

SimplyWell LLC
9140 W. Dodge Road, Suite 408
Omaha, Nebraska 68114
1.877.991.9355

September Snippets

Cholesterol Education Month

More than 102 million adults in the United States have high cholesterol

Your body needs cholesterol to function normally, however too much of it in the body can cause it to build up in your arteries. Unfortunately, high cholesterol doesn't have any symptoms and the only way to check for unhealthy levels of cholesterol is through a blood draw. As a result, many people do not know that their cholesterol levels are too high.

High Cholesterol Increase Your Risk For...

- Heart Disease
- Stroke

Your SimplyWell Health Screening includes a blood draw to gather data about your cholesterol levels. Make sure to participate in your annual screening and review your results to know your numbers. A SimplyWell Health Coach will gladly help you understand the results of your screening and help you identify lifestyle changes that could improve your cholesterol levels if necessary.

Source: [Centers for Disease Control and Prevention](#)

Healthy Aging Month

It's never too late

Entering its second decade, Healthy Aging Month was created to help inspire adults over 45 to implement better health practices and dispel some of the myths of aging. The goal is to help these adults improve their physical, mental, social and financial well-being.

The month is about encouraging people to take charge of their lives, follow their passions, and happily look forward to what's next in life. The overall theme is that it's never too late to find a new career, sport, passion or hobby.

Your SimplyWell member portal provides you with great tools and resources surrounding healthy lifestyle choices in the areas of physical, mental, social and financial wellness. Under the My Plan and Resources tabs you will find great information to help you implement and/or maintain a healthy lifestyle throughout your lifetime.

Source: [Healthy Aging](#)

SimplyWell LLC
9140 W. Dodge Road, Suite 408
Omaha, Nebraska 68114
1.877.991.9355

Food Safety Education Month

Foodborne pathogens cause 48 million illnesses each year

Of those affected by foodborne illnesses, roughly 128,000 will be hospitalized and 3,000 will die. Every September the Partnership for Food Safety Education seeks to raise awareness of foodborne illnesses and educate consumers on food safety practices to reduce their risk.

Not only can you get sick from these pathogens, but they can lead to secondary chronic health conditions as well. Several common pathogens have been tied to an increased risk for kidney failure, irritable bowel syndrome, fetal loss, meningitis, sepsis and Guillian-Barre syndrome. Implementing basic food safety practices into your daily routine offers powerful protection for you and your loved ones.

Food Safety Basics...

- **Clean** – wash your hands and kitchen surfaces, like cutting boards, utensils and counter tops, often.
- **Separate** – don't cross-contaminate by using the same utensils on other foods as raw meat, poultry, seafood or eggs, or by putting cooked food on a plate that previously held raw meat, poultry, seafood or eggs.
- **Cook** – use a food thermometer to measure the internal temperature of cooked foods to ensure they reached a temperature high enough to kill bacteria.
- **Chill** – refrigerate or freeze food promptly ensuring your refrigerator stays consistently at or below 40°F and your freezer is at or below 0° F.

You can access more information about foodborne illnesses on your SimplyWell portal. Under the My Plan menu, mouse over Education Modules. Click on View All Education Modules, and type foodborne in the search bar.

Source: [Partnership for Food Safety Education](#)