

Your Guide to Wellness

The best health care happens before you get sick. It's called preventive care. To help you and your family stay healthy, BMC HealthNet Plan has put together this special guide to wellness. You'll find information on all of the tests and shots you should have, tips on eating right and exercising, signs and symptoms of health problems, and more. Keep this with you and refer to it often. Here's to your health!



BIRTH to 23 MONTHS

- ▶ Well Visits: age 1, 2, 4, 6, 9, 12, 15, and 18 months
- ▶ Lead Screening: 9-12 months
- ▶ Infant vaccines and immunizations should be almost complete by 23 months
- ▶ Developmental Milestones are important (visit www.cdc.org)
- ▶ Keep your child safe! Talk to your doctor about:
 - Car seats
 - Child locks
 - SIDS – Sudden Infant Death Syndrome
 - Poison prevention and control
 - Sleeping safety
 - Sun protection
 - Breast or bottle feeding

2 YEARS OLD to 10 YEARS OLD

- ▶ Annual Well Visits
- ▶ Be aware of developmental milestones
- ▶ Make sure all immunizations and vaccinations are up to date*
- ▶ Lead Screening 2 and 3 years old
- ▶ Keep your child safe! Talk to your doctor about:
 - Car safety
 - Bike safety
 - Sun protection
 - Poison prevention and control
 - Home safety
 - Healthy foods/eating and activities

11 YEARS OLD to 17 YEARS OLD

- ▶ Annual Well Visits
- ▶ HPV (Gardasil) and other vaccines
- ▶ Talk to your child's doctor about:
 - Sexual development
 - Sexual activity
 - Sexual identity
 - Substance abuse prevention
 - Self image
 - Peer pressure
 - Bullying
 - Eating disorders
 - Depression
- ▶ Keep your child safe! Talk to your doctor about:
 - Sports safety
 - Seat belts
 - Guns
 - Smoking
 - Helmets
 - Sun protection

18 YEARS OLD to 49 YEARS OLD

- ▶ Annual Well Visits
- ▶ Make sure you are up to date on immunizations and vaccinations*
- ▶ It is important to be screened for cervical cancer, breast cancer, skin cancer
- ▶ Talk to your doctor about:
 - Safe sex
 - Family planning
 - Substance and/or alcohol abuse
 - Depression
 - Nutrition
 - Smoking
- ▶ Safety is important to your wellness, make sure to stay safe by learning more about:
 - Using seat belts
 - Using sun protection
 - Sport safety
 - Home safety
 - Poison control

50 YEARS OLD +

- ▶ Annual Well Visits
- ▶ Screen for colon cancer, breast cancer, prostate cancer risk*
- ▶ Screen for diabetes, high blood pressure and cholesterol*
- ▶ Safety is important! Talk to your doctor about:
 - Using seat belts
 - Sun protection
 - Home safety
 - Poison control
 - Vision tests

* Immunization guidelines are available at bmchp.org. On the MassHealth member page, click on "Publications".

SMALL CHANGES CAN MAKE A BIG DIFFERENCE

Eat Healthy

You may be eligible for nutritional counseling. Talk to your doctor about this. The following are a few changes you can make to your diet to help stay healthy:

- ▶ Learn to analyze your plate www.fruitsandveggiesmatter.gov/activities/analyze_my_plate.html
 - It's important to include fruits, vegetables, grains, and dairy into your every day diet. See www.mypyramid.gov for more information about the food pyramid.
- ▶ Portion Control: It's important to eat in moderation. Here are some small changes you can make to limit your portions:
 - Don't supersize your meal
 - Stop at one serving, don't get seconds
 - Eat only when you're hungry
 - A serving size is about the size of a fist
- ▶ Make time for meal time
 - Breakfast is still the most important meal of the day
 - Establish a regular time and place for meals
 - Avoid eating in the car
- ▶ Fast food is cheaper and faster sometimes; make healthier choices from the menu
 - Try to limit the number of times you eat at fast food restaurants per week
 - Consider healthier choices on fast food menus such as salads, grilled or baked meats, fruits, vegetables and water instead of soda.



Changing eating and exercise habits is easier with family and friends.

Stay Active

- ▶ You don't need to belong to a gym to be fit. Here are some ways you can work exercise into your day.
 - You can get a full workout at home. Visit the Wellness Center at www.bmchp.org or Mass in Motion at www.mass.gov/massinmotion for workout ideas
 - Take the stairs, not the elevator
 - If you drive, park further away and walk to your destination
 - If you take public transportation, get off one stop earlier and walk to your destination.
 - Walk your kids to school
- ▶ Get involved with sports
- ▶ Walk or run your way to fitness. Map routes around your where you live with www.mapmywalk.com or www.mapmyrun.com.
- ▶ Be a role model and set a good example for your family and friends.

****It's important to consult your doctor prior to starting any new exercise or nutrition program.***

If you or someone in your family isn't at a healthy weight, your overall health is at risk. That includes your risk for diabetes, heart disease, depression, eating disorders, and more.

SIGNS AND SYMPTOMS

It's important to stay active and healthy. It's also important to be aware of signs and symptoms of conditions such as the following:

Depression Warning Signs

If you answer yes to these questions, talk to your health care provider about depression.

Depression is treatable and there is help.

- ▶ Over the past two weeks have you noticed that you have little interest or lost pleasure in doing things?
- ▶ Over the past two weeks have you been feeling down, depressed or hopeless?

Heart Attack Warning Signs

- ▶ If you or someone else is experiencing these symptoms, call 911 immediately
- ▶ Pressure, squeezing or pain in center of chest lasting more than a few minutes
- ▶ Pain spreading to shoulder, neck or arms
- ▶ Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath
- ▶ Anxiety, nervousness and/or cold, sweaty skin
- ▶ Fast or irregular heart rate

Stroke Warning Signs

If you think someone may be having a stroke, act F.A.S.T. and do this simple test:

- ▶ **F = Face** – ask the person to smile. If one side of the face appears crooked or drooping this person may be having a stroke
- ▶ **A = Arms** – ask the person to lift both of his or her arms in the air—if he or she has difficulty with one arm this too might be a sign that this person is having a stroke
- ▶ **S = Speech** – ask the person to speak. If his or her words are slurred or they are unable to speak, they might be having a stroke
- ▶ **T = Time** – if any of the above symptoms are present you must call 911 immediately in order to make sure that this person reaches the hospital FAST.

Signs and Symptoms of Diabetes

- ▶ Talk to your doctor if you're experiencing these symptoms
- ▶ Frequent trips to the bathroom
- ▶ Unquenchable thirst
- ▶ Losing weight without trying

COMMUNITY RESOURCES:

Here's a sampling of resources in your community that might be able to help you with things like clothing, housing, food stamps and more:

- ▶ www.massresources.org
- ▶ www.mass.gov/dta
- ▶ www.gettingfoodstamps.org/apply.htm
- ▶ www.mass211.org
- ▶ www.housingworks.net

For more resource listings, go to bmchp.org.

CARE MANAGEMENT

BMC HealthNet Plan is committed to giving you, our members, the information and tools you need to build and maintain a healthy lifestyle. Our Care Management program is free for members (adults and children) and their families and is just a phone call away.

Our Care Management program includes you, your health care providers, and us, working together for you to be healthy. BMC HealthNet Plan staff, including registered nurses, licensed social workers, and trained Care Management Specialists, will be in touch with you to check on your progress and help coordinate care with all necessary health care providers.

We also help you learn what benefits and community resources are available because we want to help you with more than just health care.

Check and see if you are eligible for this program by calling BMC HealthNet Plan's Care Management department at 1-866-853-5241.