

Road to WELLNESS

Embrace better health.®

FEBRUARY IS HEART MONTH



Million Hearts® is a national effort to prevent one million heart attacks and strokes in the United States by 2017. This month, the Centers for Disease Control and Prevention (CDC) and Million Hearts® are encouraging Americans to know their blood pressure, and if it's high, make their goal to control it.

Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are four times more likely to die from a stroke and three times more likely to die from heart disease, compared to those with normal blood pressure. High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and drugstores or even check it yourself at home, using a home blood pressure monitor.

IT'S NOT TOO LATE TO GET YOUR FLU SHOT

The flu season usually peaks in February with the highest number of cases reported during that time frame. The good news is that it's still not too late to get your flu shot to protect yourselves and your loved ones from the flu and/or pneumonia. The Centers for Disease Control (CDC) recommends everyone six months of age or older get an annual flu shot. Older adults and people with chronic conditions, especially those over the age of 65, should also consider getting vaccinated against pneumonia. It's easy to get your free flu shot. Just go to your physician's office, local pharmacies including CVS®, Publix®, Walgreens and many others. For more information, visit <http://www.cdc.gov/flu/>.

MAKE CONTROL YOUR GOAL

If you know you have high blood pressure, take these steps to help get it under control:

1. Ask your doctor what your blood pressure should be. Set a goal to lower your pressure with your doctor and talk about how you can reach your goal. Work with your healthcare team to make sure you meet that goal. Track your blood pressure over time. One way to do that is with a free wallet card from Million Hearts®.
2. Take your blood pressure medicine as directed. Set a timer on your phone to remember to take your medicine at the same time each day. If you are having trouble taking your medicines on time or paying for your medicines, or if you are having side effects, ask your doctor for help.
3. Quit smoking—and if you don't smoke, don't start. You can find tips and resources at CDC's Smoking and Tobacco website.
4. Reduce sodium intake. Most Americans consume too much sodium, which can raise blood pressure. Read about ways to reduce your sodium and visit the Million Hearts® Healthy Eating & Lifestyle Resource Center for heart-healthy, lower-sodium recipes, meal plans, and helpful articles.

Source: <http://www.cdc.gov/features/heartmonth/>

NATIONAL WEAR RED DAY



Raises awareness of the "heart truth" that heart disease is the leading cause of death for women. Every February, we celebrate National Wear Red Day to encourage women to lower their risk of cardiac disease. Join us by wearing your favorite red dress, shirt, or tie to remind women to protect

their health this month and all year long! To learn more, visit <http://www.nhlbi.nih.gov/health/educational/hearttruth/events/wear-red.htm>

PREVENTIVE CARE WE'VE GOT YOU COVERED

Did you know that you're covered at 100 percent – that means no copays, no cost sharing, and no coinsurance – for preventive services when you get them from within a participating network? Services include, but are not limited to:

- Well-woman exam, including Pap smears
- Annual physical examinations
- Well-child care and immunizations
- Colorectal cancer screening, including colonoscopies
- Mammograms
- Blood pressure, diabetes and cholesterol testing
- Obesity screenings
- Counseling on quitting smoking
- Osteoporosis screening
- Depression screening
- Tests to screen for HIV and other sexually transmitted disease

For a complete list of covered preventive care services or questions about what screenings you are due to receive, please visit **AvMed.org**. (In this area, you'll also find Clinical Guidelines for care.) For assistance, simply call AvMed's Member Engagement Center at the number listed on your AvMed Member ID Card.

FEBRUARY EVENTS

Date	Time	Location	Event	Description
February 6	10 am	Seawalk Pavilion; 75 1st St. N., Jacksonville Beach, Fla. 32250	Chariots of Fur - 5K and 1-mile Fun Run	Annual fundraising event that benefits St. Francis Animal Hospital. http://www.itsyourrace.com/event.aspx?id=193
February 7	8 am	3500 Pinellas Bay Way, Ft. De Soto Park (North Beach) Tierra Verde, Fla. 33715	Chilly Willy Duathlon	5K run, 10 mile bike, then another 5K run! http://marathons.ahotu.com/event/spring-hill-marathon-mania#event
February 13	7 am	Prime F. Osborn III Convention Center, 1000 Water St., Jacksonville, Fla. 32204	Fort Lauderdale A1A Marathon & Half Marathon	2016 5K & Family Fun Run http://breastcancermarathon.com/marathon-weekend/5k-family-run/
February 14	7:30 am	THE PLAYERS Parking Lot off ATP Tour Boulevard in Ponte Vedra Beach, Fla.	The 26.2 Donna National Marathon	Marathon and Half Marathon http://breastcancermarathon.com/marathon-weekend/marathon-and-half-marathon/
February 14	8 am	1100 Seabreeze Blvd., Ft. Lauderdale, Fla. 33316	Fort Lauderdale A1A Marathon & Half Marathon	The best views of the Atlantic Ocean of any marathon course! http://www.active.com/ft-lauderdale-fl/running/distance-running-races/publix-fort-lauderdale-a1a-marathon-and-half-marathon-2016?int=26-400
February 18-21	Varying start times	Walt Disney World Resort Lake Buena Vista, Fla. 32830	Disney Princess Half Marathon Weekend	A weekend of majestic runs in the most magical place on earth! http://www.active.com/lake-buena-vista-fl/running/distance-running-races/disney-princess-half-marathon-weekend-2016?int=
February 21	7 am	Hull Road and SW 34th St., On UF Campus, Gainesville, Fla.	Five Points of Life Marathon	The Five Points of Life raises awareness of the need for lifesaving donations. http://www.fivepointsoflife.com/race/registration/
February 28	7:30 am	Oleta River State Park, 3400 North East 163rd St., North Miami Beach, Fla. 33160	Down2Earth Trail Run	5K and 10K Trail Run http://worksmartplayharder.com/

A Wellness Newsletter for AvMed Members



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