

Wellness Newsletter

February 2015

Moving forward, we will be providing quarterly newsletters. Keep a look out for our new and improved newsletter!

Be a savvy consumer...

For the most part, Americans are champion consumers. But we're not such good shoppers when it comes to our own health. Studies show that Americans spend more time researching car purchases and new appliances than they do choosing doctors and health plans.

We're not even sure we have options. Over half of all Americans said in a recent survey they did not feel confident that they could reduce the cost of health care by shopping around. And many of us are shy about negotiating with our doctors, or asking if an expensive test is really necessary.

Meanwhile, escalating health care costs have burdened both employees and employers. Here are some tips for being a "Wise Health Care Consumer":

1. Take time to select a doctor. Ask friends and relatives for recommendations and make sure the doctor participates in your plan.
2. Be prepared for your visits to the doctor. Have a list of questions and concerns you wish to discuss during your visit.
3. Ask questions about medications being recommended, and make sure you understand why you need it and how to take it. Finish all medications, even if you are feeling better.
4. Keep a list of all medications you are taking (including OTC medications, vitamins and supplements) and share this with all your doctors.
5. Be aware of the recommended time frames for routine test and exams.
6. Use home medical tests when available.
7. Have a home pharmacy that includes the most commonly used medicinal items.
8. Understand your health insurance plan.
9. Take care of your mental health as well as your physical health. Emotional upheaval can interfere with daily life and affect your physical well being.
10. Keep a list of health agencies handy, they can be a great source of free information and support.

Remember your relationship with your doctor is a two way street. It is a partnership that can last for years. You and your doctor collaborate to maintain your good health and to treat any medical conditions, illnesses or injuries that occur. A good doctor-patient relationship includes mutual trust, respect and good communication.



Source: <http://www.healthylife.com/wise/>


Creative Benefits, Inc.
strategies to insure your success



Wear Red Day - February 6th



Each year, 1 in 3 women die of heart disease and stroke. But we can change that because 80 percent of cardiac events can be prevented with education and lifestyle changes. National Wear Red Day raises awareness so that you know your cardiovascular risk and take action to live longer, healthier lives. Here are 7 tips to living a healthier life:

Get Active - 30 minutes of moderate physical activity each day (like brisk walking), five times a week, can make a significant difference in your health.

Control Cholesterol - Make sure you are cutting bad cholesterol out of your diet.

Eat Better - Healthy foods are the fuel our bodies use to make new cells and create energy. Eat more vegetables, fruits, fiber-rich whole grains and lean meats including fish. Track what you eat with a food diary.

Manage Blood Pressure - Eat a heart-healthy diet, reduce sodium intake, get regular exercise, maintain a healthy weight, limit alcohol and avoid tobacco smoke.

Lose Weight - Even losing five or ten pounds can help your blood pressure. Losing weight won't happen overnight, lose it at your pace.

Reduce Blood Sugar - Reduce your consumption of simple sugars that are found in soda, candy and sugary desserts. Being active can also help.

Stop Smoking - If you smoke, quitting is the best thing you can do for your health. Whatever it takes for you to stop smoking, it is worth it.

Source: <https://www.goredforwomen.org>

Random Acts of Kindness

Random Acts of Kindness Week is February 9-15. Even a very simple compliment can brighten your day and make you feel better about yourself. Here are some "Kindness Ideas" that you can try out...making someone's day, will make you feel better too!

- ♥ Just Smile!
- ♥ Take time to eat lunch with someone.
- ♥ Say "I love you" and give hugs!
- ♥ Volunteer your time or donate to a non-profit/animal shelter.
- ♥ Send a compliment, hug, or cute video.
- ♥ Fix something healthy for a friend or family.
- ♥ Send a thank you, positive message or a note to someone in need or help someone who may not need it, but will appreciate it.
- ♥ Lend a helping hand whenever possible.
- ♥ Don't forget to be kind to yourself.



Source: <https://www.randomactsofkindness.org/>