

THE EDUCATOR >>>>



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

Issue 3, 2024

IT'S TIME TO ACT!

At the direction of the Quad medical plan, **ENROLLMENT IN RX SAVINGS SOLUTIONS IS REQUIRED** to maintain active membership in the TakeControl program and qualify for prescription benefits.

Scan the QR Code to the right to learn more about the benefits of the Rx Savings Solutions program.



THE HEALTH EFFECTS OF TOBACCO USE >>>>

Tobacco products include cigarettes, e-cigarettes or vapes, cigars, smokeless tobacco and other nicotine products. *Note: marijuana smoke contains many of the same toxins, irritants and carcinogens as tobacco smoke. Smoking marijuana has the same health risks as smoking tobacco.*

Tobacco use harms nearly every organ of the body and causes or worsens many conditions and diseases. It is the leading cause of preventable death in the U.S. resulting in more than 480,000 deaths each year.

CARDIOVASCULAR RISKS

One of the greatest risks for diseases that affect the heart and blood vessels is tobacco use. The chemicals in tobacco products damage blood vessels and can make them thicken and grow narrower. This makes your heart rate and blood pressure increase. Blood clots can also form and lead to pulmonary embolism, heart attack or stroke.

RESPIRATORY RISKS

If you have asthma, smoke can trigger an attack or worsen a flare-up. Smokers are 12 to 13 times more likely to die from COPD than nonsmokers. Approximately 75% of all people with COPD have a history of smoking and COPD is the sixth leading cause of death in the United States.

OTHER RISKS

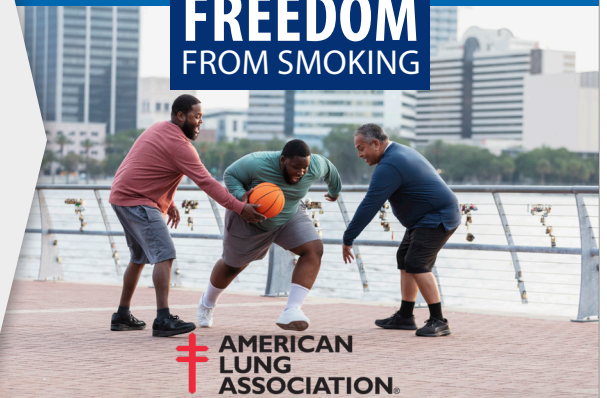
Smoking is a risk factor for type 2 diabetes mellitus and can make it harder to control. The risk of developing diabetes is 30–40% higher for active smokers than nonsmokers.

Tobacco use and secondhand smoke exposure increases one's risk for: heart disease, stroke, erectile dysfunction, fertility issues, blindness, gum disease and/or various cancers.

LEARN HOW YOU CAN QUIT TODAY! >>>>

Although the first steps can be hard, finding your path to a tobacco-free life is easier with the right help. Talk to a TakeControl Educator for help or register for the next available session of **FREEDOM FROM SMOKING**, a free eight-week program designed by the American Lung Association to help you quit with weekly 60-minute group classes.

**FREEDOM
FROM SMOKING**



Save money on your medical premiums and earn 1,000 QLife Wellness Rewards points. The next session begins the week of October 21.

See all of your options at myquadmed.com/quad/quit-smoking.



At the direction of the Quad Medical Plan, effective April 1, 2024, TakeControl program incentive discounts will be \$5 copays on generic prescriptions and \$15 copays on name brand prescriptions per month.



Did you know you can check your TakeControl program status in MyChart?
Contact the TakeControl team to learn more.

THE BENEFITS OF GOOD SLEEP >>>>

Sleep is as important for health as diet and exercise. Good sleep helps with:



- Improved mood and mental health by decreasing stress hormones
- Managing immune system and chronic condition flare-ups
- Improved concentration, decision making, and memory
- Improvements in weight management through appetite hormone regulation and an increase in energy level
- Improved healing and heart health through reduction in inflammation

Most adults need between 7-9 hours of sleep per night. The quality of your sleep matters as much as the duration. Your body and brain need continuous, uninterrupted sleep. For many of us, that is easier said than done. If the tips to the right don't help, talk with your care team about how to improve sleep quality so you can feel your best.

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GET UP AT
SAME TIME



EVENING
WALKS



BEDTIME
ROUTINE



COMFORTABLE
BED



COOL & DARK
ROOM



RELAXING
BATH

N
O



HEAVY
FOOD



BLUE
LIGHT



HARD
TRAINING



ALCOHOL OR
SMOKING



CAFFEINE



STRESS

EYE HEALTH FOR ALL AGES >>>>

How often should I get an eye exam?

CHILDREN & TEENS



- Newborns
- Once between ages 6 and 12 months old
- Once between ages 12 months and 3 years old
- Once between ages 3 and 5 years old
- Every 1 to 2 years after 5 years old

ADULTS



- Once between ages 20 and 29 years old
- Twice between ages 30 and 39 years old
- At 40 years old
- As recommended by their doctor, after age 40 and before age 65
- Every 1 to 2 years starting at 65 years old

You may need annual or more frequent eye exams if you:

- Wear contact lenses or glasses
- Take medications that have eye-related side effects
- Have had eye surgery or an eye injury
- Have a personal or family history of eye disease
- Have diabetes or high blood pressure
- Have occupations that may be hazardous to the eyes (being a welder, for example)
- Have had refractive surgery (such as LASIK, PRK, or SMILE)

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 more likely to have better management of your chronic condition(s); improved A1c%, better glucose control, and reduction of blood pressure. In addition, membership is free, and you are eligible for discounts on condition-related supplies and medications by committing to the program and completing the requirements outlined for your condition. At the direction of the Quad Medical Plan, enrollment in Rx Savings Solutions is required to maintain active membership in the TakeControl program and qualify for prescription benefits. **Scan the QR Code to learn more.**

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

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QuadMed

TAKECONTROL >>>>

CONDITION MANAGEMENT PROGRAM



Scan the code to access the
TakeControl website today.