

Health Awareness

A County Health Pool Publication



February 2008

Wise Health for the New Year

It's been said that "An apple a day keeps the doctor away" but, its going to take more than an apple. The County Health Pool believes in helping members to reduce healthcare cost and absenteeism and improving their overall health and well being.

Our newsletter this month will focus on being a wise health consumer with tips that will educate, motivate and perhaps change behavior for now and in the future.

Here are some tips for Wise Health:

Exercise

The real battle over starting to exercise takes place in your mind and you may find it hard to get started. Here are some excuses to push out of your thoughts:



"Exercise takes too much time."

Twenty to 30 minutes a day, three to five days a week, is only 60 to 150 minutes a week. Most persons spend this much time watching TV. You could exercise while watching TV.

"Exercise is boring" It can be, but it doesn't have to be. Vary your exercise routine by bicycling one day, swimming the next, and walking the third day. Make exercise a social event by exercising with friends or your partner.

Eat for Better Health and Drink Water

With medical science indicting a high-fat diet as a major culprit in various diseases, red meat has fallen into disrepute over the past several years. Thanks to changes in breeding and butchering techniques in the meat industry, beef and pork are leaner than they were 35 years ago.

Red meat is a good source of protein, and it's rich in important minerals like iron and zinc. You can continue to eat beef and pork and minimize your risk of gaining weight or developing high cholesterol levels by taking a few wise steps:

Check the label, "Select" (previously known as "good") is the leanest. "Choice" is somewhat higher in fat, and "prime" is the fattiest.

Trim fat from meat before cooking. Limit servings to 3 to 5 ounces each.

Two-thirds of your body is composed of water, making it your body's most vital nutrient. It carries nutrients to organs via the bloodstream and cools the body through perspiration.

(Over)

Wise Health for the New Year (Continued)

It's been recommended that the average adult should drink six to eight 8-ounce glasses of water (or its equivalent) a day. High water content foods include: Iceberg lettuce (95 percent water), Cantaloupe (91 percent water), Raw carrots (88 percent water).



Heart Disease Prevention

Every year, about 1.1 million Americans have heart attacks—one every 20 seconds. Nearly 460,000 of these heart attacks are fatal.

Fortunately, heart disease claims fewer and fewer lives each year, thanks to the growing awareness of certain prevention steps such as:

- Have your blood pressure checked at each office visit, at least every two years, or as advised by your doctor.
- If you smoke, quit
- Ask your doctor to check you for diabetes, which is associated with atherosclerosis and follow the advice if you have diabetes.

Benefits Corner

County Health Pool ID Cards 2008 Update

To effectively minimize confusion and possible failure to notice changes made by members at open enrollment, CHP has decided, in conjunction with Anthem, that it would be in the best interest of all members to issue members new ID cards. Upon receipt of your new ID card, please destroy your old card.

If you have not received your new ID card, please contact you CHP Benefits Administrator at 303 861-0507

24/7 NurseLine

Sometimes you need answers to your health questions right away—and that could be in the middle of the night or while on vacation. That's why the 24/7 NurseLine is now available to CHP members 24 hours a day, seven days a week.

You can call the 24/7 NurseLine any time to speak with a registered nurse who is trained to help you make more informed decisions about your health situation.

To speak to a nurse and receive accurate and confidential health information, call 1 800 337-4770.

UPDATE

2008 CHP Benefit Summaries and Plan Documents are now posted on the CTSI website.

- Maintain a normal body weight
- Reduce the harmful effects of stress by practicing relaxation techniques and improving your outlook on daily events.
- Maintain a normal body weight
- Get regular medical checkups.

Sources: WebMD.com and healthylife.com

