

THE ADVOCATE

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Health tips and resources for MCG employees and their families

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This month, we celebrated our awesome Wellbeing @ Work Champions! These MCG employees guide their worksites in a variety of wellness activities like daily stretch breaks and even financial challenges. They took a well-deserved morning to participate in wellness activities including yoga and a guided mindfulness walk at the NEST @ Robinson Preserve.

Some worksites are still looking for Champions! If you are interested in learning more, visit:

<https://manateeyourchoice.com/champion-directory>

or contact Allison Minardi, Worksite Wellness Manager at aminardi@manateeyourchoice.com.



**NEW IN
2022!**

MYC HEALTHY PREGNANCY PROGRAM

We're answering your most common pregnancy questions and covering topics like:

- Prenatal Care
- Pregnancy During COVID-19
- Self Care Tips for New & Expecting Moms
- Postpartum Anxiety & Depression
- Pregnancy Nutrition
- Exercise During Pregnancy
- ...& MORE!



Participants will also receive monthly check-ins with our Nurse Advocate and an opportunity to meet other new Manatee County parents! **To learn more:** <https://manateeyourchoice.com/healthy-pregnancy>

To register: <https://forms.office.com/r/zsbf5c8mJt>

MYC KIDNEY CARE PROGRAM



The MYC Kidney Care Program consists of:

1. Educational Kidney Care overview
2. Clinical dietetic support to manage and restore kidney function
3. Lunch and Learn featuring kidney healthy lunch options
4. Registered dietician support for co-morbid conditions
5. Medication Therapy Management



Did you know? Roughly 90 Manatee YourChoice employees who qualify for HiiP are affected by impaired kidney function. According to NephU, a Kidney Health organization, it is estimated that **90%** of people with impaired kidney function don't know they have it.

KNOW YOUR NUMBERS

Your Quest Blueprint for Wellness Labs hold lots of information about the health of your kidneys! Look at these two lab values for the 411 on your kidney function.

eGFR (estimated glomerular filtration rate) is a test for kidney damage. It is calculated using your creatinine result, age, and sex. Creatinine alone is not sensitive to early renal damage since it varies with age, sex and ethnic background.

Creatinine is derived from muscles and released into the blood. It is removed from the body by the kidneys. When the creatinine level is elevated, it could mean a decrease in kidney function.

If either of these values are out of a normal healthy range on your most recent Blueprint Labs, consider enrolling in the MYC Kidney Care Program to start working with our team of experts!

If you have any questions about the Kidney Care Program, please reach out to Ro Mohamed, Health Services Manager at ext. 3967 or rmohamed@manateeyourchoice.com.

To register for the Kidney Care program and start learning how to take better care of your kidneys, visit: <https://forms.office.com/r/Wq9rzVgWFH>

HEALTH ISSUES THAT EVERY WOMAN SHOULD UNDERSTAND

May is Women's Health Month so we are talking about some of the most prevalent health concerns impacting women, and what you can do to manage your risk.

Heart disease is the #1 cause of death for women. Symptoms of a heart attack include chest pain, shortness of breath and weakness in arms.

Women are also likely to experience nausea or vomiting. However, many women don't recognize their symptoms as a heart attack and dismiss it as working out too hard or having heartburn.

Urinary tract infections (UTIs) occur when germs get into the urethra and start to multiply. Women have a shorter urethra than men do. This decreases the length bacteria has to travel in order to reach the bladder. Symptoms of a UTI include frequent urination, pain or burning when urinating, and cloudy urine. While a UTI can go away on its own, a physician can prescribe antibiotics if necessary. If UTIs become a recurring problem, other tests can reveal if the urinary tract is normal.

Osteoporosis is a disease that causes your bones to weaken, making them susceptible to fractures. Postmenopausal women are at higher risk for fractures associated with osteoporosis. Other risk factors can include certain medications, a low body mass index (BMI), and genetics. You can offset these risks by increasing your calcium intake, staying active with appropriate weight-bearing exercises, and avoiding smoking and excessive alcohol use.

If you have any concerns about women's health issues, please contact Debbie Miskell, RN at ext. 6407.

MEN'S HEALTH WITH MARCUS



"Women are simply better advocates of their families' health." -Dr. David Samadi, MD

If you're a man and you're reading this, did that quote sting a little? Is it a true statement for your family? Now before you skip this article, hear me out! It is a fact that men tend to die younger than women. Did you know that the five leading causes of death for men are cardiovascular disease, lung cancer, prostate cancer, depression and suicide, and type two diabetes? **Let that sink in...**

When was the last time you ignored a new ache or pain? How long have you been "toughing it out?" If we are being honest with ourselves, this is most men I know, myself included. There's something about going to the doctor and possibly hearing some things we don't want to hear. But, when we put our well-being into perspective, the need for regular checkups, healthy lifestyle choices, and not ignoring symptoms becomes crucial. Our families rely on us to provide and protect. When we neglect our health the consequences can become widespread.

I am here to tell you, that regardless of your age or current health status, health and wellness are not to be taken for granted. The ladies seem to be figuring this self-care idea out! It is time for us guys to do the same. Making time to prioritize your health and wellness is not selfish, in fact, it should be a non-negotiable in your life. This will look different for each of us. For some, it may be taking an evening walk after work to get some blood flowing and to clear your mind. For others, it may be swapping out your drink of choice for water some of the time. You are the only one who truly knows your specific needs. **It is time to get to work.** If you are a man and you know that it is time to prioritize your health, join us for a three-part "Men's Health Series" beginning in June. We'll dive deeper into these issues and look at some easy-to-implement strategies to start improving our health immediately.

Marcus Harris, RD, LD/N is a Personal Trainer and Registered Dietician working with the Manatee YourChoice Health Plan. Marcus specializes in: weight management, supplement counseling, fitness programming, performance nutrition, and nutrition coaching and accountability.

Interested in working with Marcus?

You can reach him at 813-466-2789 or contact_us@2020nutrition.net

YOU ARE NOT ALONE

Each May, we also honor Mental Health Awareness Month. Mental health is such an important part of our overall wellbeing, and Manatee County provides several resources to our employees to help them address any mental health concerns.

LAMP Behavioral Health Services are voluntary, confidential, and available to all Manatee County employees, regardless of Health Plan membership. They can help with reducing stress, practicing mindfulness, navigating workplace tension, and strengthening relationships. All employees receive 5 free visits with a LAMP counselor. After those first 5 visits, employees insured by the MYC Health Plan have a \$15 co-pay. The LAMP Line operates Monday - Friday 8 am - 4:30 pm at **941-741-2995**. In addition to LAMP, there are several **in-network Aetna providers** in the local community. If you are looking for a virtual option, **Teladoc** also provides mental health services. With Teladoc, you are able to establish a relationship with one therapist and continue to see them if needed.



MEET MANNY!



Welcome the newest member of our LAMP team! Manny has a master's degree in Clinical Mental Health Therapy. He has been able to work with diverse demographics while using cognitive-behavioral therapy (CBT) and solution-focused brief therapy (CFBT) as modalities within the treatment process. Helping people develop resilience is one of Manny's primary roles as a therapist. Resilience is the ability to go through tough circumstances and overcome them despite the odds. By using coping skills, understanding mental health, and reframing unproductive perceptions we can all grow our resilience. Knowing is half the battle, and if we can understand how to develop our resilience, we can then put in the effort to do so!

PAIN AND YOUR BRAIN

If you experience persistent pain (like back, knee, neck or other joint pain), your emotions can often feel just as intense. Understanding that your physical and mental health often go hand in hand is an important step to changing your experience with back and other joint pain. Join Hinge Health today for a “whole body” approach to reducing back and other joint pain, and keeping your joints healthy and pain free. Our programs offer:

- Guided physical therapy you can do anytime, anywhere
- 1-on-1 health coaching for support and guidance
- Resources to understand your pain and make productive choices for yourself

Plus, Hinge Health is available to you and other eligible family members at no cost through your Manatee YourChoice Medical Plan! Scan the QR Code to learn more!



Save the Date!

WHAT: A LIVE Cookalong!

WHEN: June 14, 2022

IMPORTANT INFORMATION: Kyle Rogers of Manatee County will be preparing a meatless meal that even meat-eaters will enjoy! Each participant will get recipes and shopping lists ahead of time.

To register, or watch past Cookalongs, visit
www.ManateeYourChoice.com/Cookalong

UPDATED CANCER SCREENING GUIDELINES FOR QE

Female Screening Guidelines

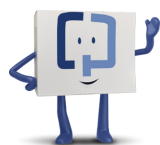
- Pelvic Exam (annually) and/or Pap Smear (every 3 years for age 21+)
- Mammogram every year starting at age 40
- Skin screening annually during wellness exam

Male Screening Guidelines

- Testicular Exam annually during wellness exam
- Skin Screening annually during wellness exam

Age-Based Screening Guidelines

- Colorectal Screening starting at age 50 (optional starting at age 45):
 - Colonoscopy Every 10 years
 - OR Cologuard Every 3 years
 - OR CT Colongraphy Every 5 years (restrictions apply)



Cologuard is a great alternative to getting a full colonoscopy. Every day your colon sheds cells, just like your skin and hair. Cologuard works by finding those cells in your stool and looking for abnormal DNA or blood. Cologuard can detect both precancer and cancer cells. Your doctor will order the kit for you, and it will be delivered to your home. Cologuard is very easy to use. You can learn more and watch a video on how to use Cologuard at www.cologuard.com.

IS COLOGAURD RIGHT FOR ME?

LET'S GET FLEXIBLE!

Those with greater mobility have reduced risk of muscle and joint pain, have fewer injuries, and improved body balance. From April 17 - May 28, the Fitness Center is hosting a Flexibility Challenge. Participating is easy! Simply download the tracking card, and record any stretching you do in a day. You earn 1 point for completing a 3-5 minute stretching session and earn 3 points for completing a yoga or stretching class at the Fitness Center or from our YouTube library. Return cards to Marcia (mpolese@manateeyourchoice.com) to be entered in a drawing to win one of five yoga mats to keep up with your stretching even after the challenge ends! Get your challenge card at: www.manateeyourchoice.com/fitness-events

FITNESS CENTER UPDATE

Manatee YourChoice Fitness Center is more than a place to sweat! We have many resources to address your health needs - from joint discomfort and weight management to performance improvement. You may already be aware of the resources that Manatee YourChoice offers to employees on the health plan. If not, read on for some of the ways that MYC can help address any musculoskeletal (MSK) issues you may be experiencing!

Feeling like the Tin Man? We all get a little stiff, and that is directly related to how long we stay in one position. We have HiiP classes on our schedule that address problematic joints! For example, Yoga for Happy Hips and Back and Yoga for Posture and Balance.

Workspace set up assessment: We have 2 certified ergonomic specialists that can assess your workspace and make minor adjustments that could impact how your body feels throughout the day!

What else helps with posture and body pain? Your body's fuel! You can meet with a nutritionist here at the fitness center! We have multiple to choose from that can meet your needs to reduce inflammation and improve digestion and hydration. That really makes for a happy body!

