



# HealthQuest

Your path to wellness

# NOVEMBER 2019

## REMINDERS

### 2019 HealthQuest Program Checklist

Click [Here](#) for a list of activities you can earn HQ credits for.

### Click [Here](#) to See How Many Credits You've Earned

In the top navigation, go to the INCENTIVE SUMMARY tab and click on INCENTIVE SUMMARY. Make sure to scroll down to the bottom of the page to view your earned credits summary

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Biometric Screenings

### REGISTRATION OPEN!

Log into your HealthQuest Portal to find the best screening option for you!

# Learn relaxation techniques

Source: MayoClinic.org

*Try refocusing your attention and increasing your body awareness with these helpful relaxation techniques.*



**Autogenic relaxation.** Uses both visual imagery and body awareness to reduce stress.



**Progressive muscle relaxation.** Focuses on slowly tensing and then relaxing each muscle group.



**Visualization.** Requires you to form mental images in your mind that take you on a relaxing journey.

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EXPERIENCE COMING  
IN 2020!**



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

## HealthQuest Health Center

### Quitting Smoking: Start with Day One

You have heard it all before: the lectures, the guilt trips, the statistics (aka scare tactics), and the judgmental “don’t you know that smoking is bad for you?” You are told repeatedly about the horrible things that can happen to you if you continue to smoke. However, do they ever bother to explain what you can expect if you successfully kick the habit? What can you gain by snuffing out the cigarettes for good? Here are few of the benefits:

- Within minutes...
  - Circulation improves
  - Carbon monoxide levels drop in the blood
  - Pulse and blood pressure (elevated from tobacco) begin to return to normal
- Within 24 hours...
  - Risk of heart attack goes down
- Within days...
  - Sense of smell and taste begin to return
  - Breathing becomes easier
- After 10 years, the risk of dying from lung cancer is 30-50 percent less than someone who continues to smoke
- Between 10-15 years after quitting, the risk of premature death is almost as low as someone who has never smoked

The best part is, you don’t have to do it alone. When you commit to self-care, we at Marathon Health provide the coaching and resources to help you quit. All these positive outcomes are possible; all you have to do is **START**:

Set a quit date

Tell family and friends you are quitting

Anticipate challenges and temptations, especially during those first few weeks

Remove all tobacco products and accessories before your quit date

Talk with your Marathon Health provider about getting help to quit

Schedule a health coaching appointment at your Marathon Health center today. In the meantime, check out the [Smoking Cessation Program](#) on the [Marathon](#)



[eHealth Portal](#). We also encourage you to check out the incredible resources at [The Great American Smokeout®](#) and [smokefree.gov](#), which has a [texting program](#) that provides a daily dose of support and encouragement.

We know it can seem daunting, but remember, you don’t have to stop smoking in one day. Just start with day one.

### HealthQuest Health Center

901 S. Kansas Avenue

785-783-4080

8 AM to 5 PM Monday - Friday

**Marathon**  
*health*  
For life.

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



## Being Mindful

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

I recently heard an intriguing statement by a mindfulness speaker. She said, “You are not your thoughts. You are the one observing your thoughts.” As I digested this curious statement, I began to grasp a powerful realization.

As the observer of my thoughts, I can choose which thoughts I want to follow and which thoughts I want to dismiss. I am the container that holds my thoughts; I am not my thoughts themselves.

I used this new understanding when my child’s teacher said to me, “Your son is constantly running around the classroom. I can’t get him to sit still.” After hearing this statement from my son’s teacher, my mind generated all kinds of different thoughts: “I’m a bad parent; it’s my fault my child can’t sit still.” “The teacher doesn’t like my son.” “My son isn’t going to be successful in his life.” All these thoughts brought me feelings of discouragement and hopelessness.

What if, as the observer of my thoughts, I was able to watch these thoughts pass through my mind like clouds in the sky? If the thought, “I’m a bad parent; it’s my fault my child can’t sit still” was a cloud in the sky, I could choose to watch it float by in my mind, rather than allowing it to create negative feelings in my body. Letting this negative thought float by would give me a chance to reflect on my son as an energetic and curious person. This thought brings hopefulness to my mind and a cascade of positivity flows through me.

Mindfulness is the practice of training your brain to focus on what you want it to focus on. When I am mindful, I am able to focus my mind on the thoughts I want to hold. I am able to create a more habitable inner world that encourages my wellbeing and nurtures wisdom and promise.

The next time you have self-deprecating thoughts, such as “I’ll never find a good relationship,” “I’ll never get that promotion,” or “I’ll never be able to eat less sugar,” observe the feelings the thought generates in your mind and body. Ask yourself if these thoughts are supportive.

A behavioral health provider can work with you on developing the skill of mindfulness and dismissing negative thoughts. Reach out to your Marathon Health center to learn what behavioral health services are available to you.

## Increasing Awareness Around Diabetes

### Are You at Risk for Type 2 Diabetes?

November is [American Diabetes Month](#), making it a great time to be screened for diabetes or to re-engage in your own self-care and treatment if you have type 1 or type 2 diabetes.

For those of you thinking this doesn’t apply to you, consider this. Just because you haven’t been diagnosed doesn’t mean you’re not at risk of developing diabetes or it hasn’t gone undetected.

Whether or not you are familiar with diabetes, it is important to recognize that diabetes is serious. If left undiagnosed or untreated, diabetes can damage your eyes, nerves, and kidneys. What’s more, diabetes increases your risk of heart attack and stroke.

### What Can You Do?

The first step is to get a screening, which is as simple as setting up an appointment at your Marathon Health center. For most people, this will require a blood test be performed. You’ll get your results in one or two days. Regardless of your results, the next step will be to speak with your clinician.

Treatment and prevention can look similar: losing weight, changing your diet, and getting exercise are all important (Not a big surprise, right?). Taking steps to improve in these three areas can have a direct, measurable effect if you have prediabetes or diabetes. If you are diagnosed with diabetes, lifestyle changes are the most important part of managing diabetes. Insulin and medication may be necessary and can assist in helping you to stay healthy.

If you have any questions about diabetes screenings or your risk for diabetes, contact your Marathon Health center staff or visit the American Diabetes Association website at [diabetes.org](https://diabetes.org).





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## Bringing Cheer to the Holidays

Too often, the holidays are a source of stress rather than what they're meant to be: a chance to share the festive season with family and friends. That can be especially true during years in which we've faced more than our share of hardships, challenges and difficulties. To help put past troubles behind and to help look forward to a prosperous new year, here are some tips for getting more cheer out of your holidays:

**Don't be perfect; be you.** Set realistic expectations for yourself. Keep your plans and activities simple.

**Pace yourself.** Thanksgiving, Hanukkah, Christmas and New Year's can all be busy times. Remember, the season lasts for weeks. Get organized, and break your preparations into small steps.

**Budget wisely.** It is easy to buy on credit and ignore the bills until after the holidays. Set your limit ahead of time.

**Get into the spirit.** Deck the halls. Decorate the yard. Too often adults miss out on the simple pleasures of celebrating the holidays.

**Take time out for yourself.** Unwind and pamper yourself with a break from the action. Try relaxation techniques, meditation and deep-breathing exercises.

**Embrace family.** Look forward to reuniting with relatives this holiday. Cherish the time you spend with your loved ones, and make an effort to be as relaxed, positive and cheerful as you can.

**Celebrate safely.** Give your body a gift this year by treating it with respect. Try not to overindulge in sweets and goodies. Know your limits when it comes to alcohol.

**Make New Year's resolutions.** Setting goals challenges us to aim for higher fulfillment and self-improvement as we look forward to a new year.

For more tips on keeping the holidays healthy and happy at work and at home, consult the [Holiday Resource Guide](#) on [guidanceresources.com](http://guidanceresources.com).

## Here when you need us.

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## Q What foods affect my LDL (low-density lipoprotein) also known as the “bad” cholesterol?

**Answer:** You'll want to limit the following foods to help lower your LDL:

- Alcohol
- Animal products
- Butter
- Cakes
- Cheese
- Eggs
- Fried food
- Ice cream
- Processed meats
- Red meat
- Skin of the chicken

For specific examples and changes, you can also schedule a Health Coaching appointment.

## Q How much water should I drink in a day?

**Answer:** Eight 8-ounce glasses, which is equivalent to about 2 liters, or half a gallon. This is called the 8x8 rule. It's easy to remember and is a great starting



point for people. If you use a 20 ounce water bottle for example, try to fill your bottle up at least 3 times per day.

## Q How do I increase my HDL?

**Answer:** It's great that you want to increase your high-density lipoprotein (HDL)! So what is HDL? HDL is referred to as “good” cholesterol because it picks up excess cholesterol from your bloodstream and



delivers it to the liver. The liver then flushes it from the body. High levels of HDL cholesterol can lower your risk for heart disease and stroke. Optimally, your HDL levels should be around 60 mg/dL.

The main ways you can help increase your HDL include some dietary changes and an active exercise routine. You'll want to include fiber-rich foods, lean meats, salmon, cod, trout, avocados, walnuts, pumpkin seeds, and cut back on portions

of carbohydrates and sugars.

You'll also want to increase your active lifestyle. The rule of thumb is a minimum of 150 minutes a week of moderate to vigorous exercise (hiking, strength training, swimming, etc.).



Working on dietary changes and your exercise routine consistently will help you increase your HDL over time. Schedule a Health Coaching appointment to learn more.

Source: CDC.gov

## Coaching Team



David Bromberg  
Trainer



Kayla Graves  
Dietitian



Janell Nease  
Registered Nurse



Shirla  
Ransom-Hendricks  
Registered Nurse



Amy Torres  
Registered Nurse