

# City Of Mission's



## *Live Well, Work Well*

**April 2018** Welcome to this month's edition of *Live Well, Work Well*. In this issue, we will be focusing on the importance of Preventive Care Services.

### **Learn Your Numbers to Keep Healthy Odds in Your Favor**

#### *Make prevention your intention*

Do you know your numbers? It's important to know your cholesterol and triglyceride (or fat) levels, blood pressure readings and more.

Talk to your doctor about preventive screenings, and have a follow-up discussion once you have the results. Use these goals as a starting point:

- **Waist measurement:** less than 35 inches for women and less than 40 inches for men
- **Blood glucose (blood sugar) before eating:** less than 100 mg/dL
- **Body mass index (BMI):** less than 25 kg/m<sup>2</sup>
- **Blood pressure:** less than 120/80 mmHg
- **HDL (good) cholesterol:** 60 mg/dL or higher
- **LDL (bad) cholesterol:** less than 100 mg/dL
- **Total cholesterol:** less than 200 mg/dL
- **Triglycerides:** less than 150 mg/dL

Have questions about results from health screenings or readings? Talk to your doctor about what your numbers mean.

*Source: American Heart Association*



Human Resources Department  
1201 E. 8<sup>th</sup> Street  
Mission, Texas 78572  
(956) 580-8631

**Staff:**  
**Noemi Munguia**  
**Human Resources Director**

**Nereyda Peña**  
**Assistant Human Resources Director**

**Catherine N. Hernandez**  
**Human Resources Coordinator**

**Laura N. Ojeda**  
**Benefits Coordinator**



***Next Month's Issue:***

***Mental Illness***

# Be well advised

An annual mammogram and Pap test can detect cancer early when it's easier to treat.

- 👩 Women ages 40 to 44 have the choice to start annual breast cancer screening with mammograms.
- 👩 Women age 45 to 54 should get mammograms every year.
- 👩 Women age 55 and older should switch to mammogram every two years, or choose to continue yearly screening.
- 👩 Women age 21 to 29 should have a Pap test every three years.
- 👩 Women age 30 to 65 should have a Pap test and an HPV test every five years.



Discuss any risk factors with your physician and determine the most appropriate screening schedule for you.

*Sources: American Cancer Society.*

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## Is a Health Checkup on your Checklist?

Having a yearly checkup is one of the most important things you can do to help stay healthy. Talk to your doctor about health screenings you will need this year. Use this list as a guide for your discussion.

- ✓ Cholesterol check
- ✓ Blood glucose (sugar) to detect diabetes
- ✓ High blood pressure screening
- ✓ Colon cancer screening
- ✓ Skin cancer screening
- ✓ Male and female specific screenings
- ✓ Immunizations

**PREVENTION**

Make time for your annual checkup. Getting the right health screenings, tests, services and treatments helps improve your chances for living a longer, healthier life.

Your yearly exam takes you back to health basics. It's time well spent. Check your benefit booklet to understand what your health plan covers as part of an annual checkup.

*Source: BlueCrossBlueShieldofTexas*



# Play it Safe with Prostate Cancer Screening

A good offense is your best defense

- Men over 50 with at least a 10-year life expectancy should have a prostate-specific antigen (PSA) and digital rectal examination (DRE)
- Younger men at higher risk — African-Americans or those with strong family histories of the disease — may begin screening at a younger age.
- Talk to your physician about the screening schedule that’s right for you.
- The five-year survival rate for all stages of prostate cancer is almost 100 percent, so getting a screening test is an important step toward staying healthy and preventing disease.

The next time you review your “To Do” list, make sure you’ve checked off prostate cancer screening. After all, isn’t your health a top priority?

Check your benefits booklet to determine if your health plan coverage pays for this type of screening.

Source: American Cancer Society

## Puzzle



s	a	s	n	a	n	e	n	e	r	g	y	n	v	-
u	c	l	a	s	n	p	a	t	u	t	s	o	i	
p	t	e	t	l	r	s	e	l	r	l	e	t		
p	i	e	u	l	l	c	d	i	f	e	t	a		
l	v	p	r	c	c	o	l	d	f	c	d	c	m	
e	e	i	a	h	f	s	i	r	e	n	l	p	i	
m	f	r	l	i	m	c	u	o	s	e	a	e	n	
e	i	l	f	l	n	s	f	e	t	d	s	a	s	
n	t	n	a	d	c	a	e	r	y	s	a	m	w	
t	n	b	c	r	i	t	l	s	l	c	l	u	o	
s	e	s	t	e	s	s	e	f	e	t	s	e	m	
e	s	a	o	n	m	i	n	e	r	a	l	s	e	
c	s	f	r	h	e	a	l	t	h	l	u	e	n	
s	o	s	s	s	t	r	e	s	s	h	e	r	b	

Natural Factors  
Supplements  
Energy  
Stress

Cold  
Health  
Sleep  
Children

Vitamins  
Herb  
Fitness  
Women

## Let's Get Moving! Move Of the Month:

Awesome Abs and Arms April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 25 Jumping Jacks 12 Push-Ups 14 Chair Dips	2 20 Mountain Climbers 15 Crunches 15 Seated Bicycles	3 30 Jumping Jacks 10 Military Push-Ups 10 Wide Fly Push-Ups	4 25 Mountain Climbers 10 Russian Twists 15 In and Outs	5 35 Jumping Jacks 14 Push-Ups 18 Chair Dips	6 30 Mountain Climbers 20 Crunches 20 Seated Bicycles
7 REST DAY!	8 40 Jumping Jacks 12 Military Push-Ups 14 Wide Fly Push-Ups	9 35 Mountain Climbers 15 Russian Twists 20 In and Outs	10 45 Jumping Jacks 16 Push-ups 20 Chair Dips	11 REST DAY!	12 40 Mountain Climbers 25 Crunches 25 Seated Bicycles	13 50 Jumping Jacks 15 Burpees 30s Plank
14 REST DAY!	15 45 Mountain Climbers 16 Military Push-ups 16 Wide Fly Push-Ups	16 55 Jumping Jacks 20 Russian Twists 25 In and Outs	17 REST DAY!	18 50 Mountain Climbers 18 Push-Ups 22 Chair Dips	19 60 Jumping Jacks 30 Crunches 30 Seated Bicycles	20 55 Mountain Climbers 20 Burpees 45s Plank
21 REST DAY!	22 65 Jumping Jacks 18 Military Push-Ups 18 Wide Fly Push-Ups	23 60 Mountain Climbers 30 Russian Twists 35 In and Outs	24 70 Jumping Jacks 20 Push-Ups 25 Chair Dips	25 REST DAY!	26 65 Mountain Climbers 35 Crunches 35 Seated Bicycles	27 75 Jumping Jacks 25 Burpees 60s Plank
28 REST DAY!	29 70 Mountain Climbers 20 Military Push-Ups 20 Wide Fly Push-Ups	30 80 Jumping Jacks 35 Russian Twists 40 In and Outs	<a href="http://foodiesfindfitness.com">foodiesfindfitness.com</a>			

# Your Family's Race to Better Health begins with a Single Step: Taking Advantage of Preventive Health Care Services

Preventive check-ups and screenings can help find illnesses and medical problems early and improve the health of you and everyone in your family.

Your health plan covers screenings and services with no out-of-pocket costs like copays or coinsurance as long as you visit a doctor in your plan's provider network. This is true even if you haven't met your deductible.

Some examples of preventive care services covered by your plan include general wellness exams each year, recommended vaccines, and screenings for things like diabetes, cancer or depression. Preventive services are provided for women, men and children of all ages.

Learn more on immunization recommendations and schedules by visiting the Centers for Disease Control and Prevention website at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).



## These preventive services are covered by your plan at no cost to you Annual preventive medical history and physical exam

### For Adults

#### SCREENINGS FOR

- o Abdominal aortic aneurysm
- o Alcohol abuse and tobacco use
- o Colorectal, skin and lung cancer
- o Depression
- o Falls prevention and vitamin D use for stronger bones
- o High blood pressure, high cholesterol, obesity, diabetes and depression
- o Sexually transmitted infections, HIV, HPV and hepatitis

#### COUNSELING FOR

- o Alcohol misuse
- o Domestic violence
- o Healthy diet counseling
- o Obesity
- o Sexually transmitted infections
- o Skin cancer prevention
- o Tobacco use, including certain medicine to stop
- o Use of aspirin to prevent heart attacks

### For Women

#### SCREENINGS FOR

- o Breast cancer screening, genetic testing and counseling
- o Breastfeeding support, supplies and counseling
- o Certain contraceptives and medical devices, morning after pill, and sterilization to prevent pregnancy
- o Cervical cancer screening
- o Chlamydia, gonorrhea, syphilis, HIV and hepatitis B screenings
- o Counseling for alcohol and tobacco use during pregnancy
- o Folic acid supplementation during pregnancy
- o Human papillomavirus (HPV) DNA test
- o Osteoporosis screening
- o Screenings during pregnancy, including screenings for anemia, gestational diabetes, bacteriuria, Rh(D) compatibility



# Healthy Recipe

## Mushroom Barely Soup

This combination of mushrooms, barley and carrots makes for a soup packed high in vitamin B6 and packed with fiber. Enjoy this recipe as a comforting main dish or simple side soup on cool-weather days.

**Makes 6 Serving**

**Per Serving:** 123 calories, 3 g total fat (<1 g saturated fat), 21 g carbohydrate, 4 g dietary fiber, 5 g protein, 632 mg sodium.



### Ingredients:

- 1 Tbsp. canola oil, divided
- 1 medium onion, chopped
- 2 celery ribs, chopped
- 1/2 cup pearl barley, rinsed and drained
- 6 cups reduced-sodium vegetable broth, divided
- 5 cups (about 3/4 pound) chopped mushrooms
- 2 tsp. Worcestershire sauce
- 3 medium carrots, peeled and diced
- Salt and freshly ground black pepper
- Cayenne pepper to taste

### Directions:

1. In a large soup pot, heat 1/2 tablespoon of oil over medium heat. Add onion and celery and sauté for 3 minutes. Add barley and stir constantly for 2 minutes. Add 4 cups of broth and bring mixture to boil. Reduce heat to low, cover and simmer for 40 minutes.
2. Meanwhile, in nonstick pan, heat remaining oil over medium-high heat. Add mushrooms and sauté for 6 minutes, stirring constantly, until mushrooms are tender. Add Worcestershire sauce and stir for 1 minute. Remove mushrooms from heat. Stir in carrots and set aside.
3. After barley has simmered for 40 minutes, add mushroom and carrot mixture and remaining 2 cups of broth. Bring to a boil, then reduce heat to low and simmer, covered, for 30 minutes, until vegetables and barley are very tender. Season to taste with salt, black pepper and cayenne. Serve immediately or refrigerate for up to 4 days.

## Upcoming Events:

**Lunch & Learn:**  
**Airrosti - Health on the Move**  
**Thursday, April 11, 2018**  
**12:00 p.m. – 1:00 p.m.**  
**Central Fire Station**

**Health and Wellness Seminar**  
**Preventive Screenings**  
**Wednesday, April 18, 2018**  
**2:30 p.m. – 3:30 p.m.**  
**Council Chambers**