



APRIL 2018

Wellness Matters

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Your Healthy Body

Protect Your Health: Take Charge

By taking a proactive role in your health care, you can make better decisions about your medical care and ultimately reduce your health care costs. Gain control over your care by following these recommendations.

Visit providers who understand your needs. At the very least, select a primary care physician and a pharmacist to visit regularly. Make sure each provider you work with understands what you want and need from your medical and pharmacy care.

Search your carrier network online to locate a physician by specialty, location, board-certification, practice, and more. You can also check the quality of hospitals in your area by visiting hospitalcompare.hhs.gov.

Be honest with your doctor. Give all available medical information to your doctors so you can receive appropriate care. Make a list of concerns to discuss; be honest before and during the exam—if your doctor doesn't know about a problem, he or she will not be able

to provide the help you need. If you are confused or unsure about something your doctor tells you, ask questions (see right).

Find out about the best treatment available. Review guidelines for a variety of medical issues online at the National Guideline Clearinghouse found at guideline.gov. These guidelines list the most successful and widely accepted

care options that provide proven results for particular medical conditions. Also, make sure to review your options with your doctor—not all treatments are best for everyone.

Consider a second opinion if one of the following applies to you:

- You are diagnosed with a serious medical condition.
- You are prescribed a treatment that comes with significant risks.
- You are told surgery is recommended for treatment.
- You have no improvement in a treated medical condition.
- When recommended treatment is risky or toxic.

Don't try to handle everything alone. If hospitalized, bring a friend or relative to help you understand medical information and assist in making decisions. Sharing your situation and concerns with others provides you with a support system.

Start a health care journal. This will allow you to monitor your health, become more informed on potential treatment options, and learn to manage your conditions effectively.



Questions to Ask

General:

- 1) Is this treatment necessary?
- 2) Is there another treatment that is equally effective?
- 3) What is the current procedural terminology (CPT) for this treatment?
- 4) What can I do to improve my condition?

Prescriptions:

- 1) Why are you suggesting this specific medication/dosage?
- 2) Is this a specialty drug?
- 3) Is there an effective alternative drug?

Distracted Driving Danger

According to the [Centers for Disease Control and Prevention](#), nine people are killed and over 1,000 others are injured every day in accidents that involve a distracted driver in the United States. The National Safety Council observes April as *Distracted Driving Awareness Month* to draw attention to this epidemic.

Your chance of a motor vehicle crash greatly increases when you engage in any activity that takes your attention away from the road. While there is little you can do to control other people's distracted driving, there is plenty you can do to reduce your own distractions.

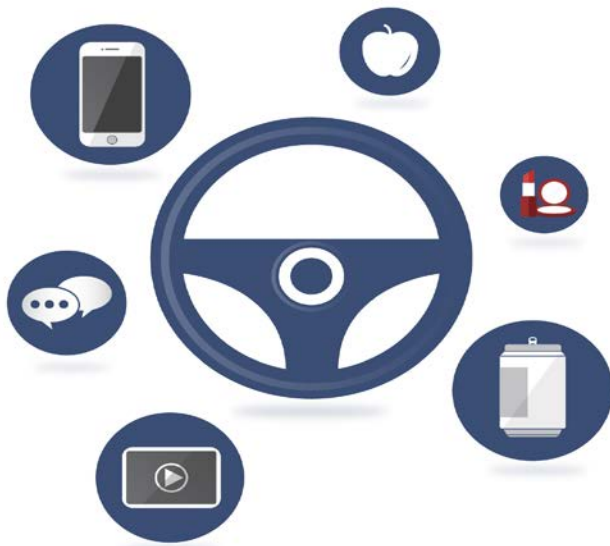
There are three main types of distractions:

- 1) Visual: taking your eyes off the road
- 2) Manual: taking your hands off the wheel
- 3) Cognitive: taking your mind off of driving

By practicing safe driving techniques, you reduce your chances of being involved in an auto accident. In addition to avoiding distractions, it's important to be aware of other drivers around you and make adjustments to your driving accordingly.

Don't Be Distracted. Just Drive.

Get to your destination safely by not doing the following:



Healthy & Delicious

Curb Workday Hunger

Healthy snacks can boost your midday energy, provides fuel for exercising, and decreases the odds of overeating at mealtime. Try incorporating these five simple snacks into your meal plan.

- 1) Almonds: 1.5 ounces of almonds (about 35 nuts) provides enough fiber, protein, and good fats to keep you feeling full until mealtime.
- 2) Greek yogurt parfait: 1 cup of Greek yogurt with berries is a great way to get protein, calcium, fiber, and antioxidants.
- 3) Blueberries and mini Babybel cheese: 1 cup of fresh blueberries has only 80 calories; when paired with two mini Babybel cheeses, you get a high dose of fiber, antioxidants, protein, and calcium.
- 4) Apple and ½ cup roasted chickpeas: apples are free of fat, sodium, and cholesterol. One medium-sized apple has less than 100 calories; when paired with ½ cup roasted chickpeas, you get a snack that provides protein, good fats, and carbs.
- 5) Veggies with hummus: snacking on raw, fiber-rich vegetables during the day can help keep you full between meals. For extra protein, eat your veggies with hummus; be sure to check the serving size on your hummus container to keep your portion size in check.