

Health in Uncertain Times!

Monthly Newsletter | April 2020

Lifestyle
+++ wellness



Newsletter

April 2020

National Public Health Week!

April 6th through April 12th is National Public Health Week. Public Health can be defined as the science and art of preventing disease, prolonging life, and promoting health through the organized efforts and informed choices of society, organizations, public and private communities, and individuals. Most of us rely on these institutions to inform and protect us from important health issues.

The recent COVID-19 outbreak has unleashed a vast amount of information from our news and media outlets, flooding us left and right with increasing concern and confusion. As a result, the rise of this widespread virus has sparked new discussion, growing fear and restless doubt about our health and well-being. Who is most at risk? What can I do? When will this end?

Now, more than ever, we're reminded of the critical role our healthcare culture plays in our lives—both as informers and consumers. The Centers for Disease Control and Prevention (CDC) has long served as a reliable resource for meeting our health and safety needs. According to the CDC, **the best ways to help contain the virus and slow its spread include avoiding social gatherings, limiting unnecessary travel and practicing good hygiene.**



Coronavirus: What to Know

Prevention

More specifically, in order to protect ourselves and others, the CDC recommends the following:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Wash your hands often with soap and water for 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if without soap & water
- **The best way to prevent illness is to avoid being exposed to this virus.**

Who is at Risk?

Those at higher risk for developing more serious complications from COVID-19 illness:

- **Older adults**
- **People who have serious underlying medical conditions like:**
 - Heart Disease
 - Diabetes
 - Lung Disease





Consult with your Healthcare Professional

If you and/or someone you know has been exposed to COVID-19 and experience these symptoms, call your healthcare provider for medical advice.

This is a rapidly evolving situation, and information is continually updated as it becomes available. For the latest updates on the outbreak or to learn more about COVID-19, visit:

- Centers for Disease Control and Prevention:
<https://www.cdc.gov/>
- Your local/state government website

The Importance of Proper Nutrition

Don't forget that diet and exercise also play a big part in boosting our immune health. In a lot of places around the country, outdoor farmer's markets will begin to open for purchasing of fresh produce from local farms and vendors. Locally grown fresh produce has major immune health benefits and can also help combat seasonal allergies. In fact, locally farmed honey not only helps your local economy, but can also improve allergy symptoms, especially for those most affected by tree and flower pollen. All you need is a tablespoon a day to alleviate those seasonal allergies!

If your local farmer's market is closed, look for deals on produce at your local grocery and create a meal using produce with immune boosting nutrients. For example, yellow & orange fruits and vegetables are high in vitamins B2 and C. You can make grilled chicken kabobs with yellow squash or orange peppers and onions. Whatever produce you choose at the store, make sure it is nutrient rich and delicious!

Physical Activity

Staying physically active can also improve our immune health during this time of uncertainty—and all year round! The warmer weather also allows us to take advantage of local parks and trails. If your local gym is closed, check to see if your local gym has posted on-demand videos of workouts you can do with items around your house or bodyweight. You can also look out for free workout programs that you can do from home in these uncertain times. If you have an Easter egg hunt planned for family, create an activity for the adults to participate in as well. Instead of candy in the eggs, you can fill the eggs with different exercises to complete.





Conclusion

With the coronavirus pandemic evolving, cold and flu season coming to an end and allergy season among us, it can feel overwhelming to keep up with all the measures we need to take to maintain our health—both physically and mentally. While the COVID 19 outbreak has forced the world to practice social distancing, it can also provide us with the (much needed) opportunity to focus on stress management strategies and self-care. Self-care activities are essential to our mental health and emotional well-being. Self-care means taking care of yourself—physically, emotionally and mentally—in order to become the best “you” possible.

This helps us gain the positive energy needed to not only reach our goals, but also have the joy to offer in other areas of our lives. Self-care varies for everyone; however, below are some tips and ideas for how to apply self-care into your own life:

- 1. Get Physical** – When your body feels healthy and strong, your mood soars, and when you’re in a great emotional state, it shows in how you move your body.

2. **Change your mindset** - Instead of focusing on what's wrong, learn to adopt an abundance mindset. Reframing your thoughts and shifting your focus is a deliberate practice that takes time.
3. **Eat Nutritious Foods** - The food you put into your body has a direct effect not only on your mood and energy level, but also on the quality and length of your life.
4. **Say "No"** – Take the necessary time needed to recharge. You'll bolster your energy and be able to return to your regular schedule with increased energy and gusto.
5. **Practice focus and gratitude** – Take a few minutes each morning to stop and reflect on your day and what you are grateful for today.

Employer Corner

COVID-19 is a rapidly evolving situation, and information is continually updated as it becomes available. For the latest updates on the outbreak or to learn more about COVID-19, visit:

- Centers for Disease Control and Prevention:
<https://www.cdc.gov/>
- Your local/state government website

Found this newsletter helpful?

Or have any comments then we would love to hear from you! By confirming you read this newsletter Lifestyle Health Plans will award you with **10 points** in your Wellness Center account. Simply send a confirmation e-mail with your name and member ID to wellness@medova.com.



NEWSLETTER ACTIVITY:

April Challenge - Get a Move On!

Name: _____ Date: _____ Member ID: _____

Kick off your physical activity by recording the aerobic activity and the number of minutes every day for 28 days! Complete this challenge and submit it to wellness@medova.com or via fax at 316-854-9626 for **100 Wellness Points!**

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|----------|--------|--------|--------|--------|--------|--------|--------|
| ACTIVITY | | | | | | | |
| MINUTES | | | | | | | |
| | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
| ACTIVITY | | | | | | | |
| MINUTES | | | | | | | |
| | DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 |
| ACTIVITY | | | | | | | |
| MINUTES | | | | | | | |
| | DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 |
| ACTIVITY | | | | | | | |
| MINUTES | | | | | | | |