

May 2020

REMINDERS

May Newsletter

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Biometric Screening Event Registration Now Open!

Log in to your [HealthQuest Portal](#) to find the best screening options for you!

Several steps are being taken to ensure health and safety during these events, including:

- Screeners wear safety glasses, masks and gloves **at all times**
- Screening area is sanitized with antibacterial wipes prior to and in between participants
- Screeners undergo symptom, temperature and digital monitoring prior to each screening day (digital monitoring)
- Reduced/limited use of “greeters” – no use of clipboards, shared pens or other shared materials. Consent form will be collected at screening station
- Screening stations are positioned a minimum of 6ft apart
- Adequate space to allow for proper social distancing of attendees before and after screening appointment

Last Chance: Apply for Naturally Slim!

Apply by May 15th, 2020 to learn skills to help you reach a healthy weight, relieve stress, manage anxiety, and focus on self-care. Click [here](#) to apply and learn more.

NEW HealthQuest Portal REGISTRATION

All members must register for the new 2020 HealthQuest Portal!

Support: 1-888-275-1205, option 3

Upcoming Challenge: Summer's Coming! Keep Calm and Sweat On!

Register yourself for this 5-week Challenge to complete 30 minutes of physical activity 5x/week for 5 weeks.

Sign up by May 25th to participate.

Challenge length May 11th-June 19th

further challenge information and registration can be found on the [HealthQuest portal](#).

IMPORTANT PROGRAM DEADLINES

HSA/HRA Deadline

NOV 18th

Premium Incentive Deadline

DEC 31st

Click link to access the member portal

[HealthQuest Portal Member Login](#)



Keep Calm and Sweat On

With gyms closed and everyone practicing social distancing at home, it might be hard to keep up with your physical fitness. Here are some tips on how to continue your fitness routine during the pandemic.

Staying active at home

- Watch workout videos online; many gyms and organizations are offering free streaming or on-demand fitness options
- Go for a walk, run, or bike ride in your neighborhood, but always maintain a 6-foot distance from your neighbors
- If you are working at home, try standing at your desk, walking during conference calls, or sneaking in 10-minute workouts throughout your day

Playing outside (the smart way)

- Always wear a cloth face covering as well as keep a 6-foot distance from other people anytime you are in a busy public space like a park
- Check for closures or restrictions before you go to any parks
- Don't touch any of the playground equipment

For more ideas on how to keep your workout routine going, schedule a free Health Coaching session on your HealthQuest Portal.

Source: Health.gov, MayoClinic.org, WebMD.com

Questions? Contact HealthQuest at 1.888.275.1205, option 3, or HealthQuest@Cerner.com.



Stay Calm and Sweat On

Don't miss out on exercising while the gym is closed! Follow these tips to stay fit while at home:



Run, walk, or jog around the neighborhood



Exercise with free workout videos available online



Use household materials like cans for weights



Schedule a video call and workout with friends

Source: WebMD.com, MayoClinic.org

Questions? Contact HealthQuest at 1.888.275.1205, option 3, or HealthQuest@Cerner.com.

May

Coaches Corner

Working toward a stronger you

At least 150 minutes of moderate physical activity is recommended each week for adults. Learn how to start building a healthy fitness routine with these answers below!

What kind of physical activity is found in my lifestyle?

- **Sedentary (under 5,000 steps a day)**
Daily activities like yardwork or walking the dog and moderate exercise like lifting weights.
- **Active (over 10,000 steps per day)**
Intense physical activities like weightlifting, running, hiking, bike riding, or practicing yoga/pilates.
- Remember, your goal is to **INCREASE** your physical activity from your regular lifestyle to make a difference!

What if I can't find time for 150 minutes of exercise per week?

- **Increase the duration** of your workout by 10-20 minutes every 2 weeks.
- **Increase the intensity** of your exercise if you are not able to dedicate more than 150 minutes a week.

What type of exercise should I perform throughout the week?

- **Total body strength training** 2 times a week for at least 20 minutes.
- **Cardiovascular** 2-3 times a week with at least one 20-minute session a week.
- **Flexibility** 1 time per week for 10-15 minutes.

Sources: Health.gov



Exercise Options



Strength
Weightlifting, calisthenics, high intensity interval training (HIIT)



Cardiovascular
Running, walking, biking, elliptical, hiking



Flexibility
Yoga, pilates, tai chi, stretching

HealthQuest

Show Your Skin Some Love

by Mary Alice Keator, MS, health coach training specialist



May is Melanoma Awareness Month, a national effort to increase awareness about a disease that affects people of every age, gender, and ethnicity.

Melanoma is a cancer of pigment-producing cells called melanocytes. These cells give each of us our unique skin color. Most melanomas originate on skin that is exposed to the sun, though they can also develop in other parts of the body containing melanocytes. It is thought that 90 percent of all melanomas are the result of ultraviolet radiation from sun or tanning bed exposure.

What can you do to prevent melanoma?

- Prevent sunburn or tanning intentionally – no tan is a safe tan.
- Seek shade during peak times of the day.
- Wear sun-protective clothing and hats.
- Generously apply sunscreen. Remember to reapply every two hours.
- Use extra caution near water, snow, and sand. They reflect sunlight back up from the ground.

Melanoma is the deadliest of skin cancers. The ability to spread widely to other parts of the body is a unique characteristic of melanoma compared to other common skin cancers. Estimates show that 1 in 27 men and 1 in 40 women will develop an invasive melanoma in their lifetime. Rates of melanoma are rising rapidly, especially in younger people.

But not to worry! When caught early, melanoma is highly curable. While treatments for late-stage

melanoma are improving rapidly, prevention and early detection are still the best treatment options.

Melanomas can vary greatly in how they look.

A few tips:

- Often, the first sign of melanoma is a change in the shape, color, size, or feel of an existing mole.
- Melanomas may also appear as a new mole or a rapidly enlarging bump.
- If you notice a change on your skin, see your provider as soon as possible.

To learn how to [perform a skin self-evaluation](#), or for extra information about melanoma, log on to the [Marathon eHealth Portal](#). If you have questions you'd like to discuss with a professional, the portal also provides private, secure messaging with your Marathon Health clinician!

Sources: Melanoma Research Alliance and AIM at Melanoma Foundation

Understanding Your Blood Pressure

by Tori Homeier, BSN, RN health coach

Blood pressure (BP) is a measure of how hard blood pushes against the walls of your arteries. It is typically written as a fraction, such as 120/80 and is pronounced as "120 over 80." Let's break down exactly what those numbers mean!

Systolic is the top number, which measures the pressure when the heart actively pumps blood.

Diastolic is the bottom number, which measures the artery pressure in between beats, while the heart is relaxed.

What is a normal blood pressure?

Depending on your age and health concerns, these are the general guidelines surrounding blood pressure:

- Normal BP is when the systolic pressure is 120 or less and the diastolic pressure is 80 or less.



- Elevated BP occurs when the systolic pressure is between 120 and 140 and the diastolic pressure is between 80 and 90.
- High BP, otherwise known as Hypertension, is diagnosed if the systolic pressure is consistently above 140 and the diastolic pressure is above 90 over a period of time.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	< 120	and	< 80
ELEVATED	120 – 129	and	< 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
IMMEDIATE CONCERN!	HIGHER THAN 180	and/or	HIGHER THAN 120

Since hypertension often doesn't result in physical symptoms, what is the danger?

The walls of the blood vessels are being constantly damaged by the blood being forced against them. This raises the risk of heart attack, stroke, kidney failure, and other health problems.

How can you lower your blood pressure?

- Cut back on salt – remove the salt shaker from your table or countertop and you'll be less likely to reach for it!
- Quit smoking – your Marathon Health provider can work with you to take the first steps towards quitting.
- Maintain a healthy weight.
- Eat a **DASH** diet – Dietary Approaches to Stop Hypertension. This entails including more fruits, vegetables, whole grains, and low-fat dairy into your diet.
- Limit alcohol intake.
- Try to exercise for at least 30 minutes a day. Exercise activities could be taking the stairs rather than the elevator, walking or biking to work, or taking a lunchtime walk.

If lifestyle changes don't successfully lower your BP, medication may be needed.

For more specific information about managing your blood pressure, contact your Marathon Health provider to discuss next steps. Call your Marathon Health center, visit my.marathon-health.com, or use the [Marathon Health app](#).

“Always together, never apart – maybe in distance, but never in heart”

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

Over these unfamiliar days and weeks, I have noticed that my spirits are lifted by two things; having structure in my day and supporting others.

You can build meaningful structure in your day by creating a daily framework. Each day, try to commit to doing:

- something for your spirit.
- something for your mind.
- something for your body.
- something for someone else.

In regard to self-care, I challenge you to start each morning by setting your intention for the day. Ask yourself, “What will I do for my mind today? What will I do for my spirit today? What will I do for my physical self today?”

Try writing down your intentions for the day in a journal. Contact loved ones, friends, or colleagues who struggle to manage their worries and offer your support by sharing what you're doing to fulfill your own daily framework.

Looking for new or creative ways to achieve the above goals? Reach out to your Marathon Health provider for guidance by calling them or secure messaging them through the [Marathon eHealth Portal](#).

HealthQuest Health Center

901 S. Kansas Avenue, Topeka, KS
785-783-4080
8am-5pm, Monday-Friday



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May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 	2
3	4	5 	6	7 Adults need to exercise 150 minutes a week or for 30 minutes, 5 days a week.	8	9
10  Mother's Day	11	12	13 Host video workout sessions with friends or stream group workouts online in your home.	14	15 Wear a cloth face covering and maintain a 6-foot distance from everyone when outside.	16
17	18	19 Use canned goods or your body weight if you don't have exercise equipment at home.	20	21	22	23
24	25  Memorial Day	26	27	28 Gardening and chores are also great ways to stay active at home.	29	30 
31						



Support During the COVID-19 Crisis

Coping with a crisis like the COVID-19 coronavirus outbreak is never easy. Remember, though, that you are not alone. Your GuidanceResources program offers 24/7 support and tools to keep you and your family strong and healthy throughout this ever-changing crisis. Call toll-free or go online to speak with a GuidanceConsultantSM who will listen to your concerns and refer you to resources in your community or to a GuidanceResources Specialist to address your issues.

Information and Tools

Your GuidanceResources program also offers tools and resources to keep you informed, healthy and resilient throughout the COVID-19 crisis.

GuidanceResources Online

Log on to access our COVID-19 Coronavirus resource center.

Check these resources regularly for updates.

Here when you need us.

Call: 888.275.1205, Option 1

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: SOKEAP

Call anytime for concerns such as:

- Anxiety about COVID-19
- Dealing with self-isolation
- Delaying loan and mortgage payments
- Landlord and tenant issues
- Locating rental assistance and food pantries

COVID-19 Coronavirus Toolkit:

https://bit.ly/COVID-19_Digital-Toolkit