

THE EDUCATOR >>>>



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

Issue 4, 2023

STRESS LESS OVER 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.



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



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



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



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.



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



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.



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



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



MENTAL HEALTH RESOURCES

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

Reach out to HERO
at 855.400.9185

- or -

Scan the QR code
below and navigate
to the Emotional
Wellbeing section.



TAKE CONTROL >>>>
CONDITION MANAGEMENT PROGRAM

Interested in learning more? Call today to schedule a session with a TakeControl educator.

Newport News: (757) 327-4183 Ingalls: (228) 205-7667
takecontrol@quadmedical.com

KNOW YOUR TARGETS >>>>

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

Common target recommendations are listed below. Be sure to confirm these goals with your healthcare provider.

ASTHMA

- Contact provider if peak flow is dropping below goal
- Know your asthma action plan and asthma triggers – aim for Green Zone days

BLOOD PRESSURE

- Below 130/80 mmHg

COPD

- Work with your care team to create a sustainable COPD treatment plan
- Eat a nutritious, balanced diet
- Exercise as tolerated or up to 150 minutes of moderate exercise per week

DIABETES

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



REDUCE RISK OF ILLNESS THROUGH THE SEASON >>>>

Follow these simple steps to reduce your risk of getting sick this holiday season.

STAY HOME IF YOU'RE SICK



slow the spread by avoiding social gatherings

WEAR A MASK



especially if you're traveling or flying

INCREASE VENTILATION



open windows or use air purifiers to reduce infectious particles in the air

WASH YOUR HANDS



tried and true, keep your hands clean!

It's also important to stay up-to-date with immunizations and allow time for the vaccine to take effect.

- **Flu Vaccine** – Everyone 6 months and older should get a flu vaccine every season. There are some exceptions. Please talk with your care provider.
- **COVID Vaccine** – The CDC recommends everyone 6 months or older get the updated COVID vaccine this fall to protect against the current variants of COVID-19. Check with your provider about availability.
- **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.
- **Pneumonia Vaccine** – There are two 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.
- **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 part of the HII benefits plan incentive, **active** members are eligible for \$0 fees on all QuadMed-operated services at the HII Family Health Center –meaning all health care, physical therapy and lab visits are provided at no cost. Completion of sessions with TakeControl educators, annual or semi-annual health checks and two well-being activities are all that are required by the benefits plan to maintain the \$0 fee incentive and remain an active member.

Contact the TakeControl team to learn more about becoming an **active** member.

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 **TAKECONTROL>>>>**
CONDITION MANAGEMENT PROGRAM



Scan the code to access the TakeControl website today.