



# August 2020

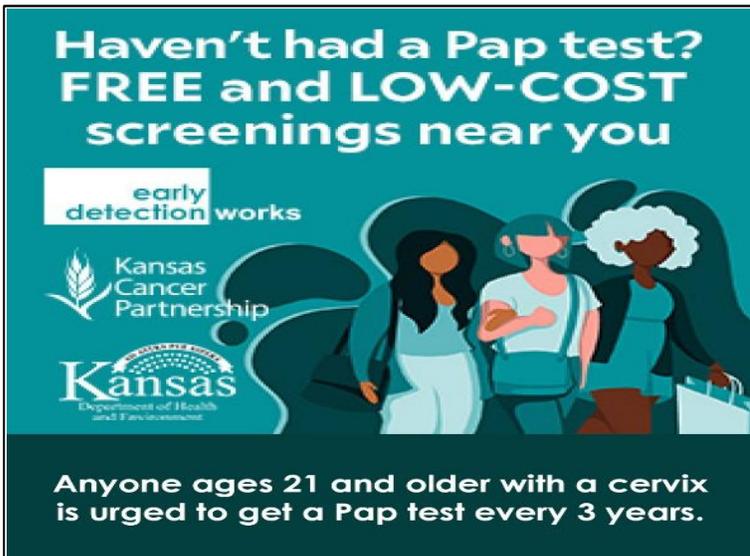
## REMINDERS

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#### **Upcoming Deadline: It'll Be Here Before You Know it!**

November 18th, 2020 is the deadline to earn HSA/HRA reward dollars. Don't miss out on rewards! Start earning today in your HealthQuest portal



**Haven't had a Pap test? FREE and LOW-COST screenings near you**

early detection works

Kansas Cancer Partnership

Kansas Department of Health and Senior Services

**Anyone ages 21 and older with a cervix is urged to get a Pap test every 3 years.**

### **NEW HealthQuest Portal REGISTRATION**

All members must register for the new 2020 HealthQuest Portal!

### **IMPORTANT REMINDER**

2020 HealthQuest requirement reduced from 40 to 20 credits!  
Click here for more details

### **IMPORTANT PROGRAM DEADLINES**

HSA/HRA Deadline  
**NOV 18<sup>th</sup>**

Premium Incentive Deadline  
**DEC 31<sup>st</sup>**

### **Questions?**

Call 1-888-275-1205, option 3, for questions regarding your HealthQuest portal.

For HSA/HRA inquiry's, and other HealthQuest questions, email [KDHE.Benefits@ks.gov](mailto:KDHE.Benefits@ks.gov)

# August Coaches Corner

Keep your respiratory system strong.

**T**he body's respiratory system is made up of organs and tissues that help us breathe. Keeping the system strong and healthy is important to our health and well-being, especially during the COVID-19 pandemic.

## Tips to improve your respiratory strength:

Breathing feeds oxygen to every cell in your body, and your lungs rely on you to be active in keeping them healthy and strong. There are many ways you can keep your lungs active, including:

- **Practice breathing techniques** regularly such as exhaling slowly and diaphragmic breathing
- **Watch your posture** by sitting tall and occasionally stretching your arms overhead to make more room for your lungs
- **Stay hydrated** by drinking water to thin out the mucosal lining in your lungs, which helps them function better

## Protect yourself and prevent the spread.

With communities starting to open back up, it is important to learn how to be as safe as possible when you leave your home. Protect your health and prevent the spread of COVID-19 by following these tips:

- **Wear a cloth face covering** to help prevent germs from traveling in the air onto other people
- **Practice social distancing**, and maintain 6 feet between yourself and others when out in public
- **Pay attention to your symptoms**, and avoid public outings for 14 days if you feel sick or show any signs of COVID-19
- **Wash your hands regularly** for at least 20 seconds with soap and water, or use sanitizer with at least 60% alcohol

**Interested in Health Coaching?** Sign up on the Appointments tab of the [HealthQuest portal](#) today!

Source: CDC.gov



## Respiratory Health Quick Tips



**Quit smoking** to reduce your risk of respiratory illness



**Breathe to relax** to calm your nerves and strengthen your lungs



**Exercise regularly** to strengthen your breathing muscles



# Protect Your Respiratory Health

The body's respiratory system is made up of organs and tissues that help us breathe. Keeping this system strong and healthy is important to our health and well-being, especially during the COVID-19 pandemic.

## Keep your respiratory system strong by following these tips:

- **Quit smoking** – smoking is the leading cause of lung cancer and may increase your risk of respiratory illness
- **Breathe to relax** – by practicing breathing techniques, you can calm your nerves, lower your blood pressure, and strengthen your lungs
- **Beat summer allergies** – try to reduce allergy triggers and be cautious about participating in outdoor activities when pollen counts are high
- **Exercise regularly** – regular exercise can help prevent breathing issues and strengthen your lungs and breathing muscles
- **Wear a mask** – wearing a cloth face covering is recommended during a pandemic to help prevent respiratory droplets from reaching other people

For more ideas on how to keep your respiratory health in check, schedule a free Health Coaching session on your [HealthQuest Portal](#).

Source: MayoClinic.org, CDC.gov

Questions? Contact HealthQuest at 1.888.275.1205, option 3, or [HealthQuest@Cerner.com](mailto:HealthQuest@Cerner.com).

## HealthQuest Health Center

### What is The Function of Pain?

by Mark Niebuhr, PT, BSPT, national director of physical therapy



We may experience pain due to chemical problems, mechanical problems, or a combination of both. Feeling pain is our body's way of sending us a message about what's going on. If we can identify the type of pain we're feeling, we can better understand the message and take the necessary next steps to improve our health.

**Chemical pain** is constant and always present. No position or movement will take the pain away completely. You can treat chemical pain with medications. For example, think of an infected tooth. The pain is constant until the infection is resolved.

**Mechanical pain** can be constant or, more commonly, intermittent. You can only resolve mechanical pain with mechanical means. An example of mechanical pain would be stretching your hamstring muscle. When enough force is generated, you will feel discomfort, and when you stop stretching, the discomfort goes away immediately.

Looking to prevent mechanical pain? Try these four strategies below:

1. **Moderation:** Consider moderation in your activities. Your body can tolerate limited amounts of increased activity better than sustained increased activities. Warm up before vigorous activities and take breaks as needed.

2. **Decrease stress on your body:** Decrease stress on your body by using better lifting techniques and body mechanics. Simply sitting with better posture can significantly reduce compression on your lower back. Always look for ways to limit the amount of stress you place on your body.
3. **Improve your strength, flexibility, and endurance:** By exercising regularly, you can increase your strength, endurance, and flexibility, thus increasing the amount of stress your body can handle. Consider a walking program, a group exercise class, or getting a membership to a local gym.
4. **Seek help if you are having pain or difficulty doing your regular activities:** If you are having pain or problems doing your normal work, home, and/or recreational activities, listen to your body. Visit your Marathon Health center to better understand what resources are available to you.

If abnormal tissue problems are assessed and treated early, often times your function can be improved and your pain resolved. Discuss any pain you might be experiencing with your Marathon Health provider and request more information about prevention strategies. **Don't let pain get in the way of doing the things you love!**

### HealthQuest Health Center

Address- 901 South Kanas Avenue, Topeka, KS 66612  
Phone- 785-783-4080  
Hours- Monday-Friday, 8am-5pm



## Building Stress-Free Moments in Our Days

by Denise Myers, MS, national director of behavioral health services



For many, days have felt extraordinarily taxing lately. Worrying about the health and safety of our loved ones, financial strains, and the future of our communities and our country are just a few of the weights burdening our shoulders.

Taking moments in our days to release the stress we carry is helpful and healthful. Letting go of worries, even if only for a few minutes, helps clear our minds and gives our bodies a break from the stress hormones continuously coursing through our circulatory systems.

Daily moments of “letting go” can be whatever you want them to be. Let’s explore a few together:

- Take a moment to look up from your keyboard and notice the beauty of the trees or the blue sky out your window.
- Stand up and do a forward fold, letting your arms dangle and consciously allowing stress to move out of your body.
- Read a favorite quote.
- Look at a photo on your desk and think of the love you feel for the people or place.
- Pet your dog, play with your cat, or interact with any other type of pet you may have.
- Take 10 deep breaths.

The moments can look any way you’d like them to. The important thing is to build an opportunity to release

stress every day. If you are interested in additional support, a behavioral health provider can help you develop ways to relieve the constant burden of tension and stress you may be experiencing. Please reach out to your Marathon Health center to learn what resources are available to help you create healthful, stress-free moments in your life.

## Incorporate This Tiny Fish for a Big Health Impact

by Wendy Petusevsky, registered dietitian

Looking to switch up your summertime backyard BBQ snacks? Sardines are an excellent source of vitamin B12 and selenium. They are also a good source of phosphorus, omega-3 fatty acids, protein, and vitamin D.

Consuming sardines may help lower your cholesterol and triglycerides levels. In general, we all should be consuming fish 2-3 times per week.

Sardines are named after Sardinia, the Italian island where large schools of these fish were once found. Sardines are at the bottom of the aquatic food chain, feeding solely on plankton and therefore do not contain heavy metals such as mercury.

**Here are five ways to incorporate sardines into your diet:**

1. Sprinkle lemon juice and olive oil on sardines for added flavor.
2. Combine sardines with chopped onion, chopped olives, and fennel.
3. Top sardines with diced tomato and basil.
4. Splash some balsamic vinegar on sardines for a nice zing.
5. Eat sardine salad in place of tuna salad for lunch.

Try it out for yourself – your body will thank you!

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[my.marathon-health.com](http://my.marathon-health.com)  
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