

# Road to **WELLfluent**<sup>TM</sup>

Embrace better health.



## BE HEALTHY FOR GOOD WITH **LIFE'S SIMPLE 7**

Making small changes every day can add up to big improvements in your overall health. Life's Simple 7 outlines a few easy steps you can take to live a healthier lifestyle.

Two of these steps, Get Active and Eat Better, can help jump-start your whole health journey. Making choices that help you eat smart and move more can also help you lose weight, control cholesterol, manage blood pressure, reduce blood sugar and stop smoking.<sup>1,2,3</sup>

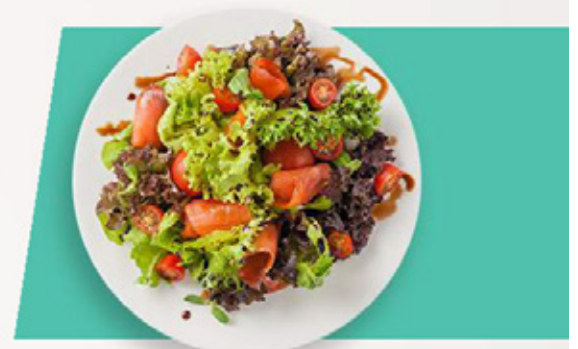


### **GET ACTIVE**

Try to get at least 150 minutes per week of moderate aerobic exercise or 75 minutes per week of vigorous exercise (or a combination of both), preferably spread throughout the week. Even short bursts of exercise can be beneficial, and all those little steps will lead to big gains in the long run.<sup>4</sup>

### **EAT BETTER**

Eat a colorful diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Try to limit sugary foods and drinks, fatty or processed meats and salt.<sup>1</sup>



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## 📏 LOSE WEIGHT

Maintaining a healthy weight is important for your health. To lose weight, you need to burn more calories than you eat. Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.<sup>5</sup>

## 💧 CONTROL CHOLESTEROL

Cholesterol comes from two sources: your body (which makes all the cholesterol you need) and food made from animals. Eating smart, adding color and moving more can all help lower your cholesterol!<sup>2, 6</sup>



## 🩺 MANAGE BLOOD PRESSURE

Blood pressure is the force of blood pushing against blood vessel walls. Sometimes the pressure in arteries is higher than it should be, a condition known as high blood pressure. Stress and poor diet have both been linked to high blood pressure, so it's important to be well and eat smart to help positively influence your blood pressure numbers.<sup>1, 7</sup>

## 👤 REDUCE BLOOD SUGAR

Blood glucose (aka sugar) is an important fuel for your body. It comes from the food you eat, so it's important to eat smart. Cut out added sugars by checking nutrition facts labels and ingredients, limiting sweets and sugary beverages, choosing simple foods over heavily processed ones and rinsing canned fruits if they are in syrup.<sup>1</sup> And you can move more, because moderate-intensity aerobic physical activity can also help your body respond to insulin.<sup>8</sup>





## **STOP SMOKING**

Not smoking is one of the best things you can do for your health. Smoking damages your circulatory system and increases your risk of multiple diseases, but the good news is that your lungs can begin to heal themselves as soon as you stop. Moving more can help you on your journey, since physical activity can help you manage stress.<sup>9</sup>

**LEARN MORE AT  
HEART.ORG/MYLIFECHECK**

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  2. Warburton DE, Nicol CW, Bredin SS. Health benefits of physical activity: The evidence. *CMAJ*. 2006;174(8):806
  3. Van Horn, L, Carson, J. A. S., Appel, L. J., Burke, L. E., Economos, C., Kannel, W., ... Kiss-Etherton, P. (2016). Recommended dietary pattern to achieve adherence to the American Heart Association/American College of Cardiology (AHA/AAC) guideline: A scientific statement from the American Heart Association. *Circulation*, doi:10.1161/CIR.0000000000000462
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  5. Hill, J., Wyatt, H.R., Peters, J. (2012). Energy balance and Obesity. doi.org/10.1161/CIRCULATIONAHA.111.067213
  6. Third report of the national cholesterol education program (NCEP) expert panel on detection, evaluation, and treatment of high blood cholesterol in adults (adult treatment panel III) final report. *Circulation*. 2002;106(25):2639-2660.
  7. Gianaros, P. J., Shui, L. K., Uyar, F., Kozlowski, J., Jennings, J. R., Wager, T. D., ... Westlye, T. D. (2017). A brain phenotype for stressor-evoked blood pressure reactivity. *Journal of the American Heart Association*, 6(9) doi:10.1161/JAHA.117.006053
  8. Benjamin, E., Blaha, M., Chirba, S., et al. Heart disease and stroke Statistics—2017 update. *Circulation*. 2017;CIR.0000000000000485
  9. Sherman, M. N., & Deuster, P. A. (2014). Biological mechanisms underlying the role of physical fitness in health and resilience. *Interface Focus*, 4(8), 20140040. doi:10.1098/ifs.2014.0040
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<https://www.heart.org/-/media/aha/h4gm/pdf-files/lifesimple7compressed.pdf?la=en&hash=A749401894A276CA6AC5E8BA0674BC1C09C51176v>

# PREVENTIVE CARE, WE'VE GOT YOU COVERED!

Did you know that AvMed Members are 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? Services include, but are not limited to:

- Well-woman exam, including pap smears
- Annual physical examinations
- Well-child care and immunizations
- Colorectal cancer screening, including colonoscopies
- Mammograms
- Blood pressure, diabetes and cholesterol testing
- Obesity screenings
- Counseling on quitting smoking
- Osteoporosis screening
- Depression screening
- Tests to screen for HIV and other sexually transmitted disease

For a complete list of covered preventive care services or questions about what screenings you are due to receive, please visit [AvMed.org](http://AvMed.org). For assistance, simply call AvMed's Member Engagement Center at the number listed on your AvMed Member ID Card.



# The flu vaccine is the first and most important thing you can do to protect yourself against flu.



The flu shot is the best way to protect yourself from getting the flu. So if you've already had your flu shot, we applaud you for embracing better health. If you haven't, it's not too late and it only takes a few minutes! Ask your doctor or visit an AvMed Participating Pharmacy for your flu shot now. Please show your AvMed Member ID Card.

If you do get the flu, antiviral medications are a treatment option that might lessen symptoms and shorten the time you are sick by one or two days. They might also prevent serious flu complications like pneumonia.

Remember to answer "yes" to receiving your flu shot in any survey you may receive. Stay healthy and happy with a little help from your friends at AvMed. For more information, visit: [AvMed.org](https://www.avmed.org).

## GO RED on February 7, 2020

The American Heart Association's signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.

It's no longer just about wearing red; it's no longer just about sharing heart health facts. It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without. Making a commitment to your health isn't something you have to do alone either, so grab a friend or a family member and make a Go Red Healthy Behavior Commitment today. <https://www.goredforwomen.org/>



## Random Acts of Kindness Day 2020



Celebrated February 17th – 21, 2020 National Random Acts of Kindness week has grown in popularity each year. It is celebrated by individuals, groups and organizations, nationwide, to encourage acts of kindness. When you see someone almost every day, it can be easy to get caught in the motions of familiar conversation. Make an effort to learn something new about a coworker. Send an encouraging email, a sweet and simple way to boost someone's spirits is by sending good vibes to someone's inbox. For ideas and a calendar to help you start visit: <https://www.randomactsofkindness.org>

# FEbruary EVENTS

Date	Time	Event	Location	Description
<b>Sunday February 9, 2020</b>	Various	<b>The 12th Annual DONNA Marathon Weekend</b>	NEPTUNE BEACH, FLORIDA and Beaches Town Center	Held annually, during the second weekend of February, DONNA Marathon Weekend (5K, 10K, Relay, Half Marathon, Marathon, Ultramarathon and Event Challenges) fills the City of Jacksonville and its Beaches in Northeast Florida with over 10,000 runners from all 50 states and 20 countries.  <a href="https://breastcancermarathon.com/">https://breastcancermarathon.com/</a>
<b>Saturday &amp; Sunday, February 8-9, 2020</b>	Various	<b>Miami Marathon</b>	See website for location on all races that weekend in Miami, Florida	Register for the experience of a LIFETIME! The Life Time Miami Marathon & Half Marathon takes you through the streets of Miami starting in the downtown area, to the scenic beaches, through the art district and back around to our lovely bay area. The 2020 Life Time Miami Marathon and Half Marathon weekend kicks off at the Expo (February 7 – 8). On Saturday, February 8 we host the Tropical 5K and on Sunday, February 9 we host the legendary Miami Marathon and Half Marathon!  <a href="https://www.themiamimarathon.com/">https://www.themiamimarathon.com/</a>
<b>Friday – Sunday February 20-23, 2020</b>	5:30 am	<b>Disney Princess 5K presented by Children’s Miracle Network Hospitals</b>	Walt Disney World® Epcot®	Enjoy a Royal Race Weekend!  It’s an enchanting occasion for princesses and princes of all ages, featuring events for all skill levels, coveted regal medals and Disney entertainment! Meet some of your favorite Disney Princesses, pose for photos and make your way to the finish that ends happily ever after!  <a href="https://www.rundisney.com/events/disneyworld/disney-princess-half-marathon-weekend/">https://www.rundisney.com/events/disneyworld/disney-princess-half-marathon-weekend/</a>
<b>Saturday &amp; Sunday February 22 – 23, 2020</b>	Various	<b>Publix Gasparilla 2019 Distance Classic</b>	Tampa, Florida	Come out to Tampa Bay and test your endurance at the Gasparilla Distance Classic. Surrounded by the area’s beautiful weather (yep, it’s paradise), every stride you make at the race benefits charitable youth organizations across the Tampa Bay area.  <a href="https://rungasparilla.com/">https://rungasparilla.com/</a>

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A Wellness Newsletter for AvMed Members

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February 2020