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Coordinators' Bulletin January 2020



## Checkup Checklist

Getting checkups is one of many things you can do to help stay healthy and prevent disease and disability. You've made the appointment to see your health care provider. You've reviewed the instructions on how to prepare for certain tests. You've done the usual paperwork. You're done, right? Not quite. Before your next checkup, make sure you do these four things:

**1. Review your family health history.** Are there any new conditions or diseases that have occurred in your close relatives since your last visit? If so, let your health care provider know. Family history might influence your risk of developing heart disease, stroke, diabetes or cancer. Your provider will assess your risk of disease based on your family history and other factors. Your provider may also recommend things you can do to help prevent disease, such as exercising more, changing your diet or using screening tests to help detect disease early.

**2. Find out if you are due for any general screenings or vaccinations.**

Have you had the recommended screening tests based on your age, general health, family history and lifestyle? Check with your health care provider to see if it's time for any vaccinations, follow-up exams or tests. For example, it might be time for you to get a Pap test, mammogram, prostate cancer screening, colon cancer screening, sexually transmitted disease screening, blood pressure check, tetanus shot or eye check.

**3. Write down a list of issues and questions to take with you.** Review any existing health problems and note any changes.

- a. Have you noticed any body changes, including lumps or skin changes?
- b. Are you having pain, dizziness, fatigue, problems with urine or stool, or menstrual cycle changes?
- c. Have your eating habits changed?
- d. Are you experiencing depression, anxiety, trauma, distress or sleeping problems?

If so, note when the change began, how it's different from before and any other observation that you think might be helpful.

Be honest with your provider. If you haven't been taking your medication as directed, exercising as much or anything else, say so. You may be at risk for certain diseases and conditions because of how you live, work and play. Your provider develops a plan based partly on what you say you do. Help ensure that you get the best guidance by providing the most up-to-date and accurate information about you.

Be sure to write your questions down beforehand. Once you're in the office or exam room, it can be hard to remember everything you want to know. Leave room between questions to write down your provider's answers.

**4. Consider your future.** Are there specific health issues that need addressing concerning your future? Are you thinking about having infertility treatment, losing weight, or quitting smoking? Discuss any issues with your provider so that you can make better decisions regarding your health and safety.

**Danielle offers a great class called, "Family Health Tree" that can help employees identify health issues that can may need to be discussed with their doctors. Contact her at [dyale@memun.org](mailto:dyale@memun.org) to schedule it today!**

Source: Anthem EAP

## Ice Thickness Safety Chart Know When it's Safe to be on the Ice

Before you head out to the local pond for some skating or ice fishing, check out this ice thickness chart to determine if it's safe! Always be cautious. If you are unsure if the ice is safe, don't take your chances!

It may also be a good idea to check with a local expert about ice safety. Bait shops or lakeside businesses may know about the ice conditions. Always be safe and don't put yourself or others at risk. Stay safe this winter!

www.almanac.com

### Safe Ice Thickness\*

Ice Thickness	Permissible Load	Ice Thickness	Permissible Load
3 inches .....	Single person on foot	12 inches .....	Heavy truck (8-ton gross)
4 inches .....	Group in single file	15 inches .....	10 tons
7½ inches .....	Passenger car (2-ton gross)	20 inches .....	25 tons
8 inches .....	Light truck (2½-ton gross)	30 inches .....	70 tons
10 inches .....	Medium truck (3½-ton gross)	36 inches .....	110 tons

\*Solid, clear, blue/black pond and lake ice

Slush ice has only half the strength of blue ice. The strength value of river ice is 15 percent less.



## Prevent Diabetes and Change Your Life

The Prevent T2 program is a program of the National Diabetes Prevention Program and can help people with prediabetes prevent or delay type 2 diabetes and other serious health problems and improve their overall health. It's scientifically proven, and it works.

More than 84 million US adults—that's 1 in 3—have prediabetes. With prediabetes, blood sugar is higher than normal but not high enough yet to be diagnosed as diabetes. People with prediabetes are at high risk for type 2 diabetes (the most common type of diabetes), heart disease, and stroke.

In the last 20 years, the number of adults diagnosed with diabetes has more than tripled as the US population has aged and become more overweight. Now more than 30 million Americans have diabetes, which increases their risk for a long list of serious health problems, including:

- Heart attack
- Stroke
- Blindness
- Kidney failure
- Loss of toes, feet, or legs

The good news: Prevent T2 is a free program offered by Wellness Works for employee's right at your worksite! We have offered this program for the past four years and have seen tremendous results. While this program is time intensive (one class a week for the first 5 months and then once a month for the remaining 7 months of the year), the results speak for themselves...an average of 7% weight loss in participants and improved energy and physical activity!

**Scheduling early is essential for the T2 program, as we can only accommodate a FEW select groups. If you are interested in preventing diabetes, contact Abby today to get started at [adipasquale@memun.org](mailto:adipasquale@memun.org).**



## How to build a \$1,000 emergency fund in 10 months

Do you have \$1,000 set aside for emergencies? If you already do, you could probably use another \$1,000. Experts recommend keeping at least three months of expenses in a safe and easy-to-access account. But finding \$1,000 to save is easier said than done. Here are four steps to get you started:

**1. Find a safe place to save your money** Save your money in an account that you can access easily in case of an emergency. But make sure it's a different account than the one you usually use.

**2. Save \$100 a month** If you already save \$100 a month, great! Skip to step 3. If not, earning an extra \$100 a month or cutting back in order to find that \$100 is a good way to start. It's also best if you save the \$100 at the beginning of the month so you know that money is not available for spending that month.

**3. Make your savings an automatic transaction** Setting up an automatic way to save is one of the easiest ways to save. Once you set it up, your savings account will get money on the day you choose. Here are two ways to set up automatic savings: Ask your employer to take money from your paycheck and transfer it to your savings account each time you get paid so it adds up to \$100 a month. Make sure you ask your human resources representative for more details about setting it up. Or ask your bank or credit union to transfer \$100 from your checking account to a savings account every month. Talk to your local bank or credit union about setting it up.

**4. Watch your savings grow for 10 months** Has it ever happened to you that you look at the calendar and get amazed at how quickly time passes by? Well, this might help you in this final step. This is when you sit back and watch your savings grow. Before you know it, you'll have that \$1,000!

The key is not to touch the money unless you have an emergency — after all, that's what your savings are for. But don't stop once you have at least \$1,000 in your emergency account. Keep growing your savings and that emergency fund. Set a new savings goal each time you reach that amount.

**Looking for more ways to stay fiscally fit in the New Year? Anne Charles has a great class called, "Financial Fitness" that can get you started on the right path. Contact her at [acharles@memun.org](mailto:acharles@memun.org) to schedule it at your worksite.**

Source: Anthem EAP



## 21 DAYS TO CREATE A HABIT 90 DAYS TO CHANGE YOUR LIFE

### Why it's Important:

Imagine what it would be like to START your New Year on the 20th floor instead of back down in the basement! Imagine how much momentum you'll have. Imagine how much you'll accelerate the vision you have for your life if you stay motivated during the time of year when most people are struggling. For people who are already focused on personal development and personal growth, this idea makes sense. But what about those of you who've never considered this before or are trying a challenge for the first time? **Here's why it matters...**

Because the last three months tend to be the most stressful of the entire year and if you don't have a plan, you'll be tempted to resort to negative behavior.

Because the last three months of the year are typically when you interact with extended family, and if that family is stressful at best (or toxic at worst) and you don't have a plan to deal with them, you'll become the worst version of yourself around them.

Because the last three months of the year are typically when we make the worst decisions regarding our health. We eat more, drink more and move less. If you don't have a plan, you'll reach for bad coping mechanisms.

**Contact Danielle at [dyale@memun.org](mailto:dyale@memun.org) to schedule the Last 90 Days series and learn more about making and keeping good habits going into the New Year.**

[www.thehollisco.com](http://www.thehollisco.com)



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