



United 4Health

PUHSD Employee Wellness Newsletter



OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

MONTH STORIES

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Hot Chocolate 5K

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IMPORTANT DATES

End of 1st Term October 5
Fall Break October 8-12

Youth Suicide Prevention Week
September 9-15

www.suicidology.org

FACTS ABOUT BREAST CANCER IN THE UNITED STATES

- One in eight women in the United States will be diagnosed with breast cancer in her lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of cancer death among women.
- Each year it is estimated that over 252,710 women in the United States will be diagnosed with breast cancer and more than 40,500 will die.
- Although breast cancer in men is rare, an estimated 2,470 men will be diagnosed with breast cancer and approximately 460 will die each year.
- On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes.
- Over 3.3 million breast cancer survivors are alive in the United States today.

GOOD NEWS...

In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older.

Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options.

Early prevention is the key to engagement in promotion of one's health to help with lifestyle choices that can help to decrease risks and promote self-care.



Biometrics Screening

PUHSD On-Site Prevention Services

The biometrics screening is intended to raise awareness about your health status. There is no "pass" or "fail" for the screening. Biometrics screening includes a free baseline physical assessment (blood pressure and body composition) and blood work. If you choose to participate, your information is always kept confidential.

On-site biometrics screenings are currently being scheduled, additional information will be sent once the schedule for PUHSD has been finalized. A minimum of 30 participants is needed per site.



Regular screening for breast cancer is an important part of your healthcare plan.

Guidelines for the early detection of breast cancer...

Ages 35-40:

- Have a Baseline Mammogram
- Have an annual clinical breast examination by a doctor or nurse
- Conduct a breast self-examination every month

Ages 40 and over:

- Have a mammogram every year
- Have an annual clinical breast examination by a doctor or nurse
- Conduct a breast self-examination every month

If you are under the age of 35 and have a history of breast cancer in your family, or have noticed any changes in your breasts please see your doctor or nurse to discuss the need for a mammogram.

Mobile On-site Mammography accepts most insurance coverage.

***Onsite MOM clinics are scheduled for March 2019. A minimum of 24 participants is needed per day.



After skin cancer, the most diagnosed cancer in Arizona, and the second cause of cancer death in men.

Prostate cancer is twice as common and has more than twice the mortality rate in African-American men as it has in Caucasian men.

Men have a 1 in 7 chance of developing prostate cancer in their lifetime.

Just 15 minutes...

Prostate cancer often develops without symptoms. All men 40 years and older should be offered an annual prostate specific antigen test (PSA) or digital rectal examination (DRE) which can lead to early detection. With early detection and treatment, prostate cancer is nearly 100% survivable.

***POP is currently being scheduled, additional information will be sent once the schedule for PUHSD has been finalized. A minimum of 20 participants is needed per day.

**If you are unable to participate in the on-site preventative care screening, schedule an appointment with your primary care physician or retail clinics for vaccinations. Preventative screenings (preventative care) are covered by most insurance plans.

How do I avoid extra costs?

- When you schedule your appointment, say that you want preventative care screenings and tests that are 100% covered by your plan.
- Ask if any tests or treatments done during your appointment might not be considered preventative care.
- Ask if talking about other health problems that are not considered preventative care during your appointment will lead to extra costs.
- Ask if lab work can be sent to an in-network lab to lower your costs.

Fiesta Shrimp



Ingredients:

- 4 ounces raw large shrimp, peeled and deveined
- 1/2 cup zucchini, sliced
- 1/4 cup of fiesta garden salsa (buy a brand that contains black beans and corn)
- 1/2 ounce Monterey Jack cheese, coarsely grated
- Chopped cilantro for garnish
- 1 whole-wheat tortilla

Directions:

- Put shrimp on one side of a pasta bowl, zucchini on the other.
- Pour salsa over shrimp.
- Cover with plastic wrap.
- Microwave on high for five minutes.
- Lift up wrap and sprinkle shrimp with grated cheese.
- Sprinkle cilantro over all.
- Cover again so cheese will melt.
- In the meantime, put tortilla between damp paper towel and microwave on high for 20 to 30 seconds.

Makes one serving

Each serving provides:

calories 280

total fat 7g

sodium 708mg

- carbohydrates 30g

fiber 4g

protein 25g

**American Behavioral Recipes: The StayWell Company, LLC

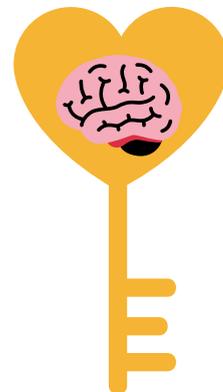
RECIPE FOR A HEALTHY BRAIN

Ingredients:

- One daily dose of 30 minutes of exercise
- One daily dose of a heart-healthy diet
- One daily dose of mental activity
- Three weekly doses of social activity
- One daily dose of positive thinking
- One daily dose of seven to eight hours of sleep

Mix together on a routine basis and enjoy a longer, happier life.

**Banner Alzheimer Institute





FALL INTO FITNESS AT HANCE PARK (67 W. CULVER ST.)

FREE

PROFESSIONAL INSTRUCTOR-LED
GROUP WORKOUTS

10-WEEK FITNESS SERIES
TUESDAYS
6-7 PM

OCTOBER 9, 2018 - DECEMBER 11, 2018

FITNESS FOR ALL AGES!
WIN T-SHIRTS, SHAKER CUPS, AND MORE!

[PHOENIX.GOV /FITPHX](http://PHOENIX.GOV/FITPHX) | FITPHX@PHOENIX.GOV

TITLE SPONSOR
AARP Real Possibilities
Phoenix

FiT
PHIX

ENERGIZED
BY EXERCISE
WITH LAUREN

Phoenix Parks & Recreation
PHX PLAYS

2018 Pink in Action! 5K/10K
October 6, 2018/Virtual
\$30-\$35

Allstate Hot Chocolate 15K/5k
December 2, 2018
\$45-\$75



2018-2019 Wellness Incentive

Have you already scheduled your Annual Physical Exam with your Primary Care Physician?

If you are a district BCBS member, you can start logging your information now.

My BluePrint Health Assessment (HRA) Instructions

To complete your health assessment and access other wellness tools and resources, follow these three steps:

1. Register for BlueNet (Skip this step if you've already registered.)

Go to azblue.com/HealthyBlue and click on "Member" under Register for BlueNet.

Fill in the information in the blanks. After you enter your member ID and date of birth, click on the next box.

Your other information will automatically fill in as it appears on your ID card.

Please don't change it as it may cause an error in your registration.

Next, choose a login ID, a password and a back-up security question.

Read the Terms of Use, then click 'Submit.'

Congratulations! You are now registered on BlueNet – your personal member portal.

2. Get your Health Measurements You'll need your 'biometric' numbers from your health screening to complete the assessment.

You'll get these either from your doctor, an off-site screening or your employer's on-site screening.

Have your blood pressure, waist measurement, weight, blood glucose, total cholesterol, and HDL cholesterol numbers ready.

You will need to enter these in the Assessment in Step 3.

3. Take the My BluePrint Health Assessment

Log on at azblue.com/HealthyBlue.

Then click on 'Try My BluePrint Now'.

On the My BluePrint page, click on 'Get Started' to begin the assessment.

When you have finished you will see your health score.

Now you can select any of the programs that are recommended or of interest to you.

My BluePrint Health Assessment (HRA)

You know you want to be healthy, feel good and have the energy to do all the things you love. With so much health information available these days, it can be difficult to know where to begin

Start by taking the My BluePrint Health Assessment.

- A better understanding of your health right now, including a wellness score.
- Information on habits that might be putting your health at risk.
- Advice on steps you can take to chart your journey toward better health.

Whether you need to address stress, be more active, or talk to your doctor about health screenings, you'll get personalized tips you can use right away. That means no more sifting through websites trying to figure out what works best and where to start. And no more delaying the start of your health journey.

Complete the Health Risk Assessment and a biometrics screening or annual physical exam between June 1, 2018 and April 19, 2019, earn a \$25 Gift Card and an entry into the Wellness Giveaway.

Are you Interested in Learning Self-Defense?

Arizona State University Police Department hosts self-defense classes designed to make everyone feel safer no matter their gender. R.A.D Systems is a program of self-defense tactics and techniques. This is a 12-hour comprehensive course that begins with awareness, prevention, risk reduction and avoidance that progresses to the basics of hands-on defensive training.

PUHSD has an opportunity to host a FREE event for employees. A minimum of 25 participants is required.

Contact Jennifer Sundling for more information
conjsundling@phoenixunion.org



Wellness Ambassadors Needed



Are you committed and passionate about health?

Are you focused on fostering wellness in your work site and the Phoenix Union High School District?

**The role is voluntary with a minimal time commitment

The following schools are looking for a wellness ambassador:

Cesar Chavez
2 ambassadors needed

Carl Hayden
1 ambassador needed

South Mountain
1 ambassadors needed

The Wellness News Site of the Phoenix Union High School District

Check out the Phoenix Union High School District Wellness website for more information and educational information.

<https://puhsdwellness.org>



Contact Jennifer Sundling for more information
conjsundling@phoenixunion.org