

HealthAdvocateSM Member Newsletter

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Healthcare for the Entire Family

Nothing is more important than your family's health. Whether it's your children, your partner or your parents, taking the right steps towards better well-being can help prevent surprise medical issues and give you peace of mind. Consider the following tips to make sure you and your loved ones are getting the right health care they need.

Children: Make sure your children are up-to-date on their immunizations, have regular yearly physical exams, and visit a dental hygienist regularly. Getting them involved with sports or clubs will help them be physically active and also exercise their social skills.

Adolescents: Keep your teens up-to-date on their immunizations, including any necessary boosters. If your teens are driving, talk to them about practicing safe behavior when behind the wheel.

Adults: "Knowing your numbers" is crucial to identify your risk for developing diseases like heart disease and diabetes, which typically have no symptoms. Regularly having your blood pressure, cholesterol levels, and BMI checked by your primary doctor can help prevent these diseases from developing unnoticed or becoming worse.

Turn Resolutions into Results

According to the CDC, in 2012, about half of all US adults-117 million people-had one or more chronic health conditions such as asthma, heart disease, diabetes or high blood pressure. Although many of these chronic illnesses are manageable, some are also preventable. Uncontrollable risk factors like age, race, ethnicity, and family history do play a role in the likelihood of developing a chronic illness, however proper diet and exercise can greatly decrease your chances of developing many of these illnesses. The CDC recommends the following preventive steps:

- **Don't smoke** or use other tobacco products.
- **Eat a diet high in healthy fats and whole grains**, mixing in healthy fruits and vegetables at every meal.
- **Stay away** from foods and drinks with a high sugar content.
- **Exercise regularly!** Depending upon your age and weight, include about 15-30 minutes of cardiovascular activity in your daily exercise routine.
- **Limit your alcohol intake**, be mindful of your stress levels, and get proper sleep.





Improve Partner Communication

Whether it's a problem with sharing the household chores or annoying habits, here are healthy, loving ways to deal with these common issues:

- **Focus on the solution.** For example, figure out how to divide up chores so that no one feels taken advantage of and everyone is sharing the workload.
- **Explain how the habit makes you feel.** Be specific. Don't accuse. Use "I" language. For example, you could say, "When you make loud jokes around our friends, I feel uncomfortable and unable to enjoy the evening with you."
- **Time the discussion.** Choose a time when you and your partner are both relaxed and not tired, distracted, or stressed. Ask what habit your partner would like you to change. Make a pact that you will each work on one habit.

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