

STEP INTO WELLNESS



Diocese of Palm Beach
2023 Healthiest Employers Award Honoree



May is Stroke Awareness Month

May 2024

National Stroke Awareness Month began in May 1989. It was created to promote public awareness and reduce the incidence of stroke in the United States. While many things have changed in the last 33 years for the better around stroke care, no one at the time of its creation could foresee what we have gone through in the last year alone.

Stroke Symptoms

Spot a stroke F.A.S.T.

FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

TIME TO CALL 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

The majority of strokes (87%) occur when blood vessels to the brain become narrowed or clogged with fatty deposits called plaque. This cuts off blood flow to brain cells. A stroke caused by lack of blood reaching part of the brain is called an ischemic stroke. High blood pressure is a leading risk factor for ischemic stroke.

Are all ischemic strokes the same?

There are two main types of ischemic stroke.

- Cerebral thrombosis is caused by a blood clot (thrombus) in an artery going to the brain. The clot blocks blood flow to part of the brain. Blood clots usually form in arteries damaged by plaque.

*Cerebral embolism is caused by a wandering clot (embolus) that's formed elsewhere (usually in the heart or neck arteries). Clots are carried in the bloodstream and block a blood vessel in or leading to the brain. A main cause of embolism is an irregular heartbeat called atrial fibrillation.

How are ischemic strokes treated?

Acute treatment is the immediate treatment given by the health care team when a stroke happens. The goal of acute treatment is to keep the amount of brain injury as small as possible.

This is done by quickly restoring blood flow to the part of the brain where the blockage was.

There is a clot-busting drug called alteplase (IV r-tPA) used to treat ischemic stroke. It can reduce disability from stroke by breaking up a blood clot that is stopping the blood flow to the brain.

HOW CAN I LEARN MORE?

Call 1-888-4-STROKE (1-888-478-7653) or visit stroke.org to learn more about stroke or find local support groups.

Sign up for Stroke Connection, a free digital magazine for stroke survivors and caregivers, at stroke-connection.org.

Connect with others who have also had an experience with stroke by joining our Support Network at stroke.org/supportnetwork.

In this issue:

- Stroke Awareness Month
- Life Line Screening Program
- Mobile Mammography
- May Happenings
- Monthly Observances
- Wellness Expos—Register Now!
- Know Your Benefits—Free OTC Prescriptions
- Webinars

Life Line Screening Program



This reimbursement program applies to employees who are covered by the diocesan medical plan (Florida Blue) and their eligible dependents)

If you are planning to participate at one of the locations offered by Life Line Screening, **Please be sure to take the Reimbursement Form with you TO YOUR APPOINTMENT and HAVE IT SIGNED** by a Life Line staff member.

The form is available on the Benefits/Wellness section of the Diocese of Palm Beach webpage under "FORMS" at:

<https://www.diocesepb.org/employment-center/employee-health-wellness/better-you-from-blue/annual-preventive-screenings-clinical-labs.html>

Stroke – there's treatment if you act FAST.



Appointments for Mobile Mammography Available Now

Scheduling your annual mammogram at one of the Wellness Expos is easy, quick and convenient. We bring the mobile unit to you!

You may schedule an appointment and early registration is highly recommended. The mobile unit will not be at all locations and times will vary. Hence, the importance of making an appointment. They will take walk in patients, however to guarantee a spot, it would be best to make an appointment

If you are due for your mammogram this year, and don't want to wait in a crowded doctor's office, please consider the mobile unit. They provide a 3D screening at no additional cost. If you are covered under the diocese health insurance, there is a zero co-pay as a preventive screening. If you have other insurance through a previous employer or spouse, you may use your insurance as well. To make an advance appointment you may reach **Florida Mobile Mammography at 877-318-1349 or www.floridamobilemammography.com.**

You do need to have a primary physician or gynecologist to whom the results can be sent.

Please bring your insurance card and identification to your appointment.



Monthly Health Observances

Melanoma/Skin Cancer Detection and Prevention Month® was created to raise skin cancer awareness and promote skin cancer prevention and detection. For more information, visit <https://www.aad.org/>

Asthma Awareness Month. Create awareness of asthma related initiatives that improve the quality of life for those living with Asthma. For more information, visit: <https://www.lung.org/>

Global Employee Health and Fitness Month. It has never been easier or more important to keep moving, set goals and create sustainable change in your health and well-being. Employee health is a powerful strategic component of an organization and an investment in employee health is essential to managing health costs, improving organizational productivity, retention of employees, reducing stress and improving mental health. For more information, visit: www.healthandfitnessmonth.org

High Blood Pressure Education Month. High blood pressure is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure and other health problems. The focus of this observance is to increase awareness about the prevention and treatment of this life-threatening condition. For more information, visit <https://www.nhlbi.nih.gov/hypertension>

May Happenings

May 1 - 31	Stroke Awareness Month
May 1 - 31	Asthma and Allergy Awareness Month
May 1 - 31	Better Sleep Month
May 1 - 31	Vision Health Month
May 1 - 31	Mental Health Awareness Month
May 12	Mother's Day

2024 Wellness Expos!!!!

Registration is OPEN!!!! Space Will Be Filling FAST!

<https://pickatime.com/DOPBHealthscreeningschedule>

Expos are being held at:

- July 25 Cathedral of St. Ignatius Loyola**
- August 6 All Saints School**
- August 8 Saint Joan of Arc**
- August 12 St. Vincent Ferrer School**
- August 13 St. Anastasia School**
- Sept 6 St. Joseph School (mini)**
- October 4 St. Helen School**
- October 17 Cardinal Newman HS**

Your screening will include blood pressure, glucose, LDL, triglycerides and A1C if glucose is 120 or above. Receive one-on-one onsite health coaching, immediate results AND>>>>> a \$50 Visa Gift Card!!!!

All employees are invited to participate, full or part time!



Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at cwaring@diocesepb.org or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at smaulden@diocesepb.org or 561-775-9574. Be sure to visit the wellness web page at www.diocesepb.org/wellness for helpful links and information.

Know Your Benefits: Free OTC Medications

We would like to remind you about an important feature of your prescription benefit plan that may help you save money on prescriptions. Certain Over-The-Counter (OTC) medications (listed below) are covered by your prescription benefit plan for a \$0 copay.

OTC medications do not legally require a prescription, but to have OTC medications covered under your prescription drug benefit plan, you must obtain a written prescription from your doctor and present it to a pharmacist to be filled. The prescription must indicate OTC for you to receive it for a \$0 copay.

Remember, your doctor is the most qualified person to choose the appropriate medicine for you. Ask your doctor about the OTC alternatives below to find out if they are right for your treatment plan. The following steps may help you to save money on current prescriptions in the therapeutic classes listed below:

- ☑ Tell your doctor that your benefit plan has coverage of the OTC products below.
- ☑ If your doctor is comfortable in moving your treatment to an OTC medication, obtain a written prescription from your doctor for the OTC medication. Ask the doctor to indicate “Over-The-Counter” or “OTC Version” on the written prescription.
- ☑ Take the OTC prescription to a pharmacy to have it filled, make sure to tell the pharmacist or pharmacy technician that your benefit plan covers certain OTC items.

The following OTC medications are covered by your Diocese of Palm Beach Prescription Benefit Plan at a \$0 copay:

Gastrointestinal Medications (Proton Pump Inhibitors):

Prilosec OTC (20mg)

Omeprazole OTC (20mg)

Prevacid 24HR OTC (15mg)

Zegerid OTC

Nexium OTC

Pantoprazole (Protonix)

Lansoprazole (Prevacid)

Rabeprazole (Aciphex)

Omeprazole (Prilosec)

(Including all Generic or Store Name versions)

Allergy Medications:

Allegra /D OTC & Fexofenadine /D OTC

Claritin /D OTC & Loratadine /D OTC

Zyrtec /D OTC & Cetirizine /D OTC

Pseudoephedrine OTC

(Including all Generic or Store Name versions)



May Webinars (Recorded and Live!)

May 8th at 1:00 pm: *Join us when Lauren talks about the importance of drinking enough water daily, and the dangers of dehydration. Point your smart phone camera to the QR Code below:*



May 9th, 16th and 23rd at 2:00 pm: Weight and Chronic Conditions 3-week Series *This series will discuss how excess weight, especially obesity, increases the risk of chronic conditions. Participants will learn risk factors and healthy habits to encourage weight loss, along with treatment and medication options. Point your smart phone camera to the QR Code below:*



May 14th at 1:00pm: Mental Well-Being for Caregivers *Join us to learn self-care tips so you can feel your best while taking care of others, and to discuss caregiver challenges. Point your smart phone camera to the QR Code below:*



May 15th at 12:00pm: Healthy Eating, Mindful Eating *Join us when Alexandra discusses mindful eating – learning how to pay attention when you eat, noticing your thoughts, feelings and sensations. Point your smart phone camera to the QR Code below:*



May 16th at 1:00pm: Youth and Mental Health *Join our Behavioral Health team experts as they review some of the mental health struggles in our youth population and discuss what we can do to support youth mental health and create a world where young people can thrive.*

