

# STEP INTO WELLNESS



Diocese of Palm Beach  
2020 Healthiest Employers Award Honoree



August 2020

## Employee Health and Wellness Fair Kickoff 2020

On July 30, the Diocese of Palm Beach kicked off the 2020 Health and Wellness Fairs at the parish hall of the Cathedral of St. Ignatius. There were over 100 in attendance. Events have also been held at the usual locations including St. Anastasia in Ft. Pierce, All Saints School in Jupiter, St. Joan of Arc in Boca and Holy Cross Preschool and Center.

The next opportunity for you to enjoy the benefits of the biometric screenings is in October. The first will be held on October 2 at St. Helen in Vero Beach and the last event will be held on October 14 at Cardinal Newman in West Palm Beach.

The mobile mammogram unit from Florida Mobile Mammography will be at both events. To schedule an appointment for a mammogram call 877-318-1349, option 1 or visit the website: [www.floridamobilemammography.com](http://www.floridamobilemammography.com)

Although the expos look and feel different this year due to all of the safety precautions put in place due to Covid19, we are very happy that employees are taking advantage of the screenings. In addition to the standard blood pressure, glucose and cholesterol, we are again providing screenings for HDL, LDL, Triglycerides as well as A1C for those whose blood sugar test at 120 or greater.

We have put many precautionary measures in place to ensure the safest possible experience for our employees by following CDC guidelines. This includes multiple hand sanitizing stations, face covering requirements and social distancing. The Health Designs screeners are also wearing both face shields and masks, gloves and providing sanitization of their areas after each employee is screened. Needless to say, your health and safety are a priority!

**Be sure to plan to go to one of the remaining expos. The \$50 Visa gift cards will be issued at the expo after you complete the health assessment and biometric screenings.**



Sanitation Station



Social Distancing



Screening Stations

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### KNOW YOUR NUMBERS!

Don't wait for a diagnosis of heart disease to start thinking about the health of your heart. There are plenty of ways you can be proactive now to help prevent cardiovascular disease from ever occurring. By knowing your numbers, you can better assess your risk for heart disease—and protect your ticker before it's too late! Here are a few of the numbers that everyone should aim for to keep their hearts in optimal health.

Total Cholesterol 200 or less  
LDL "bad" Cholesterol 100 or less  
HDL "good" Cholesterol 60 or more  
Blood Pressure 120/80 or lower  
Triglycerides 150 or less  
Fasting Glucose 100 or less

**Get your numbers checked for FREE at one of the health fairs!**

## Stay Safe During Hurricane Season—Sheltering In Place

Do you have a “Sheltering in Place” Plan? Below are some key tips to developing your plan. Sheltering in place means that you remain where you are during an emergency. Many times, especially during a weather emergency, you will want to stay where you are until you are provided further instructions by your local authorities.

### How should I prepare to shelter-in-place?

- Develop your own emergency family plans. Practice with all of your family so that they will be familiar with the plans or any additions and changes that will be made. The plan is a living document that should be updated when information changes. For example, your contact person may get a new cell phone with a new number.
- Choose a location or room that has the fewest windows and doors. It will also be important to choose one with a water supply if at all possible.
- Assemble a **disaster kit** with water and food. Check it regularly to be sure nothing is outdated or has been used and not replaced. Be sure to include first aid and hygiene items (wet wipes, waste bag, etc.), flashlight, batteries, battery operated radio, medications, pet food and any other items of importance to you and your family.
- Find out what the warning system is in your area.
- Contact schools and workplaces to find out what their plans are.

### How do I shelter-in-place?

- Act quickly and follow instructions of the local authorities
- Bring pets and children inside
- Close and lock all windows and doors
- Turn off ventilation systems, fans and air conditioning
- Listen to your television or radio for further updates until emergency is over and follow any other instructions that are given by emergency authorities.



<https://emergency.cdc.gov/shelterinplace.asp>

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.

## August Happenings Calendar

Aug 1 - 31	Children’s Eye Health and Safety Month
Aug 1 - 31	National Breastfeeding Month
Aug 1 - 31	National Immunization Awareness Month
Aug 1 - 31	Psoriasis Awareness Month
Aug 1 - 31	Gastroparesis Awareness Month



## National Immunization Awareness Month

We all need shots, immunizations or vaccinations to protect us from serious diseases. Shots can prevent diseases like the flu, measles and pneumonia. It’s important to know which shots you need and when to get them.

August is National Immunization Awareness Month (NIAM) The goal of NIAM is to increase awareness about immunizations across the lifespan, from infants to the elderly. August is an ideal time to make sure everyone is up-to-date on vaccines before heading back to school and to plan ahead to receive the flu vaccine. Getting vaccinated is an easy way to stay healthy all year round. During the month of August, take the time to make sure that you and your loved ones have received all of the vaccinations you need. By making sure your vaccinations are up to date, you can help prevent harmful diseases from affecting you and your family.



## Know Your Benefits.... **NEW PROVIDER**



### **FIRST STOP HEALTH TELEMEDICINE EFFECTIVE 8/1/20**



#### **WHAT is telemedicine?**

Doctors available via phone or video, 24/7

#### **WHEN should I call First Stop Health?**

When you don't feel well, experience a minor injury or illness, run out of a prescription while traveling, or have a medical question.

#### **WHY should I use telemedicine?**

It saves you time and money. Doctors can diagnose and treat you from the comfort of home (or wherever you are).

**HOW does it work?** Call, log in at [fshealth.com](http://fshealth.com), or download the First Stop Health mobile app to request your doctor visit. You're all set to get started — no registration required!

**HOW MUCH does it cost?** Nothing! \$0 — no fees or copays. It's provided to you and your covered dependents under the diocese medical plans.

#### **TOP TEN REASONS TO CALL FIRST STOP HEALTH**

1. COUGH
2. SINUS ISSUE
3. URINARY TRACT INFECTION
4. SORE THROAT
5. EAR ACHE
6. MUSCLE/JOINT PAIN
7. MEDICATION REFILL
8. SKIN RASH
9. COLD
10. EYE INFECTION

**But that's not all!** The First Stop Health doctors diagnose and treat a wide variety of health concerns every day, and can also answer your medical questions.

**Talk to a doctor 24/7!  
888-691-7867**



## Habits that Wreck Your Teeth!

### Keep Your Smile White, Bright and Healthy

**Avoid Chewing Ice!** Chewing ice is a seemingly harmless, often unconscious habit. However, ice chewing can cause permanent damage to our teeth, putting small cracks in the enamel. These cracks can grow larger over time and ultimately cause a tooth to fracture, requiring a visit to the dentist and unnecessary expense to get the cracks fixed. If you find yourself chewing ice as a habit, try opting for chilled water instead, or order your drinks without ice to resist the harmful urge to chew those cubes.

**Teeth Grinding.** If you find yourself grinding your teeth, you're not alone. In the US, roughly 30 to 40 million people grind their teeth. Teeth grinding, also known as bruxism, can be an inherited trait, and it is often linked to stress or anxiety. While teeth grinding can happen at any time, many people grind their teeth in their sleep without knowing it. Teeth grinding may pose an assortment of health problems to your mouth. These include chipped tooth enamel, cracked teeth, loose teeth, flat, worn-down teeth, joint problems and tooth loss. Because teeth grinding often happens while asleep, many people don't realize they're doing it. Some symptoms of teeth grinding include loose teeth, neck aches, earaches, dull headaches, a jaw that's tired and sore, and a clicking sound when you open your mouth. Talk to a dentist if you suspect you're grinding your teeth.

**Cough Drops.** A cough drop may ease a sore throat, but many of them can make dental problems worse. Cough drops have a lot of sugar. Sucking on them bathes your teeth in that sugar. With a mouth full of sugar, bacteria proliferate. As they do, your chances of tooth decay and gum disease increase, too. It is best to find a sugar-free option instead.

**Gummy Candy.** Candy that sticks to the teeth can get stuck between the crevices of a tooth and saliva can't wash it away. At a minimum, good tooth brushing and flossing after consuming these types of candy can help.

**Soda.** Candy isn't the only culprit when it comes to added sugar. Sodas can have up to 11 teaspoons of sugar per serving. To add insult to injury, sodas also contain phosphoric and citric acids, which eat away at tooth enamel. Diet soft drinks let you skip the sugar, but they may have even more acid in the form of the artificial sweeteners. High sugar and acid content make for a bad combination for your teeth. Frequent soda drinking will essentially bathe your teeth in sugar and can lead to dental decay. Additionally, increased acid works to erode tooth enamel and can lead to teeth sensitivity.

**Tearing Into Packaging with Teeth.** Teeth were meant for eating and smiling! Any other use can be unhealthy. Your teeth were not meant to act as knives or scissors! Opening bottle caps or plastic packaging with your teeth may be convenient, but this is one habit that makes dentists cringe. Using your teeth as tools can cause them to crack or chip. Instead, keep scissors and bottle openers handy. Bottom line, your teeth should only be used for eating.

**Sports drinks.** There's no doubt a cold sports drink is refreshing after a good workout. But these drinks are usually high in sugar. Like soda or candy, sugary sports drinks create an acid attack on the enamel of your teeth. Drinking them frequently can lead to decay. A better way to stay hydrated at the gym is to chug sugar-free, calorie-free water.

**Fruit juice.** Fruit juice is loaded with vitamins and antioxidants, but unfortunately most juices are also loaded with sugar. Some juices can have as much sugar per serving as soda. For example, there are only 10 more grams of sugar in orange soda than in orange juice. Fruits are naturally sweet, so look for juice that has no added sugar. You can also reduce the sugar content by diluting juice with some water.

**Potato chips.** The bacteria in plaque will also break down starchy foods into acid. This acid can attack the teeth for the next 20 minutes -- even longer if the food is stuck between the teeth or you snack often. You might want to floss after eating potato chips or other starchy foods that tend to get stuck in the teeth.

**Snacking.** Grazing all day, especially on sugary foods and drinks, puts you at a higher risk for cavities. When you eat, cavity-causing bacteria feast on leftover food, producing an acid that attacks the outer shell of your teeth.

