

Protecting *Our* Health

With Some Easy Tips for Better Health

As healthcare workers, we know how important it is to eat right and exercise.

Combined, these steps ward off serious medical conditions that are dangerous to our health – diabetes, heart disease, strokes and more. But for many of us, it's a struggle – that's why our Benefit Fund launched the Protecting *Our* Health campaign several years ago. Since then our Benefit Fund has been increasing the effort to help you work healthier habits into your life.

Visit our website at
www.1199SEIUBenefits.org

You'll find healthy tips, information on upcoming Protecting *Our* Health workshops and so much more!



Make the call to an 1199SEIU health coach

for one-on-one help managing your weight. When you call **(866) 935-1199**, you'll be connected with a health coach who will help you develop a plan and stick to it, offering expert advice, support and encouragement along the way. So make the call today!

These Small Changes Bring Big Results

Change Your Pace – Easy To Do Everyday Exercises

- Walk for 20 minutes a day around your workplace or home
- Take the stairs instead of the elevator
- Get off the subway or bus one stop earlier and walk
- Turn on music at home and get a 15-minute dance workout
- Take your kids to the park and play with them

Remember – check with your doctor before beginning any new exercise program.

Healthy Eating Tips – Small Changes Go a Long Way*

- Bake, broil or grill instead of frying
- Measure your portions
- Use fat free milk and milk products instead of whole
- Snack on fruits and vegetables
- Drink plenty of water
- Limit fast food

* Sources: National Institutes of Health,
American Heart Association

For more healthy tips, check
www.1199SEIUBenefits.org

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Preventive Screenings Can Save Lives

As healthcare workers, we see patients benefit from preventive health screenings every day. The earlier a disease is diagnosed, the more likely it is to be successfully treated. Early detection can prevent or delay serious complications. Check with your doctor and follow the suggested screening guidelines below for hypertension, cholesterol levels, mammograms, kidney disease and PSA (prostate cancer) tests. To get screened visit your doctor or go to an 1199SEIU health fair at your institution.

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Milestone Screenings

Screenings	Beginning at Age	How Often
Physical Exams	All ages	At least every year
Blood Pressure Screening	18+	Every 2 years
Cholesterol	20+	Every 5 years
Glucose/Blood Sugar Screening for Diabetes*	45+	Every 3 years
Bone Density (osteoporosis screening)	Women – once at menopause	Then as per doctor
Cancer Screenings		
Colorectal Cancer Screening	50+	Certain tests should be done yearly; ask your doctor about others
Pelvic Exam / Pap Test	Women 21-30 (earlier if sexually active) Women 30+	Every year Every 2-3 years (if 3 tests have been normal)
Self Breast Exam	Women 20+	Every month
Clinical Breast Exam	Women 20+	Every year
Mammogram	Women 40+	Every year
PSA Test (Prostate Specific Antigen)	Men 45+	Discuss with your doctor
Testicular Self Exam	Men 18+	Every month

* Talk to your doctor if you are overweight or have blood pressure >135/80.

These are general guidelines. Based on your individual risk factors, you might need more frequent tests, or need to start certain tests at an earlier age. Talk to your primary care physician to get personal screening recommendations.

Sources: American Academy of Family Physicians, American Cancer Society, U.S. Department of Health and Human Services.

For more healthy tips, check www.1199SEIUBenefits.org

Get to know your doctor

Although we encourage our patients to have a good relationship with their doctor – especially their primary care physician – we often forget to follow our own advice.

If you don't already have a regular primary care physician, contact your Fund's representatives or use our online provider search at www.1199SEIUBenefits.org to find a participating doctor convenient to you.

Schedule a Yearly Check-Up – Make sure you schedule a yearly physical check-up with your primary care physician. Try scheduling it around your birthday so you remember the date.

Communicate – Talk honestly with your doctor about your health and lifestyle habits. Remember, anything you tell your doctor is confidential – you don't have to worry about anyone else finding out.

Ask Questions – There's no such thing as a stupid question! So, don't be afraid to ask your doctor anything.

Write Down Your Questions Ahead of Time – That way, you'll get all your important questions answered.

Bring Someone – A friend or family member can help make sure you're getting the care you need.

Learn Your Vital Statistics – Pay attention to your blood pressure readings, cholesterol levels and blood sugar levels. Find out if your levels are healthy or if you need to improve them.

For more healthy tips, check www.1199SEIUBenefits.org

For more information about how you can protect your health, contact 24-Hour Nurse Helpline/Health Coaching service at (866) 935-1199.

