

# STEP INTO WELLNESS



Diocese of Palm Beach  
2023 Healthiest Employers Award Honoree



## An Inside Look at Florida Mobile Mammography and 3D

Everyone knows that disease prevention and early detection saves lives. The sooner a condition is identified, the sooner treatment options can begin.

Many times, a life-threatening condition can be identified in its earliest stages and treatment can begin with very good outcomes.

This holds true with breast cancer as well. The **diocesan health insurance coverage** provides for several preventive screenings to help you get ahead of any potential medical issues. Screenings for breast cancer and colonoscopies are covered at 100%. Meaning, you pay nothing out of pocket for the preventive screening. FMM accepts other insurance if you are not covered under the diocese health plan. There is also a cash option if you are not covered by insurance.

Under the Florida Blue 2024 General Wellness Guidelines, Women should have a baseline mammogram beginning at age 35-40. Thereafter, screenings should be done every two years between ages 40-50; then every year at age 50+. Screenings can be done at any age if recommended by physician based on risk factors. Further, Colorectal Cancer Screening and Counseling should be performed beginning at age 45-75; Colonoscopy or fecal occult blood test or sigmoidoscopy.

Florida Mobile Mammography has been providing onsite breast cancer screenings for several years in conjunction with our annual Health and Wellness Expos held at various locations throughout the diocese.

The onsite mammography unit provides a 3D mammogram. The results are read by a licensed radiologist and then sent to the physician of your choice.

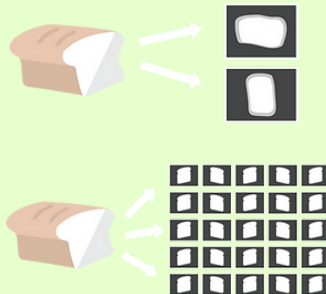
These events are open to ALL employees and in addition to having the mammogram unit onsite, FREE biometric screenings are available through Health Designs. You will get immediate results for your blood pressure, glucose, LDL, HDL, Triglycerides and informative one-on-one health coaching.

Let's take a behind the scenes look!

As you enter the unit, you will provide your insurance card and ID. Once everything is entered, you will go into a private changing room to prepare for the mammogram itself. Technology has greatly improved the "comfort level" from what it used to be. It's not scary or painful.

A trained female technician will guide you and the staff is very gentle and reassuring and will put you at ease. It only takes a few minutes.

Once you finish, you go back into the changing room, take off the fashionable paper vest, re-dress and you're done! Again, the results are sent to your physician. You MUST have a doctor to whom the results can be sent.



With a 3D mammogram, the loaf of bread is divided into 25 slices. These images are individually examined by a radiologist. With more visibility, breast cancer is easier to detect.

Visit [www.FloridaMobileMammography.com](http://www.FloridaMobileMammography.com) to schedule an appointment



Sept 2024

### In this issue:

- Mobile Mammography
- September Webinars
- Expo Photos
- September Happenings
- Upcoming Expos
- Know Your Benefits—Captrust A Financial Wellness Benefit
- Healthy Aging Month

### September Webinars

#### Sept 11<sup>th</sup> at 1:00pm: Ask the Dietitian: Food Additives

Join Lauren as she discusses food additives – what they are, what they contribute to foods, how they are regulated, and how to identify them in the foods you eat.

[bit.ly/46Rjfm0](http://bit.ly/46Rjfm0)

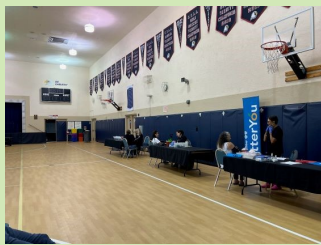
#### Sept 18<sup>th</sup> at 12:00pm: Self-Care vs. Medical Care

Join a doctor from Sanitas Medical Clinics to learn the differences between what you can do for yourself, and when you should seek medical care for common health conditions.

[bit.ly/3M8yLAZ](http://bit.ly/3M8yLAZ)

## Wellness Expos: Don't Miss Out!!!

The Wellness Expos kicked off in July at The Cathedral of St. Ignatius Loyola and WOW what a turn out! So far we have had six events and provided screenings to over 400 employees!!!! There are three remaining scheduled events, so don't miss the opportunity to see what it is all about!!!



To make an appointment for health and wellness screening go to:

<https://pickatime.com/DOPBHealthScreeningSchedule>



## September Happenings Calendar

Sept 1 - 30	Healthy Aging Month
Sept 1 - 30	Prostate Cancer Awareness Month
Sept 1 - 30	World's Alzheimer's Month
Sept 1 - 30	Sepsis Awareness Month
Sept 1 - 30	Food Safety Education Month

## 2024 Upcoming Wellness Expos

**Oct 4 St. Helen School Gymnasium, 1:00 PM – 3:00 PM**  
2050 Vero Beach Ave., Vero Beach

**Oct 17 Cardinal Newman HS Café, 1:00 PM – 4:00 PM**  
512 Spencer Dr., West Palm Beach

Biometric screenings will once again include a **full lipid panel** which includes **LDL and Triglycerides** along with A1C screening for those who present with glucose levels of 120 or higher (fasting or non-fasting) and who are non-diagnosed diabetics. Also included is one-on-one health coaching!

**The \$50 gift card will be presented to you at the expo!**

**The Employee Health and Wellness Expos are for EMPLOYEES ONLY**

**You do not have to be covered by diocese health insurance to participate!!!**

**Please only come at your selected appointment time.**

To schedule your **biometric screening** please use the **online Pick A Time Scheduler** to select the health fair location and time you wish to select for your screening. **YOU CAN BEGIN SELECTING YOUR TIME NOW!** - the online link is:

**<https://pickatime.com/DOPBHealthScreeningSchedule>**

If you are due for your annual mammogram, there is a separate registration link to schedule the mammogram screening:

**[www.Floridamobilemammography.com](http://www.Floridamobilemammography.com)**

See You At The Expo!!!!

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



## CAPTRUST at Work: A Financial Wellness Benefit

CAPTRUST  
— AT WORK —

### Expert Advice to Help You Retire with Confidence and Avoid Financial Stress

If you are like most people, you may struggle with feeling confident about making financial decisions. The Diocese of Palm Beach believes in helping you make the most of your compensation and benefits package. To help you build a solid financial future, we have hired CAPTRUST as a resource to help you with these important decisions. Improving your financial wellness is one of the Diocese of Palm Beach top concerns.

### Is this advice part of my benefits package?

Yes, CAPTRUST is here to provide you with access to professional, unbiased advice. CAPTRUST will not sell you any products – their services are made available to you as part of The Diocese of Palm Beach benefits package.

### When should I call CAPTRUST?

- Assistance with enrolling in the retirement plan and selecting/reviewing investments, providing investment advice
- Deciding how much you should contribute to your retirement plan
- Determining the difference between Roth and pretax contributions and which one is right for you
- Creating a financial plan, discuss budgeting and cash management tools and resources
- Answer questions regarding specific financial wellness concerns

### When should I call Lincoln Financial? [Lincoln Customer Service 800-234-3500](tel:800-234-3500)

- Changing your investment selections or paycheck deferrals either online or over the phone
- Distribution or loan transactions
- Enrolling online or over the phone
- Obtaining plan highlights, personal performance, and statements
- Updating beneficiaries and other personal information

### • Contact a CAPTRUST Advisor

- You can reach someone on our team through our website [www.captrustatwork.com](http://www.captrustatwork.com) and schedule an appointment online or by calling 800-967-9948.

CAPTRUST Financial Advisors | 4208 Six Forks Road, Suite 1700 | Raleigh, NC 27609  
[www.captrustadvice.com](http://www.captrustadvice.com) | [www.captrustadvisors.com](http://www.captrustadvisors.com) | Advice Desk 800.967.9948

CAPTRUST  
— AT WORK —

# September is Healthy Aging Month



September is Healthy Aging® Month, the national observance month created by the **Healthy Aging® organization** over 25 years ago.

It's never too late to strive for a healthier lifestyle, and September is the perfect time to make a plan.

## Exercise

1. **Move more, sit less.** Why? Physical activity is your weapon to help control blood pressure, help prevent heart disease and stroke and possibly lower your risk for depression, anxiety, and conditions like certain cancers and type 2 diabetes.

What to do? Choose something fun so you can keep at it, like cycling, walking, dancing, swimming, or aerobics.

2. **How much do you need to do?** Current national recommendations are 150 minutes of moderate-intensity physical activity per week and two days of muscle-strengthening training. That's only 20 minutes a day, 7 days a week, or around an hour a day if you do three days a week.

3. **Get motivated with free websites** and apps like **All Trails** to find parks and trails around the world; **American Heart Association** with ideas on how to join a walking club, or The CDC with **ideas for individuals with a disability**

## Diet

4. **Try to cut back on salt.** A diet rich in sodium has been linked to high blood pressure, stroke, and heart attack—all good reasons to try not to overly salt your food. Adding more fiber to your diet can help lower cholesterol, control your blood sugar, as well helping maintain good digestive health.

## Social

5. **Volunteer.** ... Being of service is an excellent way to bring happiness into your life and not focus on yourself. Refocus on others and volunteer your time and expertise. **United Way**, the **American Red Cross**, **VolunteerMatch**, and **AmeriCorps** are all helpful resources.

6. **Beat back loneliness.** Don't wait for the phone to ring. Be proactive and call someone for a lunch date. Set up a calendar of lunch dates and challenge yourself to have at least two lunch dates per month (once a week is even better!) It doesn't have to be expensive ... pack a picnic, and head to a park. Try to mix up your get-togethers with old friends and new acquaintances.

7. **Rekindle or follow a new passion.** Take a hard look at what you like to do rather than what other people tell you to do to meet new people. Pick some activities where you might meet new friends.

8. **Get a dog.** If you don't have one, get one and walk. You will be amazed how many people you will meet through your dog. Can't have one? Check your local humane society to see if they need dog walkers.

## Mental

9. **Be realistic** with what you can accomplish. Learn to say no ... don't overwhelm yourself with a to-do list. The non-profit **Mental Health America** offers more tips for reducing or controlling stress.

10. **Plan for your next passage.** Capitalize on your career experience and start a new one. Yes, enjoy a brief "retirement." Travel, and spend more time with family and friends. Develop new hobbies. Redefining your purpose to maintain a sense of identity and purpose is essential to a healthy lifestyle.

What is your next passage?

So, grab onto that "back to school" feeling and make September the perfect time to renew or set your lifestyle goals. It's not too late!