



## 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 the  
Emotional Support  
Connection at  
414.566.6080

- or -

Scan the QR code below



**NEW FOR  
2024**

Participating in TakeControl requires Rx  
Savings Solution enrollment.

Visit the TakeControl website for more  
information.

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

855.717.4688

[takecontrol@quadmedical.com](mailto:takecontrol@quadmedical.com)

QuadMed

**TAKECONTROL>>>>**

CONDITION MANAGEMENT PROGRAM



Scan the code to access the TakeControl website today.