

# THE EDUCATOR >>>>



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

Issue 4, 2024

## HAPPY & HEALTHY HOLIDAYS >>>>

Is your holiday season all about family and friends, festivities and food? People with chronic conditions face extra challenges during this coming season. With these savvy strategies, you can stay on target with your health AND enjoy the holidays!



### Plan Ahead

- Meet with your care team in advance to discuss managing your condition during the holidays
- Bring a healthy dish to share (low sugar or sugar-free, low sodium, etc.)
- If you plan to eat later than normal, have a nutritious snack so your blood sugar doesn't drop



### Eat Mindfully

- Avoid adding salt or use no sodium seasonings
- Drink water and other sugar-free drinks, avoid drinking your carbs
- Choose what you love and enjoy it in moderation



### Keep It Moving

- Stay active by taking the dog for a walk or turning up the music and grabbing a dance partner
- Schedule time for moving your body to stay on track and reduce stress
- Make some time to yourself (try a new activity, like yoga!)



### Know Your Targets

- Take your medications and supplies with you if you are traveling
- Check your blood sugar more frequently and adjust foods and medications as necessary
- Call your care team if you have questions or concerns



### Limit Alcohol Use

- To avoid medication interactions, check with your care team
- Alcohol can negatively affect your blood pressure and blood sugar
- Plan ahead with options lower in carbs, calories and sugar, such as light beer, dry wines or mixing with low sugar mixers

## MENTAL HEALTH RESOURCES



The holidays are around the corner and for many, they may make everyday stress worse. Seek professional help if you find yourself feeling persistently sad or anxious, irritable, hopeless or unable to sleep.

Reach out to the HII's HERO program at 1.855.400.9185.



## BREATHE EASIER THIS WINTER >>>>

People with chronic lung conditions, such as asthma or chronic obstructive pulmonary disease (COPD), cope with new irritants during the winter. It is important to know your potential triggers and reduce exposure or avoid those you can control. Know your action plan, take medications as directed, and always have your rescue inhaler with you.



Being indoors increases your exposure to dust mites, animal dander and other irritants.



Live pine trees and wreaths carry mold and pollen. Dry the tree or wreath in the garage for a week before bringing it inside.



Avoid exposure to cleaning products and artificial scents, like candles, air fresheners, and room sprays. Choose odor or fragrance-free options when available.



If cold, dry air causes asthma flare-ups, slow down or modify your outdoor exercise.



Wood-burning and gas fireplaces emit particulates, gasses and other toxins that cause breathing difficulty.



Respiratory illness is rampant this time of year. If you haven't had them yet, get your flu shots and COVID boosters to protect yourself.

## 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



### CLEAN SURFACES

wash, wipe down, or disinfect items you touch frequently like doorknobs or your phone



### 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!



Did you know you can check your TakeControl program status in MyChart?

**Contact the TakeControl team to learn more.**

It's also important to stay up to date with immunizations and allow time for the vaccine to take effect. Ask your PCP if you are up to date with your recommended immunizations.

## 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. As part of the HII benefits plan incentive, active members are also 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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QuadMed

# TAKECONTROL >>>>

CONDITION MANAGEMENT PROGRAM



Scan the code to access the TakeControl website today.