

OCTOBER 2019

REMINDERS

2019 HealthQuest Program Checklist

Click [Here](#) for a list of activities you can earn HQ credits for.

Click [Here](#) to See How Many Credits You've Earned

In the top navigation, go to the INCENTIVE SUMMARY tab and click on INCENTIVE SUMMARY. Make sure to scroll down to the bottom of the page to view your earned credits summary

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Biometric Screenings

REGISTRATION OPEN!

Log into your HealthQuest Portal to find the best screening option for you!

The Importance of Stress Management



Relax to help reduce your stress!

Relaxation helps to decrease the effects of stress on your mind and body to help you improve your quality of life. Relaxation techniques are a fantastic way to help deal with everyday stress as well as stress caused by health problems.

Learning basic relaxation techniques like mindfulness or yoga can be fun, easy, often free, and performed nearly anywhere. People who practice these techniques will notice many of the added benefits, including:

- Slowing your breathing rate
- Lowering blood pressure
- Improving digestion
- Reducing muscle tension
- Boosting confidence to handle problems
- Lowering fatigue
- Increasing blood flow to the muscles

You can use relaxation techniques along with other methods such as positive thinking, exercising, and gratitude to start de-stressing your life and improving your well-being.

Source: MayoClinic.org

Improvements coming to the HealthQuest portal in 2020. Stay tuned for more information!

Questions? Contact HealthQuest at 1.888.275.1205, option 3, or HealthQuest@Cerner.com.

HealthQuest Health Center

Be Mindful about Medications

Whether taken long term for chronic conditions or temporarily to alleviate symptoms, managing the medications you take is vital. It's important to make sure you understand the reasons, benefits, and side effects of any medicine you consume. The steps below can help ensure you understand the medications you are currently taking and determine whether it's time to evaluate them with your medical provider.

Understanding Your Current Medications

Make a list of all the medications you currently take, regardless of how you obtained them. Herbal and home remedies, diet supplements, and vitamins can all have strong effects on the body and should be included. Next, record the reason why you need to take the medication beside each one on your list. Are there any gaps in your knowledge? If so, note them.

Now, take your list and write down any questions or concerns you might have about each medication. Once finished with your list, put a copy in your purse or wallet to take with you the next time you meet with your medical provider.

Issues Taking Your Medication as Directed?

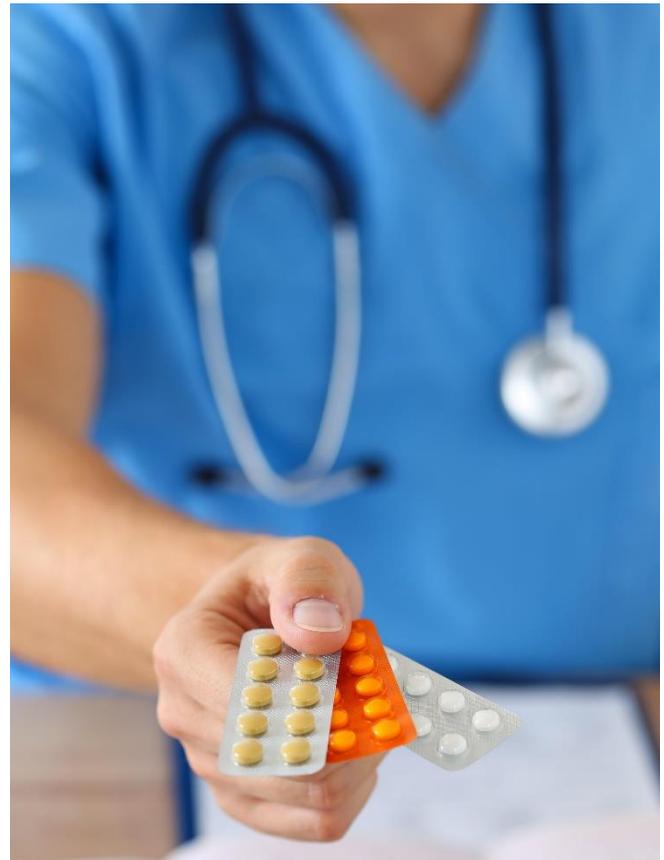
If taking your medication as directed is difficult for you, try thinking about what factors may be causing this challenge. Are you unsure why your medication is important? Do you struggle to remember to take your medication at the same time every day? Are you having a hard time paying for them or dealing with side effects? Your provider can work with you to find solutions to the problems you're facing.

Do You Feel Like Your Medication Isn't Working?

If you feel like a medication you're taking is not effective, reach out to your provider to talk about alternative options. Note that some medications take some time before full effects are noticeable. Likewise, if you're experiencing unwanted or unpleasant side effects, do not stop taking your medication before discussing the issue with your provider.

Medications Too Expensive?

Medications only work if you take them the way they were prescribed to you. If you find your medications are too expensive, don't try to skip doses to save money, as this can impact effectiveness. Talk to your provider to see if there are lower-cost options you can explore.



Have a question about your medication but don't have time to come in for a full appointment? Log on to the Marathon eHealth Portal (my.marathon-health.com) to contact a Marathon Health clinician via secure messaging. In person, on the phone, or online – we are here to help!

HealthQuest Health Center

901 S. Kansas Avenue

785-783-4080

8 AM to 5 PM Monday - Friday

Marathon
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For life.

my.marathon-health.com



Finding Strength in Serenity

by Denise Myers, MS, national director of behavioral health services

As Hurricane Dorian headed toward the Florida coast in early September, I found myself looking out over the roiling ocean waters of the bay I live near, thinking about how the ocean can be like life. There are times of dangerous swells and churning seas and there are times of peaceful, docile waters.

Calm times can be regenerative for us and bring ease and contentment. When I bring calmness into my life, no matter how vicious the seas are around me, I feel greater comfort, my mind is clearer, and I am a better version of myself.

To experience the difference greater ease can bring, try initiating some of these 10 calmness tips into your life:

1. Remind yourself to appreciate what you have and show gratitude toward others.
2. Avoid entertaining those “What if?” scenarios in your head. These can cause unnecessary stress and may even result in a [self-fulfilling prophecy](#).
3. [Laugh more](#) and practice finding the humor in challenging situations.
4. Disconnect for even just a few minutes to clear your head and practice [mindful breathing](#).
5. Limit caffeine and alcohol intake. Avoid overeating.
6. Prioritize getting an adequate amount of sleep.
7. Be positive and squash negative self-talk.
8. Reframe your perspective.
9. Incorporate physical activity into your daily routine.
10. Surround yourself with a reliable, caring support system.

The health benefits of tranquility are innumerable. From lowering the hormone cortisol in our bloodstream, to helping us maintain a more balanced perspective, having a sense of calmness can help support overall wellness.

How many of these tips do you carry out in your life? Would it benefit your stress level and overall wellbeing if you had more support building these “calmness tips” into your life?

A behavioral health provider can offer you this support. Reach out to your Marathon Health wellness center for a referral to the behavioral health provider in your wellness center or in your community. Experience the benefits greater calmness can bring to your life.

Close the Door on Unwanted Winter Visitors: Germs & Infection

October is here and the change in season often means spending more time indoors around one another. This can cause germs to spread more easily and increase your chances of getting sick. The best way to reduce the likelihood that you get sick is to prevent your home and work environments from becoming breeding grounds for germs and infection.

Best Practices to Combat Germ Cultivation:

- Wash your hands often to keep germs from spreading.
- Disinfect counters, sinks, and other surfaces with soap or another household cleaner.
- Regularly disinfect or change out any sponges, mops, or cleaning cloths.
- Keep a separate set of cleaning supplies for the bathroom. Don't use them anywhere else in the home.
- Keep your home well ventilated with fresh air.
- Empty your trash often.
- If anyone in the household gets sick, throw away any tissues used and wash bedding often.
- Don't share personal items such as foods, drinks, towels, washcloths, or toothbrushes.

If you have children in school, chances are higher that they will be exposed to infection and germs. Anytime large numbers of people are together or when people share items (as often happens in school), germs spread.

Protect Children from Infection & Practice Healthy Habits:

- Keep children up to date with their vaccine schedules. This is one of the most effective ways to protect children and keep disease from spreading.
- Talk with your child about how germs spread when people touch their eyes, nose, and mouth.
- Teach your child to cough or sneeze into their arm.
- Remind children that they should wash their hands each time they use the bathroom.
- Ask your child not to share food, drinks, or other personal items with their friends or family members.

We hope these tips help keep you healthy throughout the winter months. Unfortunately, some germs and infections are inevitable, so if you do get sick, reach out to your Marathon Health provider for recommendations on how to kick that cold or flu as soon as possible!



TAKE A BREATH

In a busy world, it's important to take a break once in a while. Your Employee Assistance Program can show you how. Our counseling, self-improvement tools and solutions for everyday issues can help you get the most out of life, at work and at home. These services are free, confidential and available all day, every day to you and your household members.

Here when you need us.

Call: 888.275.1205, Option 1

TTY: 800.697.0353

Online: [guidanceresources.com](https://www.guidanceresources.com)

App: GuidanceNowSM

Web ID: SOKEAP



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Here when you need us.

Call:

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceResources® Now

Web ID:



Q How do I find motivation to exercise?

Answer: To find the motivation to get started, either for the first time or from a long period of not exercising, you need to start slowly and work consistently to build up your exercise habit.

Aim for at least 150 minutes of exercise per week (30 minutes of exercise, 5 days per week).



If your schedule only allows for 90 minutes of weekly exercise, that's okay too! Start with 90 minutes and gradually

increase to 150 minutes per week.

The key with motivation is to consistently work on your goal. When you are working in small increments it may not feel like you are working toward your goal, however, when it comes to exercise something is always better than nothing. The exercise you are performing may not get you all the way toward your goal, but you will build a foundation that helps you work toward it over the long term.

Also, be sure to pick exercises you will like because it will increase the likelihood you enjoy exercising.

For in depth questions about exercise and getting started, we recommend scheduling a Virtual Trainer Health Coaching appointment.

Q What is the best exercise to get rid of belly fat?

Answer: Unfortunately, there is no way to “spot reduce” a specific area of the body. You can perform core exercises to strengthen your core muscles and highlight them.



However, to get rid of belly fat you need to regularly exercise and consistently have good nutrition over a long period of time. If your goal is weight loss, your body will lose weight from all areas including your belly.

Q What do you do in a Health Coaching session?

Answer: Health Coaching is your time to focus on your specific health needs. It is a great time to review any recent biometrics and talk through what they could indicate and how to improve any numbers

that are not optimal.

Health Coaches are here to support you in any health and wellness goals you may be working toward. We provide accountability and new ideas



that may not have been thought of before to help you continue your progress in your health journey.

At the end of every session, you will receive a message in your HealthQuest portal going over everything that was discussed.

We look forward to being a part of your journey and successes!

Coaching Team



David Bromberg
Trainer



Kayla Graves
Dietitian



Janell Nease
Registered Nurse



Shirla
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