

Heart Health Month

wellness

Every year, the American Heart Association designates February to be American Heart Month. It's a time for learning about cardiovascular health, and about risk factors, about warning signs of heart attack and stroke. It is important to look at lifestyle choices and determine whether changes are needed to maintain heart health.

What is Heart Disease?

Heart disease is a broad term used to describe a range of diseases that affect your heart, and in some cases, your blood vessels. The various diseases that fall under the umbrella of heart disease include coronary artery disease; heart arrhythmias; infections and conditions that affect your heart's muscle, valves or beating. The term "heart disease" is often used interchangeably with "cardiovascular disease" — a term that generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke.

Heart disease is the No. 1 worldwide killer of men and women, including in the United States. In fact, heart disease is responsible for 40 percent of all the deaths in the United States, more than all forms of cancer combined. Many forms of heart disease can be prevented or treated with healthy lifestyle choices and diet and exercise.

ABCs of Preventing Heart Disease, Stroke and Heart Attack

A — Avoid Tobacco

B — Be More Active

C — Choose Good Nutrition

Sounds simple right? So why is coronary artery disease still the leading cause of death in the U.S. and stroke is the number three killer?

One reason — a lack of commitment to a heart healthy lifestyle. A healthy lifestyle is not only the best defense against heart disease and stroke, it is also a personal responsibility. By following these three simple steps all of the modifiable risk factors for heart disease, heart attack and stroke can be reduced.



Stop smoking. If you smoke, quit and encourage others in your household to quit. It is a difficult habit break, but it is harder to recover from a heart attack or stroke or to live with chronic heart disease. Commit to quit.

Be physically active every day. Research has shown that getting at least 30 minutes of physical activity on 5 or more days of the week can help lower blood pressure, lower cholesterol and keep weight at a healthy level.

However, for those who are inactive now, adding even 10 minutes at a time may offer some health benefits. Start slow and work toward 30 minutes. Studies show that people who have achieved even a moderate level of fitness are much less at risk of early death than those with low fitness levels.

Choose good nutrition. A healthy diet is one of the best weapons to fight cardiovascular disease. Which food and the amount you eat can affect other controllable risk factors: cholesterol, blood pressure, diabetes and overweight. Choose nutrient-rich foods that have vitamins, minerals, fiber and other nutrients but are lower in calories. A diet rich in vegetables, fruits, whole-grain and high-fiber foods, fish, lean protein and fat-free or low-fat dairy products is the key. To reduce blood cholesterol specifically it is important to reduce the intake of saturated fats, trans fats, and cholesterol in foods. As for high blood pressure, sodium is a concern. Shake the habit of adding salt and use flavorful herbs and spices for seasoning. Finally, to maintain a healthy weight, coordinate your diet with your physical activity level so you burn the calories you are taking in.

Making a commitment to the ABCs of preventing heart disease and changing your lifestyle habits can ultimately improve associated medical conditions such as high cholesterol, high blood pressure and unhealthy weight. Get motivated this February to take action. Start slow changing one variable at a time and set reasonable goals. Other things to consider in the fight against heart disease include; taking the recommended medications your doctor prescribes, reducing stress, and limiting alcohol intake. Keep communication lines open with your physician when implementing new changes to ensure your safety.

Sources:

American Heart Association, www.americanheart.org
 Mayo Clinic EmbodyHealth Portal,
www.bewellstaywell.az.gov

The Importance of a Primary Care Physician

Choosing a primary care physician (PCP) for your health care needs is integral to the coordination of health care benefits and quality care. A PCP is usually one of the following types of medical providers: Pediatrician, General Internists, Obstetrician/Gynecologists or a Family Practitioner.

Many people no longer develop a relationship with a primary care physician. Not electing a PCP is like playing football without a coach. You are the quarterback of your healthcare team, but without a coach for guidance and instruction your success managing your health will certainly be disjointed. With a PCP your healthcare experience will be more complete because the coach, quarterback, special teams, & other players are working together. The PCP is your ticket to continuity in health care delivery.

You should share with your PCP information about all vitamins, over-the-counter medications and alternative therapy you are receiving, so that these medical interactions are coordinated with those your PCP is prescribing, or those your PCP is referring you to for treatment.

What does a PCP do?

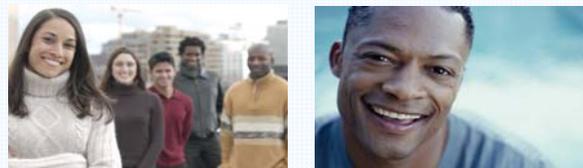
- Manages care of individual patients.
- Diagnoses and treats minor, uncomplicated illnesses and injuries.
- Manages long term chronic illnesses.
- Prevents and detects health problems through regular screenings and wellness education.
- Determines when a patient needs to see a specialist and coordinates care with appropriate services

In short, your PCP is the glue for your health care process. Your PCP knows your family medical history, lifestyle, and habits, treats you as a whole person, and helps you develop and carry out a personal health maintenance and improvement program.

Many individuals do not have a relationship with a PCP. Those who have not developed a relationship with a PCP should consider seeking referrals from family members, co-workers or through their health insurance Nurse Line or online search tool.

Ready to Quit?

Join the Tobacco-Free Program Today!



Sign up to participate in the **Healthful Living™ Smoke Free Program**. Successfully end your tobacco addiction.

Program Features

- One on One Counseling with a trained, clinical health coach
- 6 scheduled calls over 6 months
- Step by step quitting advice, health education, and motivational materials
- Program workbook with industry leading expertise and goal setting tips
- \$500 allowance for tobacco cessation prescriptions and over-the-counter medications per member per lifetime

Registration Period

January 2, 2009 thru February 28, 2009

Get Started Today!

- Call Toll Free 866-661-6781
- Monday thru Thursday, 8a.m. to 11p.m.
Friday 8a.m. to 9p.m.
Saturday 9a.m. to 6p.m. (EST)



Make your commitment today to be tobacco FREE!

Walgreens
Health Initiatives

Benefit Options
Choice. Value. Health.

2009

Upcoming Events

MOM Mobile On-site Mammography

"Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member services department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 participants preferred.

- Feb. 4 — Mesa, MVD
1840 S. Mesa Dr.
(8am—1pm)
- Feb. 10 — Phoenix, DOE
1535 W. Jefferson
(7:30am-11:30am)
- Feb. 10 — Phoenix, DOE
2005 N. Central Ave
(1pm-5pm)
- Feb. 12 — Florence, DOC
4374 E. Butte Ave
(8am-5pm)
- Feb. 18 — Phoenix, AHCCCS
701 E. Jefferson
(8am-5pm)
- Feb. 19 — Phoenix, AHCCCS
701 E. Jefferson
(8am-5pm)
- Feb. 23 — Phoenix, PSPRS
3010 E. Camelback
(8am-12pm)
- Feb. 24 — Phoenix, Capitol
1700 W. Washington
(8am-5pm)

Wellness Contracts Status Report

SCREENING SERVICES STATUS:

Screening contracts were awarded on June 17th.

Mobile Onsite Mammography, Healthwaves, Banner Occupational Health, and Maxim Health Systems are now under contract to provide convenient, at-work screening services.

Wellness is currently taking requests for screenings at State worksites. Listed below are each companies services.

Healthwaves

- Flu/Pneumonia Vaccinations
- Mini Health Screening
- Osteoporosis Screening

Maxim Health Systems

- Flu/Pneumonia Vaccinations
- Mini Health Screening
- Osteoporosis Screening
- Skin Cancer Screening

Mobile Onsite Mammography

- Mammography Screening

Banner Occupational Health

- Skin Cancer Screening

EDUCATIONAL CLASSES STATUS:

Wellness awarded contracts for educational classes, fitness classes, massage, and weight management on October 24th. Kronos Optimal Health, The Back Rub Co., and Jesse Tsao will be the State's vendors providing services in the future. Wellness is working to complete the vendor implementation, but due to severe budget restrictions will not be able to offer the contracted services at this time. These programs will be placed on hold pending analysis from the ADOA budget team.

Thank you for your patience during this difficult budgeting period.



**February Screening Schedule
Continued**

Call MOM at 480-967-3767 to schedule your appointment at any of the following locations

Feb. 25 — Winslow, DES
319 E. 3rd St.
(8am—12pm)

Feb. 25 — Winslow, ASPC
2100 S. Highway 87
(8am—4pm)

Feb. 26 — Goodyear, ASPC
2014 N. Citrus Rd.
(8am—4pm)

The minimum 25 participants is preferred to maintain the above schedule. In the event, the minimum participation is not met, ADOA may cancel the MOM screening until adequate utilization can be confirmed.

Please call Wellness at 602-771-9355 with any question regarding the participation minimums.

Skin Cancer Screenings



A nurse practitioner or physician's assistant with Banner Occupational Health will perform a FREE assessment to check for suspicious lesions

and will provide skin cancer prevention education. The screening takes about 10 minutes, and participants will not disrobe.

February 24 — 11:30 am—3:30pm

ASPC, Winslow

2100 S. Hwy 87

Please visit the wellness website at www.benefitoptions.az.gov/wellness and click the schedule by county for information to register for a skin cancer screening near you.

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available for request and scheduling at State worksites.

Wellness events are requested and coordinated by State employees at worksites. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn what Wellness has to offer.

Event requests must be submitted online by clicking this logo:



Complete the brief form, including contact information and the event requested and hit submit! A Wellness team member will reply to your request and begin scheduling your event.

Log on Today!

Take advantage of the many programs and services to keep employees healthy

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