



A Wellness Newsletter for AvMed Members

Road to **WELLfluent**TM

Embrace better health.

MEN'S HEALTH: STAYING HEALTHY AND FIT WHILE STAYING SAFE AND WELL

National Men's Health Week begins on June 10-16th. It is a reminder for men to take care of themselves and make their health a priority, especially during these challenging times. What better way to celebrate Father's day then to take care of yourself and the ones you love? Take the first step and make sure all of your preventive care screenings and the screening of the people you love are completed and up to date.

This may take some creativity in our social distancing world, but most doctors are now able to do telehealth wellness or chronic condition follow up visits, and to order important lab testing, such as HA1C testing for Diabetics or other screenings such as colon cancer screenings (for home test kits, make sure to obtain a prior authorization for any non-participating lab test kit; call AvMed's Member Engagement Center for questions).

Based on your health and health risks, you may be able to get some of this routine care out of the way while working with your provider to stay safe.

Also, this is a great time to develop new diet and exercise habits! There are a lot of on-line resources available to help build simple improvements into your wellness plan. In fact, check with your AvMed Representative about Active&Fit Direct[®] discount programs that offer online classes and activities.

In addition, getting out into open spaces (while following social distancing and other guidelines) is good for your mind, body and spirit. Take a walk, go for a jog, go hiking or swimming, play golf. If you're already active, plan a virtual 5K with your friends; you can start by building up your endurance, training "together virtually" and then see how you do when you get to your designated 5K day.



Learn how to make your favorite dishes with healthier options. You can fall back in love with past hobbies or learn new ones. Even taking a nap can be added to your wellness routine, especially after participating in your new activities and hobbies!

Check out these websites for more information about staying healthy and fit while staying safe and well:

<https://www.who.int/news-room/q-a-detail/be-active-during-covid-19>

<https://nutrition.org/how-to-stay-fit-and-healthy-during-coronavirus-covid-19-pandemic/>

<https://www.acsm.org/read-research/newsroom/news-releases/news-detail/2020/03/16/staying-physically-active-during-covid-19-pandemic>

Dementia vs. Alzheimer's Disease: What Is the Difference?



The terms “dementia” and “Alzheimer’s disease” can be confusing. Many people believe they are synonymous, but the two words mean different things.

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Alzheimer’s is the most common cause of dementia. Alzheimer’s is a specific disease. Dementia is not.

Learning about the two terms and the difference between them is important and can empower individuals with Alzheimer’s or another dementia, their families and caregivers with necessary knowledge.

Dementia overview

Dementia describes a group of symptoms associated with a decline in memory, reasoning or other thinking skills. Many different types of dementia exist, and many conditions cause it. Alzheimer’s disease accounts for 60 percent to 80 percent of dementia cases.

Dementia is not a normal part of aging. It is caused by damage to brain cells that affects their ability to communicate, which can affect thinking, behavior and feelings.

Alzheimer’s overview

Alzheimer’s is a degenerative brain disease that is caused by complex brain changes following cell

damage. It leads to dementia symptoms that gradually worsen over time. The most common early symptom of Alzheimer’s is trouble remembering new information because the disease typically impacts the part of the brain associated with learning first.

As Alzheimer’s advances, symptoms get more severe and include disorientation, confusion and behavior changes. Eventually, speaking, swallowing and walking become difficult. There is no way to prevent, cure or even slow Alzheimer’s disease.

Though the greatest known risk factor for Alzheimer’s is increasing age, the disease is not a normal part of aging. And though most people with Alzheimer’s are 65 and older, approximately 200,000 Americans under 65 have younger-onset Alzheimer’s disease.

Help and support are available

If you or a loved one has been diagnosed with Alzheimer’s or another dementia, you are not alone. The Alzheimer’s Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease. Call our 24/7 Helpline at **1-800-272-3900**.

Source: <https://www.alz.org/alzheimers-dementia/difference-between-dementia-and-alzheimer-s>

2020 FAMILY HEALTH & FITNESS DAY



National Recreation and Park Association's Family Health & Fitness Day — celebrated the second Saturday in June each year — promotes the importance of parks and recreation in keeping communities healthy. Agencies everywhere are encouraged to participate by inviting families to get active at their local park or recreation center, or by hosting an event, such as a health fair or family fun run, on June 13. Members of the healthcare community are encouraged to participate, as well, even as sponsors.

Various research studies are confirming that community parks and recreation, green space and time outdoors is critical for creating healthy, active and sustainable communities. You can experience the benefits by visiting your community parks and recreation any time of the year, and especially on Family Health & Fitness Day.

In addition to visiting a park or recreation center on June 13, you can get involved in Family Health & Fitness Day by:

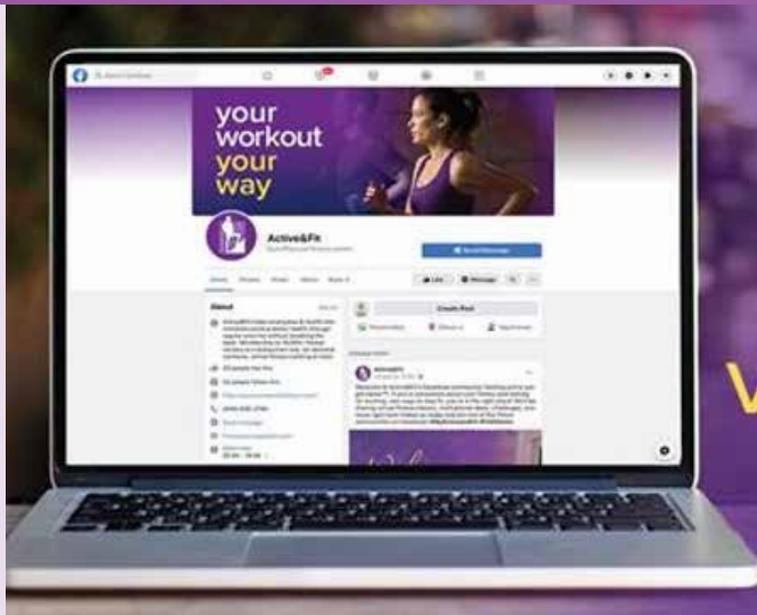
- Using the tagline, Parks Build Healthy Communities to promote your health and wellness programs and activities
- Using the social media images and #NRPAFamilyFitDay leading up to and on June 13.
- Downloading the official Family Health & Fitness Day poster and hanging it up, taking pictures with it or sharing copies of it with your community.

- Highlighting NRPA's top five ways to get fit with parks and recreation on your website, social media channels and promotional materials:

1. **Take a Walk**
2. **Go for a Swim**
3. **Enroll in a Fitness Program**
4. **Create Your Own Exercise Routine**
5. **Play Outside**

We believe that many parks, trails and open spaces can continue to be used in a safe manner that allows people to enjoy the mental and physical health benefits these spaces provide. In all instances, we recommend people follow local, state and national ordinances and guidelines regarding the use of these spaces and recognize that these vary from community to community. <https://www.nrpa.org/about-national-recreation-and-park-association/press-room/NRPA-statement-on-using-parks-and-open-space-while-maintaining-social-distancing/>

For additional information, visit www.nrpa.org/familyfitness.



INTRODUCING VIRTUAL WORKOUTS FOR EVERYONE

Follow @MyActiveandFit on Facebook Live where we're hosting 30-minute virtual workouts every Monday-Friday at 3 pm. You can also watch them anytime on YouTube. https://www.youtube.com/channel/UCXxRHn1SAt4_CvLYoBu05uQ

These workouts are available to everyone at no cost, so your friends and family can follow and subscribe to @MyActiveandFit, too! You can get Fit at Home™ together—even though you may be apart.

Classes are led by a certified instructor and focus on a different type of exercise each day. All fitness levels are welcome!

- **Mondays: Upper Body Blast**

Exercises focused on your upper body. Dumbbells and resistance bands will be used. Home hacks for equipment provided.

- **Tuesdays: Yoga Flow**

Ignite your body, mind, and spirit. Focus will be on deep breathing and controlled yoga flows. A yoga mat is recommended.

- **Wednesdays: Lower Body Blast**

Workout focused on your lower body (including glutes). Dumbbells, resistance bands, and gliders will be used. Home hacks for equipment provided.

- **Thursdays: Yoga Core**

Ignite your body, mind, and spirit. Class will include deep breathing and controlled yoga flows with a focus on your core. A yoga mat is recommended.

- **Fridays: Fitness Mixer**

Your favorite exercises from the week will be remixed to end the week with a little fitness fun.

AvMed complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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