

THE EDUCATOR >>>>



Information you can use to **TAKE CONTROL** of your health

Winter 2021

STRESS: IT'S NOT JUST FOR THE HOLIDAYS >>>>

Shopping, cooking, visiting – the holidays are around the corner and for many, they make everyday stress worse. Regardless of the season, it's hard to stop and regroup when stress is at its peak. If the holidays have taken an emotional toll on you in the past, try the tips below to reduce stress before it has a serious effect on you.



Acknowledge your feelings if you cannot be with loved ones or someone close to you has recently passed away. Realize that it's normal to feel sadness and grief.



Don't abandon healthy habits and let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.



Stick to a budget and don't try to buy happiness. Donate to a charity, give homemade gifts or set up a family gift exchange.



Reach out if you feel lonely or isolated. Seek out community, religious or other social events or communities. Talk to a friend or family member.



Set aside differences and accept family members and friends as they are, no matter what.



Be realistic with this fast-changing world and be flexible with schedules, traditions, etc.



Plan specific days for shopping, baking, connecting with friends and other activities..



Learn to say no. You can't participate in every project or activity. Most people will understand, whatever the reason.



Make time for yourself and spend 15 minutes alone, without distractions, every day for exercise, meditation/prayer, music or reading.



Seek professional help if you find yourself feeling persistently sad or anxious, irritable and hopeless, and unable to sleep.

QuadMed

TAKE CONTROL >>>>

CONDITION MANAGEMENT PROGRAM

TakeControl educators can provide personalized support and accountability to help you achieve lifestyle changes that can improve your health. Call today to schedule a free session.

855.717.4688

takecontrol@quadmedical.com

KNOW YOUR TARGETS >>>>

Do you know your self-management target(s) for asthma, diabetes and/or hypertension? Your goal may be personalized based upon your health history, and you should always follow the direction of your primary care provider.

Here are common target recommendations:

ASTHMA

- Use your rescue inhaler less than 3 times a week, other than before exercise
- Know your personal best peak flow numbers
- Know your asthma action plan and asthma triggers – aim for Green Zone days



BLOOD PRESSURE

- Below 130/80 mmHg

DIABETES

- A1c under 7%
- Fasting glucose levels below 130 mg/dL

STAY HEALTHY THROUGH THE SEASONS >>>>

HANDWASHING



Handwashing can help you stay healthy, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing and eating food
- Before and after caring for someone who is sick
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After changing diapers or cleaning up a child who has used the toilet
- After touching an animal, animal feed, or animal waste
- After touching garbage

Immunizations are important to help prevent and reduce the spread of viruses and disease.

IMMUNIZATIONS



- **Flu Vaccine** – Everyone six months and older should get a flu vaccine every season. There are some exceptions – please talk with your care provider.
- **COVID Vaccine** – This vaccine is effective at protecting you from COVID-19, especially severe illness, hospitalization and death. Contact your provider to see if you are eligible for a booster dose.
- **Pneumonia Vaccine** – There are 2 kinds of pneumonia vaccines that can benefit children and adults. Talk to your provider to see if you or your child are a candidate for one or both vaccines.
- **Tdap Vaccine** – The Tdap protects against tetanus, diphtheria and pertussis. Adults should receive a booster dose every 10 years.
- **Hepatitis B Vaccine** – This vaccine is safe and effective at preventing hepatitis B which is a contagious liver disease caused by the hepatitis B virus.
- **Shingles (Zoster) Vaccine** – This vaccine protects you from a painful skin rash known as shingles. This is the same virus that causes chicken pox.

MEMBERSHIP HAS ITS REWARDS >>>>

If you haven't already, we encourage you to become an active member of TakeControl. As an active member, you are eligible for discounts on condition-related supplies and medications by committing to the program and completing the requirements outlined for your condition.

Contact a TakeControl educator to learn more about becoming an **active** member.

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CONDITION MANAGEMENT PROGRAM