

Plan for Health: January 2021

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New Year, New You!! This month's highlights include Preventive Care, Blood Donor Awareness Month, and a reminder to access Sharecare as a kickoff to 2021.

Preventive Screenings and Preventive Care

A New Year means the start of new year's resolutions. When most people start to think about their resolution they tend to focus on exercise and nutrition, but it is also important to focus on obtaining the right preventive care at the right time. You may be asking yourself, "Why is it important to focus on regular preventive care and learning about the importance of preventive health screenings/exams?" See the list below to help answer that question.

- People with Diabetes are twice as likely to develop chronic kidney disease than those without diabetes
- 1 in 3 adults with diabetes have chronic kidney disease.
- About 108 million American adults have high blood pressure
- 1 in 4 of those Americans have their high blood pressure under control
- Every year about 140,000 Americans get colorectal cancer
- 1 in 2 adults has a chronic disease

Preventive exams can help you discover these health conditions before they become serious or life threatening. Preventive screenings with your doctor can help you to better understand your family health history, if you currently have a chronic condition, and if your lifestyle behaviors could be contributing to the development of any chronic conditions and/or health issues. Knowing and understanding the results of your preventive exams and health screenings can help you and your doctor discuss what lifestyle changes can help to improve your health and reduce potential risk. For more information regarding preventive health screenings and preventive care, please visit: <https://www.cdc.gov/publichealthgateway/didyouknow/topic/phys.html>

Highmark can also help you with knowing when and what preventive exams and screenings you should be receiving by utilizing your Preventive Schedule. For questions regarding the Highmark Preventive Schedule or preventive screenings and exams, please call Highmark's Customer Care Advocates using the number on the back of your Highmark Member ID card. Attached you will find a flier that tells you how to become actively engaged early on in your Preventive care.

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What is Blood Donor Awareness Month?

January is recognized by the American Red Cross as National Blood Donor month. While the American Red Cross is always urging people to share good health and resolve to give blood regularly, they are asking everyone to consider starting 2021 with a New Year's Resolution to become a regular blood donor and help save lives. The Red Cross needs to collect nearly 13,000 blood donations every day for patients in need. Unfortunately, extreme weather in parts of the country and seasonal illnesses often make it difficult for the Red Cross to maintain a sufficient blood supply during the winter months.

How can you help?

- Encourage friends and family to give at a local blood drive.
- Support and post messages on Social media that advertise dates, times, and locations of any local blood drives that you are aware of.
- You can download the Red Cross Blood Donor App that will send you reminders of new donation opportunities.
- Find a local Red Cross donor location and make an appointment at [RedCrossBlood.org](https://www.redcrossblood.org) or call **1-800 RED CROSS**.

For more information about National Blood Donor month, eligibility to donate blood, donation locations, local blood drives, or how you can become a regular blood donor please visit: <https://www.redcrossblood.org/>

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Do you know about Sharecare?

Highmark offers you a personalized health and wellness platform that empowers you with information that can help you to meet your wellness goals. With Sharecare, you have access to unique features, such as the RealAge Test, Green Day Health Trackers, RealAge Program, Sharecare Windows, and so much more. With all of these available features you will get personalized tips to that can help you stay on track and reach your wellness goals. Whether it's focusing on sleep, stress, mental health, nutrition, preventive care, steps tracking, or day to day help, you can work on creating a new you for the new year.

Register online at <https://mycare.sharecare.com/>.

Please see the attached flyers to learn more about Sharecare's features, how to start the New Year off with Sharecare, and a healthy holiday recipe!