

women's wellness



Western
Health
Advantage



RESOURCE BOOKLET | 2017



Your health is your greatest wealth.

Western Health Advantage is pleased to provide you with the latest version of our **Women's Wellness** resource booklet. This booklet touches on women's health issues, from prenatal care to preventing osteoporosis.

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Western Health's goal is to provide you with the information you need to make the best decisions about your health care and general wellness. We encourage you to share it with your friends, family members and anyone interested in becoming more informed about women's health.

— Dr. Don Hufford

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[Spanish] ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888.563.2250 (TTY 888.877.5378).

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- page 4 take care of you
- 6 take care of your pregnancy
- 8 take care of your heart
- 10 take care of your bones
- 12 take care of your lungs
- 14 take care of your emotional health

Your doctor — your partner in health

The relationship you have with your doctor is an important factor in maintaining your health. Ask questions and learn as much about your body as you can. This will help you and your doctor know how to reach your health goals.

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Put you on your to-do list.

Like many women, you probably put your family, career and home first. By putting your health first, you can be there for life's milestones: a child's college graduation or wedding day, your retirement and grandchildren. What about that dream vacation? Whatever it happens to be, use it to motivate yourself to put your health first.



Here are a few items to check off your to-do list that can help you stay on track!

[] **Complete your annual health exam**

Your annual well-woman health exam gives you and your doctor the opportunity to discuss your personal health goals and any risk factors as well as ensure that you're up to date on screenings and immunizations.

[] **Get active**

Make it a habit to stay active. New research shows that no matter how you do it, getting 2.5 hours of physical activity each week with moderate to intense exercises, such as brisk walking or playing tennis, along with strengthening activities two or more days a week can reap huge health benefits.

[] **Eat balanced meals**

At the heart of good health is good nutrition. Make smart, healthy choices to reduce your risk of heart disease and stroke.

[] **De-stress**

Whether it's listening to music, physical activities, deep mindful-breathing or simply learning to say no, find what relaxes you and eliminates stress and stick to it.

[] **Get enough sleep**

Are you getting the right amount of sleep? Most of us need at least 7 to 9 hours of sleep each night in order to adequately function throughout the day. Here are some simple tips for a good night's sleep:

- Go to bed at the same time each night and rise at the same time each day
- Avoid caffeine and alcohol before bed
- Set aside some time to relax about an hour before going to bed
- Avoid nicotine
- Tune out — no electronics, including TV or phones, close to bedtime
- Keep your bedroom dark, quiet and cool

Sources: acog.org, apa.org, cancer.org, cdc.gov, choosemyplate.gov, eatright.org, healthfinder.gov, healthysleep.med.harvard.edu, heart.org, letsmove.gov, mayoclinic.org, medicine.yale.edu, sleepfoundation.org, womenshealth.org



MyWHA: your personal resource for health info and tools

- > **MyWHA Wellness** [mywha.org/wellness]
Classes, videos, research and more
- > **Nurse24** [mywha.org/healthsupport]
WHA's nurse advice line, available 24/7 online and by phone
- > **WHA Mobile App** [mywha.org/whamobile]
Free app with access to ID card and PCP info
- > **Gym discounts** [mywha.org/gyms]
Save on enrollment fees at local gyms
- > **Health and wellness classes** [mywha.org/classes]
The majority of classes are free
- > **The whole you** [mywha.org/bh]
Behavioral and mental health services



Women's Screening Checklist

The list at right includes the most common women's screening tests recommended by the Centers for Disease Control and Prevention (CDC) and U.S. Preventive Services Task Force (USPSTF). These tests and other preventive services are available at mywha.org/guidelines. You can also track your test results by using the wellness tools at mywha.org/wellness.

- [] **Blood pressure**
- [] **Bone mineral density**
- [] **Cholesterol**
- [] **Colonoscopy or occult blood test***
- [] **Body Mass Index (BMI)**
- [] **Immunizations**
- [] **Mammogram*** | see incentive below
- [] **Pap smear**
- [] **Sexually transmitted diseases**

* Requires a referral from your PCP

INCENTIVE: Get a Mammogram and You Could Win a Gift Card!

Once you've completed your mammogram, enter for a chance to win a \$100 gift card! Simply complete the online form at mywha.org/women. To qualify, the exam must have been performed within the past year. Limited to one submission per year.

Additional health resources available online

- > Resources addressing **Cervical Cancer** and **Chlamydia** can be found online at mywha.org/womenswellness

Before, during and after your pregnancy — a healthy you makes for a healthy baby.

Getting Ready for Pregnancy

Having a healthy baby begins well before pregnancy so if you're thinking about getting pregnant in the near future, it's important to start making healthy choices now. The sooner you start living a healthier lifestyle, the better your chances for having a healthy baby.

Helpful tips before you get pregnant:

[] Take a multivitamin with folic acid

- Folic acid or folate is important for brain development and preventing certain birth defects. Include 400 micrograms (or 0.4 mg) of folate in your diet or in pill form before you get pregnant and in the first three months of pregnancy.
- Foods fortified with folic acid include: leafy green vegetables, kidney beans, orange juice and other citrus fruits, peanuts, broccoli, asparagus, peas, lentils and whole-grain products. Folic acid is also added to some foods like enriched breads, pastas, rice and cereals.

[] Kick the habit

If you smoke, drink alcohol or use drugs — STOP! Quitting is hard, but you can do it. Ask your doctor for help. For more information, see the “Take Care of Your Lungs” section on page 12 in this booklet.

[] Get health issues under control

Talk to your doctor about how your health issues might affect you and your baby. If you have diabetes, monitor your blood sugar levels. If you have high blood pressure, monitor these levels as well. If you are overweight, talk to your doctor about how to reach a healthy weight.



[] Start an exercise program

Once you get pregnant, you can't increase your exercise routine by much. So it's best to start before the baby is on the way.

[] Get immunized

If you haven't had chickenpox or rubella, get immunized at least three months before getting pregnant.

[] Get tested

Get checked for Hepatitis B and C, sexually transmitted diseases (STDs) and HIV. These infections can harm you and your baby. Tell your doctor if you or your sex partners have ever had an STD or HIV.

[] Be medication wise

Go over all of the medicines you take (prescription, over-the-counter and herbals) with your doctor. Make sure they are safe to take while you're trying to get pregnant and during pregnancy.



Important Timeline For Checkups

If you're healthy and free of risk factors for complications, here's a typical schedule for prenatal visits:

- Once each month for weeks four to 28
- Twice a month for weeks 28 to 36
- Weekly for weeks 36 to birth

If you're over 35 years old or your pregnancy is considered high-risk, your doctor will want to see you more often.



Prenatal Care

As soon as you think you are pregnant, schedule your first prenatal checkup.

Studies show that pregnant women who receive prenatal care are less likely to deliver prematurely or have other serious problems related to their pregnancy. Your first exam should be within the first **six to eight weeks** of your pregnancy or when you first suspect you are pregnant.

At these checkups, your doctor will likely want to talk about nutrition and physical activity, what to expect during the birth process and basic newborn care. The first appointment usually takes the most time because it often involves:

- A full physical including a pelvic exam
- Urine and blood samples for lab tests
- Calculating your due date

Your Postpartum Checkup

After your delivery, the best thing to do to ensure your newborn's health is to take care of your health. **You can start with a postpartum checkup three to six weeks after you deliver or sooner if you had a Cesarean section (C-section)** or any complications during your pregnancy. Take this opportunity to discuss any concerns with your doctor on such topics as:

- Proper nutrition and supplements
- Birth control and when to resume sexual activity
- Baby care, breastfeeding and immunization schedules
- Postpartum "baby blues"
- Sleep issues

Helpful tips for new mothers:

- [] **Get plenty of rest, eat well and exercise often**
- [] **Rally your support system of family and friends**
- [] **Join a support group**

WHA and Magellan have developed the Postpartum Depression Prevention program that screens new moms for and assists with postpartum depression.

See page 14 or visit mywha.org/BH.

Improve your risks and keep your numbers in check.



The Good News:
Even women who have had a heart attack can still take steps to improve their heart health.

High blood pressure, also known as HBP or hypertension, is a condition that causes the walls of the blood vessels to become less elastic, making the heart work harder to get blood flowing to your organs, such as the eyes, kidneys and brain. A normal blood pressure for someone without high blood pressure is typically less than 120/80.

Women of all ages can take steps to lower their risk of developing heart disease. Heart disease can begin as early as the teen years. Sometimes just making one small change can make a big difference. From there you can build on your successes. One way to start is to

ask yourself the following questions — your answers will help you decide where to begin.

- Do I include exercise as part of my lifestyle?
- Do I salt before I taste?
- Am I eating enough fruits and vegetables?
- What habits can get in the way of my goal?

For women 40 to 60 years old, it's especially important to make strides against heart disease because a woman's risk increases with age. Experts believe that this may be connected to the effects of menopause. Menopause is a natural part of a woman's life cycle and occurs when hormone levels start

Source: heart.org

5 Strategies for Boosting Your Heart Health

[] Talk to your doctor about your risks for heart disease:

- High blood pressure
- Elevated cholesterol levels
- Diabetes or family history of diabetes
- Tobacco use
- Weight management
- Low levels of physical activity
- Family history of early heart disease

[] Take brisk 10-minute walks three times a day, five days a week.

[] Adopt a diet high in fruits and vegetables, low in fats and sodium.

[] Aim for a normal body mass index or BMI (between 18.5 and 24.9).

Your BMI is calculated based on your height and weight and is a good indicator for healthy weight.

[] Keep your numbers in check.

Strive to maintain healthy blood pressure, blood sugar and cholesterol levels.

to decline. It's important to understand that menopause does not cause heart disease. Although it is not fully understood, an assortment of changes occur during menopause that increase a woman's risk, including one or more of the following:

- Increases in blood pressure
- Increases in LDL (bad) cholesterol
- No change or decreases in HDL (good) cholesterol
- Increases in triglycerides

Want to learn more? Download WHA's **Heart Health** at mywha.org/heart



The Facts About HEART DISEASE

FACT: 1 in 3 American women die from heart disease and stroke.

FACT: Studies have shown that smoking puts women at risk for heart attacks and strokes, particularly if they are on birth control pills.



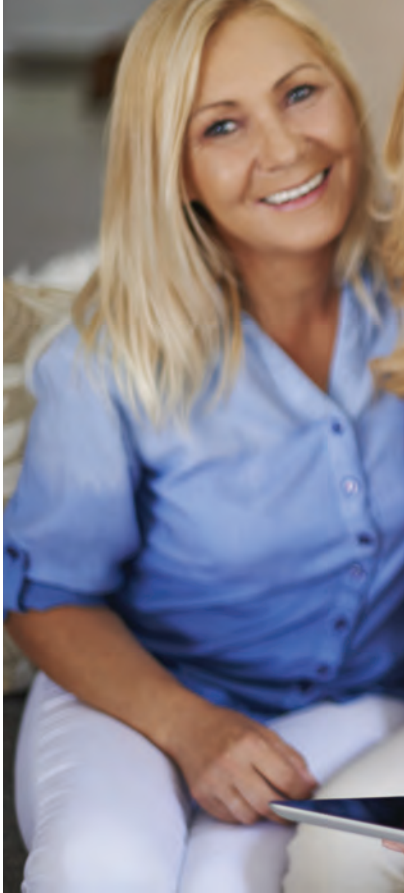
Heart Attacks in Women

Do you know the signs?

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It can last more than a few minutes or may go away and come back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. However, women are somewhat more likely than men to experience some of the other symptoms — particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital right away.



The most common cause of bone fractures is osteoporosis.

What is Bone Density?

It is a measurement of how thick and strong bones are. A bone density test is recommended for:

- women 65 or older OR
- women younger than 65 years old who are at risk for fractures equal to or greater than that of a 65-year-old woman who has no additional risk factors

Osteoporosis is a bone disease that can result in weak bones and fractures (breaks). There are several factors that contribute to this condition and some are related to the aging process, because as we age, our bodies can't build new bones as quickly. However, women under 50 can also be at risk for developing this disease.

Osteopenia is when bones have a low bone-density mass, usually as a result of new bone formation that is not keeping up with the rate of bone loss. While it is not as severe as osteoporosis, there is a risk for bone fractures, as with osteoporosis. Osteopenia can occur in young females as well as in older women and has similar risk factors. As with osteoporosis, there are no symptoms — until a bone breaks and sometimes, not even then. If not corrected, osteopenia can lead to premature osteoporosis.

Regardless of your age, you are at higher risk if you:

- Have a family history of osteoporosis
- Are white, Asian, African American or Latina
- Have a small, thin body or are underweight
- Are missing your periods when you should still be getting them
- Have gone through or are going through menopause or premature menopause
- Have an eating disorder such as anorexia nervosa, among others
- Don't get enough exercise
- Have been on certain long-term medicines, such as some cancer drugs, antacids with aluminum, and others that treat asthma or lupus
- Use tobacco
- Drink more than one alcohol drink per day

Source: ncbi.nlm.nih.gov/books/NBK45515



RISKS OF SMOKING: Did you know?

Studies have shown that women who smoke are likely to have decreased bone density after menopause and are at higher risk for hip fractures.



Talk with your doctor

It's always a good idea to have a discussion with your doctor about whether you should be tested for bone loss with a bone density test. If you are diagnosed with osteoporosis, your doctor will offer suggestions about medications that can protect or build bone, which may include dietary supplements.

To learn more, visit these reliable sources:

- National Osteoporosis Foundation
[nof.org](https://www.nof.org)
- Osteoporosis Fact Sheet
[womenshealth.gov](https://www.womenshealth.gov)
- National Institutes of Health MedlinePlus
nlm.nih.gov/medlineplus

Keeping bones strong

Now that you know what may put you at risk for osteoporosis, you can start a plan to keep your bones strong or work on building them up to slow the natural bone loss.



- [] **Exercise.** Try a weight-bearing exercise — like walking, dancing or tennis — for 30 minutes, three to four times a week. For a bonus, add some balancing exercises, such as tai chi, which can give you stability to help prevent falls.
- [] **Get enough calcium.** You can get plenty of calcium in the foods you eat, like dairy products, fortified juices and certain vegetables such as kale.
- [] **Take in enough Vitamin D.** The sun is the best source. Just 10 to 15 minutes a day on your hands, arms and face 2 to 3 times a week is what you need to make enough Vitamin D.

Smoking is the most common cause of many chronic respiratory conditions.

The lungs are the most vulnerable of the organs in your body because of the direct exposure to the outside elements. Every time you breathe in, your lungs take in whatever is in the air. The lung tissue is delicate. While its defense system can do a lot to fight off germs and dirt particles, it can often be overwhelmed by germs, smog, tobacco smoke and other harmful substances that are in the air.

There are some steps that can be taken to take better care of your lungs. Most important: Don't smoke. Smoking is the most common cause of many chronic respiratory conditions and over time, can destroy the fragile lung tissue.



SMOKING CESSATION SUCCESS

Experts say that you're more likely to be successful if you get counseling and take medication, such as a nicotine patch, to help reduce the desire to smoke.



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Effects of Smoking in Women

It's been proven that smoking harms nearly every organ and cell in the body in both men and women. Often, smoking causes lung diseases that are just as life-threatening as cancer, such as chronic obstructive pulmonary disease (COPD), bronchitis and emphysema.

When it comes to the effects smoking has on women, the female reproductive organs seem particularly vulnerable. Be informed. Know how tobacco and nicotine can put women at risk for these and other serious health conditions:

- **Breast cancer:** Recent studies show a link between smoking and breast cancer, particularly in women who started smoking at a young age and women who started smoking before having their first child.
- **Cervical cancer:** Smokers are approximately twice as likely to develop cervical cancer as nonsmokers.
- **Early menopause:** Smoking might accelerate loss of eggs and reproductive function, causing menopause to begin one to four years earlier.
- **Menstrual irregularities and pain:** These can be caused or worsened by smoking.

Resources to help you quit

Quitting can be challenging, but once you do, your body will reap the benefits at any age. One of your best partners in this effort is your doctor. Work with your

doctor to help you make a plan to quit.

Tap into these cessation resources to help you succeed:

[] **MyWHA Wellness:** You have access to free smoking cessation courses and tools — including tips for handling triggers and withdrawal symptoms — and more. Visit mywha.org/wellness.

[] **Classes and support groups:** Discover smoking cessation classes and support groups through our network of medical groups by visiting mywha.org/classes. You can also call 1.800.NO.BUTTS for the free California Smokers' Helpline.

Other Risk Factors

Germes, second-hand smoke, smog and exposure to other harmful substances can cause damage to your airways and threaten the lungs' ability to work properly. When at all possible:

- [] **Stay away** from large crowds during the cold and flu season.
- [] **Distance** yourself from or avoid people who are smoking.
- [] **Avoid** outdoor activities when the pollution count is high.
- [] **Keep** exposure to toxic products in and around the house or workplace at a minimum; be sure to read directions on proper use.

Sources: asrm.org, cancer.gov, cancer.net, cdc.gov, health.harvard.edu, lung.org, reproductivefacts.org,

MANAGING STRESS Techniques

Did you know? Your body will prepare to defend itself from stress by increasing your breathing and pulse, tensing your muscles and using more oxygen for brain functions.

At its best, stress can be life-saving under dangerous situations. At its worst, stress can have bad long-term effects on the body, especially when it goes on for a long period of time.

Here are four ways to deal with stress:

- **Talk to someone.** Whether it's a trusted friend or your doctor, talking it out helps to release some of that emotional pressure.
- **Get active.** This gets your mind occupied while releasing natural chemicals (endorphins) that allow us to feel good and better manage stress.
- **Take slow, deep breaths.** They release anti-stress enzymes and hormones.
- **Treat yourself to a stress-relieving activity.** Meditation, yoga and massage are just a few ways to calm the mind.

Source: nimh.nih.gov

Take care of the whole you.

360° care is medicine’s approach to taking care of the whole person when it comes to patient care. Doctors and nurses consider physical well-being as well as mental well-being and its impact on the healing process. So the next time your doctor asks you how you’re feeling, be honest. Tell your doctor what ails you, physically, mentally and emotionally.

What is emotional health?

Sometimes known as “mental health,” the World Health Organization defines it as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

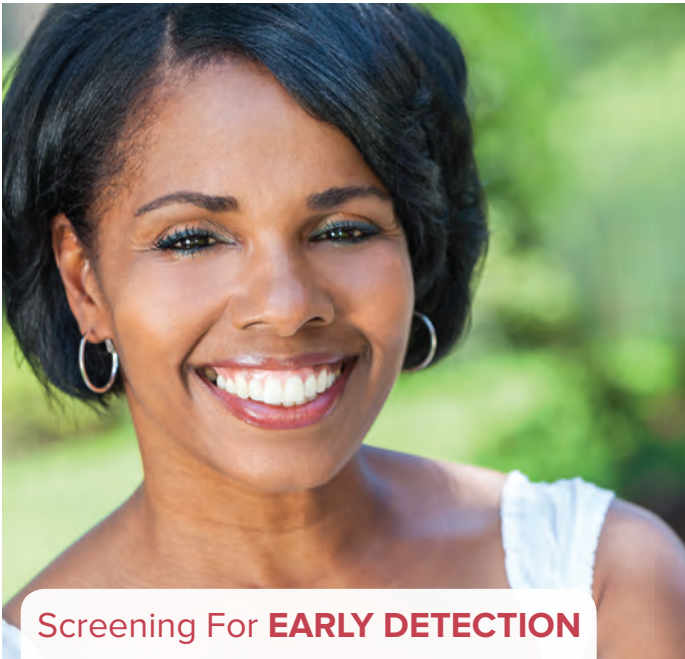
Simply stated, emotionally healthy people have found a way to manage life’s typical challenges. This doesn’t mean they don’t have problems but rather that they’ve learned to cope with everyday stressors.

Don’t know where to start?

WHA has a network of behavioral health (BH) specialists available to help. You can self-refer to a BH specialist; a referral from your doctor is not needed.

To learn more about your BH benefits, visit mywha.org/BH or call your provider directly; the phone number is on the back of your WHA member ID card.

Magellan Health Services 800.424.1778
Optum (UC employees) 888.440.8225



Screening For **EARLY DETECTION**

WHA and Magellan (HAI-CA) have joined efforts to develop Depression Prevention Programs for WHA members focused on enhancing the delivery of preventive health through depression screening in these areas:

Postpartum Depression

Postpartum depression is not an uncommon condition after delivery. This prevention program provides resources to help mothers of newborn children understand why some women experience what is commonly known as “the baby blues” and to learn how to deal with the symptoms.

Depression After a Medical Event

This prevention program focuses on adults identified with a medical condition (e.g., diabetes, asthma, cardiac issues, chronic pain, cancer) who are at risk for depression, offering support and resources to help with recovery from a medical event or hospital stay.



Source: who.int/mediacentre/factsheets/fs220/en



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Get started at mywha.org/signup

Healthy Living > mywha.org/healthyliving

We believe that you deserve every opportunity to reach your health goals. With WHA you have access to a suite of health and wellness programs and resources.

Digital Resources > mywha.org/apps

Download free mobile apps including WHA's member-only app for on-the-go access.

Connect With Your Doctor > mywha.org/connect

You have options for staying connected with your doctor 24 hours a day, 7 days a week. Learn about your medical group's online capabilities.

