

Weekly Safety Topic

(October 2023)

Staying Healthy

Did you know that 70% of diseases are preventable with a healthy lifestyle? Think about how your lifestyle influences your health. Do you know how healthy you really are? Are you at risk of developing diseases or conditions you could prevent or delay? One of the best habits you can form is taking care of yourself. Sure, exercising regularly and eating well are critical—but so is getting proper **PREVENTIVE** care.

PREVENTIVE screenings can identify potential issues early when they are easier and less expensive to treat. Talk with your doctor about what makes sense for you based on lifestyle and family history. Many **PREVENTIVE** screenings are now fully covered by health plans; screenings can be free to you and your covered dependents. **PREVENTIVE** care is truly invaluable and, in some cases, helps identify conditions early to prevent long-term illness or disease. Hopefully, all of you have taken advantage and enrolled in the medical plan that is offered for employees in the corporate office. Take a minute to think about how you use your benefits.

Then, consider these things you can do to use your benefits more wisely:

- Schedule a wellness exam for you and your covered dependents.
- Know if your provider is in-network. In-network providers have agreed to charge discounted rates for their services. Seeing out-of-network providers can cost you more for the same quality of service.
- If you take a brand-name medication, ask your medical provider if a generic will provide the same results for you. Generic drugs are equal in strength, purity, and quality to their brand-name counterparts—and they cost less! Talk with your doctor to be sure you understand your options.
- Have a non-emergency but need care now? Go to an urgent care center instead of the emergency room. Typically, you pay less and spend less time in the waiting room.

We schedule our work calendars, our children's hobbies, and school events. But when was the last time you scheduled an annual physical for yourself and your covered dependents? Your **PREVENTIVE** care should be an annual date on your personal calendar. It is important that you know what tests, evaluations, exams, and immunizations you need to utilize this important benefit offered under your health plan. The best health care is **PREVENTIVE**. It is like changing the oil in your car or wearing a helmet when you play baseball; it protects you. Everyone between the ages of 18 to 65+ should get an annual physical exam, an eye and ear exam every 2-4 years after age 39 and annually after age 60, a dental exam twice a year, and a skin exam every 2 years.

Get to the Doctor

When you are experiencing a medical problem, having pain for unknown reasons, feeling tired or fatigued without a reason, having difficulty doing things we normally do with ease, or having other symptoms which you cannot explain, get to the doctor. Your health and future could depend on it. Do not wait and see if it gets better or try some over-the-counter medications that TV says will cure all your problems. Your health and your future are under your control, but seeing a physician promptly in many situations may save your life!