



## Importance of Annual Preventive Exams

Preventive care is the care you receive when you are feeling well. These scheduled visits give you an opportunity to talk with your health care provider and can be helpful in keeping your health on track and detecting any new health problems early when they are most easily treated.

### What is included in a preventive exam?

A preventive exam is an annual exam completed by your primary health care provider and could include laboratory testing, radiology testing and vaccination administration depending on your age, gender, health history and lifestyle choices.

### How do I prepare for an annual exam?

Being prepared is helpful when preparing for your annual exam. Try to have as much of this information as you can ready for your health care provider to review.

- ✓ **Family health history** – include how they are related and what they were diagnosed with.
- ✓ **Up-to-date medication list** – remember to include vitamins and supplements.
- ✓ **Up-to-date allergy list** - remember to include medication and food.
- ✓ **List of all health issues**, past and present.
- ✓ **Questions and concerns** – remember to ask if there are any preventive tests or vaccinations you are due for.

MCHCP medical plan benefits cover preventive services at 100% (regardless of your plan type or whether you have met your deductible) so long as it is supplied by a network provider, is billed as routine (without indication of injury or illness) and meets preventive service guidelines. Visit [www.MCHCP.org](http://www.MCHCP.org) for more information.

Sources: *Anthem.com* handout – Prepare for your next appointment.  
*CDC.gov* Are You Up to Date on Your Preventive Care? | Chronic Disease | CDC



## January: Winter Wellness and Safety

Prevention really is the best medicine for staying healthy all winter long. Follow these tips and give the gift of health to yourself and those around you this holiday season.



### Wash your hands with soap and water.

Maintaining clean hands is one of the most important steps you can take to avoid getting sick and spreading germs.



### Stay warm.

Dress warmly in layers of loose-fitting clothing.



### Manage stress and get enough sleep.

Balance work, home and play. Don't over commit and make sure to get enough sleep.



### Prevent injuries.

Keep yourself and those around you safe by taking precautions to prevent falls, keep candles and small items out of the reach of children and maintain smoke and carbon monoxide detectors in your home.



### Eat healthy and stay active.

Remember to maintain a healthy diet and add some movement into your daily routine even when you are celebrating with family and friends.

Source - 8 CDC Health Tips for a Safe and Healthy Holiday | CDC Online Newsroom | CDC



## February: Heart Health-Blood Pressure

**Blood pressure is the amount of pressure the force of blood puts against the arteries when the heart beats and rests.**

The top number, or systolic, should be the higher of the two numbers and measures the pressure in the arteries when the heart beats. The bottom number, or diastolic, should be the lower of the two numbers and measures the pressure in the arteries between beats.

High blood pressure, or hypertension, is often called the silent killer because many times there are no warning signs. Hypertension increases your risk for stroke, heart disease, vision loss and many other serious conditions.

It's never too late to take control of your blood pressure. Make an appointment with your primary care provider today. Familiarize yourself with your numbers and what you can do to lower them.

**Your heart will thank you!**

*Sources:*

*Understanding Blood Pressure Readings | American Heart Association*

*What is High Blood Pressure? | American Heart Association*

*Health Threats from High Blood Pressure | American Heart Association*



## March: National Nutrition Month- Learn to Cook at Home

Home cooking is good for your diet and your budget, but it can be hard to get started. Here are a few tips to help with basic cooking skills.



### Get a cookbook.

There are lots of online recipes; however, a cookbook eliminates the need to keep touching your phone and scrolling back and forth. Plus, you can make your own notes in the margins for next time.



### Reduce food waste.

Skip the prepping and chopping and buy frozen or canned produce. These items have a longer shelf life so less goes to waste.



### Cook with beans or grains.

These can be purchased for a low cost and can be used in a variety of different recipes.



### Perfect Pasta.

Pasta is easy to overcook. Boil your water, add pasta and refer to the package for cook time. When the time is up, immediately drain the pasta.



### Roast meat and vegetables.

You can cook meat and vegetables in the oven on a sheet pan for a quick meal. Place the empty pan in the oven while it preheats to shorten the cooking time.



### Master microwaving.

Most people should eat more fish, but it can be intimidating to cook. For great results and to prevent overcooking, cook fish in the microwave. Be sure to cover the fish and make sure it reaches a minimum internal temperature of 145 degrees F.



### Experiment with eggs.

Eggs are still one of the cheapest, high-quality protein sources. Experiment with hard-boiling, frying, scrambling and microwaving.



### Slow cook like a pro.

Slow cookers usually come with a recipe book and turn out products that are cooked perfectly.

Source: <https://www.eatright.org/food/food-preparation/cooking-tips/learn-to-cook-at-home>

# Recipe: Salmon Patties

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 6

## Ingredients

1 large egg

1 (15-ounce) can salmon drained

½ cup Italian breadcrumbs

¼ cup nonfat plain Greek yogurt

2 teaspoons Dijon mustard

1 teaspoon vinegar

1 teaspoon onion powder

1 teaspoon garlic powder

¼ teaspoon cayenne pepper

1 tablespoon olive oil for cooking



## Instructions:

1. In the bottom of a large mixing bowl, lightly beat the egg. Add the drained salmon to the bowl. Add the breadcrumbs, Greek yogurt, Dijon mustard, vinegar, onion powder, garlic powder and cayenne. With a fork, lightly mix to combine.
2. Scoop the mixture by 1/3 cup and shape into 6 patties that are about a 1/2 inch thick.
3. In a large skillet, heat 1 tablespoon of oil over medium heat.
4. Brown the patties on both sides, until the outsides are browned and the patties are cooked through, about 5 to 6 minutes total.

Calories: 160, Total Fat: 7g, Protein: 17g, Carbohydrates: 7g

Recipe from: <https://www.wellplated.com/salmon-patty-recipe/#wprm-recipe-container-38682>