

HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

January 2020



CERVICAL HEALTH
AWARENESS
MONTH - JANUARY

Nurse Advice Line 24/7
800-TRICARE
(800-874-2273)

**Hampton Roads
Appointment Center**
(866) 645-4584

Emergency Room
(757) 953-1365

Pharmacy Refill
Local: (757) 953-MEDS (6337)
Toll Free: (866) 285-1008

Information
(757) 953-5008

Customer Service Office
(757) 953-2600

Relay Health Secure Messaging
<https://app.mil.relayhealth.com/>

Check out
NMCP
on social
media



Dietary Supplements

In today's culture of looking good and feeling good, you see ads for diet supplements everywhere. You listen to the radio, watch television, even scroll through social media and the quick fix to your physical goals is in pill form. Whether your goal is to lose weight, build muscle, increase your energy level, or boost your mood, there is a pill or powder to solve your problem. With all the gimmicks and new products left and right, it can be hard to navigate the supplement market.

A recent study has shown that Americans spend about \$30 billion per year on dietary supplements, and within those supplements, 40 percent are trying to improve their overall health. Improving your overall health is a great goal to have, but you don't need to use supplements to achieve this. Making smart food choices that include the five food groups can be just as effective as those pills and may even be better for you.

Dietary supplements are manufactured products that are intended to supplement the diet, when taken by mouth, as a pill, capsule or liquid. It can provide nutrients, either extracted from food sources or a synthetic combination.

When you think about taking a supplement, take a few things into consideration:

- Make sure they will not interact with any current medications you are taking.
- Know the dose recommendations.
- Know the risk.
- Be informed.

Even if a product is readily available doesn't mean it is safe. Be sure you talk to your healthcare provider before adding any vitamins, minerals or supplements to your diet.

Physical Fitness

Being physically active is not defined by spending hours at the gym. Small daily changes can make a huge impact on your overall fitness level, even for a busy lifestyle.

What is physical fitness?

Being physically fit means you can perform your daily routine and other regular activities without becoming overly fatigued. Fitness is not only about being fast or strong, it is a combination of cardiovascular endurance, flexibility and strength.

How can I improve my fitness?

Engaging in regular exercise is an important component of a healthy lifestyle. It is highly encouraged that individuals participate in a minimum of 150 minutes of moderate physical activity a week for healthy weight maintenance.

Think outside the gym.

It's important to consider your fitness routine as part of your daily routine. When you get in that mindset you will discover new ways of becoming active, increasing your heart rate, and burning a few extra calories throughout the day.

Take breaks from sitting.

Even if you are able to get the weekly recommended amount of physical activity, sitting for long periods of time can carry some health risks. Prolonged sitting can contribute to weight gain. A few ways to reduce the amount of time sitting include:

- Using a standing desk throughout the day. If you don't have one, you can raise your monitor slightly higher so you can work while standing.
- Walk to talk to a coworker rather than sending an email.
- Perform chair exercises to burn calories while you are at work or at home.
- If you can, set an alarm to stand up and move every hour.

National Blood Donor Month

NMCP Public Affairs Office

According to the American Red Cross, winter is “one of the most difficult times of year to collect enough blood products to meet patient needs.” That’s because of, among other things, busy holiday schedules and bad weather often result in canceled blood drives. Furthermore, seasonal illnesses, such as the flu, force potential donors to forgo their blood donations.

Blood donation is safer than ever before and saves lives. Millions of people, including cancer patients, organ recipients, and victims of accidents, rely on blood donations from people like you and I.

That’s just one of the reasons that National Blood Donor Month, which has taken place each January since 1970, is such an important observance. Donating blood saves many lives and improves health for many people. According to the World Health Organization, “blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components — red cells, platelets and plasma.” Let’s learn more.

Here are some of the biggest reasons giving blood is so important.

- About 36,000 units of red blood cells and 7,000 units of platelets are needed every single day in the U.S.
- The most requested blood type by hospitals is type O. This kind of blood can be transfused to patients of all blood types, so it’s always in great demand and very short supply. Only 7% of people in the U.S. have type O.
- A single car accident victim may need up to 100 pints of blood to survive.
- About 6.8 million people donate blood every year in the U.S.
- 38% of our population is eligible to donate, but less than 10% actually do.
- Donating blood is a simple, safe process. All you have to do is register, take a mini medical history test, donate, and then accept free refreshments like water, Gatorade, granola bars, etc.
- A single donation from a single patient can help more than one person.

President Richard Nixon proclaimed January as National Blood Donor Month for the first time on December 31, 1969.

Not just in honor of National Blood Donor Month, but in the simple spirit of providing life to those who need it the most, take time out and donate now.

HEALTHY WEIGHT

ShipShape Weight Management Program:

8-week intensive program for adults. To register, call the HRAC at (866) 645-4584.

Right Weigh: 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927.

For more information on Health Promotion and Wellness Department programs and resources, call (757) 953-1927.

TOBACCO CESSATION

Tobacco Cessation Class

1st and 3rd Tuesday
of every month from 1 – 3 p.m.

One-on-One Counseling

Call today to schedule!

For more information, call
(757) 953-1927 or 953-1934



NATIONAL
Blood
Donor
MONTH

MAKE
LIFESAVING
A HABIT

Cervical Health Awareness Month

NMCP Public Affairs Office

The United States Congress designated January as Cervical Health Awareness Month. Nearly 13,000 women in the United States are diagnosed with cervical cancer each year, but the disease is virtually always preventable with vaccination and appropriate screenings, such as Papanicolaou (PAP) tests and Human Papillomavirus Infection (HPV) tests.

The cervix is the lower part of a woman's uterus. Without screening a woman might not know she even has cervical cancer until it has spread.

Since an HPV infection is often without symptoms, can be passed on without a person's knowledge. Some risk factors for developing cervical cancer are:

- weakened immune system
- cigarette smoking
- history of precancerous cervical lesions or a previous cervical cancer diagnosis

- more than one sexual partner
- sexual intercourse before age 18.

HPV vaccines can help prevent infection from both high risk HPV types that can lead to cervical cancer and low risk types that cause genital warts.


January
Cervical Cancer Awareness Month

The Numbers
New cases: 12,000+
Deaths: 4,000+

The Reasons
HPV is the cause of almost all cervical cancers.

Fight Back With
Regular Pap tests
HPV screening
The HPV vaccine

(source: NCI, 2012)

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The CDC recommends all boys and girls get the HPV vaccine at age 11 or 12 as the vaccine produces a stronger immune response when taken during the preteen years. For this reason, up until age 14, only two doses of the vaccine are required. The vaccine is available for all males and females through age 45 but, for those 15 and older, a full three-dose series is needed.

A Pap test can find cell changes to the cervix caused by HPV. HPV tests find the virus and help healthcare providers know which women are at highest risk for cervical cancer. Pap and HPV tests (either alone or in combination) are recommended for women over 30: each woman should ask her healthcare provider how often she should be screened and which tests are right for her.

Women should start getting Pap tests

regularly at age 21. Your doctor or nurse practitioner may also recommend an HPV test, which can be done at the same time as your Pap test. If your test results are normal, your chance of getting cervical cancer in the next few years is very low. If your test results are abnormal, numerous treatment options are available to remove the abnormal cells and prevent cervical cancer from developing.

You should get screened for cervical cancer regularly, even if you received an HPV vaccine. Cervical Health Awareness Month is a chance to raise awareness about how women can protect themselves.

Cervical cancer is highly preventable and treatable. Whether you're looking for ways to prevent cervical cancer, want to find screening options, or have questions about living as a survivor, the American Cancer Society has you covered.

GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
 - Interactive maps
 - Pharmacy wait times
 - Telephone directory
 - Relay Health
 - ICE feedback
- and so much more!**



118,000
patients with a PCM at one
of our 10 facilities

22
Medical Home
Port teams

440,000
patients we serve – active duty,
retired and families

WOMEN'S

HEALTH SERVICES



Your health is important.

TRICARE is here to help you bring your life into balance with the following TRICARE covered women's health services.

WELL-WOMAN EXAM:

TRICARE covers Well-Woman Exams annually with **no cost-shares** or **copayments**.

Regular heart, cholesterol, and blood pressure screenings are also covered during Well-Woman and Health Promotion and Disease Prevention Exams.

Services include:

- ✓ **Breast exams**
- ✓ **Pelvic exams**
- ✓ **Pap smears**
- ✓ **HPV DNA testing**

Additional Testing and Services

Human Papilloma Virus (HPV) Vaccine:

TRICARE covers the HPV vaccine for children and young adults as recommended by the CDC. Recommended dosages of the vaccine vary by age: **9-14 years old*: (two doses)**, **15-26 years old: (three doses)**. You can get the HPV vaccine at participating network pharmacies at no cost. To find a participating network pharmacy, visit www.express-scripts.com or call 1-877-363-1303.

* The first dose is routinely recommended for children age 11 or 12.

Annual Mammograms

As of Jan. 1, 2020, TRICARE covers 3-D mammograms for annual screenings. Prior authorization is required. 3-D mammograms may reduce imaging problems due to overlapping tissue and dense breast tissue and improve accuracy of lesion detection. TRICARE will continue to cover 2-D mammograms.

Maternity and Prenatal Care:

TRICARE covers all services that are **medically necessary** to help you have a safe and healthy pregnancy:

- Prenatal care and services**
- Labor and delivery**
- Post-Partum care for up to 6 weeks**

Assisted Reproductive Services:

TRICARE covers contraceptives if prescribed by a **TRICARE-authorized provider:**

- Prescription contraceptives**
- Contraceptive diaphragms**
- Surgical sterilization**
- (Non-prescription) Emergency contraceptives**