

vitaMin

Vital health information in a minute!



Your body, your numbers, your health

Regular doctor visits and health screenings – and what to do with what you learn from them – are all part of living a healthier life. They can even be life saving. It's important to understand the tests you need and what type of results you should look for.

Blood pressure: One of the most important things you can do to reduce your risk of stroke or heart attack is to keep your blood pressure near 120/80.

Cholesterol: Total cholesterol is a combination of LDL, HDL and triglycerides (another form of fat in your body). The goal is to have your LDL levels less than 100, HDL levels greater than 40 and triglycerides less than 150. A healthy total cholesterol level is less than 200 mg/dl.

Glucose: Monitoring blood glucose levels is critical in the early detection and treatment of diabetes, a disease that can cause damage to the heart, kidneys, blood vessels, or eyes. While levels will vary, ideal fasting blood glucose is between 70-110 mg/dl. If your fasting level is above 120, see your doctor for a follow-up.

Getting a checkup? Be a partner in your health care

Most of us are more satisfied with our health care if we share the responsibility with our health professionals. Your health professional is an expert on medical care, but you are the expert on yourself. Often there is more than one option for diagnosing or treating a condition. By being a partner with your health professional, you can help choose the option that best fits your values and lifestyle, and feel more confident about carrying out the chosen treatment.

Tips for working with your health professional:

- **Build a relationship.** Let your health professional know that you want to be a partner in your health care and be sure to discuss your expectations.
- **Be an active participant in each appointment.** Listen carefully to what your health professional says. If you do not understand something, ask questions.
- **Make notes during the visit.** Detail what you are supposed to do and any medications that may be prescribed.

Do you take medicines?

If you take prescription or nonprescription medicines, including herbal remedies or vitamins, bring a list of the medicines that you take to the visit, including the dosage.

Source: Web MD

Staying Sharp

How does it happen? You reach a certain age milestone and you start forgetting where you put the keys, or where your car is parked, or even your boss's name when you go to introduce him or her to a colleague. To keep yourself sharp you may have been told to do Sudoku and crossword puzzles. Can they help? Yes.

Four ways to help keep your brain healthy :

1. **Exercise your body.** Physical exercise is very important – if you're not involved in physical fitness yet, it's not too late.
2. **Don't be a couch potato in front of the TV.** Challenge your brain with new demands and new problems to master. Watch movies with complicated stories. Learn a new language or learn to dance.
3. **Minimize heart attack risk.** Control blood pressure, keep your weight down and don't smoke.
4. **Follow a healthy brain diet.** The Mediterranean diet is good for the heart and seems to help protect the brain. Include leafy vegetables like spinach, kale, broccoli, olive oil, blueberries and foods with Omega-3 fatty acids.



Source: healthzone



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