HERE'S TO HEALTH:
Living Healthy and Aware



WELCOME APWU HEALTH PLAN!

Together, all the way.℠

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The Power Of You

- Weight
- Hypertension
- Blood glucose
- Tobacco Use
- Pregnancy

For Today



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Decide to be healthy



Unhealthy lifestyle choices cause:

- Chronic diseases and conditions that lead to death and disability
- Up to 25% of health care costs

Healthy lifestyle choices can prevent or reverse:

- Chronic diseases, including:

High blood pressure

High cholesterol

Type 2 diabetes

Obesity

Sources: http://www.cdc.gov/chronicdisease/overview/index.htm; National Heart, Lung and Blood Institute. "What Is High Blood Pressure?" August 2008, http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_WhatIs.html

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Know your risks



Risk factors you can control

- High blood pressure
- Abnormal cholesterol
- Tobacco use
- Poor diet
- Glucose levels
- Overweight
- Physical inactivity
- Stress

Risk factors beyond your control

- Age
- Family history
- Genetics

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The basics



Risk factors and conditions associated with obesity

1

Body mass index (BMI)

2

Waist circumference

3

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Know your risks



Common causes

- Poor diet
- Lack of physical activity and exercise
- Stress
- Lack of sleep

Effects

- High cholesterol levels
- High triglycerides
- High blood pressure
- Increased risk for cancers and heart disease

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Excessive weight: Get tested

Body mass index (BMI) chart

| | Normal | | | | | | | | | | | Overweight | | | | | Obesity I | | | | | Obesity II | | | | | Obesity III | | | | | | | | | | |

Get tested (continued)



Carrying extra weight around the middle puts people at higher risk for heart disease, some types of cancer and diabetes.

Recommended measurements are:

Men
<40 inches

Women
<35 inches

Source: https://www.healthwise.net/intracorp/Content/StdDocument.aspx?DOCHWID=aa128700

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The basics

- Blood pressure is how hard the blood pushes against the walls of your arteries as it moves through your body.
- Nearly one in three U.S. adults (78 million) have high blood pressure. 28% don't know they do.



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Blood pressure

Know your risks



Common causes

- Age
- Medications
- Stress
- Lack of physical activity

Effects

- Damage to your blood vessel walls
- Increased risk of:
  – Heart disease
  – Stroke
  – Kidney problems

American Heart Association/CDC

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Navigate the numbers



Systolic blood pressure

- First and higher number
- Force as blood pumps out

132/82 mmHg

Diastolic blood pressure

- Second and lower number
- Force when heart is at rest

Pulse pressure = systolic – diastolic | Example: 132 – 82 = 50

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Get tested



What can I do?

- AHA recommends annual checks starting at age three
- If risk factors exist, check more frequently

Normal Blood Pressure	Less than 120/80
Pre-Hypertension	120–139/80–89
Stage I Hypertension	140–159/90–99
Stage II Hypertension	>160/100
Hypertension (chronic–not temporary)	**Three or more readings above normal (high blood pressure)**

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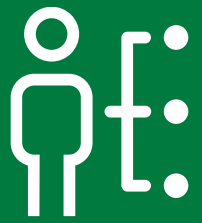
Take control



- Eat healthy food
- Exercise regularly
- Manage stress and anger
- Get adequate sleep
- Comply with health professional guidelines

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The basics

Glucose: *#1 source of fuel for your brain and body*

- Blood glucose is the amount of “sugar” or energy in your bloodstream
- Glucose comes from food – primarily carbs (simple and complex)
- Insulin (a hormone in the body) is needed to get glucose into cells
- Once in the cells, glucose is:
  - Used for energy
  - Stored for later use



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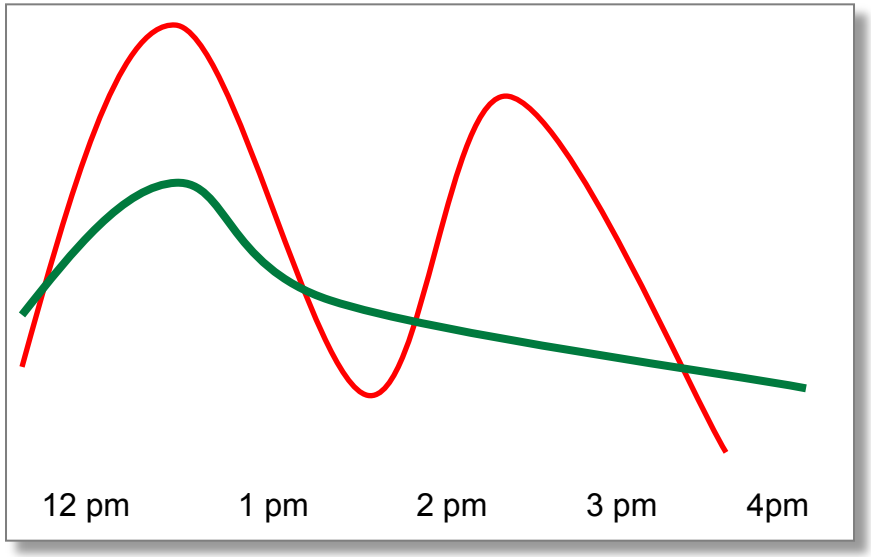
The basics (continued)

Red: High sugar drinks/foods cause frequent spikes

Green: Healthy foods keep blood sugar levels low



Food significantly affects blood sugars

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Know your risks

- Diabetes
- Chronic high blood sugar damages the small blood vessels, potentially leading to:
  - Blindness
  - Kidney failure
  - Gum disease
  - Nerve damage
  - Amputations
  - Weakened immune system
  - Heart disease



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Navigate the numbers



Fasting level should be between 70–100 mg/dl

Fasting results above 100 mg/dl could indicate pre-diabetes or diabetes

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Get tested



Tests for people without symptoms:

- Fasting Plasma Glucose Test (FPG) = **>126 mg/dl**
- Oral Glucose Tolerance Test (OGTT) = **>200 mg/dl**



Test for people with HgA1C values of = **> 6.5%**

- Amount of “sugar” attached to red blood cells
- Long-term measure of blood sugar control (two to three months)

Source: 2013 ADA Standards of Medical Care in Diabetes.

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The basics



Avoiding tobacco is one of the most important things you can do to maintain your health.

- Smokers have a higher risk of heart attack and sudden cardiac death
- Smoking is a major causal factor in emphysema, chronic bronchitis and stroke
- Estimates show an average of 13.2 years of life lost for women and 14.5 for men, due to tobacco use
- Cigarette smoking is one of the largest preventable cause of death in the United States



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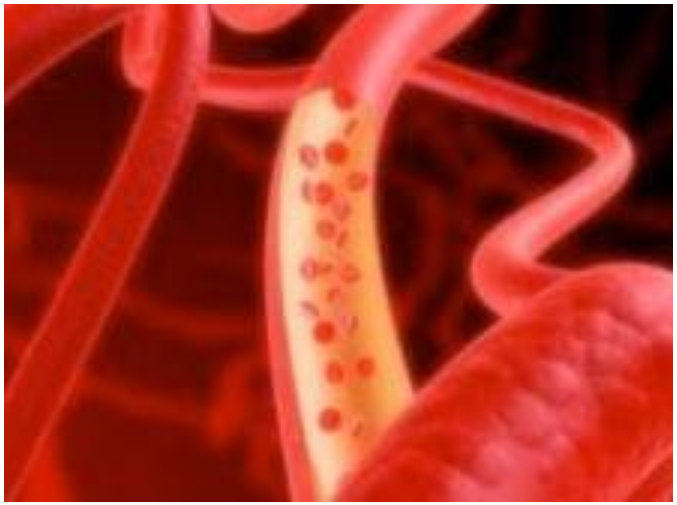
Know your risks

- Increased risk of many types of cancer
- More frequent colds and chronic bronchitis
- Emphysema
- High blood pressure
- Stroke
- Heart disease
- Tooth decay



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Other consequences





- Bad breath
- Discolored teeth and nails
- Decreased sense of smell and taste
- Premature wrinkling of the skin
- Shortness of breath with daily activities
- Financial burden and more

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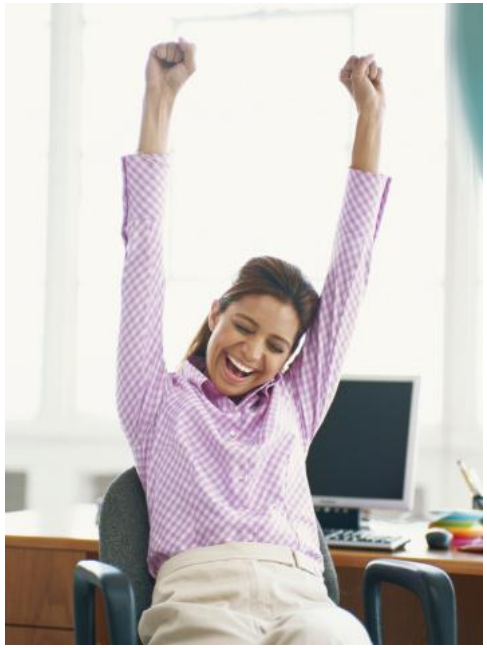
The benefits of quitting smoking

- Most negative effects can be reversed
- Carbon monoxide levels in the blood begin to drop
- Circulation improves
- Nerve endings in the nose and mouth regrow
- Ex-smokers have more energy and fewer colds and respiratory infection
- They feel more in control of life, have more money, and feel less negative social pressure



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Your quit plan, step by step

Step 1 – Determine how you will quit

Step 2 – Choose your quit date

Step 3 – Make plans to deal with triggers

Step 4 – Build your support system

Step 5 – Begin to take steps toward quitting

Step 6 – Celebrate your successes



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The basics



- Understand how pregnancy develops and is measured
- Work with your physician
- Adopt a healthy lifestyle for you and your expanding family.



Take care of you + 1

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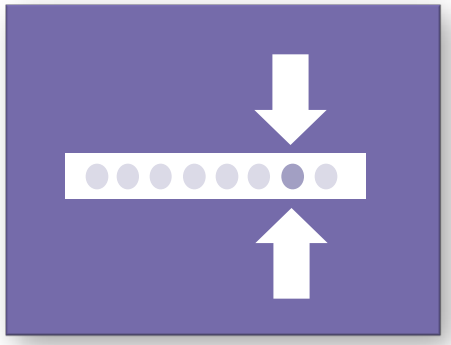
Know Your Risks



Preterm birth affects over 500,000 babies

- 1 in 9 babies in the U.S. are born early



Early babies cost more at birth

- The average medical cost for a healthy, full-term baby from birth through the first year was $5,085, of which $4,389 is paid by employer health plans.



Early babies cost more for life

- First-year medical costs for preterm infants are **10 times** higher than those of full-term infants.

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Preparing for a Healthy Pregnancy

- Talk to your physician
- Stopping birth control
- Keep track of your menstrual cycles
- Eat well
- Physical activity
- See your dentist



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Going beyond biometrics

Depending on present risk factors, further preventive health tests may be needed:



- Cardiovascular system
- Female reproductive system
- Male reproductive system
- Skin cancer
- Bone density
- Eye exams
- Dental exams

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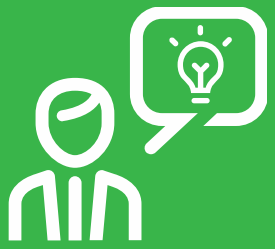
Final points





Be proactive about your health



Focus on changeable risk factors



Get necessary screenings on time



Follow doctor orders



Monitor your numbers



Take control and make informed choices more often

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What's next for my health?



- If you are interested in finding out more about additional Health Management Programs that may be available to you through your Benefits, please contact a Health Advocate at 1-800-582-1314,or log into www.apwuhp.com.

  Explore eligibility for programs such as:
  - Telephonic Health Coaching
  - Chronic Condition Support for Diabetes and Hypertension
  - Maternity Programs
  - Behavioral Health Resources
  - Health and Wellness Information

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SUMMARY AND QUESTIONS

Thank you for attending!



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