

Road to **WELLfluent**TM

Embrace better health.

MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer (cancer of the colon or rectum), when discovered early, is highly treatable. Most colorectal cancers develop first as polyps, which are abnormal growths inside the colon or rectum that may later become cancerous if not removed. If polyps are found during a screening, they can be easily and painlessly removed.

Colorectal cancer is the third most common cancer in the U.S., and the second leading cause of cancer death. It affects men and women of all racial and ethnic groups, and is most often found in people 50 years or older. However incidence in those younger than 50 is on the rise. This disease takes the lives of more than 50,000 people every year; we're here to educate people on how to prevent this disease and lower that statistic.

Should I get screened?

Yes! All men and women should be screened for colorectal cancer starting by age 50. Your individual risk factors – such as ethnicity, lifestyle and family history – will determine when you should start getting checked. In fact, some recommend earlier screenings, especially if you have risk factors, such as a family history. . Screening is the number one way you can reduce your risk of colon cancer and rectal cancer. Despite its high incidence, colorectal cancer is unique in that it is one of the most preventable and, if found early, most treatable forms of cancer.



When should I get screened?

If you are experiencing symptoms such as pain, blood or other irregularities, talk to your doctor immediately, regardless of your age or family history.

Source: <https://www.ccalliance.org/screening-prevention/who-should-be-screened-and-when>

American Diabetes Association Diabetes Alert Day®

American Diabetes Association Diabetes Alert Day is on March 24, 2020! Observed annually on the fourth Tuesday in March, Diabetes Alert Day is a one-day “wake-up call” that focuses on the seriousness of diabetes and the importance of understanding your risk.

Diabetes affects about 30.3 million Americans or about 9.4 percent of the U.S. population.

- Nearly 1 in 4 adults living with diabetes, or 7.2 million Americans, are unaware that they have the disease.
- Another 84 million Americans have prediabetes, a condition in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes.
- Nine out of 10 adults with prediabetes don't know they have it.

Source: <https://www.niddk.nih.gov/health-information/communication-programs/ndep/partner-community-organization-information/diabetes-alert-day>



If you	Then you should
Are experiencing symptoms	Talk to your doctor immediately
Have a family history of colorectal cancer or polyps	Get screened at age 40 or 10 years before the age of the youngest case in your immediate family (mother, father, sister, brother)
Are African American	Get screened at age 45
Have a genetic link to colorectal cancer such as Lynch Syndrome, FAP, etc.	Family members who tested positive for a relevant mutation(s) should start colonoscopy screening during their early 20s, or 2 to 5 years younger than the youngest person in the family with a diagnosis, and repeat it every 1-2 years. Family members who have not been tested yet should be screened during their early 20s, or 2 to 5 years younger than the youngest person in the family with a diagnosis.
Have a personal history of cancer	Talk to your doctor and get screened before age 45
Have ulcerative colitis, inflammatory bowel disease or Crohn's disease	Talk to your doctor about getting screened before age 45

Preventive Care

We've Got You Covered



Did you know that you're covered at 100 percent – that means no copays, no cost sharing, and no coinsurance – for preventive services when you get them from within a participating network? For a complete list of covered preventive care services or questions about what screenings you are due to receive, please visit AvMed.org. (In this area, you'll also find Clinical Guidelines for care.) For assistance, simply call AvMed's Member Engagement Center at the number listed on your AvMed Member ID Card.

NATIONAL NUTRITION MONTH[®]

National Nutrition Month[®] is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, we invite everyone to focus on the importance of making informed food choices, developing sound eating and physical activity habits. The theme for National Nutrition Month[®] 2020 is Eat Right, Bite by Bite.

Eat a variety of nutritious foods every day.



- Include healthful foods from all food groups.
- Hydrate healthfully.
- Learn how to read Nutrition Facts Panels.
- Practice portion control.
- Take time to enjoy your food.

**EAT RIGHT
BITE BY BITE**



National Nutrition Month[®]
March 2020

eat right. Academy of Nutrition
and Dietetics

HAPPIER TOGETHER

Do you ever stop to think about what makes you truly happy?



At AvMed, we believe that material riches don't really matter unless you're also rich in mind, body and spirit. That's why we created a different kind of rich. **WELL**fluent™ is the kind of "rich" that has a lasting impact not just now but also in the years ahead. We transform lives and create a **WELL**fluent world: having or striving to have a truly balanced life, rich in what matters most; health and happiness.

Your body and mind are connected. Being active makes you happier as well as being good for your physical health. It instantly improves your mood. You don't need to run a marathon. There are simple things you can do to be more active each day. You can also boost your well-being by unplugging from technology, getting outside with nature, learning to be mindful, eating healthy and more importantly making sure you get enough sleep.

Kindness towards others is the glue which connects individual happiness with wider community and societal wellbeing. Giving of yourself and your time helps to build a happier society for everyone and encourages a positive attitude that makes other people feel happier...as well as yourself! It also creates social opportunities for personal interaction and connectedness that can reduce depression. Giving back has a host of benefits and can foster a sense of meaning, gratitude, and appreciation that can improve your mood and outlook and provide a sense of accomplishment.

March 20 is the International Day of Happiness and this year's theme is Happier Together, focusing on what we have in common, rather than what divides us. Everyone wants to be happy – and life is happier when we're together. So let's celebrate our common humanity. For more information, visit <https://www.dayofhappiness.net/#join>

MARCH EVENTS

Date	Time	Event	Location	Description
Sunday March 1, 2020	6 am	2020 305 Half Marathon & 5K	Lummus Park (race site): 1100 Ocean Drive, Miami Beach, FL 33139	<p>The Ultimate Miami Experience!</p> <p>The new 305 Half Marathon & 5K is all about local vibes, attracting visitors from all over the world and those who are fired up to call Miami their home. Once known as the 13.1 Miami Beach & 5K, this ultimate Miami experience is a cultural gem that will have you running like you live here. Count on a fast and coastal course with a fresh and vibrant Miami soul. It's how we do it in the 305!</p> <p>https://www.305halfmarathon.com/</p>
Saturday, March 7, 2020	7 am	American Lung Association – Fight for Air Climb - Miami	One Biscayne Tower 2 S. Biscayne Blvd. Miami, FL 33131	<p>When you participate in a Fight For Air Climb, you are stepping up to make a positive impact in the lives of those affected by lung disease. Participants raise funds to support the mission of the American Lung Association while training to climb the stairs of a skyscraper.</p> <p>http://action.lung.org/site/TR/Climb/ALASE_Southeast?pg=entry&fr_id=16368</p>
Saturday March 21, 2020	8:30 am	2020 Trail of Payne 10K	Payne's Prairie State Park 100 Savannah Blvd., Micanopy, FL 32667	<p>The 9th annual Trail of Payne 10K at Paynes Prairie Preserve State Park is a pure trail race you won't want to miss! This run promises to be one of the most unique in the area, so take advantage of our beautiful state park during and after the race.</p> <p>After a brief park-road start, this challenging course is all trails. Expect every type of surface: packed dirt, roots, grass, soft sand and even a little mud. With trails that are winding & narrow, straight & wide, sunny & open or shady & dense, you won't be bored on this course.</p> <p>Bring your friends and get ready to go off-road were going to get dirty! This race has the potential to be very muddy depending on weather leading up to the event.</p> <p>https://runsignup.com/Race/FL/Micanopy/2016TrailofPayne10k?afIt_token=vkmwDmweQ4iCYn8otS00nKQ3vC08buOw</p>
Saturday, March 28, 2020	8 am	American Lung Association – Fight for Air Climb - Orlando	90 N. Orange Ave., Orlando, FL	<p>When you participate in a Fight For Air Climb, you are stepping up to make a positive impact in the lives of those affected by lung disease. Participants raise funds to support the mission of the American Lung Association while training to climb the stairs of a skyscraper.</p> <p>https://action.lung.org/site/TR?pg=informational&sid=9151&fr_id=17770</p>

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A Wellness Newsletter for AvMed Members

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March 2020