

Healthy Minute

Take a Minute for Your Health

Prepared for you by

WellPATH
Your Path to Better Health
Joint Health Management Board

Jan 2021 Healthy Resolutions

Did you know that people who openly make resolutions are 10 times more likely to attain their goals than people who do not?

The New Year is a perfect time to reflect on the past 12 months and assess what habits you want to take with you into the New Year, and what you want to leave behind. Resolutions can both feel and be hard to keep, but they don't have to be.

Review this month's spotlight and complete the monthly quiz for a chance to win a \$25 gift card at www.JHMBHealthconnect.com/health-spotlights



Monthly Webinar What Stress and Diet Have in Common?

Available Anytime, All Month

Presented by: *Jamie Kistler, Claremont EAP*

Join us to learn how stress plays a part in your overall health. Stress, inflammation and diet have an interesting relationship. In this session, we will learn how to differentiate between normal and chronic stress. We will also uncover the effects of chronic stress on our hormones (and thus on our body weight). We will look at what nutrients your body needs when you are "stressed out" and, finally, learn some great stress management strategies.

Learn more and watch online at:
www.JHMBHealthConnect.com/events.



Setting SMART Goals

How often do you set goals?
How often do you revisit your list?

We all know that setting goals is important, but we often don't realize how important they are as

we continue to move through life. Goal setting does not have to be boring.



There are many benefits and advantages to having a set of goals to work towards. Setting goals helps trigger new behaviors, helps guides your focus and helps you sustain that momentum in life.

Goals also help align your focus and promote a sense of self-mastery. In the end, you can't manage what you don't measure and you can't improve upon something that you don't properly manage.

Setting goals can help you do all of that and more. Whatever your age doesn't really matter in the end, as long as you continually revisit your life goals and work to update them.

When you start planning your goals, keep in mind that they should be **SMART** - **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**imely.

Source: <https://www.codeofliving.com/blog/5-powerful-reasons-goal-setting-important/>

The WellPATH Employee Wellness Program is a program of the Joint Health Management Board. Visit us on the web at www.JHMBHealthConnect.com or contact us at jhmbhealthconnect@yahoo.com.

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Healthful Tip: Preventing Cervical Cancer

Prevent Cervical Cancer with the Right Test at the Right Time

Screening tests can find abnormal cells so they can be treated before they turn into cancer.

- The Pap test looks for changes in cells on the cervix that could turn into cancer if left untreated.
- The human papillomavirus (HPV) test looks for the virus that causes these cell changes.

The only cancer the Pap test screens for is cervical.

HPV is the main cause of cervical cancer.

- HPV is a very common virus, passed from one person to another during sex.
- Most people get it, but it usually goes away on its own.
- If HPV doesn't go away, it can cause cancer.

Most women don't need a Pap test every year!

Have your 1st Pap test when you're **21**

If your test results are normal, you can wait 3 years for your next Pap test.

HPV tests aren't recommended for screening women under 30.

When you turn **30** you have a choice:

- If your test results are normal, get a Pap test every 3 years.
- OR
- Get both a Pap test and an HPV test every 5 years.

You can stop getting screened if:

- You're older than 65 and have had normal Pap test results for many years.
- Your cervix was removed during surgery for a non-cancerous condition like fibroids.

The cervix is the lower, narrow end of the uterus (womb) that connects the uterus to the vagina (birth canal).

No insurance? You may be able to get free or low-cost screening through CDC's National Breast and Cervical Cancer Early Detection Program. Call (800) CDC-INFO or scan this QR code.

More information about cervical cancer: www.cdc.gov/cancer/cervical/

National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control

Source:
<https://www.cdc.gov/cancer/cervical/pdf/Cervical-Infographic.pdf>

Wellness Activities Update

Local Flu Shots Still Available: Even though the WellPATH sponsored Flu Shot Clinics are over, covered members can still get their flu shots for free at several local locations. You can find a list of those locations for both Kaiser and Anthem members at www.JHMBHealthConnect.com/free-flu-shots. All you need to do is click on the link and scroll down to and click on the plus sign by "Flu Shots Available Through Kaiser Permanente Locations" for Kaiser members. Or, scroll down to and click on the plus sign by "FREE Flu Shot Also Available at Local Pharmacies" for Anthem members.

WellPATH Wellness Screenings Set to Resume in 2021: The WellPATH program is planning to resume FREE annual wellness screenings in early 2021. The 20-minute personalized screenings include body composition testing, blood pressure testing, blood glucose testing (Hb-A1C), cholesterol screening and wellness coaching. Visit www.JHMBHealthConnect.com/know-your-numbers for more details.