

Road to **WELL**fluent™

Embrace better health

Celebrating Women's Health Week!



National Women's Health Week starts each year on Mother's Day to encourage women and girls to make their health a priority. Women personify many roles in our lives. Two out of every three caregivers in the United States are women, meaning they provide daily or regular support to children, adults, or people with chronic illnesses or disabilities. Women who are caregivers have a greater risk for poor physical and mental health. Preventive care can keep disease away or detect problems early so that treatment is more effective. Protect your health by identifying the care you may need.

Regular check-ups are important.

Talk to a healthcare provider:

- To find out what screenings and exams you need and when. Explore the covered preventive services for women and other preventive care benefits available for women at no cost.

- If anything doesn't feel right or is concerning. Use telemedicine, if available, make an in-person appointment, or communicate with your doctor or nurse by phone or e-mail. Write down any questions or issues you may have and take them to your appointment.
- If you are pregnant or gave birth within the last year and you are experiencing urgent maternal warning signs.

Enjoy a Healthy and Balanced Diet

Nutrition is an essential part of a healthy lifestyle.

Learn the basics of healthier eating habits.

- A healthy eating plan includes fruits, vegetables, whole grains, fat free and low-fat milk and other dairy products, lean meats, and is low in salt, saturated and trans fats, and added sugars.
- Women need folic acid every day for the healthy new cells the body makes daily. It's also important to help prevent major birth defects when pregnant.
- Avoid drinking too much alcohol. Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions and can lead to the development of chronic diseases.

Physical activity helps improve your overall health.

Get out and about and enjoy the spring and summer weather. Physical activity is one of the most important things you can do for your health and has many benefits, including lowering your risk for heart disease—the leading cause of death for women.

- Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity that requires moderate effort. You don't have to do it all at once but get at least 10 minutes of exercise at a time.
- Adults should do strengthening activities at least 2 days a week that include all major muscle groups.
- More than one out of four older people fall each year and women fall more often than men. Strength and balance training can help reduce falls.

Prioritize Mental Health

Keep your mind and body healthy by taking time to unwind and enjoy your favorite activities. Research shows that positive mental health is associated with improved overall health and well-being. There are some important steps you can take to get the support you need to cope with stress:

- Take care of your body.
 - Take steps to prevent yourself from getting sick.
 - Take deep breaths, stretch, or meditate.
 - Exercise regularly, get plenty of sleep.
- Avoid the use of substances such as alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Find a local support group. Support groups provide a safe place for people to find comfort. You are not alone.
- Recognize when you need more help. If stress gets in the way of your daily activities for several days in a row, or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.
- If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or others:
 - Visit the National Suicide Prevention [website](#) or call 1-800-273-TALK (8255).
 - Visit the National Domestic Violence [website](#) or call 1-800-799-7233 and TTY 1-800-787-3224.
 - Visit the Substance Abuse and Mental Health Services [website](#) or call 1-800-662-HELP (4357).

Practice Healthy Behaviors

- Daily decisions influence overall health. Small actions can help keep you safe and healthy and set a good example for others.
- Get enough sleep for your overall health. It impacts how you feel and perform during the day.
- Avoid distracted driving, which is driving while doing another activity that takes your attention away from the road.
- Be smoke free. Smoking harms nearly every organ of the body and affects a person's overall health. If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569 for Spanish speakers).

Source: <https://www.cdc.gov/women/nwhw/index.htm>



Skin Cancer Awareness



Overexposure to ultraviolet (UV) rays causes most cases of melanoma, the deadliest kind of skin cancer. To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning.

Summer is full of outdoor activities. You probably put sunscreen on yourself and your kids when you go to the pool or the beach. But do you know you should protect your skin with more than just sunscreen anytime you're outside?

Sun protection is important all year round, and it's best to use several different kinds. When you're working in the yard, watching a ballgame, or taking an afternoon walk, make sun safety an everyday habit so you can avoid getting a sunburn and lower your chance of getting skin cancer.

What's In Your Tote Bag?

Here's a tip to help make sure you and your family stay sun-safe. Get ready for summer with a tote bag full of different ways to protect your skin. Keep the tote bag handy so you can grab it whenever you head out for summer fun!

Some important things to pack

- A lightweight long-sleeved shirt or cover-up.
- A hat with a wide brim that shades your face, head, ears, and neck.
- Sunglasses that block both UVA and UVB rays.
- Sunscreen with SPF 15 or higher and both UVA and UVB (broad spectrum) protection.

More Sun Safety Tips

Stay in the shade, especially during late morning through mid-afternoon. Can't stay in the shade? Wear a long-sleeved shirt and pants to protect your skin. Reapply sunscreen at least every 2 hours and after swimming, sweating and toweling off.

Fast Facts About Skin Cancer

- Skin cancer is the most common cancer in the United States, and includes different types.
- Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes.
- Even if it's cool and cloudy, you still need protection. UV rays, not the temperature, do the damage.
- Anyone can get skin cancer, but some things put you at higher risk.
- The most common signs of skin cancer are changes on your skin, such as a new growth, a sore that doesn't heal, or a change in a mole.

Source: <https://www.cdc.gov/cancer/dpcp/resources/features/skincancer/index.htm>

Celebrate a Nurse Today!

The observance of **Nurses Week begins each year on May 6 and ends on May 12**, the birthday of the founder of modern nursing – Florence Nightingale. Just one week doesn't seem nearly enough time to express our gratitude for the selfless nurses in our lives and let them know just how much we appreciate their caring and gentle nature.

Below are only a few of examples of what our nurses do every day:




- Advocate with health care providers and others involved in an individual's care.
- Collaborate with Members and Providers to personalize a patient's suggested treatment plan and coordinate the different types of care most complex cases require.
- Educate Members on the importance of preventive care
- Teach Members how to manage chronic conditions, such as diabetes.
- Identify and address quality of care issues.
- Educate many other health care providers on best practices and current clinical care guidelines for treating our Members.

As we celebrate the care that our nurses provide for every one of the people we support, know that nurses are always at the heart of health and wellness here at AvMed. When you see a nurse today, let them know how much you appreciate them.

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Get Started: Log in to your Member Portal at AvMed.org/Login and click Health and Wellness.

¹ \$28 enrollment fee waived for standard gyms only 4/1/23 12:01 a.m. - 6/30/23 11:59 p.m. PT. Monthly fees are subject to applicable taxes.

² Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees may vary based on fitness center selection.

³ Costs for premium exercise studios exceed \$28/mo. and an enrollment fee will apply for each premium location selected, plus applicable taxes. Fees vary based on premium fitness studios selected.

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