

Health First

PREVENTION

Volume 3

Small Changes Add Up

You want to feel good. That's why you visit your primary care provider (PCP) when you have health problems. It's also why you try to eat well, exercise, and lower your stress. You know that you have the power to feel better.

FamilyCare is here for you. We've gathered together these tips for living well, including free health apps, a diabetes risk test, and information on screenings you may need.

If you have any questions about your benefits or coverage, please call our Member Navigators. We're here in Portland, ready to take your call between 8 a.m. and 5 p.m. on weekdays and between 9 a.m. and 5 p.m. on weekends. We can be reached at 503-222-2880 or 800-458-9518 toll-free (TTY 711). We're always happy to help!

Life Changes Start Here!

Every day we hear success stories from our FamilyCare members. Here are some recent favorites:

"A member with type 1 diabetes just called to tell me that over the last 3 years she's lost 120 pounds! To get healthier she did two simple things: she reduced her plate size, and she drank lots and lots of water. She said she calls herself a 'waterholic.' I'm really impressed!"

—Vickie S., Service Coordinator

"A young member I work with recently had spine surgery. The hospital said the brace he needed to keep his back safe wouldn't be covered. His family called us to check, and FamilyCare was able to cover it. We were even able to help speed up the request! This just goes to show that it always pays to ask."

—Angel A., Case Manager

"A new member with a substance abuse problem wanted help. His last insurance company got him short-term care, but because there was no long-term plan, he relapsed. We didn't want that to happen again. So we got him into a treatment center and followed up with intensive services and care coordination. He's been sober for 6 months!"

—Beth V., Children's Care Coordinator



Smoking Stinks. Ready to Quit?

If you're ready to quit smoking, FamilyCare is here to help. Stopping can improve your health and help you live longer. People who quit smoking can smell and taste food better, and they are less at risk for some diseases.

Quitting can also save you thousands of dollars a year, depending on how much you smoke and how much your cigarettes cost. That could mean a lot of extra cash!

FamilyCare members can join the free Quit 4 Life program. Ask your doctor for a referral. Then call 866-QUIT-4-LIFE or visit www.quitnow.net to sign up. You'll get a workbook and coaching via phone, web, and text. You can also get free nicotine replacement products such as gum or patches.



503-222-2880

• 800-458-9518

• www.familycareinc.org



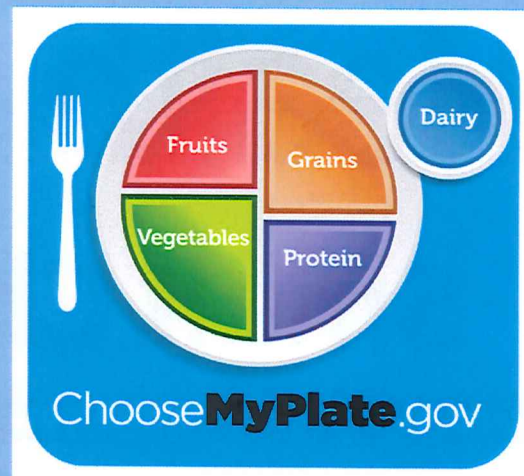
Eat Right to Lose Weight

Does the word “diet” make you feel hungry? One secret to losing weight is to find an eating plan you can follow for life—one with foods that fill you up and taste good.

If you’re interested in talking to someone about food and nutrition, plan a meeting with one of FamilyCare’s **Registered Dietitian Nutritionists** (RDNs). An RDN can create a safe weight loss plan that really works. They can also guide and motivate you to reach your goals.

For most people, losing just 10 or 15 pounds can reduce the risk of type 2 diabetes, heart disease, high blood pressure, and some cancers.

Ask your doctor or FamilyCare about benefits for nutrition services. We can help you make an appointment.



Does your plate look like MyPlate?

The image above shows the types and amounts of food that go on a healthy plate. Aim to eat a lot of fruits and veggies, plenty of whole grains and protein (like beans and chicken), plus some dairy.

Ace Your Next Appointment

Your health is important. Make each doctor visit count. Here’s how:

- 1. BE PREPARED.** Make a list of things you want to talk about. Be specific about your issues and symptoms. Also, bring all of your medications with you (even over-the-counter drugs and supplements).
- 2. BRING A BUDDY.** Ask someone to go with you to your appointment. They can help you understand and remember the answers to your questions. They can also take notes.
- 3. BE HONEST.** Don’t be embarrassed to ask or answer questions. A doctor needs to know your medical history to give you the best care.
- 4. MAKE A PLAN.** At the end of the appointment, be sure you know what to do next. For example, your doctor may say to get your blood sugar tested. Do you know where to go and who to ask for?

FREE Apps for Better Living

These no-cost smart phone and tablet apps may improve your well-being. Download one (or all) today!



To Lose Weight

Download: MyFitness Pal

Record fitness goals, nutrition intake, and more.



To Eat Better

Download: Calorie Count

Track food and nutrition info and find healthy recipes.



To Sleep Better

Download: Sleepbot

Monitor your sleep via sounds and movement. Has a “smart alarm.”



To Exercise More

Download: Moves

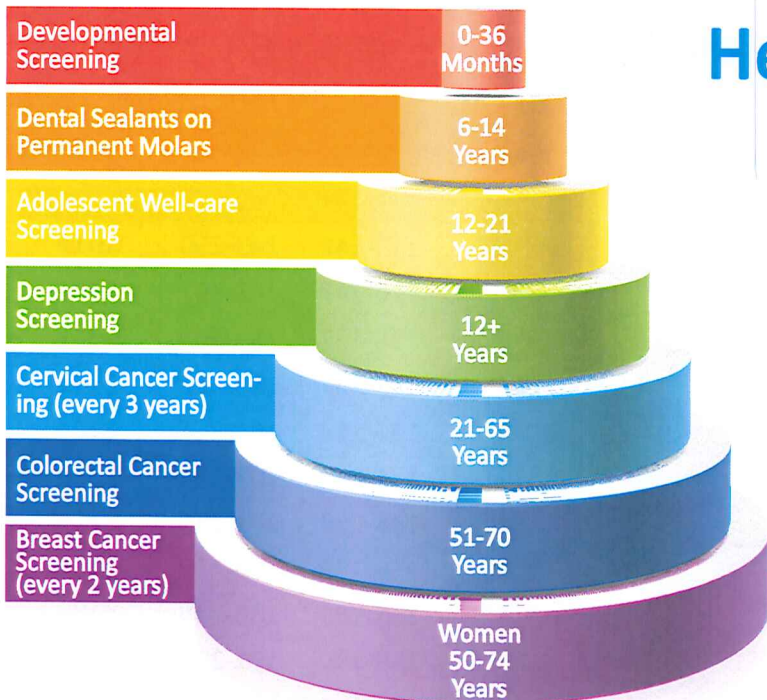
Count steps for walking goals. Tracks walking, running, and cycling.



To Stress Less

Download: Stop, Breathe, and Think

Learn to meditate. Sessions from 3 to 15 minutes; good for all ages.



Healthy at Every Age

Everyone in your family should see a primary care provider (PCP) at least once a year. A doctor can help you catch health problems early. This can make getting well easier, before a problem gets bigger. When you visit your doctor, ask if there are any health screenings or treatments you need. FamilyCare Medical Director Joseph Badolato, DO, suggests the screenings on this color-coded chart. These screenings are one way doctors find health problems, sometimes before you even know you're sick.



5 Minutes to Less Stress

Do you sometimes feel stressed out, anxious, or in need of a break? You can relax in just 5 minutes. This simple breathing exercise can quiet your thoughts. It can also calm your body, and reduce your heart rate and blood pressure.

- Sit up straight and close your eyes.
- Place a hand on your belly.
- Slowly inhale through your nose, feeling the breath start in your belly and move to the top of your head.
- Slowly exhale through your mouth, feeling the breath leave your body.
- Continue for 5 minutes.

Fun for the Whole Family

Do you want to try something new? Community centers in and around Portland offer low-cost fitness classes, skills courses, and kids activities. Most have gym equipment and many have pools and playgrounds too.



Charles Jordan Community Center

9009 N Foss Ave. • 503-823-3631

East Portland Community Center & Indoor Pool

740 SE 106th Ave. • 503-823-3450

Fulton Park Community Center

SW 4th Ave and Logan • 503-823-3180

Hillside Community Center

653 NW Culpepper Terrace • 503-823-3181

Matt Dishman Community Center & Indoor Pool

77 NE Knott St. • 503-823-3673

Montavilla Community Center

8219 NE Glisan St. • 503-823-4101

Mount Scott Community Center & Indoor Pool

5530 SE 72nd Ave. • 503-823-3183

Peninsula Park Community Center

700 N Rosa Parks Way • 503-823-3620

Sellwood Community Center

1436 SE Spokane St. • 503-823-3195

Southwest Community Center & Indoor Pool

6820 SW 45th Ave. • 503-823-2840

St Johns Community Center

8427 N Central St. • 503-823-3192

Tualatin Hills Parks & Rec Department

15707 SW Walker Rd. • 503-645-6433

Woodstock Community Center

5905 SE 43rd Ave. • 503-823-3633



503-222-2880 • 800-458-9518 • www.familycareinc.org



ARE YOU AT RISK FOR TYPE 2 DIABETES?

Take the test below to find out. Around 29.1 million people have diabetes. But 1 out of every 4 don't know it. If your score says you may be at risk, talk to your primary care provider (PCP) about diabetes. Exercising more and following a healthy diet can reduce your risk.

Diabetes Risk Test

Write your score
in the box.

- 1 **How old are you?**
Less than 40 years (0 points)
40-49 years (1 point)
50-59 years (2 points)
60 years or older (3 points)
- 2 **Are you a man or a woman?**
Woman (0 points) Man (1 point)
- 3 **If you are a woman, have you ever been diagnosed with gestational diabetes?**
No (0 points) Yes (1 point)
- 4 **Do you have a mother, father, sister, or brother with diabetes?**
No (0 points) Yes (1 point)
- 5 **Have you ever been diagnosed with high blood pressure?**
No (0 points) Yes (1 point)
- 6 **Are you physically active?**
Yes (0 points) No (1 point)
- 7 **What is your weight status?**
(see chart at right)

Add up your
score.

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes.

However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	120-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-206	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

(1 point) (2 points) (3 points)

You weigh less than the amount
in the left column (0 points)

Lower Your Risk

You can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to find out if additional testing is needed.

Visit diabetes.org or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.

