



the CommonHealth Compass



Do You Know Your Numbers?

Knowledge is power. Knowing your numbers from regular medical screenings can empower you to make the best choices for your health. CommonHealth offers free confidential health screenings for all full time, part time, and wage state employees. At the screening, you will instantly learn your blood pressure, cholesterol, Diabetes Risk Assessment, and Body Mass Index (BMI).

Over the years, the screenings have identified previously unknown health risks such as high blood pressure and high cholesterol for many employees. Early detection of health risks is important in preventing chronic diseases like diabetes. If your results point toward a health concern you will be offered educational materials, be advised to follow up with your healthcare provider and, a nurse will call contact you with additional information on the condition. You will be empowered and on your way to a healthy lifestyle.

IT'S YOUR MOVE



STEPS TO DEFEAT DIABETES

Many adults who have diabetes don't even know it. What used to be called Adult Onset Diabetes is now frequently diagnosed in children. Diabetes can cause kidney failure and blindness, and it can cause you to lose a limb. People with diabetes are also more likely to suffer a heart attack or stroke. The sad truth is that diabetes affects the health of every system in the body. But, it doesn't have to be that way. You can take steps to defeat diabetes! CommonHealth wants you to do just that by providing the information and tools you need to take action to manage diabetes and its risk factors.

With ***It's Your Move***, CommonHealth will provide information and ideas for simple actions you can take to lower your risk or better manage Type 2 Diabetes. You will be encouraged to know your numbers: your blood sugar, cholesterol, body mass index, and blood pressure levels, and how they affect your risk. Simple nutrition messages will demystify meal planning, counting carbs, glycemic index and weight loss. Finally, you are encouraged to literally take steps to defeat diabetes by exercising more and sitting less. You can become a healthier you! You can beat, manage and defeat diabetes.

It's Your Move: Steps to Defeat Diabetes will be available through Oct. 31, 2012. Contact your CommonHealth Regional Coordinator today to schedule. Program participants will receive a handy pedometer (while supplies last). You can start using them now and put them to work in September and October during the fall walking challenge.

It's Your Move...what changes will you make?

Let CommonHealth help you and your family take charge to prevent, manage, reverse and defeat diabetes!
Attend our upcoming program at your site!



If You Already Have Diabetes... News from Your Health Plan

The American Diabetes Association estimates that almost 26 million Americans, or eight percent of the population, have diabetes. Based on wellness checks for state employees in the past year, 49 percent of us are at medium to high risk for diabetes.

If you or a member of your family is diabetic, the most important thing is to learn how to control your disease. With that in mind, the state health benefits program has introduced a pilot program for COVA Care and COVA Connect members with diabetes to help them manage their condition and take steps toward better health.

If you do what's required, there is a silver lining. The Commonwealth will pay the cost of certain prescription drugs you are taking. That means you pay no copayment for diabetes drugs on tiers 1 or 2 of the plan's prescription drug program. There will also be no cost to you for diabetic supplies on those two tiers, which include blood glucose test strips, lancets, syringes and needles.

While each plan's requirements may differ, you will need to have a checkup once a year with your primary care doctor or family practitioner. Specific tests, such as an annual A1C test, are required. **It is crucial** that you consistently take your diabetes drugs as your doctor prescribes. Once you comply with your drug regimen for 90 days, you will be eligible to receive the medications and supplies described above at no cost.

One thing is important to remember. To continue in the program, you must continue to comply with your medications, regardless of whether you have completed the other requirements.

So take advantage of this support being offered by the Commonwealth as your employer! To participate, contact your plan. COVA Care: 1-800-552-2682. COVA Connect: 1-877-817-3037 or mylifemyplanrewards@sentara.com.

Also watch for CommonHealth's new wellness program, **It's Your Move!** Details are on page 1.

Honey Lemon Chicken

(Source: American Diabetes Association)

A deliciously sweet and sour chicken dinner or BBQ summer side dish!

Serves 4; serving size: ¼ recipe

Ingredients

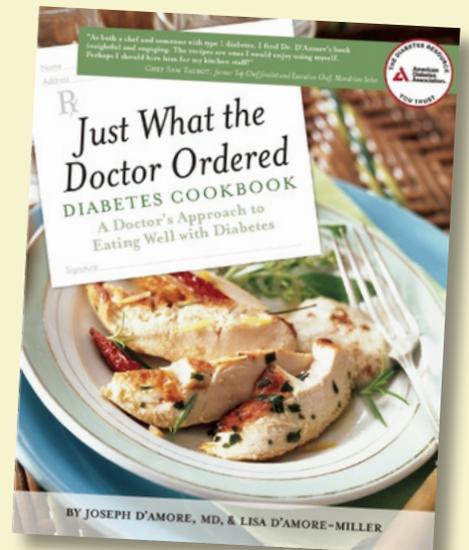
- 2 Tbsp honey
- 2 Tbsp freshly squeezed lemon juice
- 4 cloves garlic, minced
- ½ tsp black pepper
- 8 boneless, skinless chicken thighs

Preparation

Preheat oven to 375°F.

In a bowl, combine honey, lemon juice, garlic, and pepper.

Coat chicken with honey mixture, and arrange in a baking dish. Bake for 40 minutes, until juices run clear when chicken is pierced.



Nutrition Information

Exchange/Choices: ½ Carbohydrate;
 4 Lean Meat; 1 Fat
 Calories: 255 - Calories from Fat: 100
 Total Fat: 11.0 g, Cholesterol: 100 mg,
 Sodium: 95 mg, Total Carbohydrate: 10 g,
 Dietary Fiber: 0 g, Sugars: 9 g, Protein: 27 g



Summer Water Safety Guide

The American Red Cross surveyed over 1,000 adults on water safety recently. The results indicated that almost half of the adults surveyed on water safety said they've had an experience where they nearly drowned, and one in four know someone who has drowned. While over 90% of families with young children will be in the water at some point this summer, almost half (48%) plan to swim in a place with no lifeguard. With so many planning to be in, on or near the water, it is important to follow the basics of water safety, maintain constant supervision of children and to get trained!

Practice Water Safety

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate Red Cross water orientation and Learn-to-Swim courses.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.



Maintain Constant Supervision

- If you have a pool, secure it with appropriate barriers—many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- Actively supervise children whenever around water—even if lifeguards are present.
- Always stay within arm's reach of young children.
- Avoid distractions when supervising children around water.

Know How to Respond to an Aquatic Emergency

- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Know how and when to call 9-1-1 or the local emergency number.
- Enroll in Red Cross water safety, first aid and CPR courses to learn how to respond.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.

What You Should Do

- Learn these tips and share with other adults.
- Visit RedCross.org for more swimming and water safety tips.
- Contact your local Red Cross chapter to find out which aquatic facilities in your area offer Red Cross courses, and sign up!

Article source: <http://www.redcross.org/watersafetytips>

Lighten Up 2012 Challenge Results

Congratulations to all of the 991 Commonwealth of Virginia employees who participated in the CommonHealth Lighten Up 2012 Challenge. Together, they lost over 4,150 pounds! This effort resulted in better health overall for the participants and smaller waist lines. Team results can be viewed at the following link: <http://registration.dhrm.virginia.gov/lightenup/weightresults.aspx>

Just because the challenge has ended doesn't mean that the weight loss efforts have to stop. CommonHealth encourages all Commonwealth employees and their families to enjoy more fruits and vegetables this summer season and keep on Lightening Up!

Healthy Summer Activities for Kids

Summer provides kids freedom from school studies and relaxation. It's also the perfect time to learn more about living healthy without having to worry about mastering other subjects. With so many fun activities available, don't let the summer go to waste and further add to the health problems of American youth by sitting in front of a TV all day. Summer is the time to get outside and get kids in action!

Sports

Summer can quickly fall into boredom if kids are disjointed from their friends and not interacting with their peers. Summer sports programs are a great way for kids to make new friends, be social and get exercise all at the same time among many other benefits. Give your kid the choice of what sport they want to play and in what surroundings.

Kids' sports can be organized by formal leagues, loose pick-up games, scheduled classes or even neighborhood gatherings. The most important thing is that the child is comfortable and enjoying the sport whether it be a martial arts class or a neighborhood game of dodgeball.

Enjoying the Outdoors

There's no better time than the summer to enjoy the great outdoors. And getting outdoors can easily lead into fun physical activity. Take hikes through nature trails to discover local wildlife, swim in pools or nearby lakes, rivers or the ocean, bike to new neighborhoods, have slip and slide sprinkler parties to get moving. Getting outdoors can not only get kids the exercise they need to stay healthy but also introduce to whole new environments to learn about and explore. It's also a great way to spend time with your kids or grandkids and stay active yourself!

Summer Programs

There are lots of summer programs offered by various organizations all over the country that are directed at giving kids a healthy, fun summer experience. These programs feature all sorts of creative and physical activities while kids get a chance to interact in a group. Check out schools, churches, the YMCA, the American Legion, overnight and day summer camps to find out what's available in your area.

At Home

To curb sedentary activity limit the amount kids spend watching television, playing online and playing video games. It can be hard to contain the urge during summer but this could create very bad habits that carry on into the school year. Take the temptation out of the house if possible to make it easier. Try to find a balance with sedentary activities and physical activity each day.

Make sure the physical activities are still fun so they don't feel like a chore. This can be easily done by have the child come up with their own weekly exercise schedule that you help them with. It doesn't have to be stringent or involved either. The best thing about the exercise schedule is getting the child involved and interested and blocking out the time. Also incorporating family physical activity will help keep kids active at home during the summer. For more information about planning a safe and fun outdoor adventure, go to <http://www.cdc.gov/Features/MovingOutdoors/>.

Article adapted from source: <http://www.getkidsinaction.org/summer/>

Visit CommonHealth Online!

www.commonhealth.virginia.gov

Questions? E-mail us at wellness@dhrm.virginia.gov.

Stay tuned for our next program on Growing Younger:

Healthier at Any Age. Coming November 1.

