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WHOLE *you*

2020 Fall/Winter Bulletin

Your healthy source for living well.

We are excited to bring you a new issue of *Whole You* from PA Health & Wellness. We hope our last issue gave you some ideas for improving your well-being.

In this issue, learn how to keep up with vaccinations, get in the fall spirit and take a closer look at trees in your neighborhood. Plus, read up on diabetes and Breast Cancer awareness, and where to go for care when you're sick or injured.

Until next time! Take care — of the **whole you.**

WHOLE you

Immunization Awareness

Staying current on shots is important. Protect your health and the health of those around you by following these vaccination tips.

- 1 Keep records.** Keep track of shots you receive and store these records in a safe place. This can save you time and money. It can also help you avoid getting a shot you don't need. Can't find the records you need? Talk to your primary care provider.
- 2 Stay current.** Even if you got all your shots as a child, some require "boosters" to remain effective. Depending on your age and health conditions, you may also be at risk for diseases that can be prevented or have their effects lessened through vaccination. Plus, there are shots for things like the flu that are needed on a yearly basis.
- 3 Don't worry.** Shots are tested before they are deemed safe for use. Few people have side effects from them. Those who do usually have only mild and temporary ones like soreness or redness where the shot was given.
- 4 Travel safe.** Don't travel outside of the country without checking about the shots you may need. Certain countries may expose you to diseases your current shots don't protect you from. Try not to wait until the last minute. Some shots can take several days or even weeks to take effect. The CDC's website is a great resource to make sure you're covered.
- 5 Be aware.** Vaccines can help you avoid common illness like the flu and whooping. These can have serious effects on those around you, like children and those with asthma, diabetes or heart disease. The shots you need depend on your age, your medical history and even your job. Be sure to talk to your doctor to find out which ones are right for you and your family!

Know Your Trees

The weather is cooler and it's a great time to be outside connecting with nature. You might take a relaxing walk in your neighborhood. Or, you might want to get more of a workout on a weekend hike.

Here's another reason it's a good time of year to be outside: This is when the trees around you really start putting on a show as their leaves change colors. And to tell what kind of trees they are, just take a look at the shape of their leaves.

Here are the leaves of some common trees in the U.S. See how many you can see where you live!



- 1 Sugar Maple
- 2 Ohio Buckeye
- 3 Pin Oak
- 4 American Sycamore
- 5 Tulip Tree
- 6 Ginkgo
- 7 American Elm
- 8 White Oak

WHOLE
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Look Up this Fall!

Few things connect you with the wonder of nature more than looking up at the night sky. Depending on where you live, you can see a lot of interesting things. And it's a free, fun experience to share with family. Here are some tips for skygazing:

Get up high and avoid the lights. If you live in a city, go to a park or up on a surrounding hill. Try to stay away from street lights.

Take time to let your eyes adjust. After 15 minutes in the darkness, you'll be able to see better.

You don't need a telescope. You'll be surprised how much you can see with the naked eye. If you have a pair of binoculars, take them! They're great for seeing details on the moon.

Look online for free apps. There are many easy-to-use apps for your phone that will help you locate objects in the sky.

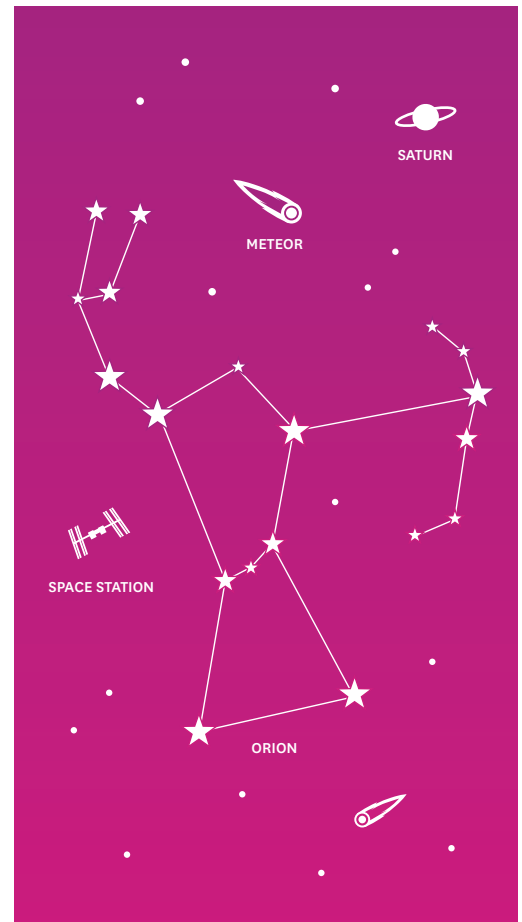
What can you see?

Stars, stars, stars! If you live somewhere away from city lights, you'll be able to see a lot of stars. But anywhere you live, you should be able to see the constellation of Orion this time of year. Look for the distinctive line of three stars in the southern sky that form Orion's belt!

Planets. How can you tell a planet from a star? Stars twinkle, and planets don't! Look for Mars from October to December 31. It actually has a slightly reddish color. You can spot Jupiter during this time, too. You can even see Saturn's rings with an inexpensive telescope.

Meteors. Want to see a shooting star? There are two times this fall you might be able to. From early October to early November, Earth will pass through the Orionid meteors. And the month of November is the best time to see the Leonid meteor shower. Good luck!

The International Space Station. You can actually see this man-made laboratory pass overhead at certain times. It looks just like a slowly moving star! Visit this NASA website to see viewing chances in your zip code: www.spotthestation.nasa.gov.



WHOLE you

Simple Steps to Prevent or Manage Diabetes

Over a million Americans are diagnosed with diabetes each year. Below are five lifestyle changes you can make to help prevent or manage this condition in your daily life.



Eat the rainbow. Experts say to fill half your plate with fruits and veggies at every meal. Each color brings with it unique nutrients, like fiber, potassium and vitamins. Branch out and try new produce to keep things fun!



Stay active. Studies have shown that people who exercise have lower glucose levels, and they're able to process sugar better than those who only take a diabetes drug. It can be hard to get moving when you feel tired, but it will give you more energy! Talk to your doctor about the right exercise plan for you.



Size matters. Estimate portion sizes by using items around the house. Your palm or a deck of cards are about the size of the recommended serving for lean meats (three ounces). A half-cup of whole-grain pasta or brown rice is similar to the size of a tennis ball. And you can use your thumb to help you visualize a one-ounce serving size. That's the serving size for cheese.



Sub smartly. When you change the way you eat, focus on what you can have. Find easy substitutions. Olive and avocado oils for butter. Whole-wheat pasta and bread for white. Beef jerky and nuts for potato and tortilla chips. Fish for beef. Sparkling or flavored water over soda and juice. These simple swaps make a HUGE impact over time.



Prepare a plan. Write out weekly menus. Make shopping lists. Put time on the calendar for exercise. Sign up for an exercise class. Buy healthy snacks. Schedule your annual doctor visit and diabetes testing. By planning ahead, time crunches and daily stress won't derail you!

WHOLE you

Know Where to Go for Care

You want to take good care of yourself and your family. Part of this is knowing where to go when one of you is hurt or sick. Read on to learn more about the treatment you need for different issues. This way, you can get the right care at the right place and the right time.

Free 24/7 Nurse Advice Line

Medical experts can answer your health questions and help set up doctor visits. Use this option if you need help caring for a sick child or to know if you should see your PCP.>

Free 24/7 Virtual Care

Get expert care by phone or video. Use anytime and anywhere. For less severe health issues such as sinus problems, colds, skin problems or the flu.>

Primary Care Provider (PCP)

Your PCP is your main doctor. If you don't need medical care right away, you can call the office and schedule your visit. This kind of care is for when you need a vaccine, a yearly checkup or help with colds or the flu. You may also visit for health issues like asthma or diabetes.

In-Network Urgent Care Center

Go here if your PCP's office is closed and you need care for a health issue that is noncritical. This includes flu symptoms with vomiting, ear infections, high fevers and sprains.

Emergency Room (ER)

Consider all of your options before you go to the ER. This care option is for issues that are life-threatening. This includes:

- broken bones
- bleeding that won't stop
- labor pains or other bleeding (if pregnant)
- shock symptoms (sweat, thirst, dizziness, pale skin)
- drug overdose
- ingesting poison
- bad burns
- convulsions or seizures
- trouble breathing
- sudden inability to see, move or speak
- chest pains or heart attack symptoms
- gun or knife wounds



Breast Cancer Awareness

October is Breast Cancer Awareness Month! Breast cancer is the second most common cancer among women in the United States.¹ Breast cancer screening is important to help keep you healthy.

Screening is a way to find cancer early and before it spreads to other parts of the body. Finding cancer early makes treatment easier and more successful.

Breast Cancer Screenings

The screening test for breast cancer is a mammogram (x-ray of the breast).

Mammograms are one of the best ways to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.²

What do I need to know?

Screenings for breast cancer are included in your PA Health & Wellness benefits.

You do not need a referral for these services as long as you see a doctor or provider within our network.

Who Should Have Breast Cancer Screenings?

Women ages 40 years and older are eligible for a mammogram every year.

It is always important to talk to with your doctor about what is best for you. Women with higher than average risk may need to start getting mammograms at an earlier age or more often.

COVID-19 Precautions

Our providers have put precautions into place to minimize your potential exposure to COVID-19, and they will work with you to address any questions you may have.

Schedule Your Mammogram!

If you need help scheduling a mammogram or finding a provider, PA Health & Wellness would be happy to help you. Just give us a call using the phone number on the back your membership card. Please take your member ID card with you on the day of your visit.

What Else Can I Do?

Monthly breast self-exams are also important for your breast health. Talk to your doctor about how to do a self-exam or visit <https://www.cancer.org/healthy/be-safe-in-sun/skin-exams.html>

Read More

You can find more information about breast cancer and breast cancer screening at <https://www.cdc.gov/cancer/breast>

Sources:

1. Division of Cancer Prevention and Control, Centers for Disease Control and Prevention. <https://www.cdc.gov/cancer/breast/statistics/index.htm>
Atlanta, GA: US Department of Health and Human Services; June 8, 2020

2. Division of Cancer Prevention and Control, Centers for Disease Control and Prevention. https://www.cdc.gov/cancer/breast/basic_info/screening.htm
Atlanta, GA: US Department of Health and Human Services; September 11, 2018



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