



THE CORE

**Make
2018 Your
Healthiest
Year Yet!**

Free tips and strategies
for CareSync members.



5 Steps

1. VOLUNTEER

Support something you feel strongly about. Volunteering is not only beneficial to those you help, but is also a great way to connect with others and avoid social isolation, which can be a risk factor for depression.



2. QUIT BAD HABITS

Nix that bad habit, whether it's smoking, drinking too much, overeating, using too much salt, or forgetting to take your medications on time. Aside from the obvious health benefits, quitting a bad habit can also be very empowering.

3. MAKE FITNESS A PRIORITY

As long as your doctor okays physical activity, try to make room for 30 minutes of physical activity per day. It doesn't necessarily have to be every day and it doesn't have to be 30 minutes all at once. Perhaps you'll do better with 10 minutes of activity before each meal or a brisk 30-minute walk three or four times per week.





4. ADJUST YOUR DIET

"Eat healthy" is a vague resolution. Set clear, definable goals instead, such as agreeing to "have a side of vegetables with each meal," "eat fish twice a week," "limit red meat to only a 3-ounce portion per week," or "use a small plate at each meal to enforce portion control."



5. REDUCE STRESS

Take steps to reduce the impact of your everyday life on your everyday health. Consider options such as socializing through community programs, traveling to new places (even if it's just a day trip to shop for antiques in a different town), or taking up a hobby you enjoy.

For a Healthier 2018

Protect Your Sight:

GLAUCOMA AND EYE



Glaucoma is a group of diseases that can damage the eye's optic nerve and result in vision loss or blindness if left untreated. It is one of the leading causes of blindness in the United States and often has no warning signs in its early stages. To protect your sight, get a comprehensive dilated eye exam every 1 to 2 years.

Talk to your doctor about the Medicare benefit for glaucoma, or call your CareSync Health Assistant to help you set up an appointment.

OMMA HEALTH



IF YOU HAVE MEDICARE AND ARE:

- A person with diabetes
- Someone with a family history of glaucoma
- African American age 50 or older
- Hispanic age 65 or older

Medicare will cover an eye exam to detect glaucoma. Take advantage of this special benefit as it may save your sight!

THE SMART APPROACH TO BRAIN HEALTH



Keeping your brain active and learning can help preserve memory and reasoning. Challenge your brain with options like the following:

- Try learning something new, like a foreign language, dancing, or painting.
- Check out local schools or community centers to see if they offer any classes on subjects that interest you.
- Find a new hobby or pick up one you've neglected for a while.
- If you have activities you already enjoy, see if you can expand on those. For example, if you like to do crosswords, move to more challenging ones. If you like to cook, cook with new foods and recipes you haven't tried before.
- Write about your day before bed. Not only will this serve as a reminder of everything you did, but it may also encourage you to do more with your day tomorrow.

Try to include a new challenge each day, even if it's something simple. Take a different route to church or the grocery store, walk the grocery aisles the opposite direction you usually do, or brush your teeth with your less dominant hand. Activities like these will cause your brain to have to actively think outside of your normal day-to-day routines, and that's a smart way to help keep it healthy.



Your CareSync Pharmacy Discount Card is honored at over 65,000 pharmacies nationwide and can save you money on your prescriptions! Just this summer, we helped patients save an average of 52% on their prescriptions. Learn more at <http://info.caresync.com/rx-discount>.

According to the American Heart Association, you should be eating omega-3 rich foods like salmon at least twice a week for good heart health.

Get Hooked On Healthy Fish

Beyond powerful omega-3s, salmon also supplies you with vitamins B12, D, B6, and B5, as well as phosphorus, niacin, protein, choline, biotin, potassium, and selenium. All of these work together to:

- Keep you from becoming tired or weak
- Help strengthen your bones, hair, and skin
- Aid your digestive system and nervous system
- Help prevent cellular damage
- Fight liver disease
- Help create red blood cells
- Lower your triglyceride levels (high levels can increase your risk of heart disease)



Other fish high in omega-3s include tuna, lake trout, herring, mackerel, anchovies, Alaskan halibut, and sardines. And getting 2 to 3 cups per day of dark green vegetables like kale, spinach, and Brussels sprouts in your diet will also help you increase your intake of the good fats.



MAKE THE MOVE

We've all heard: "A body in motion tends to stay in motion." Living an active lifestyle helps you stay fit longer so you can do more of what you want to do for years to come. In addition, regular exercise can help prevent certain chronic conditions such as diabetes or heart disease, or keep symptoms like the aches and pains of arthritis at bay. Ask your doctor about physical activities or exercises that make sense for your health and age.



SEASON OF DISCONTENT

Most of us take in far more than the recommended daily amount of sodium, which can lead to hypertension and cardiovascular disease. It's time to shake off that bad habit! Don't add salt when cooking, at the dinner table, or when dining out. It will only take a few weeks for your taste buds to adjust. When shopping for groceries, keep in mind that pre-packaged foods contain a high amount of sodium. Check packages to find the lowest sodium options.

SWEET DREAMS

Lack of sleep can cause memory problems, lead to feelings of depression or irritability, and increase your risk of falls or injury. Get a good 7 to 9 hours of sleep each night by sticking to a regular sleep schedule and establishing a routine that signals your body that it's bedtime. Keep your room dark, cool, and quiet; skip TV or the Internet just before bed; and give your body and mind time to wind down and fall asleep easily.



STAY ON COURSE

Your care plan from CareSync helps you manage your health. It includes: strategies, goals, and tasks for your specific conditions; preventive care recommendations that can guide you toward better health; and your complete medication list. You can access your care plan online at www.caresync.com or by using the CareSync healthcare app. You can also ask your Health Assistant to mail you a copy or let us know if you prefer to access it electronically by calling 1-800-587-5227.

Stories of

Success

With care coordination from CareSync, you can count on us to work hard to resolve issues that stand between you and better health. The following story is just one example of the way we are here to help.

During a care call, a Health Assistant learned that a patient had not received his CPAP supplies for two years, when his mask was supposed to be changed every six months, and his tubing needed to be changed every three months. The patient had spent months wrestling with the equipment supplier without making progress, and had gone an entire month without using his CPAP machine.

The CareSync team sprang into action and within two weeks, all the supplies he needed arrived at his home. The patient was extremely relieved and told his Health Assistant, "It is almost life or death for me. Every night I would go to sleep, my wife was afraid I wouldn't wake up in the morning. Thank you for what you do!"

Colorectal Cancer:

Get the Facts, Know the Signs

Colorectal cancer, also called colon cancer, is a deadly, but often preventable and treatable type of cancer. It generally begins as polyps, which are abnormal growths that can become cancerous if they are not removed.

Eating right, exercising regularly, avoiding tobacco, and knowing your family history for the disease are all important steps in preventing colon cancer. Getting recommended colorectal screenings also plays a huge role in prevention and early detection. Screening - checking for a disease before symptoms are apparent - can catch colorectal cancer at its earliest stages when treatment is most effective.

Although other testing and screening methods are available, colonoscopies are the most common screenings for colorectal cancer.

In general, adults should begin having colonoscopies at age 50, and individuals with a family history of colorectal cancer should start screenings at age 40. Colonoscopies should be repeated every 5 to 10 years, depending on the findings during the initial screening.

Talk to your doctor to determine which screening method is right for you. Your CareSync Health Assistant can help you understand what to expect during the screening and set up appointments for this and other preventive screenings.

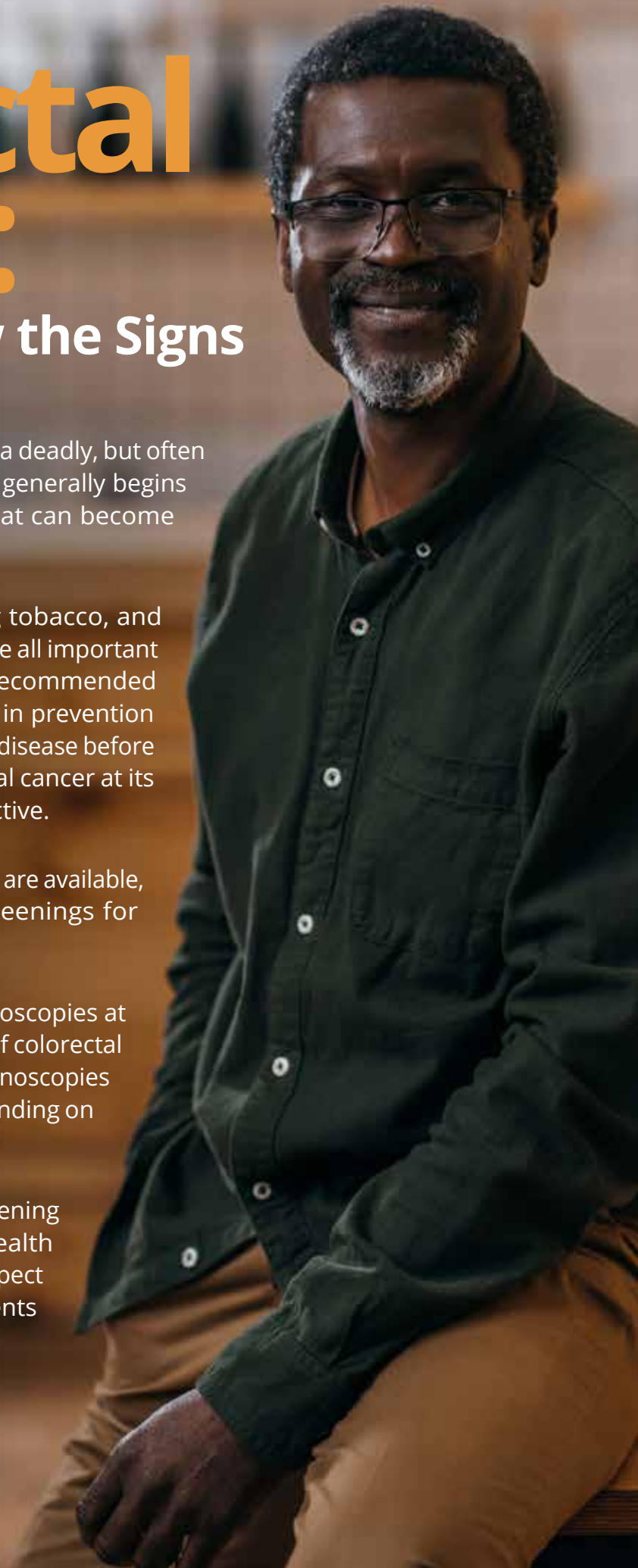




Photo: With Food + Love

Avocado Toast With Cilantro Lime Cashew Cream

Directions

Toast the bread. Slice the avocado in half, lengthwise, and remove the pit. Scoop out the avocado flesh and spread 1/4 of the avocado onto each piece of toast. Squeeze some fresh lime juice on top of the avocado to prevent it from browning. Drizzle the cashew cream generously over the avocado and top with a pinch of sea salt, pepper, and crushed red pepper.

Recipe Cilantro Lime Cashew Cream

Blend cream ingredients together on high until smooth. Store in an airtight container, refrigerated, for up to one week. This recipe makes about 1 cup. You can cut the recipe down for the avocado toast or, since we know you're going to love it, use the extra for something else (like another batch of avocado toast).

INGREDIENTS

- 4** pieces of bread of your choice
- 1** super ripe avocado
- 1/4 cup** Cilantro Lime Cashew Cream, see recipe
- fresh lime juice, optional
- sea salt
- coarse ground pepper, optional

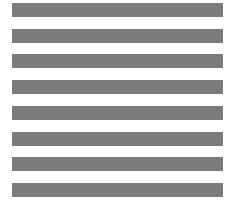
CREAM INGREDIENTS

- 1** packed cup of fresh cilantro leaves
- 1/2 cup** almond milk
- 1/2 cup** raw cashews
- 1 tsp** sea salt
- 1/4 tsp** black pepper
- 1 lime** all the juice and zest



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Medicare provides 100% coverage for an Annual Wellness Visit for Medicare beneficiaries. There is no copay and no deductible. Through this benefit, you get a personalized preventive care plan based on your health, lifestyle, and potential risk factors. Ask your doctor about the AWW.

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you
know?

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