



JUNE 12, 2019

WELLNESS NEWSLETTER

Men's Health Month

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EVEN THE TOUGHEST MACHINES NEED MAINTENANCE

The month of June is all about the fellas because it's the official Men's Health Month. Preventive care is important to men's health. In other words, if you're going to keep firing on all cylinders, you need to stop for regular tune-ups. Let's take a look at the numbers:

- More than 50 percent of premature deaths among men are preventable.
- On average, men live five years less than women do.
- Men are 24 percent less likely to visit the doctor than women are.

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Disease Prevention

When you look at the top causes of death for men in the United States, you'll see that a number of chronic health conditions make the list. Through an annual physical and regular health screenings, your doctor often can spot these conditions in early, more treatable stages:

- Heart disease
- Cancer
- Chronic lower respiratory diseases
- Stroke
- Diabetes

Spotlight on Behavioral Health

You may be surprised to learn that suicide is the seventh leading cause of death in men. In fact, the suicide rate among males is four times higher than in females and represents 79 percent of all suicides in the United States.

Education and open communication are critical to improving behavioral health in men. Depression is a disease — like diabetes or heart disease — and it affects your whole body. If you are having feelings of depression or extreme stress, speak up. Talk to your doctor about what you're experiencing. Together, you and your doctor can create a treatment plan that works for you.

Maintaining a Healthy Lifestyle

In addition to regular preventive care, men can take steps every day to improve their health.

- Eat nutritious food. Maintain a diet rich in fruits, vegetables, whole grains and low-fat foods.
- Stay hydrated. Set a goal of drinking eight glasses of water each day.
- Moderation. Limit alcohol consumption to no more than two drinks per day.
- Exercise. Be active for at least 30 minutes a day, five times a week.
- Rest. Try to get seven to nine hours of sleep each night.

Quick Facts:

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

1994

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

1 in 2

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

88.9

In 2010, there were 88.9 men for every 100 women in the age group 65-69.



June is Men's Health Month



01

Eat Healthy.

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

Get Moving.

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

Make Prevention a Priority.

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)

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ONLINE RESOURCES

Men's Health Month
MensHealthMonth.org

Men's Health Network
MensHealthNetwork.org

Get It Checked
GetItChecked.com

Talking About Men's Health Blog
TalkingAboutMensHealth.com

Men's Health Resource Center
MensHealthResourceCenter.com



[MensHealthMonth](https://www.facebook.com/MensHealthMonth)



[MensHealthMonth](https://twitter.com/MensHealthMonth)



MHW@menshealthweek.org

AWARENESS. PREVENTION. EDUCATION. FAMILY.

Mindful Mondays

Join us for 15 minutes of
guided meditation.

1:30 p.m.

WHEN: EVERY 2ND & 4TH MONDAY
WHERE: CONWAY CAMPUS LIBRARY

June 10 | Breathing
June 24 | Body Scan
July 8 | Breathing

July 22 | Loving Kindness
August 12 | Breathing



Wellness Ambassadors

PRESENTS

SUMMER STRIDES

WALKING CHALLENGE

June 3 - August 2, 2019

Walk 6,000 steps per day OR 3 miles per day to be entered for a prize!

60 day challenge!

- Each participant will receive a Certificate of Completion
- Prizes will be drawn August 16th

Register online:

[Click here to register.](#)

Questions?

Contact Kaji Orr
kaji.orr@hgtc.edu
843-349-5350

Why participate in this challenge?

What your coworkers are saying:

"There are many positive aspects for walking on a regular basis. My main goal is to help me maintain my weight."

"For the past year, I've been making an effort to eat healthier and be more active. I currently participate in similar step challenges, so this seems like a good fit for some of the things I'm already doing -- and it will keep me moving throughout the summer!"

Did you know?

As a State Health Plan member, you can use Rally to join virtual City Walk challenges.

Click here for more information about Rally.

Summer Strides



"Team Title III/ Registrar are going to beat Team TechCentral with the winners buying the losers a large green smoothie from Tropical Cafe."

"Any challenge to be more active. i have recently lost 14 pounds and have been walking 4 miles at least 3 times a week. this will push me to walk more."

"To hold myself accountable for my health and well being."

"Because I'm competitive!"

"I need to stay on track with my exercise routine over the summer months. This will help me to be accountable and stay moving."

"Motivation!"

TECH'S TEA TIME

Click [HERE](#) to reserve your space today!

WEDNESDAY, JUNE 19TH
GRAND STRAND CAMPUS
BLDG. 1000, ROOM 1176
1 PM - 2 PM

Join Wellness Ambassador Mikka Rodriguez as she explains the health benefits of drinking various types of teas. Samples will be available for tasting.





No-Pay Copay

Generic medication at no cost to you

If you have high blood pressure, high cholesterol, congestive heart failure, heart disease or diabetes, you may qualify for generic drugs at no cost to treat your condition.

Each quarter, you'll need to complete a few simple activities to qualify for No-Pay Copay the following quarter.

These activities will be tailored to your individual health and risk factors. Activities may include visiting a doctor, communicating with a health coach, having lab tests or getting a flu shot.

No-Pay Copay is renewable on a quarterly basis and is available to members whose primary coverage is the State Health Plan. This includes employees, retirees whose primary health coverage is through the SHP, COBRA subscribers and covered spouses.

To learn more, call BlueCross BlueShield of South Carolina at 800.868.2520.

Get on-the-go health info sent to your mobile phone by dialing 844.284.5417.



Recipe courtesy of
[The Recipe Box](#)



Spinach and Greek Yogurt Naan Pizza

Ingredients:

- 2 small pre-cooked naan breads
- 1 green Onion sliced
- ½ cup plain Greek yogurt
- 1 tsp ranch spice blend
- 1 cup fresh baby spinach (stems removed)
- ½ cup shredded or sliced mozzarella
- ½ red onion sliced thin
- 2 TB shredded Parmesan
- Salt, pepper, and olive oil to taste

Recipe:

1. Preheat oven to 350 degrees. Line a baking sheet with aluminum foil.
2. In a bowl mix the Greek yogurt, ranch spice and the sliced green onions till blended.
3. Place naan breads on the prepared baking sheet; spread each naan with the spiced yogurt mix. Arrange spinach, red onions, and mozzarella cheese onto each naan; top with tomato slices as an option. Top with a sprinkle of Parmesan cheese.
4. Bake in the preheated oven until pizza is crispy on the edges and cheese is melted, about 8 minutes. Turn on oven's broiler and broil until cheese is lightly browned and bubbling, about 2 minutes.
5. Drizzle with good olive oil and season with salt and pepper.