



WELLBEING



Insights

May 2015

Living a Better, More Vibrant Life

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for Women

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 national
women's
health week

May 10 -16, 2015

May is **Women's Health** Month



May is *Women's Health* Month

May is Women's Health Month. The 16th annual National Women's Health Week kicks off on Mother's Day, May 10 and is celebrated until May 16, 2015. The goal is to empower women to make their health a priority. As part of the week, women are encouraged to schedule their annual well-woman visit on National Women's Checkup Day, May 11.

What is a well-woman visit and why is it important?

Your well-woman visit is a chance to focus on your overall health and wellness. There are three main goals for the visit including:

1. Services, like shots, that improve your health by preventing diseases and other health problems.
2. Screenings, which are medical tests to check for diseases early when they may be easier to treat.
3. Education and counseling to help you make informed health decisions.

Health habits and history

Before your physical exam, the doctor or nurse will ask you to answer some questions about your overall health. These questions may cover topics as follows:

- Medical history
- Family's health history
- Sexual health and sexual partners
- Eating habits and physical activity
- Use of alcohol, tobacco and other drugs

- Mental health history, including depression
- Relationships and safety

Physical exam

The doctor or nurse will examine your body, which may include:

- Measuring your height and weight
- Calculating your body mass index (BMI) to determine if you are at a healthy weight
- Checking your blood pressure
- Taking your temperature
- Doing a breast exam (checking for lumps or other changes)
- Doing a Pap test and pelvic exam

Health goals

You and the doctor or nurse will talk about the next steps for helping you to stay healthy. Together, you decide which screenings or follow-up services are right for you.

If you have health goals, like losing weight or quitting smoking, you and your doctor or nurse can make a plan to help you meet these goals.

How often do I need a well-woman visit?

It is a good idea to get a well-woman visit once a year. Depending on the screenings or other services you need, it may take more than one visit. Please note, the second visit is not covered as a well-woman/annual exam. Normal copays will apply.



*Protect your health today...
Your family will thank you.*

For example, the doctor or nurse may ask you to come in for a follow-up visit to discuss the results of a screening. Or, you may need a separate appointment to get a specific service. Take these steps to get the most out of your well-woman visit.

Make a list of questions for your doctor.

This visit is a great time to ask the doctor or nurse any questions about the following:

- Birth control options
- Sexually Transmitted Diseases (STDs)
- Preparation for pregnancy
- Your safety and relationships
- Anxiety, depression or other mental health issues
- Eating healthy foods
- Being more active

Some important questions include:

- Do I need any important shots?
- How can I protect myself from HIV and other STDs?
- Which form of birth control is right for me?
- How do I know if my relationship is healthy and safe?
- Where can I get help for a mental health issue?
- How can I be more physically active?

Take a notepad and write down the answers so that you remember them later.

Talk with your doctor or nurse about which screenings you need.

At your well-woman visit, the doctor or nurse may recommend screening for the following:

- Certain types of cancer
- HPV (Human Papillomavirus, which can lead to cervical cancer)
- HIV and other STDs
- High blood pressure and cholesterol
- Diabetes
- Osteoporosis (weak bones)

In addition to screenings, the doctor may sometimes recommend counseling which includes:

- Depression
- Domestic violence

Most health plans provide no-cost preventive screening services for women. For a list of the screenings covered under your health plan, please refer to your carrier's Preventative Schedule. Covered preventative screenings are determined by several factors as follows:

- American Medical Association (AMA) guidelines
- Age
- Family medical history

Make your appointment today!



Screening Test for Women

Please review the guidelines listed below to learn about important screening tests for women. These guidelines are recommended by the U.S. Preventive Services Task Force. Keep in mind that these are only guidelines. Your doctor or nurse will personalize the timing of the screening tests that you need based on many factors. Ask your doctor or nurse if you do not understand why a certain test is recommended for you. Check with your insurance plan to find out which tests are covered.

Screening Tests	18-39	40-49	50-64	65 and older
Blood pressure test	<p>Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).</p> <p>Get tested once a year if have blood pressure between 120/80 and 139/89).</p> <p>Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.</p>	<p>Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).</p> <p>Get tested once a year if you have blood pressure between 120/80 and 139/89).</p> <p>Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.</p>	<p>Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).</p> <p>Get tested once a year if have blood pressure between 120/80 and 139/89).</p> <p>Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.</p>	<p>Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).</p> <p>Get this tested once a year if have blood pressure between 120/80 and 139/89).</p> <p>Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.</p>
Bone mineral density test (osteoporosis screening)		Discuss with your doctor or nurse	Discuss with your doctor or nurse if you are at risk of osteoporosis.	Get this test at least once at age 65 or older. Talk to you doctor or nurse about repeat testing.
Breast cancer screening (mammogram)	Discuss with your doctor or nurse	Discuss with your doctor or nurse	Starting at age 50, get screened every 2 years.	Get screened every 2 years through age 74. Age 75 and older, ask your doctor or nurse if you need to be screened.
Cervical cancer screening (Pap test)	Get a pap test every 3 years if you are 21 or older, have had vaginal sex, and have a cervix.	Get a Pap test every 3 years.	Get a Pap test every 3 years.	Ask your doctor or nurse if you need to get a Pap test.
Chlamydia test	<p>Get tested for chlamydia yearly through age 24 if you are sexually active or pregnant.</p> <p>Age 25 or older, get tested for chlamydia yearly through if you are at increased risk, pregnant or not pregnant.</p>	Get tested for chlamydia if you are sexually active and at increased risk, pregnant or not pregnant.	Get tested for chlamydia if you are sexually active and at increased risk.	Get tested for chlamydia if you are sexually active and at increased risk.



Screening Tests	18-39	40-49	50-64	65 and older
Cholesterol test	Starting at age 20, get a cholesterol test regularly if you are at increased risk for heart disease. Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at increased risk for heart disease. Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at increased risk for heart disease. Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at increased risk for heart disease. Ask your doctor or nurse how often you need your cholesterol tested.
Colorectal cancer screening (using fecal occult blood testing, sigmoidoscopy or colonoscopy.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Starting at age 50, get screened for colorectal cancer. Talk to your doctor or nurse about which screening test is best for you and how often you need it.	Get screened for colorectal cancer through age 75. Talk to your doctor or nurse about which screening test is best for you and how often you need it.
Diabetes screening	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.
Gonorrhea test	Get tested for gonorrhea if you are sexually active and at increased risk, pregnant or not pregnant.	Get tested for gonorrhea if you are sexually active and at increased risk, pregnant or not pregnant.	Get tested for gonorrhea if you are sexually active and at increased risk.	Get tested for gonorrhea if you are sexually active and at increased risk.
HIV test	Get tested if you are at increased risk for HIV. Discuss your risk with your doctor or nurse. All pregnant women need to be tested for HIV.	Get tested if you are at increased risk for HIV. Discuss your risk with your doctor or nurse. All pregnant women need to be tested for HIV.	Get tested if you are at increased risk for HIV. Discuss your risk with your doctor or nurse.	Get tested if you are at increased risk for HIV. Discuss your risk with your doctor or nurse.
Syphilis test	Get tested for syphilis if you are at increased risk or pregnant. Discuss your risk with your doctor or nurse.	Get tested for syphilis if you are at increased risk or pregnant. Discuss your risk with your doctor or nurse.	Get tested for syphilis if you are at increased risk. Discuss your risk with your doctor or nurse.	Get tested for syphilis if you are at increased risk.


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Note: Discuss with your doctor or nurse if you have any concerns or questions regarding any tests or screenings listed in this chart.



Heart Attack Symptoms *in Women*

As a woman, you may feel that a heart attack is not the greatest risk you face. But the threat is very real, especially in the years leading up to and following menopause, when hormonal changes can open the door to heart disease.

Understanding heart attack symptoms in women, as well as signs of early cardiac troubles and your own risk factors for cardiovascular disease, can significantly increase your chances of survival.

Cardiovascular disease (CVD) is the leading killer of women in America, accounting for over one third of all deaths. That is more than the combined death rates from breast, ovarian and cervical cancers.

Heart Attack Warnings Can Be Subtle

Studies on cardiac events in women reveal that many women may experience prodromal (or early) symptoms of cardiac distress in the days, weeks or even months leading up to a heart attack. Unfortunately, many of these signs may be dismissed as nothing out of the ordinary by both women and their doctors. The most common early warning signs include:

Unusual fatigue — Fatigue is a common complaint and one that may indicate that you are simply missing out on sleep, fighting a virus, overextending yourself or experiencing a side effect to medication. However, unusual or extreme fatigue may also be an early heart attack symptom or a warning sign of heart disease. In one study, more than 70 percent of the women surveyed experienced marked fatigue in the days or weeks prior to their heart attacks.

Sleep disturbances — Although it is not unusual to feel tired due to lack of sleep or a particularly demanding week or month, you should take special notice of any unusual or prolonged disturbance in your sleep patterns. One study revealed that almost half of the women who had suffered a heart attack also experienced sleep disturbances in the days or weeks leading up to their attacks.

Shortness of breath during normal daily activities, indigestion and anxiety may also be early heart attack signs or symptoms of cardiac distress in women.

So how do you know if your symptoms are serious? Getting into the habit of noting your typical aches and pains and your normal reactions to foods and activities may help you recognize when something is truly amiss. Also, remember that if you have risk factors for heart disease, you should be especially vigilant about monitoring how you feel, particularly if any of your usual symptoms are often early heart attack signs. If you experience worrisome or unusual changes in your energy level, comfort or sleep habits, you should discuss your concerns with your healthcare provider, especially if you have heart disease risk factors, such as high blood pressure, high cholesterol, obesity, diabetes, a smoking habit or a sedentary lifestyle.

Acute Symptoms in Women

Although chest pain is considered to be one of the classic signs of a heart attack in both women and men, the sudden, violent chest convulsions portrayed on TV or in movies may not be experienced by all women.

Fortunately, we now know of several more moderate signals a woman's body sends to alert her that she is having a heart attack.

Severe chest pain may occur during a heart attack, but women also report pain or discomfort in other areas of the body before or during a heart attack. **Pressure, tightness, aching or burning in your upper back, neck, shoulders and arms, or even in the jaw or throat can be signs of heart distress.** Women have also described the discomfort as a sharpness, fullness or tingling.

Shortness of breath, fatigue, stomach pain, cold sweats, dizziness, indigestion or nausea also may occur during the acute phase of a heart attack.

Learning about the many different acute symptoms of a heart attack can help ensure that you seek emergency care when you need it. Keep in mind that not all of these symptoms occur in every heart attack, and some symptoms may go away and then return.

Reduce Your Risk of Heart Attack

As a woman, after the age of 40, your risk for coronary heart disease (CHD) starts to rise as your body stops producing estrogen naturally and your cholesterol levels increase. Although taking estrogen through hormone replacement therapy was initially thought to protect against CHD, clinical trials have found that it does not offer cardiac protection and may increase the risk of heart disease and ovarian and breast cancers.

So what can you do to protect your heart and reduce your risk of a heart attack? Plenty.

Controlling your cholesterol, blood pressure and weight can greatly reduce your risk of a heart attack. Start with these seven steps:

1. **Check your blood pressure regularly.** If it is high, and you are prescribed medication, take it exactly as directed, even if you feel fine.
2. **Stop smoking, if you smoke.** Talk to your doctor about a quit smoking plan.
3. **Eat plenty of fresh fruits and vegetables, whole grains and low-fat dairy** to get your daily dose of calcium, potassium and magnesium.
4. **Choose healthful unsaturated fats** instead of saturated fats.
5. **Reduce stress levels** at home and at work. Try deep breathing.
6. **Limit your alcohol intake** to no more than one glass per day.
7. **Get 30 minutes of exercise every day** and keep your weight within healthy limits.

Do not Ignore How You Feel

Research shows that women tend to ignore signs of illness or attribute their symptoms of cardiac distress to something else. If you are feeling unusual fatigue or pain and discomfort, do not dismiss it. The fact that warning signs may occur as much as one month before an attack gives you valuable time to seek medical care that may save your life.



Cucumber, Apple, Mint **Green Smoothie**

Each serving of this healthy, low-calorie smoothie recipe offers a half cup of vegetables, plus a little fruit. This quick and easy recipe will leave you with a refreshing and cool taste.

Ingredients

- 1 cup of chopped, seeded and peeled cucumbers
- 1/3 cup unsweetened, frozen 100% apple juice concentrate, undiluted
- 1/4 cup chopped fresh mint
- 10 ice cubes (about 4 ounces)

Preparation

Place all ingredients in a blender; process 2 minutes or until smooth. Serve immediately.

Yields

2 Servings (Serving Size: 1 cup)

Nutrition Facts

Serving Size: 1 cup

Calories	91
Fat	0.4 g
Total Carbs	21.6 g
Protein	1 g
Fiber	1.4 g
Sodium	16 mg



Superfood *of the Month* Eggs

Eggs are all-natural and packed with a number of nutrients. One egg has 13 essential vitamins and minerals in varying amounts, high-quality protein and antioxidants, all for around 70 calories. All of these nutritional benefits make eggs a great way to start your day!



Healthy Fun Facts about Eggs

Eggs' nutrients can help you with weight management, muscle strength, brain function and having a healthy pregnancy.

Below are more Fun Facts:

- Eggs contain one of the highest-quality proteins of any food.
- The U.S. produces about 75 billion eggs a year, about 10 percent of the world's supply.
- Most eggs are actually laid between the hours of 7 - 11 a.m.
- There are 13 nutrients in one egg.
- You cannot cook an egg in its shell in a microwave.
- A large egg contains about 70 calories.
- 6 grams of protein are contained in one egg.
- A chef's hat is said to have a pleat for each of the many ways you can cook eggs.

Nutrition Facts

Serving Size: 1 ounce

Calories	70
Total Fat	5 g
Sodium	62 mg
Fiber	0 g
Total Carbs	0.6 g
Protein	6 g
Cholesterol	187 mg



Exercise of the Month

Contributed by:
Don Baxter
Fit Essentials



Wrist Stretch

Equipment Required:
None

Muscle(s) Worked:
Extensor and flexor muscles of the forearms



Instructions

Flexor Stretch

Stand in a neutral stance. Place your right arm out in front of you with your *palms facing out* and fingers pointed down. Grab your right fingers with your left hand and gently pull them back toward your body. Hold for the desired length of time and repeat on the opposite arm.

Extensor Stretch

Stand in a neutral stance. Place your right arm out in front of you with your *palms facing you* and fingers pointed down. Gently pull your hand in toward your body with your left hand. Hold for the desired length of time and repeat on the opposite arm.

If you spend most of your waking hours in front of a computer or performing repetitive movements with your wrists and hands you may be at risk of developing carpal tunnel syndrome (CTS). CTS occurs when the main nerve supplying your hand is compressed or “pinched.” Easy-to-do stretches for the wrist may help prevent the onset of CTS.

**** Disclaimer:** Always consult your primary care physician prior to starting an exercise program.



Eat This...

Not That...



Fruit Puree versus Syrup

Pureed 100% fruits add fiber and cut calories compared to the high caloric food choice of syrups. Puree your favorite fruit for a healthier food choice.



Hi Joe, "I'm here to deliver your new work-out plan."



We would like your feedback and personal stories to use and feature in future publications.

Your Personal Wellness Story:

If you have a personal health or wellness story that you think would inspire others, please feel free to send a brief letter and your picture to our editor.

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Thank you for reading and contributing. We sincerely hope that we can become a healthier part of becoming a healthier you.

This Newsletter has been prepared by



Specifically for the clients of



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The logo for National Women's Health Week features three stylized flowers in shades of blue and purple to the left of the text. The text "national" is in a small, black, sans-serif font. "women's" is in a larger, multi-colored font (blue, red, green, yellow). "health week" is in a black, sans-serif font.

national
women's
health week

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