might gulp down a sugary drink or munch your way through some sweet treats. That's how you get a sugar rush, right?

It's all in your head. It's a myth. Nothing to see here but empty calories. There's really no such thing as a sugar rush.

New research shows eating sugary foods has no positive impact on mood.¹ In fact, researchers found that you're more likely to feel tired and less alert after consuming sugary food or drinks.

"Our findings very clearly indicate... sugar will probably make you feel worse," says lead researcher Dr. Konstantinos Mantantzis.

COMMENTS?

Send comments to the editor:
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Follow the 'Walk It Off, Keep It Off' Plan

Regular exercise key to keeping weight off

When Illinois resident Lynn Kata stepped on the scale just before her 50th birthday, she was 40 pounds overweight. Her diet included lots of sugary foods. She wasn't very active. And she realized something needed to change. That's how it all started.

She cut out most sugary foods and drinks. She started exercising, even though it was just a short, slow walk at first. When she could walk three miles at a time, she added 30-minute home workouts to her plan. And she tipped the scale in the right direction.

"I reached my fiftieth birthday 40 pounds lighter," says Kata. "I was thrilled that I had accomplished my goal."

MORE

Walk it off: Take 10,000 steps a day
tinyurl.com/y42nzovb

Ten years later, Kata is still healthy and fit. And she's helping others as a health coach and fitness instructor. In a recent study, researchers found that regular exercise is the key to keeping weight off after you lose it.²

Step up to lose weight and keep it off

If you want to lose weight and keep it off, aim for 30 to 60 minutes of physical activity a day. In the study, the most successful dieters to lose weight and keep it off walked an average of 12,000 steps per day.

How many steps per day do you take? In the U.S., the average adult only walks 3,000 to 5,000 steps per day. It's not enough to maintain a healthy weight and lower your risk for chronic disease. But you can change that. Aim for 10,000 steps per day or more. Start today. @

The Glass-Half-Full Secret to Prevent Heart Disease

An optimistic outlook supports heart health

Are you an optimist or a pessimist? Is the glass half full or half empty? Can you look on the bright side of things, even when things aren't perfect? Your answer could have an impact on your heart health.

Research shows that a positive outlook can help prevent heart disease or slow its progression.³

In a recent study, researchers found that being happy can lower the risk for heart disease. And that's regardless of your age, income, body weight, or even if you smoke.

In fact, the happiest people were 50 percent less likely to have heart problems.

They were also more likely to have lower blood pressure and normal body weight.

It's an important finding. That's because heart disease is the leading cause of death in the United States. About 635,000 people die from heart disease each year.

What can you do to prevent heart disease? Exercise. Eat a healthy diet. Maintain a healthy weight. Don't smoke, or quit if you do. Manage stress in healthy ways. Take medication if necessary. And be happy. It appears that an optimistic outlook can help prevent heart disease, too.





RECIPE

Avocado, Mango, and Bean Salad

Hungry for a healthy salad? Here's an easy-to-make bean salad with avocados, lettuce, and lots of tasty flavors.⁵

- 15 oz. black beans, canned (drained, rinsed)
 - 15 oz. corn, canned (drained)
 - 1 C avocado, cubed
 - 2 mangos, cubed
 - 2 green onions, sliced
 - 1 head romaine lettuce (chopped)
 - 3 T lime juice
 - 1 T olive oil
 - 2 T fresh cilantro (chopped)
 - ½ tsp. chili powder
 - ¼ tsp ground black pepper
 - ¼ tsp salt
1. Tear lettuce into 2-inch pieces. Divide into six bowls or plates.
 2. In a medium-sized bowl, add black beans, corn, avocado and mango. Do not mix.
 3. In a small bowl, combine lime juice, olive oil, cilantro, chili powder, black pepper and salt. Mix well. Pour over the mango and avocado mixture.
 4. Toss gently to coat. Serve over the lettuce and mixed greens.

Serves six. 218 calories per serving.

Want to Live Longer? Clean Up Your Diet

Research shows 1 in 5 deaths linked to poor diet

How's your diet? If you're thinking of sugar-coating the truth, you're not alone.

About 75 percent of adults think they're eating well. But new research shows an estimated 1 in 5 deaths worldwide are linked to poor diet.⁴

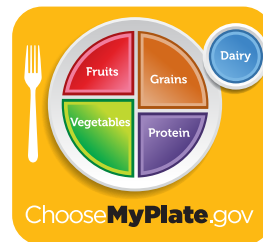
Here's another way to put it. You might be eating yourself to death. Diets high in sodium and low in whole grains, fruits, and vegetables cause half of all nutrition-related deaths. The major killers: heart disease, diabetes, and cancer.

If your diet regularly includes fast food, sugary drinks and snacks, and processed foods, it's time to give your menu a makeover.

Here's a guide to help you clean up your diet. Eat:

- 1.5 to 2 cups of fruit per day
- 2 to 3 cups of vegetables per day
- 3 to 5 servings of whole grains per day
- 1.5 ounces (a small handful) of nuts and seeds per day
- 2 to 3 servings of seafood a week
- 6 to 8 glasses of water per day (more in hot climates, or if you are physically active)

What are Americans eating the most of? Red meat, sugary drinks and snacks, fast food, processed meals, high-sodium foods, and other foods high



MORE
Build a healthy meal plan
choosemyplate.gov

in calories with little to no nutritional value. It's a diet that will subtract years from your life and life from your years.

But it doesn't have to be that way. Now is always the best time to start eating healthier. Take it one bite at a time. You'll feel better, be healthier, and live longer. @

The Glass-Half-Full Secret to Prevent Heart Disease (continued from page 1)

Here are some things you can do to feel happier:

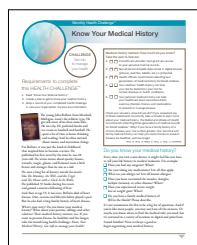
- Identify your character strengths.
- Recognize your successes.
- Keep a journal of what you're grateful for.
- Write down your achievements.

MORE
Simple steps to get healthier and happier
tinyurl.com/yxmkv5u5

- Identify things you do well.
- Talk to yourself positively.
- Help other people.
- Ask for help.
- Laugh more. @

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Take the May Health Challenge!

Know Your Medical History: Get info to manage your health

Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

Why should I see a doctor once a year?

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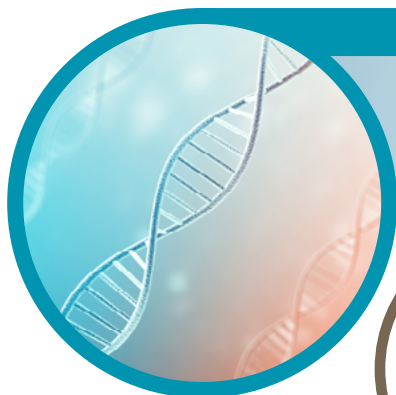
EMPLOYEE WELLNESS SOLUTIONS NETWORK

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Talking about safety isn't enough

WELLNESS CHALLENGE

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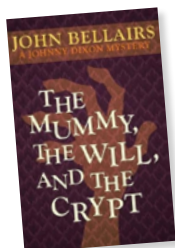
Know Your Medical History

CHALLENGE

Get info
to manage
your health

Requirements to complete this HEALTH CHALLENGE™

1. Read “Know Your Medical History.”
2. Create a plan to get to know your medical history.
3. Keep a record of your completed health challenge in case your organization requires documentation.



The young John Bellairs from Marshall, Michigan, wasn't the athletic type. He got sick more often than some kids. He was shy. He preferred books and ice cream to baseball and football. He spent a lot of time at home thinking and reading. And he often worried about money and mysterious things.

For Bellairs, it was just the kind of childhood that inspired him to become a writer. He published his first novel by the time he was 28 years old. He wrote stories about spooky houses, wizards, magic, ghosts, and fictional teens a little braver and stronger than he was as a kid.

He won a long list of literary awards for novels like *The Mummy, the Will, and the Crypt* and *The House with a Clock In Its Walls*. He published 31 books during his career and gained a massive following of fans.

And then at age 53, it was over. Bellairs died of heart disease. Diet, exercise and lifestyle habits played a part. But he also had a long family history of heart disease.

What's your story? Do you know your medical history? What about your parents, siblings and other relatives? Their medical history matters, too. If you want to prevent disease, be healthier and live longer, take the month long health challenge: *Know Your Medical History: Get info to manage your health.*¹

Medical history matters: How much do you know?

Take the quiz to find out.

1. A healthcare provider must grant you access to your personal medical records.
2. Not all personal health data stored in digital devices (phones, watches, tablets, etc.) is protected.
3. Health officials recommend collecting two generations of medical history for blood relatives.
4. Your relatives' health history can help your doctor determine your risk for certain diseases or health conditions.
5. Your personal medical history can help your healthcare team recommend diet, exercise, lifestyle choices, and medications to prevent or manage disease.

Check your answers. How did you do? If you answered any of these statements incorrectly, take a minute to learn more about your medical history. The National Institutes of Health recommends collecting three generations of medical records for blood relatives.⁴ Why? If you have a family history of a chronic disease, your risk is often greater. Your personal and family medical history can help you make choices to prevent disease, be healthier, and live longer.

Answers: 1. True. 2. True. 3. True. 4. False. 5. True.

Do you know your medical history?

Every time you visit a new doctor, it might feel like you have to tell your life history in medical moments. For example:

- Have you had any surgeries? When?
- Are you taking any medications? List all that apply.
- What are you allergic to? List all known allergies.
- Have you been vaccinated for measles, shingles, lockjaw (tetanus), or other diseases? When?
- Have you experienced recent weight loss or weight gain? When?
- Do you have a family medical history of (fill in the blank)? Please describe.

It's not uncommon for this to be a big list of questions. And if you're like most people, you may not have all the answers. Or maybe you know where to find the medical info you need, but it's scattered in a variety of locations in digital and print form.

Sound familiar? Now is always a good to begin organizing your medical history.

5 Ways to Know Your Medical History

Wondering where to start? Here are some easy ways to get to know your medical history, get organized, prevent disease, and stay healthy.

1. Keep your medical records in one place

Anatomy of an electronic health record
tinyurl.com/y2v39g6e

Prefer old-school paper format? Get a notebook or binder to create a paper trail of your medical history. Whenever you get a bill, diagnosis, test results, or explanation of benefits, add it to your binder. It's a good place to keep a copy of your health insurance card, too.

If you, prefer digital, scan or take a picture of these documents and save them on your computer. Bring this with you when you go to a doctor's appointment.

2. Compile healthcare contact info

Digital tools to help you manage health information
tinyurl.com/y2pnpw33

Do you know how to contact your doctor, dentist, chiropractor, or other healthcare professional? Compile all the contact information for your healthcare providers in one place. Name, address, phone number, email address. You may even include a note for each record about your last visit. Keep it in your notebook or digital file.

3. Request your records

Maybe you moved away, changed doctors, or haven't been to see a doctor in a long time. You can still get your records. Federal law gives you the right to obtain your medical records from virtually any organization or business that provides healthcare services. Just ask.

4. Use digital tools

Some healthcare organizations use online patient portals that allow you to access your medical records. Your employer may also provide a wellness portal or platform that contains your health information. And there's a growing number of mobile apps that allow you to store and organize your medical history. Use these digital tools to manage your health, share information with your doctor, and track your medical history.²



5. Talk to your family members

Your personal health history provides useful information to monitor your health. But it's not the whole story. If you have a family history of certain health conditions, your risk rises. Common diseases that run in families include:³

- ✓ Heart disease
- ✓ High blood pressure
- ✓ Asthma
- ✓ Diabetes
- ✓ Breast cancer Lung cancer
- ✓ Prostate cancer

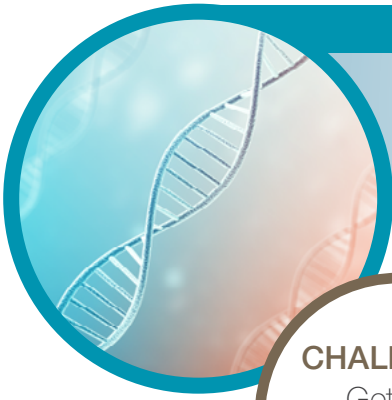
Video: Take charge of your medical data
tinyurl.com/yxr3zqmh

How do you learn the health history of your family members?

The easiest way: just ask. Set aside some time to talk about it. Keep notes, and add the information to your binder or digital file. When you know your medical history, you've got information that can help you prevent disease, manage health conditions, feel better, and live longer.

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Know Your Medical History

CHALLENGE

Get info
to manage
your health

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Create a plan to get to know your medical history.
3. Use the calendar to record your actions and learn more about your medical history.
4. At the end of the month, total the number of days you take action to know your medical history. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
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_____ Number of days this month I took action to learn about my medical history

_____ Number of days this month I was physically active for at least 30 minutes



Other wellness projects completed this month:

Name _____ Date _____

ASK THE DOCTOR

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Q. Why should I see a doctor once a year?

A. You don't know what you don't know. Going to your doctor once a year might seem like a waste of time, especially if you're healthy.

But what if you're not as healthy as you think? You could be at risk for health problems like heart disease, diabetes, obesity, or cancer and not know it. If you are at risk, the sooner you do something about it, the better.

Here's just one reason an annual doctor visit is a good idea. More than 1 in 3 adults in the United States has pre-diabetes.¹ Over time, they could develop diabetes, heart disease, or stroke.

But most people don't know their blood glucose (sugar) level. Do you? You can't know if it's higher than normal by looking in a mirror. Pre-diabetes often doesn't have any symptoms. And it's not the only health problem like that. In other words, what you don't know can be bad for your health.

Simple tests and a talk with your doctor once a year about your health and lifestyle can be good for your overall well-being. Here's what you can expect during an annual doctor's visit:²

✓ **Check blood pressure.** About 75 million adults in the United States have high blood pressure. Only about half have it under



control. And many others don't even know they have high blood pressure. Keeping your blood pressure in check will help prevent heart disease...the leading cause of death in the U.S.

- ✓ **Calculate Body Mass Index.** Are you overweight or obese? It's a risk factor for a long list of health problems like heart disease, diabetes, certain types of cancer, joint pain, and arthritis. And it can have an impact on your quality of life. A healthy Body Mass Index (BMI) is 18.5 to 24.9.
- ✓ **Screen for certain types of cancer.** Almost 40 percent of adults will be diagnosed with cancer at some point in their lives.³ The most common cancers include breast, lung, prostate,

ASK THE *Wellness* DOCTOR

and colorectal. Not all cancers are preventable or treatable. But many are. Your age, gender, family history, and lifestyle – such as tobacco use – are factors your doctor will consider to screen for cancer.

- ✓ **Test your blood.** A simple blood test is often part of an annual doctor's visit. Why? It's an easy way to identify risk factors for chronic diseases such as diabetes and Hepatitis C. Common tests include glucose, cholesterol, and triglycerides. But your doctor can also order tests for other things to evaluate your health.

Want to be healthier, live longer, and lower your risk for chronic disease? See your doctor once a year for a check-up. It's a simple way to protect your health.

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