



Wellness Newsletter

March: Preventive Care

Amerihealth covers at 100% one annual check up with your doctor each year

WHY PREVENTIVE CARE IS IMPORTANT

Issue: March 5, 2014

What's Happening?

The traditional health care system historically has focused on expensive cures for illness and disease rather than *focusing on effective prevention.*

The result is a national health crisis in which more than 1.7 million Americans die each year from chronic diseases.

And chronic illnesses account for nearly 80% of health care costs for consumers,

employers and government payers.

Five diseases cause the majority of all US deaths annually - heart disease, cancer, stroke, COPD and diabetes.

Although chronic diseases are among the most common and costly of all health problems, *they are also the most preventable.*

It is important to see your Health Care Provider regularly, ask

questions, and follow their advice to maintain optimum health.

Here are a few examples of primary health prevention:

- 1) Maintain a health weight.
- 2) Consume a healthy diet full of fresh fruits, veggies & whole grains.
- 3) Stay active and exercise regularly.
- 4) Don't smoke!
- 5) Limit alcohol consumption.
- 6) Avoid direct sun and use sunscreen.
- 7) Drive safely & wear your seat belt.

(source: US Preventive Medicine)
LETS GET HEALTHY !

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**HEALTHY EATING SERIES RESUMES** on March 19th at the **RUTGERS EXTENSION CENTER** with **CROCK POT MEALS** Advance registration is required: [cmcwellness.org](http://cmcwellness.org)

The "**RACE ACROSS AMERICA**" CONTEST at the WC continues through this month. Earn points for your WC gym workouts and Wellness program class participation. Log your activity and watch your pin move across the map. Finalists will be entered into a prize raffle.

**Health Tip:** Swap red meat for fish, seafood, skinless poultry, or legumes for a heart friendly protein choice.

**HEALTH ADVOCATE** is your no-cost insurance benefit resource for assistance with resolving healthcare related issues for you and your family members. Contact a Rep at: 866-695-8622 or visit: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)



- On-going WC Classes:**
- \* 30 minute Boot Camp M/W/F at 12:15
  - \* Yoga at 5 pm every Wed starting 3/12
  - \* Tai Chi/MBSR every Wed at 12:10

(Left: Bill leads a fun group T-25 class)

"Cheerfulness is the best promoter of health and is as friendly to the mind as to the body." Joseph Addison

**H.R. NEWS** - Personal problems, life events, & managing the rigors of daily life can affect your health & family. To help prevent these issues from mounting, the County offers an employee assistance program through **Guidance Resources**. This program offers **FREE** confidential support, resources & information to you and your dependents. For more info please contact Human Resources at 465-1060.

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Visit the Wellness Website at:  
[www.CMCWellness.org](http://www.CMCWellness.org)  
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