

ActiveYou

The ActiveHealth® Management newsletter that helps you live healthy and well

October 2018



Making the most of your appointment

Your doctor may be the expert on medical care, but you're the expert on you! There's often more than one option for diagnosing or treating a condition. By partnering with your doctor you can help choose the option that best fits your values, beliefs, and lifestyle. You'll also feel more confident about carrying out the chosen treatment.

Here are some tips for being a good partner with your doctor.

1. **Build a relationship with your doctor.** Say that you want to be a partner in your health care. Tell your doctor what your expectations are.
2. **Be active at each appointment.** Listen carefully to what your doctor says. If you don't understand something, ask questions.
3. **Have a family member or friend with you during your appointment.** They can take notes, ask questions to clarify information, and help you remember what your doctor says.
4. **Ask for instructions.** Before you leave your doctor's office, make sure you know what you're supposed to do to take care of yourself.

"Take 3" actions to fight the flu

The Centers for Disease Control and Prevention (CDC) recommends the following to protect yourself and others from the flu.

1. **Take time to get the flu vaccine.**
2. **Take action to stop the spread of germs.**
3. **Take antiviral flu drugs if your doctor prescribes them.**



Upcoming events

Wellness Webinar Series

"Checking in on Your Checkups"

October 9, 2018

10:00 am, 12:30 pm and 4:30 pm ET

<http://go.activehealth.com/wellness-webinars>

Pumpkin and white bean soup

Pumpkin and beans are great way to help increase your intake of fiber and vitamin A . Try this recipe today!

Ingredients:

- 1½ cups apple juice
- 1 can small white beans (15 ounces)
- 1 small onion (finely chopped)
- 1 cup water
- 1 can pumpkin (15 ounces)
- ½ teaspoon cinnamon
- ⅛ teaspoon nutmeg, allspice, or ginger
- ½ teaspoon black pepper
- ¼ teaspoon salt

Directions:

- Mash white beans, onions, and water with a fork or blender until smooth, and set aside.
- In a large pot, add the pumpkin, juice, cinnamon, black pepper, and salt.
- If using nutmeg, allspice, or ginger, add that and stir.
- Add the bean mix to the pot.
- Cook over low heat for 15-20 minutes until warmed through.



Coach's corner

Meet Nakia, a nurse who has worked in a variety of fields, including pediatrics, oncology and orthopedics. As a health coach, she's passionate about helping people achieve their personal health goals.



Nakia's tips:

A strong partnership between you and your health care provider is key to getting great care. One way to partner effectively is to ask your health care provider questions during your visit.

Here are some questions you may want to ask:

- What is my diagnosis?
- What are my treatment options?
- What will the medicine you are prescribing do?
- Do I need to change my daily routine?



Check out the new MyActiveHealth

MyActiveHealth is a digital gateway to help you manage your health and well-being. Best of all, it's designed around you. You choose your goals, and you set the pace. And, it's easy and fun to use.

You'll find many items, such as a health assessment, online learning tools, healthy recipes, and more!

Sign up or visit myactivehealth.com today!

Source: CDC "Influenza" Retrieved September 2018 from: <https://www.cdc.gov/flu/protect/preventing.htm>

Source: USDA "What's Cooking" Retrieved September 20, 2018 from: <https://whatscooking.ins.usda.gov/recipes/food-distribution-fdd/pumpkin-and-white-bean-soup>

The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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