

SUMMER 2020 Healthy Together

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Coronavirus: What You Need to Know

No matter who you are, you have been affected by coronavirus disease 2019 (COVID-19). The virus has impacted our everyday lives. Taking steps to protect against COVID-19 can help you and your family stay healthy. Here are key facts from the recent outbreak to help you protect yourself and keep COVID-19 from spreading.

- There are many types of coronavirus. Most people have one of these viruses at some point in their lives. Many cases are mild, like a common cold.
- Anyone can get sick from COVID-19. But older adults and people with medical conditions like heart disease have a greater chance of getting very sick from it.

- People can have no symptoms or only mild symptoms (much like the ones you have with the flu), including:
 - Coughing
 - Fever
 - Trouble breathing
- Symptoms can appear up to 14 days after coming in contact with the virus.
- To be safe, call your health care provider if you think you have been exposed to the virus and have symptoms. Follow your health care provider's directions about staying away from others until you can no longer spread it.

- Keep washing your hands with soap and water often! This can help you stay healthy and protect you from colds, the flu and COVID-19. Also try to keep space between you and others. Avoid people who are sick.
- Take steps to care for your whole body to stay well. Eat a healthy diet, be active and get enough sleep.

For the latest info

Check out information you can trust at www.cdc.gov/coronavirus/2019-ncov or govstatus.egov.com/OR-OHA-COVID-19.



We are here to help
any day, any time.
24/7 NURSE ADVICE LINE
1-800-562-4620
Call ANY TIME you want
to talk to a nurse.



Provided as a benefit to
Oregon Health Plan Care
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5 Health Screenings You Should Never Skip

You do not need to wait until you are sick to see your health care provider. It is also important to visit your provider to have important health screenings. Health screenings help spot problems when they are easier to treat. Here are 5 health screenings to ask your provider about.



1 Blood Pressure
High blood pressure is also called hypertension. It often has no symptoms. Untreated, it can lead to heart disease and stroke. Have your blood pressure checked starting at age 18. Your health care provider can recommend how often you need it checked.

2 Breast Cancer
A mammogram is an X-ray of the breast. It can spot cancer before symptoms start. The U.S. Preventive Services Task Force (USPSTF) recommends screening every 2 years for women ages 50 to 74. Other organizations suggest starting younger. Talk with your health care provider about when and how often you need mammograms.

3 Cervical Cancer
A Pap test can find cells that may develop into cancer. An HPV test can detect HPV infections that cause cells to become cancerous. The USPSTF recommends

women ages 21 to 29 get a Pap test once every 3 years. Women ages 30 to 65 with normal tests can choose to have a Pap test every 3 years, an HPV test once every 5 years, or a Pap test and an HPV test once every 5 years. If you are older than 65, you may not need to be screened if your tests have been normal and your risk for cervical cancer is low.

4 Cholesterol
Starting at age 20, you should have a fasting lipoprotein profile. The test checks your LDL (“bad”) cholesterol, HDL (“good”) cholesterol and total cholesterol. It is recommended that you have the test every 4 to 6 years. Your provider may tell you to have your cholesterol checked more often if you are at risk for heart disease or stroke.

5 Diabetes
Diabetes can lead to serious health issues. If you are age 40 to 70 and overweight or obese, you should have your blood glucose checked. If you are a healthy weight, you may not need to start blood sugar screenings until age 45. Your provider can tell you how often you need your glucose levels rechecked.

Learn more about preventive guidelines like screenings in our online educational materials. Visit us at www.ohpcc.org, then search for “screening.”

health briefs

Stay Out of the Hospital

You can avoid a return trip to the hospital. One way is to make sure you understand how to take any new medications. Review your medications with your doctor so you know how to take them.



Simple Ways to Beat Stress

Many people reach for food or other substances when they are stressed. Making healthy food choices, getting enough sleep, exercising and taking the time for activities you enjoy are better bets for stress management.



Shopping Cart Safety

Shopping cart accidents send many children to the emergency room. Broken bones and head and neck injuries are common. Make sure your child is facing the right way in the seat. And keep an eye on your child.



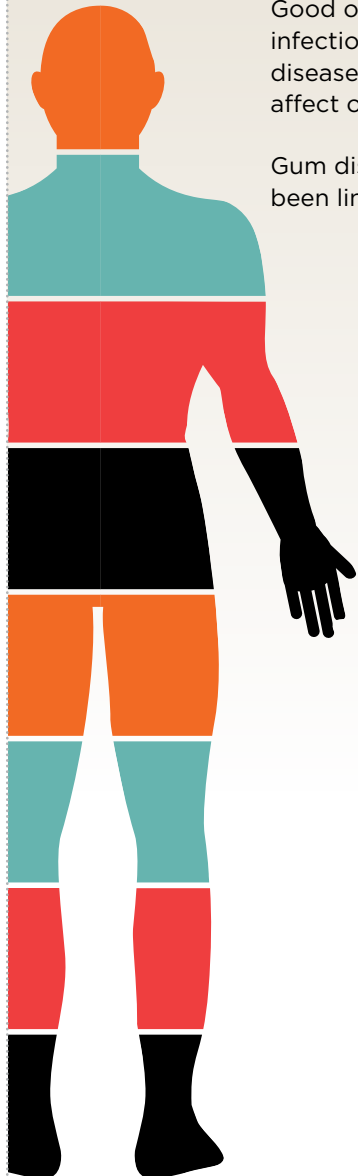
Mind your Mouth

Oral hygiene does not just make your pearly whites shine; it is important to your overall health.

Protection from Infection

Good oral hygiene protects you from oral infections such as tooth decay and gum disease. Untreated, those infections can affect other parts of your body.

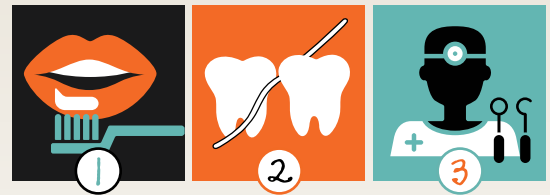
Gum disease and mouth infections have been linked to:



-  Stroke
-  Heart disease
-  Pneumonia and other respiratory diseases
-  Preterm birth
-  Diabetes complications
-  Rheumatoid arthritis
-  Osteoporosis
-  HIV complications
-  Cancer

Oral Care Basics

Follow these steps for a healthy mouth:











- 1.** Brush twice a day using a soft-bristled brush and fluoride toothpaste accepted by the American Dental Association.
- 2.** Floss once daily.
- 3.** Visit your dentist regularly.

One More Benefit of Dental Visits

A dental exam can uncover more than just dental problems. Your mouth may show signs of health problems in other parts of the body.

Some health issues that may be detected during an oral exam include:

- | | |
|---|--|
|  Diabetes |  Leukemia |
|  Eating disorders |  Oral cancer |
|  HIV |  Thyroid problems |
|  Iron deficiency/anemia |  TMJ disorders |



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Call **1-800-562-4620** to discuss any of the topics in this newsletter or
any other health issues. Visit our Website at www.OHPCC.org.

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Developed by StayWell

Short on Time? Short Activities Count as Exercise

Health experts say you need at least 150 minutes of moderate exercise every week.

This is exercise that you can talk while doing, but you're not able to sing. What if you are not able to workout every day? Well, here is some good news.

Researchers have found that you can fit in more exercise just by going about your daily life. They are calling it high-intensity incidental physical activity, or HIIPA. It includes the things you do every day that require extra effort in a short time. Some examples include:

- Mopping floors
- Walking uphill
- Playing with your kids
- Carrying groceries upstairs

Studies link HIIPA with a longer life and lower risk of dying of heart disease.

Q: How long can I do an activity for it to count as exercise?

A: It can vary from a few seconds (climbing stairs) to much longer (mopping floors).

Q: So, can I just do a few seconds of HIIPA a day?

A: Researchers say you do not have to be concerned about how long each activity lasts. What is most important is that you try to move more and sit less during the entire day. When you move more, your total exercise minutes will go up. And more physical activity leads to greater health benefits. Make sure to check with your doctor before starting any exercise program.

