



Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631
www.missiontexas.us



Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Annual Checkups.

Preventive Care

According to the Centers for Disease Control (CDC), seven out of ten U.S. deaths are caused by chronic disease, while roughly half of the country's population has been diagnosed with a chronic illness, including heart disease, cancer, diabetes, AIDS, or other conditions classified by the medical community as preventable.

Statistics like these signal a need for greater national emphasis on proven preventive approaches to health care. According to Healthy People, a federal program administered by the United States Department of Health and Human Services, routine cardiovascular exams alone save tens of thousands of adult lives each year, while vaccines save the lives of roughly 42,000 children on an annual basis. Preventive health screenings and primary care consultations have also been found to significantly increase life expectancy, particularly among the 30 to 49 year age group.

Health Checkups

Like many people, you may schedule a yearly checkup or “annual physical” with your doctor. It usually includes a health history, physical exam and tests. It is important to have a regular doctor who helps make sure you receive the medical care that is best for your individual needs. But healthy people often don’t need annual physicals, and they can even do more harm than good. Here’s why:

- Annual physicals usually don’t make you healthier.
- Tests and screenings can cause problems.
- Avoid unnecessary costs.
- Set a schedule with your doctor.



Source: <https://www.choosingwisely.org/patient-resources/health-checkups/>

Take Charge of Your Health



Many health care costs are related to personal behavior. Unhealthy habits can result in chronic health issues. Here are just a few ways you may improve your health while helping to manage your health care costs.

- Eat smart
- Exercise
- Don’t smoke
- Manage chronic conditions
- Schedule regular checkups with your doctor to help prevent health issues.

Source: Blue Cross Blue Shield of Texas

It's Your Choice

“
Take care of your body.
It is the only place you
have to live!”



Finding The Right Doctor

Taking time to find the right health care provider is one of the best ways to get the most out of your health care dollar. In fact, according to the Agency for Healthcare Research and Quality, people who ask questions and take an active role in their health are happier with their care and see more improvement in their health than patients who do not.

When you need to find a doctor, take the time to research your options. Choosing the right doctor for YOU is just that – your choice. Here are some tips to help you meet your match.

Start with the network. Health plans like Health Maintenance Organizations (HMO) and Participating Provider Options (PPO) are a certain group of doctors and health care professionals.

Visit the Blue Access for Members SM website. Check Provider Finder or call the number on the back of your ID card to find out which doctors are in your network.

Tips to narrow your search:

- Ask family members, friends or co-workers for their suggestions.
- Contact your state's department of insurance and see if the doctors you are considering have had complaints filed against them.
- Check local resources such as network hospitals to see if they have a referral service.

Pick three or four doctors you like who are in your network. Call their offices and ask questions.

Once you've narrowed your list, consider setting up appointments so you can get to know the candidates. Bring a list of questions and be prepared to discuss any concerns. Some offices charge a small fee for a meet and greet, but it could be well worth it.

Get started today to find the doctor that best meets your needs.

Source: bcbstx.com

Nothing's More Important Than Your Well Woman Exam

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 mammograms 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

A Once-A-Year Exam: The Fix-It For Men's Health

Do you remember to take your car in for a routine maintenance? What about a physical exam once a year for yourself? Most guys are more in tune with their cars than their own bodies. Just like your car, your health needs regular checkups. Here are a few tips for healthy lifestyle choices:

- Adding more fruits and vegetables to your diet
- Keeping serving sizes in check and watching salt, fat and empty calories
- Staying safe to help avoid injuries at work home or play
- Taking part in 30 minutes of physical activity most days of the week
- Keeping vaccines and health screenings up to date
- Quitting smoking or not starting
- Losing some pounds if you are too heavy
- Limiting alcohol use

Statistics show that as a general rule, men die five years sooner than women. More than half of these early deaths could be avoided. Think about regular preventive test to check for high cholesterol, diabetes and other diseases, such as prostate, testicular and colorectal cancer.



Sources: Men's Health Network

Did You Know?



Adult Wellness Guidelines Making Preventive Care a Priority

Adult Health – for ages 18 and over

Preventive care is very important for adults. By making some good basic health choices, women and men can boost their own health and well-being. Some of these positive choices include:

- Eat a healthy diet
- Get regular exercise
- Don't use tobacco
- Limit alcohol use
- Strive for a healthy weight

* A health care provider could be a doctor, primary care provider, physician assistant, nurse practitioner or other health care professional.

** Recommendations may vary. Discuss the start and frequency of screenings with your health care provider, especially if you are at increased risk.

Screenings	
Weight	Every visit or at least annually
Body Mass Index (BMI)	Every visit or at least annually
Blood Pressure (BP)	Every visit or at least annually
Colon Cancer Screening	Adults age 50-75 for colorectal cancer using: • Guaiac Fecal Occult Blood Test (gFOBT) annually or; • Fecal Immunochemical Testing (FIT) annually or; • Fecal Immunochemical Testing (FIT)-DNA every 1-3 years or; • Flexible sigmoidoscopy every 5 years or; • Flexible sigmoidoscopy every 10 years with FIT annually or; • Colonoscopy every 10 years or; • CT Colonography every 5 years** Ages 45 to 49 should discuss the risks and benefits of screening with your health care provider*
Diabetes Screening	Those with high blood pressure should be screened. Those who are overweight or have cardiovascular risk factors should be screened. All others should be screened starting at age 45.**
Hepatitis C (HCV) Screening	Once for adults born between 1945 and 1965 and persons at high risk for infection
HIV Screening	Adults ages 18 to 65, older adults at increased risk and all pregnant women should be screened
Immunizations (Vaccines)	
Tetanus Diphtheria Pertussis (Td/Tdap)	Get Tdap vaccine once, then a Td booster every 10 years
Influenza (Flu)	Yearly
Human Papillomavirus (HPV)	3 doses for women ages 18 to 26 if not already given 3 doses for men ages 18 to 21 if not already given**
Herpes Zoster (Shingles)	Two doses of RZV starting at age 50, or one dose of ZVL at age 60 or over. Discuss your options with your health care provider.*
Varicella (Chicken Pox)	2 doses if no evidence of immunity
Pneumococcal (Pneumonia)	Ages 65 and over, one dose of PCV 13 and one dose of PCV 23 at least one year after PCV 13**
Measles, Mumps, Rubella (MMR)	1 or 2 doses for adults born in 1957 or later who have no evidence of immunity

Let's Get Moving! Move of the Month



NEW YEAR'S CHALLENGE

■ Cardio ■ Strength ■ Rest

Week	Day	Activity
WEEK 1	Day 1	Slow & Steady Strength Workout
	Day 2	Upper Body & Core Strength Builder
	Day 3	REST
	Day 4	Cardio
	Day 5	Total-Body Strength Workout
	Day 6	Cardio
	Day 7	REST
WEEK 2	Day 8	Glutes & Lower-Body Burn
	Day 9	Core Bodyweight Builder & Tabata Burnout
	Day 10	Cardio
	Day 11	REST
	Day 12	Bodyweight Combo Workout
	Day 13	Cardio
	Day 14	REST
WEEK 3	Day 15	Lower-Body Dumbbell Workout
	Day 16	Cardio
	Day 17	Upper-Body Strength Builder
	Day 18	REST
	Day 19	Lower-Body & Core Workout
	Day 20	Cardio
	Day 21	REST
WEEK 4	Day 22	Cardio
	Day 23	Squat & Plank Full-Body Workout
	Day 24	REST
	Day 25	Cardio
	Day 26	Core Workout & Tabata Burnout
	Day 27	REST
	Day 28	Dumbbell Workout & AMRAP Push

#NEWYEARCHALLENGE
self.com/challenge

Last Month's Events:

Door Prize Winners:

December 4, 2019

Jose Zavala - City of Mission Umbrella

Upcoming Events:

