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February Snippets

American Heart Month

Heart disease is the leading cause of death for men and women in the United States

Every February, we are encouraged to examine the choices we make when it comes to the health of our heart. The choices of what we consume and how active we are not only affect our physical appearance, but they also affect the health of our body's organs. Heart disease, which causes 1 in 4 deaths each year, can often be prevented through healthy choices and managing health conditions.

To lower your risk of developing heart disease, the U.S. Department of Health and Human Services advises that you:

- Monitor your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

To learn more about heart disease, log in to your SimplyWell member portal. Under the **Resources** mega menu, mouse over **Education Modules** and click on **View all education modules**. Then enter in the keywords *heart disease* to generate educational modules that discuss what it is as well as how to prevent and manage it.

Source: Healthfinder.gov

National Wise Health Care Consumer Month

Commit to being an informed health care consumer

While we may not be able to control what healthcare costs are, we can educate ourselves to better understand our options and communicate with our health care providers.

Take the time to better understand the health care benefits your employer offers. What are your plan's copay, coinsurance and deductible amounts? How are prescription medications covered? Are you required to get referrals to specialists from a primary care physician? Do you need to have certain types of care pre-authorized by the insurer? These are all questions for your health insurer.

Schedule a preventive care visit to your primary care physician. If you do not have a primary care physician, search for one who is in your plan's network. If you see a physician outside of the network, you may pay more for your care or find that your health insurance plan will not cover that visit at all. When you attend your preventative care visit, make sure to bring your Physician Summary Report. Your Physician Summary Report contains a condensed version of your health screening and health risk assessment results. It will help ignite a

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meaningful conversation between you and your physician. The Physician Summary Report can be located by logging into your SimplyWell member portal. Under the **My Health** mega menu, mouse over **Reports** and click on **View your reports**. There you will be able to view and download a copy of your Physician Summary Report.

Source: [American Institute for Preventive Medicine](#)