

PRSRD STD
U.S. POSTAGE
PAID
EUREKA, MO
PERMIT NO. 101



www.homestatehealth.com
toll-free 1-888-885-2345

Nurtur's policies strictly prohibit staff members from actively advertising, marketing, or promoting specific products or services to our members or their physicians when discussing the member's health condition.

411 Direct

Breathe Easy This Winter

With winter comes colds and flu, so it's time to go over the checklist to take care of your lungs! If you're healthy now, stay that way, by eating well, staying active, watching your weight, and (big one) *not* smoking. If you have allergies or asthma now, you need to be extra-careful about things like dust, smoke, or other things in the air that can make you feel worse.

Here are some tips on how to be good to your lungs this winter (and always) with these tips:

- Get a flu shot (check with your doctor to make sure it's safe for you).
- If you smoke, quit. Don't breathe in second-hand smoke.
- Stay away from crowds when you can.
- Wash your hands.
- Carry hand soap with you when on-the-go.
- Keep hands away from your eyes and nose.
- Visit the dentist every 6 months for cleanings and exams (germs from the mouth can travel to other places on the body).

Visit www.lung.org for more tips.



Know Your Numbers: Protect Your Heart!

Heart disease kills 600,000 people in the U.S. each year. It's the leading cause of death for American men and women. The good news is you can protect yourself and lower your risk of getting heart disease *before* it starts. If you *have* heart disease, you must see your doctor often to make sure your numbers are what they should be.

Start with finding out what your numbers are for blood pressure and *cholesterol* (the waxy build-up that gets made in your body and from your food). High cholesterol can lead to blood clots that can block the flow of blood to your heart (causing a heart attack) or your brain (causing a stroke).

Ask your doctor what your numbers are, what your goals should be, and what that means for your health at each visit. Fill-in the chart below to keep track.

Try to exercise at least 40 minutes for 4 or more days per week. Be sure to eat healthy foods. Keep away from foods with lots of sugar and starch (like cake, candy, cookies, and white bread). Go easy on salt (taste first!). Add more whole grains like wheat bread, brown rice, or oatmeal. Pile on plenty of fresh fruits and veggies. Limit fatty and fried foods. Choose canola or vegetable oil, instead of butter or lard. If you smoke, quit.

Make changes like these and get on the road to being heart-healthy!

Visit www.heart.org and www.cdc.gov for more information.

Name of Test	Goal	Visit 1 on _____	Visit 2 on _____	Visit 3 on _____
Blood Pressure	120/80			
Total Cholesterol	Less than 200 mg/dL			
LDL Cholesterol ("bad" cholesterol)	Check with your doctor (Your goal LDL is based on personal and family history.)			
HDL Cholesterol ("good" cholesterol)	Men: Over 40 mg/dL Women: Over 50 mg/dL			
Triglycerides (fat)	Less than 150 mg/dL			

Have any questions? No problem. Call a Health Coach at the number at the top of the page to help you with your heart disease.

toll-free 1-888-885-2345
www.homestatehealth.com



Info to Know

American Heart Association
www.heart.org • 1-800-242-8721

American Lung Association
www.lung.org/stop-smoking • 1-800-LUNG USA (1-800-586-4872)

CDC (Centers for Disease Control and Prevention)
www.cdc.gov • 1-800-CDC-INFO (1-800-232-4636)



Smoking: Crossing the Quitting Line

For many people, quitting smoking is at the top of the “to do” list at the beginning of each new year. Maybe Mark Twain said it best, “Giving up smoking is the easiest thing in the world. I know because I’ve done it thousands of times.”

We’re all aware of the dangers of smoking. We’ve seen the graphic ads on TV. If you have diabetes, smoking can make it harder to control. It can also lead to heart and kidney disease, and other problems. For pregnant moms who smoke, it can lead to early child birth, miscarriage, breathing problems and a higher risk for Sudden Infant Death Syndrome (SIDS).

So here are a few tips to help get you across that quitting line:

Pick a way to quit. Options are cold turkey, stop-smoking products, or cutting down the number of cigarettes that you smoke each day or week. Talking to your doctor is the first step after saying you’ll quit; he or she will be able to help you with the way to quit that’s best for you.

Set a quit date. It can be a random date or a date that has a special meaning to you.



Create a smoke free area. Remove all cigarettes and ashtrays from your car, home and work.

Start a new activity. Walking is a great activity. It not only helps with cravings but is a great way to get some exercise. Gardening and reading are some other activities to help you focus on something other than smoking.

You have a plan in place, so try to stick with it. If you feel like you need a little help, talk to a friend or a family member who can support you. Remember, even one puff can undo how far you’ve come so far.

The quitting line is in sight. Good luck — and see you at the finish!

Visit www.my.clevelandclinic.org or www.cdc.org for more information.

DARBY BOINGG'S™ FUN CORNER



DR. VON WHEEZLES: IF YOU FEEL HOT, ARE COUGHING, HAVE A SORE THROAT OR STOMACH, YOU MAY HAVE A COLD! TELL A PARENT SO THEY CAN ASK A DOCTOR WHAT TO DO.

KIT SPROCKETTE: A LITTLE COLD CAN SLOW EVEN ME DOWN, SO I TRY TO GET ENOUGH REST SO THAT I STAY WELL!

DARBY BOINGG: HAPPY WINTER! IT'S YOUR FRIEND DARBY BOINGG, AND WE'RE TALKING ABOUT COLDS. IT'S NO FUN TO HAVE A COLD, BUT IF YOU FEEL "UNDER THE WEATHER", BE SURE TO TELL YOUR PARENT SO THEY CAN ASK YOUR DOCTOR WHAT TO DO TO GET YOU HEALTHY AND PLAYING!

SPIKE ARMSTRONGS: I MAKE SURE TO WASH MY HANDS A LOT SO I WON'T GET SICK.

CONSTANCE EATRITE: IF YOU HAVE A COLD, SOUPS AND FRUIT JUICES CAN HELP YOU FEEL BETTER FASTER.

THE HI-FIVE FINGER PLAN

IT IS IMPORTANT TO WASH YOUR HANDS OFTEN TO AVOID GETTING A COLD. USE EACH FINGER TO REMEMBER THESE TIPS WHEN WASHING YOUR HANDS!



THINGS I CAN DO TO STAY HEALTHY AND KEEP OTHERS FROM GETTING SICK, TOO!

- COVER MY MOUTH WITH MY ARM WHEN I COUGH OR SNEEZE
- EAT HEALTHY FOODS
- EXERCISE
- TAKE MY VITAMINS
- WASH MY HANDS
- GO TO THE DOCTOR FOR REGULAR CHECK-UPS

I CAN ALSO...

WWW.DARBYSKIDSClub.COM

What's up Doc?

Put a copy on your fridge, and in your bag or wallet, in case you need it (or someone else needs it to help you).

Your Name: _____

Doctor's Phone: _____

Drugstore Phone: _____

Keep a Meds Check List

Whether your meds are “over-the-counter” or from your doctor, it’s easy to lose track of what you take and when. A checklist can help keep that info handy.

Pill / Vitamin / Other:	How Much Do I Take?	Why Am I Taking it?	When Do I Take it?	Start Date	Take With / Without Food?	Do NOT Take with These Meds	End Date

I am allergic to:

Visit www.cdc.org or www.caregiveraction.org for more tips.