

Health & Wellness

Quick Reference Guide



Definitions of
health and wellness:

Health is the state of complete physical, mental, and social well-being and not merely the absence of disease, or infirmity.

Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

Aspects of who we are as individuals:
Social, Emotional, Intellectual, Physical, Spiritual, Occupational

- Social: relationships, community interactions, relating to others, communication
- Emotional: feelings, emotions, reactions, cognition, coping skills
- Intellectual: critical thinking, creativity, curiosity, lifelong learner,
- Physical: body, nutrition, healthy habits, making healthy decisions
- Spiritual: meaning, values, establishing peace and harmony, ability to discover purpose in life
- Occupational: skills, finances, balance between work and leisure, satisfaction, accomplishment

The path to health and wellbeing is linked to engagement in meaningful, daily occupations
(American Occupational Therapy Association, 2015)

Information retrieved from: http://www.nationalwellness.org/?page=Six_Dimensions & http://nccc.georgetown.edu/body_mind_spirit/definitions_health_sickness.html & http://www.aota.org/-/media/Corporate/Files/AboutOT/Professionals/WhatIsOT/HW/Facts/FactSheet_HealthPromotion.pdf

Basic

Understands the risks of drug (including nicotine) and alcohol abuse

1. Health Issues:

Physiological:

- Depression
- Hallucinations
- Impaired safety and judgment

Physical:

- Memory loss
- Violent behavior, aggressive acts, and angry feelings
- Headaches Nausea and/or vomiting
- Muscle weakness
- A drug tolerance
- Liver, lung, and kidney problems
- Brain damage
- Tremors
- Convulsions
- Hyperactivity or sluggish behavior
- Unwanted sexual activity (i.e. date rape)

- Sexually transmitted diseases, including HIV/AIDS
- Unwanted pregnancy
- Adverse effects from withdrawal

2. Legal problems

3. Impaired state of being/ danger to self and others

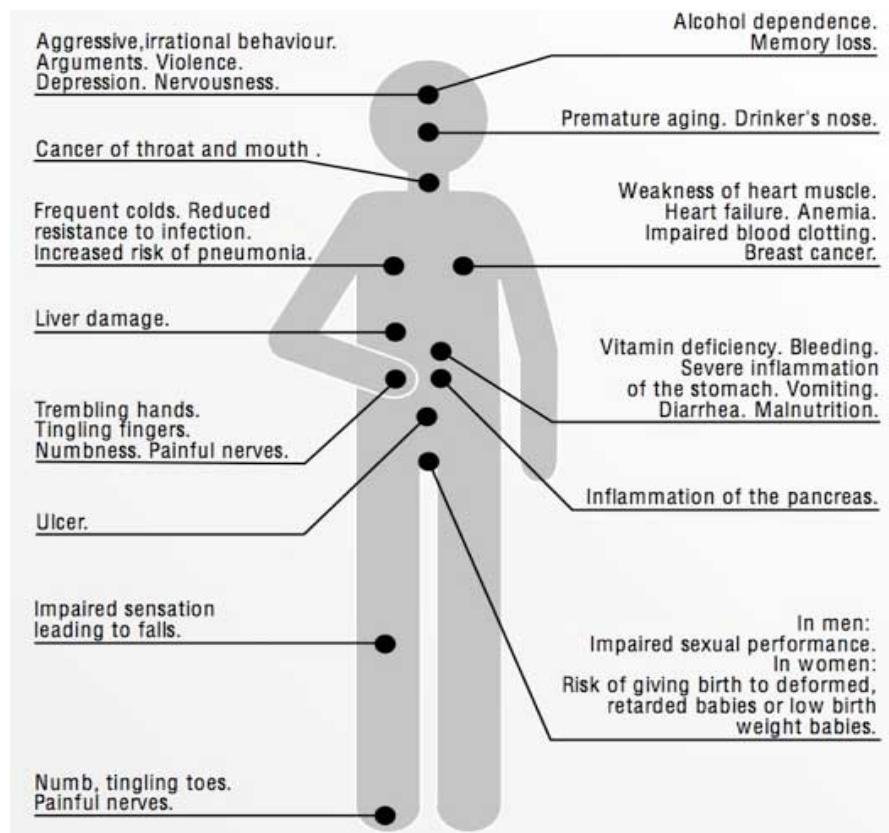
- Impairs ability to drive safely
- Addiction

4. Physical danger:

- Financial
- Interpersonal
- Employment
- Damage to relationships/ social
- Poor academic performance
- Impact on future career prospects
- Impact of hygiene

Information retrieved from:

<https://www.american.edu/oc/studentguide/upload/health-risks-associated-with-alcohol-and-drugs.pdf> DRUGS.pdf

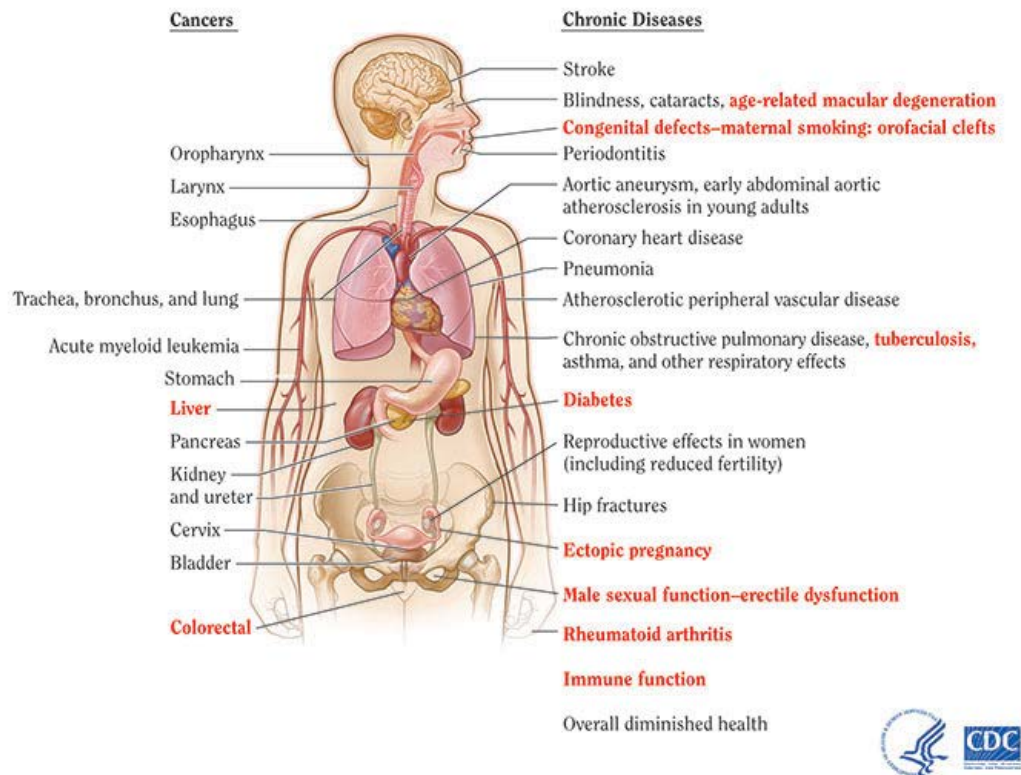


Health Effects of Cigarette Smoking & Vaping

- Cigarette smoking is the leading preventable cause of death in the United States
- Smoking causes 90% of all lung cancer deaths
- Smoking increases your risk of a stroke, heart attack, coronary heart disease, and every type of cancer
- Smoking can damage both male and female reproductive systems
- Vaping can cause a chronic cough and bloody sores
- Harmful chemicals can be found in the metal of a vape or an e-cigarette

Risks from Smoking

Smoking can damage every part of your body



<https://www.sciencenewsforstudents.org/article/concerns-explode-over-new-health-risks-vaping>

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm

Can recognize and describe the symptoms of a cold, flu, and other health related problems

Cold: Headache, runny nose, cough, congestion, tired, weak










Flu: Similar to cold, but also aches & pains, high fever, chills

Indigestion:

- Bloating
- Belching and gas
- Nausea and vomiting
- An acidic taste in your mouth
- Fullness during or after a meal
- Growling stomach
- Burning in your stomach or upper body
- Stomach pain

Stomach virus:

- Diarrhea
- Cramps
- Nausea & Vomiting
- Low grade fever
- Chills

SYMPTOMS		COMMON COLD	FLU
TIRED?		Mildly	Moderately to severely
FEVER?		Low grade fever	Fever higher than 100° F
CHILLS?		Rare	Common
BODY ACHES?		Slight, usually only headaches	Usual and often severe, affecting the entire body
HEADACHE?		Less common	Common
STUFFY NOSE?		Common	Less common
SORE THROAT?		Common	Less common
COUGH?		Hacking cough that brings up mucus	Dry, tickly, unproductive cough
CHEST DISCOMFORT?		Mild-to-moderate	Often severe

Knows how and where to get emergency health care

What is an emergency?

An **emergency** is a situation that poses an immediate risk to health, life, property, or environment. Most emergencies require urgent intervention to prevent a worsening of the situation. It is an unexpected and usually dangerous situation that calls for immediate action

In Case of a True and Urgent Emergency Dial 911

Be prepared to state Name, Location, and Type of Emergency

Local urgent care locations:

St. Francis: Hartford

AFC Urgent Care: West Hartford

Urgent Care at Bloomfield

Hartford Heath Care

Go Health Urgent Care: Bishops
Corner

New England Urgent Care: North
Main St and Blue Back Sq

UConn Health: Farmington

The Charter Oak Mobile Medical
Van: Visits sites all over Hartford,
call 860-550-7500

Malta House of Care – Mobile
Medical Clinic



**URGENT
CARE**

When you need treatment right away
for minor illnesses and injuries.



**EMERGENCY
CARE**

When you need immediate treatment
for serious illnesses and injuries
CALL 911.

For more information about Hartford Emergency Services
visit <http://www.hartford.gov/emergency-services>

Can select a doctor, dentist or clinic for regular healthcare

Choosing a doctor is important because they help you stay healthy with preventative services, screenings, tests, treating and understanding health diagnoses, and helps refer you to a specialist if need be

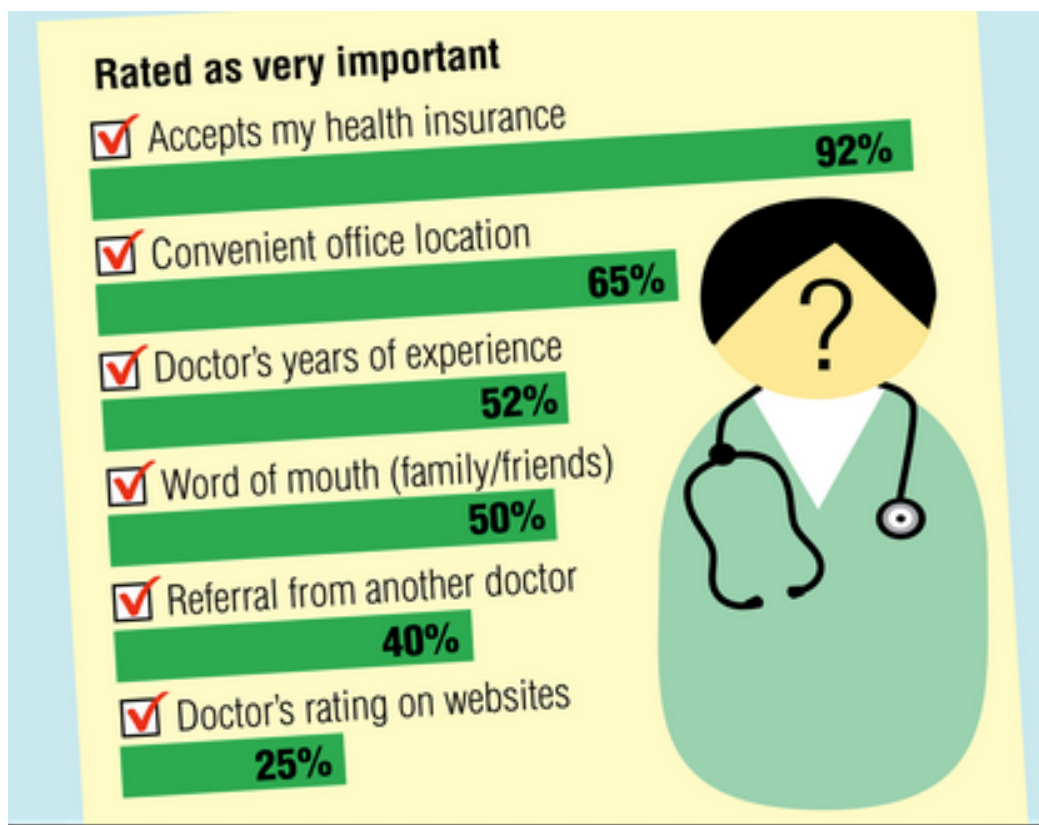
Ways to find a primary care doctor or dentist:

- Internet search
- 211
- Ask a friend or family member
- Community center

Choosing a doctor- Quick tips

- They should be close to where you live so that they are easy to access
- They should have a good reputation
- Clean facility
- Accepts your certain type of insurance
- Reliable and available appointments
- Treats you with respect and listens to your questions and concerns
- Make sure that they consider and respect your personal and cultural needs/beliefs (ex. If you would like a same-gender doctor)
- Call the offices and ask questions that can help you to make your decision

Information retrieved from: <https://healthfinder.gov/HealthTopics/Category/doctor-visits/regular-check-ups/choosing-a-doctor-quick-tips>



Knows how to obtain their medical insurance information

Ask your case manager/conservator/entitlement specialist/former school or someone you trust who might know

If you have a **medical insurance card**, call the number on the back to request your medical information. A sample provided below shows the identifying information and plan number on the front of the card, as well as the phone numbers on the back of the card to call for more information regarding your plan and benefits. The dates on the front of the card also display whether your insurance plan is active, or if it has expired.

GeoBlue		Xplorer Premier	www.geobletravelinsurance.com
		XP-0-NRXDV	Members Services
			Outside the U.S. +1.610.254.5850
			Toll Free Within the U.S. 1.855.481.6647
Stetson Planck	Sandra Planck		24/7 Medical Assistance Including Evacuation
QHf500930361H	Isaiah Planck		Collect Calls Accepted +1.610.254.8771
	Pearl Planck		globalhealth@geo-blue.com
Group No. 99990483	Copay in Network, Inside U.S. \$25		Prescription/Pharmacy Information
BIN 610020	Copay Out of Network, Inside U.S. \$5		Pharmacy Help Desk 1.800.788.2910
Coverage Dates 25-Oct-2012 – 31-Oct-2012	Copay in Network, Outside U.S. \$15		
	Copay Out of Network, Outside U.S. \$20		
			GeoBlue
			One Radnor Corporate Center, Suite 100
			Radnor, PA 19087, USA
			GeoBlue is the trade name of Worldwide Insurance Services, LLC, an independent licensee of the Blue Cross and Blue Shield Association.
			Pharmacy benefits administrator.

A **benefits and entitlements specialist** for the facility you receive services at will be able to help you find out details about your coverage and costs

The Husky Health website contains a large quantity of information regarding benefits and who to contact for specific issues:

www.huskyhealthct.org

If you would like to speak to a Husky Health representative about your insurance plan, you can call their member services number: 1-800-859-9889

If you receive medical insurance through Medicare or Medicaid, a representative can be contacted by calling: 1-800-633-4227

Intermediate

Knows how to obtain a copy of personal immunization records and medical history

The records that exist are the ones you or your parents were given when the vaccines were administered and the ones in the medical record of the doctor or clinic where the vaccines were given.

Who to ask:

- Current doctor
- Childhood physician
- School
- Parents
- Previous residential settings, a care provider, or the Department of Children and Families

If you need official copies of vaccination records, or if you need to update your personal records, there are several places you can look:

- Ask parents or other caregivers if they have records of your childhood immunizations
- Check with your school health services for dates of any immunizations
- Check with your doctor or public health clinic

What To Do If You Can't Find Your Records

- If you can't find your personal records or records from the doctor, you may need to get some of the vaccines again. It is safe to repeat vaccines. The doctor can also sometimes do blood tests to see if you are immune to certain vaccine-preventable diseases.

Tools to Record Your Vaccinations

- Finding old immunization information can be difficult and time-consuming. Therefore, it is critical that you keep an accurate and up-to-date record of the vaccinations you have received. Keeping an immunization record and store it with other important documents.
- Ask your doctor, pharmacist or other vaccine provider for an immunization record form. Bring this record with you to health visits, and ask your vaccine provider to sign and date the form for each vaccine you receive.

Understands diagnoses, allergies and any special medical/mental health care needs with associated prognosis and treatment

If you have a special medical/mental health care need, your doctor may provide you with a **diagnosis** after they examine you. A diagnosis is an explanation of what condition you have, such as asthma or depression. A **prognosis** can come along with a diagnosis, and that can tell you what to expect or how much time you should plan to have that condition. For example, if a doctor diagnoses you with the flu, they may tell you that you will have symptoms for 1-2 weeks.

If you have **allergies** to food, medication, or pollen, for example, it is important to know what they are and how your body reacts. You should tell any medical provider about your allergies so that they can keep you safe.

Helpful tip:

Keep a small sheet with all of your important medical information in your wallet. You can give this to any medical provider and this will make the process easier for both of you.

Things to include:

Name

Date of birth

Allergies and what happens if you come into contact with them

Hospitalizations

Surgeries

Medical conditions

Medications that you are currently taking

If you are not feeling well or are nervous, it can be very helpful to **bring along a trusted person to your medical appointments**. They can help you explain how you are feeling, and they can take note of the doctor's advice to remind you in the future. Ask for a copy of the doctor's recommendations before you leave so you don't forget what to do!



Knows what to do for a cold, flu, or minor illness

Difference between the cold and flu:

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu.

Treating a **cold**:

- Expect to be sick for one to two weeks
- **Stay hydrated.** Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration. Avoid alcohol, coffee and caffeinated sodas.
- **Rest.**
- **Soothe a sore throat.** A saltwater gargle 1/4 to 1/2 teaspoon salt dissolved in an 8-ounce glass of warm water- can temporarily relieve a sore or scratchy throat. Try ice chips, sore throat sprays, lozenges or hard candy.
- **Combat stuffiness.** Over-the-counter saline nasal drops and sprays can help relieve stuffiness and congestion.
- **Relieve pain.** Adults can take acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) or aspirin
- **Sip warm liquids.** A cold remedy used in many cultures, taking in warm liquids, such as chicken soup, tea, or warm apple juice, might be soothing and might ease congestion by increasing mucus flow
- **Add moisture to the air.** A cool mist vaporizer or humidifier can add moisture to your home, which might help loosen congestion
- **Try over-the-counter (OTC) cold and cough medications.** For adults and children older than 5, OTC decongestants, antihistamines and pain relievers might offer some symptom relief.



Treating a **flu**:

- Stay home and rest
- Drink fluids
- Take medicines for fever such as acetaminophen or ibuprofen
- Cover your coughs and sneezes
- Call your health care provider within 48 hours for advice about what to do next
- Antiviral medicines may reduce flu symptoms if started within 48 hours of your first symptoms

Treating a **stomach bug**:

- Drink clear fluids
- Stay hydrated
- Try to eat bland foods (crackers, toast, etc.)
- Drink ginger ale

Have the Stomach Flu?

Start with Your Symptoms

Fever and chills

Cough and congestion

Nausea and vomiting

Diarrhea

Fatigue

↓

Identify the Type of Illness

<p>Influenza Primary symptoms: fever, chills, cough, congestion and fatigue Illness course: sudden, symptoms last between 2-10 days Prevention: flu shot</p>	<p>Stomach Flu Primary symptoms: stomach pain, nausea, vomiting and diarrhea Illness course: starts in as little as 12 hours after exposure, lasts 1-14 days Prevention: wash your hands with soap and water</p>	<p>24-Hour Flu Primary symptoms: stomach pain, nausea, vomiting and diarrhea Illness course: lasts only between 12-60 hours total Prevention: wash your hands with soap and water</p>	<p>Food Poisoning Primary symptoms: stomach pain, nausea, vomiting and diarrhea Illness course: begins within a few hours of eating Prevention: prepare food safely, and don't eat expired items</p>
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When to See the Doctor

<ul style="list-style-type: none"> • Signs of severe dehydration <i>(including increased thirst, dizziness and no urination during the day within the past 6-8 hours)</i> 	<ul style="list-style-type: none"> • Fever of greater than 104 degrees • Vomiting for more than 24 hours 	<ul style="list-style-type: none"> • Blood in vomit or stool • Prolonged symptoms for more than a week • Are currently pregnant
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*Take extreme caution if your baby experiences any severe symptoms associated with stomach bugs. When in doubt, call your baby's doctor.

UnityPoint Health

Information retrieved from: <http://www.publichealth.va.gov/flu/treatment/index.asp> & <http://www.mayoclinic.org/cold-remedies/art-20046403>

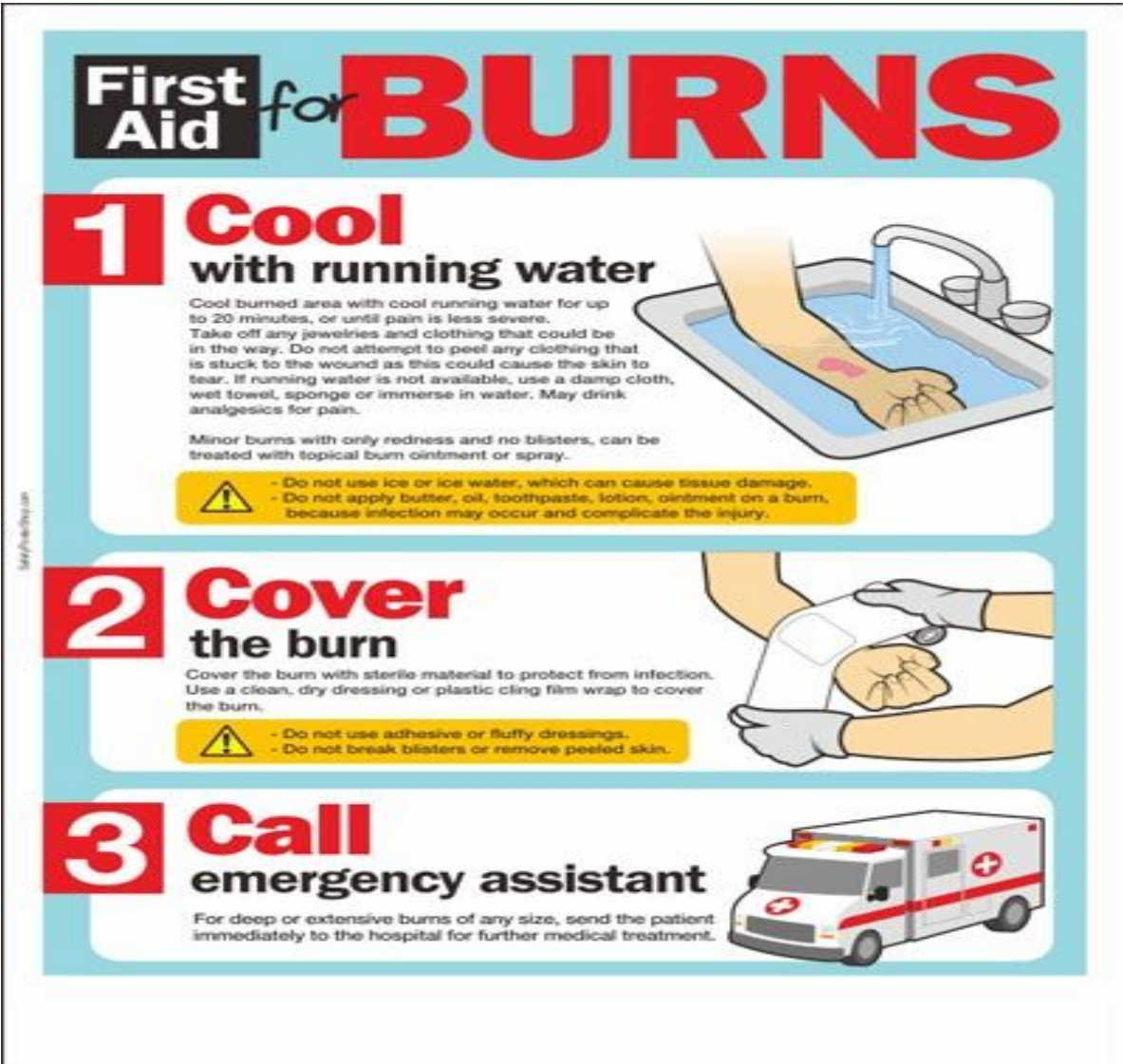
Knows how to care for own minor injuries

Many minor injuries, such as a cut, splinter, nosebleed or minor burn can be treated at home with basic first aid materials

How to treat a minor burn:

- Remove yourself from the source of the burn (stove, iron, etc.)
- Remove any clothing and jewelry from the burn
- Run cool (not cold, or ice) water over the burn for at least 3-5 minutes
- Apply aloe gel or cream to the area, and keep it clean and covered (sterile bandage or gauze) if the burn is the size of a quarter or smaller until healed
- Take Tylenol, Advil, or Motrin (acetaminophen) as needed to help control the pain

If the burn is large or serious, call for emergency medical care!




First Aid for BURNS

1 Cool with running water


Cool burned area with cool running water for up to 20 minutes, or until pain is less severe. Take off any jewelry and clothing that could be in the way. Do not attempt to peel any clothing that is stuck to the wound as this could cause the skin to tear. If running water is not available, use a damp cloth, wet towel, sponge or immerse in water. May drink analgesics for pain.

Minor burns with only redness and no blisters, can be treated with topical burn ointment or spray.

 - Do not use ice or ice water, which can cause tissue damage.
- Do not apply butter, oil, toothpaste, lotion, ointment on a burn, because infection may occur and complicate the injury.


2 Cover the burn

Cover the burn with sterile material to protect from infection. Use a clean, dry dressing or plastic cling film wrap to cover the burn.

 - Do not use adhesive or fluffy dressings.
- Do not break blisters or remove peeled skin.

3 Call emergency assistant

For deep or extensive burns of any size, send the patient immediately to the hospital for further medical treatment.



How to treat a minor cut:

- Rinse the wound completely with water to clean out any dirt and debris
- Wash the area with mild soap
- Cover the cut with sterile gauze or a bandage
- Change the bandage as it becomes wet, and remove after a scab forms over the cut

Call the doctor if it becomes red, warm, swollen, or starts draining pus!

5 Tips on First Aid for Cuts and Wounds

When there is an injury present, blood usually follows. Bleeding is the body's way of trying to clean out the wound itself. The blood pushes out anything that may get inside and cause irritation or infection. It's important to take the right steps after becoming injured to make sure the healing process can take place.

Cleaning the Wound

The first order of business when dealing with cuts and wounds is to clean them off. Water can aid in the cleaning of the effected area. Use cold water if possible as it constricts the blood vessels, slowing the flow of blood to the injured area. Soap and other antibacterial products can also be of use. If you decide to use these, wash around the cut or wound and not inside or over it. Washing inside can irritate the area and cause inflammation or hinder the effort to stop the bleeding.

Direct Pressure

After the wound or cut has been clean, direct pressure needs to be applied immediately. Pressure can be applied with any type of cloth or wound care supplies available - even clothing. If the bleeding soaks through the gauze or cloth, do not remove the article from the area. Instead, apply more cloth or gauze on top. Apply pressure for at least 10 - 15 minutes and do not check to see if the bleeding has stopped until then. If the wound is more serious, pressure points in the body can be of use depending on the location of the cut or wound.

Elevating

After the wound has been cleaned and while pressure is being applied, elevate the effected area. This is best for extremities like arms and legs. If the cut or wound is on the head or a different part of the body, try to keep it as upright as best as you can. While elevating, make sure the area is above the heart - this will help guarantee the least amount of blood flow is directed to that area. The bleeding will subside faster and help your efforts to clot the blood.

Rest and Relaxation

Rest and relaxation are important steps in helping your body to recover and heal from the cut or wound. Movement creates the flow of blood around the body and if you're moving the effected area, even more blood will flow in that direction. If the blood has stopped and a clot has formed, it's fairly easy for you to start bleeding again. Rest and move the area effected as little as possible. Your body will heal faster and you will not have to tend to the cut or wound multiple times.

Dressing

After the wound or cut has been thoroughly taken care of, it's important to dress the area. Using wound care supplies and medication to cover the area establishes a barrier between the internal and external world. Open wounds and cuts are extremely sensitive and it's easy for bacteria or environmental toxins to enter. The dressing may contain a bit of blood in the beginning - an important reason to change it every day. Using wound care medications, like wound ointments, in conjunction with a bandage, is helpful in speeding up the healing process, as well as lessening the likelihood of scars.

SOURCE: CanMedDirect.ca - 855-422-6633 - Canada's Online Medical Superstore

How to treat a splinter:

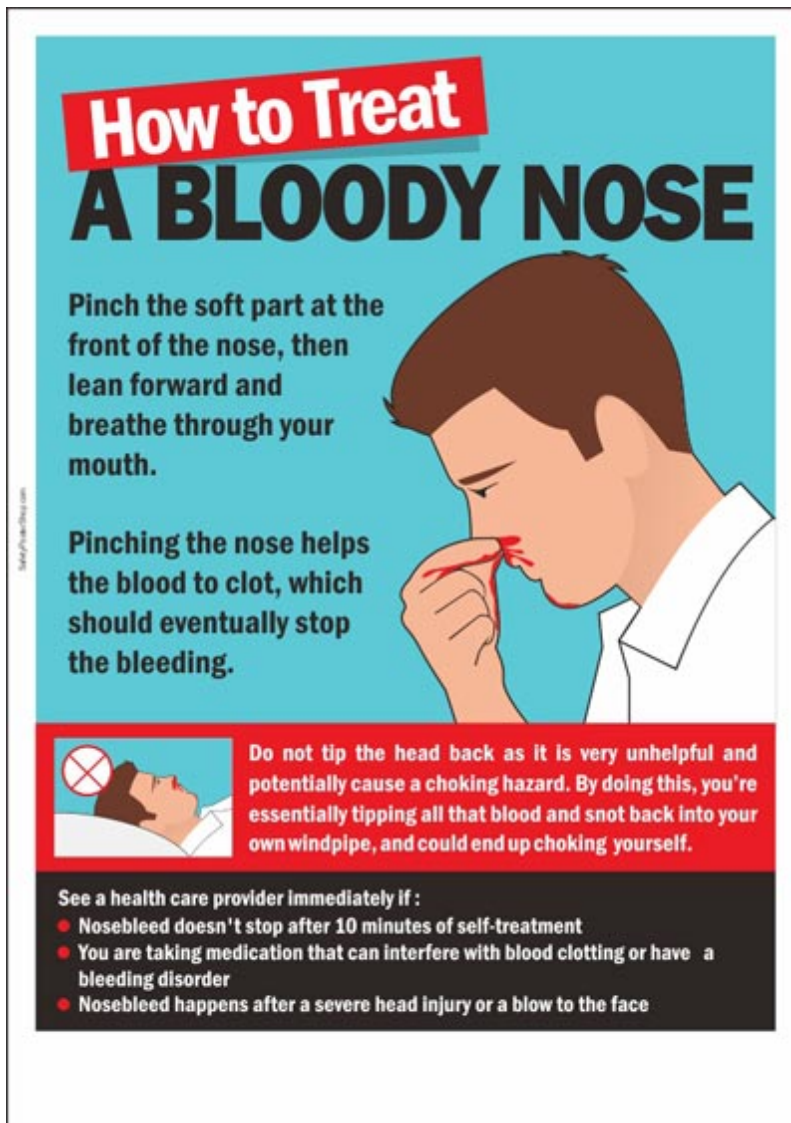
- Wash your hands
- Clean a pair of tweezers and a needle with rubbing alcohol
- Attempt to pull the splinter out in the same direction and angle that it entered the skin with the tweezers
- Once the splinter is out, clean the area and apply a bandage
- If you can't get the splinter out, seek medical attention to prevent an infection (urgent care)

How to treat a nosebleed:

- **DO NOT lean your head back!** This may cause coughing, choking, or vomiting
- Sit up and tilt your head slightly forward
- Gently pinch the soft part of the nose with a tissue or clean cloth
- Keep pressure on the nose for about 10 minutes

Seek medical help if:

- The bleeding will not stop after 2 attempts
- If the bleeding is heavy
- If the person is dizzy or weak



**How to Treat
A BLOODY NOSE**

Pinch the soft part at the front of the nose, then lean forward and breathe through your mouth.

Pinching the nose helps the blood to clot, which should eventually stop the bleeding.

Do not tip the head back as it is very unhelpful and potentially cause a choking hazard. By doing this, you're essentially tipping all that blood and snot back into your own windpipe, and could end up choking yourself.

See a health care provider immediately if :

- Nosebleed doesn't stop after 10 minutes of self-treatment
- You are taking medication that can interfere with blood clotting or have a bleeding disorder
- Nosebleed happens after a severe head injury or a blow to the face

Knows how to make and keep appointments with health care professionals

Making appointments:

- Obtains needed phone numbers
- Has insurance card
- Chooses a reasonable appointment day and time

Keeping appointments:

- Has reliable transportation
- Doesn't have conflicting scheduled appointments
- Rescheduling if you need to cancel (make sure you give them enough time, don't wait until the day before/day of if at all possible)
- If you miss appointments and do not call to tell them or reschedule, they may charge you a fee or refuse to provide you with care in the future

Keep track of appointments by:

- Cell phone reminders
- Phone app
- Wall or desk calendar
- Planner
- Keeping the appointment dates and times in a place where you will always see them (mirror, next to a light switch)



Understands confidentiality, HIPAA and consents

Confidentiality is one of the core duties of medical practice. It requires **health care** providers to keep a patient's personal health information private unless consent to release the information is provided by the patient.

Patients routinely share personal information with **health care** providers.

HIPAA is the acronym for the Health Insurance Portability and Accountability Act Passed by Congress in 1996

HIPAA does the following:

- Makes sure that only the required people have access to your health care information
- Ensures your privacy by allowing you to decide who your information is shared with
- Keeps your financial information secure

Verbal and written consent: gives permission for something to happen

You must sign a document giving a provider permission to share your information with the people that you choose

Ask for the document to be in your **primary language** so that you can fully understand what you are signing

You have the right to keep your health information private

Information retrieved from:

<http://www.dhcs.ca.gov/formsandpubs/laws/hipaa/Pages/1.00WhatIsHIPAA.aspx>

Understands the importance of sleep in relation to daily functioning

Recommended 7-9 hours of sleep a night for an adult

Sleep plays a vital role in good health and wellbeing throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.

Ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others.

Sleep promotes:

- Brain function so that you can remember and process things as best as you can
- Physical health by restoring you for the next day
- Emotional well-being
- Healing and repair of your heart and blood vessels
- A good balance of all the chemicals and hormones in your body
- Your ability to fight off sickness

Important to not use electronics right before bed:

Studies have shown that the light from a phone or computer can make it difficult for you to fall and stay asleep. Make sure that you take some time to unplug and relax before bed to get the best night's sleep



How to get the best sleep:

- Don't do anything in your bed besides sleep (eat, do work)
- Create a calm environment free from stress and clutter
- Follow a routine each night so your body knows it's time for sleep (washing face, shower, putting on pajamas, reading, etc.)
- Don't eat a big meal right before bed
- If you need to, listen to some calming music

Understands what medical insurance is and why it is important

Medical insurance

Covers part of the cost when a person is ill

Type of **insurance** coverage that pays for **medical** and surgical expenses such as physical therapy, a blood test, emergency care, or a planned surgery

Health insurance can reimburse the insured for expenses incurred from illness or injury, or pay the care provider directly.

You may have a **deductible** with your insurance plan. A deductible is an amount of money that you have to pay yourself for healthcare before your insurance company will start paying the rest.

You also may have a **copay** with your insurance plan. A copay is a fixed amount (\$20, for example) that you have to pay every time you go to a doctor's appointment. This information can be found on your insurance card.

If you are a citizen of the United States, you **must have health insurance**

Insurance protects you and gives you better access to care when you need it. If you have a job, you might have to take some of your salary out for health insurance. This will be worth it when you or your family need it the most.



Can determine when to go to an emergency room and when to make an appointment with the doctor or walk in clinic

Whenever an illness or injury occurs, you need to decide how serious it is and how soon to get medical care. Determine whether you should:

- Call your doctor
- Go to an urgent care clinic
- Go to an emergency department right away

How quickly do you need care?

If a person could die or be permanently disabled, it is an emergency.

Call 911 to have the emergency team come to you right away:

- Choking
- Stopped breathing
- Head injury with passing out, fainting, or confusion
- Injury to neck or spine, especially if there is loss of feeling or inability to move
- Electric shock or lightning strike
- Severe burn
- Severe chest pain or pressure
- Seizure that lasted 3 to 5 minutes

Go to an emergency department or call 911 for help for problems such as:

- Trouble breathing
- Passing out, fainting
- Pain in the arm or jaw
- Unusual or bad headache, especially if it started suddenly
- Suddenly not able to speak, see, walk, or move
- Suddenly weak or drooping on one side of the body
- Dizziness or weakness that does not go away
- Inhaled smoke or poisonous fumes
- Sudden confusion
- Heavy bleeding
- Possible broken bone, loss of movement, especially if the bone is pushing through the skin
- Deep wound
- Serious burn
- Coughing or throwing up blood
- Severe pain anywhere on the body
- Severe allergic reaction with trouble breathing, swelling, hives
- High fever with headache and stiff neck
- High fever that does not get better with medicine
- Throwing up or loose stools that does not stop
- Poisoning or overdose of drug or alcohol
- Suicidal thoughts
- Seizures

When to Go to an Urgent Care Clinic

If your problem is not life threatening or risking disability, but you are concerned and you cannot see your doctor soon enough, go to an urgent care clinic.

The kinds of problems an urgent care clinic can deal with include:

- Colds
- Flu
- Earaches
- Sore throats
- Migraines
- Low-grade fever
- Limited rashes
- Minor injuries
- Back pain
- Minor cuts and burns
- Minor eye injuries
- Painful urination
- Diarrhea
- UTI

If You Are Not Sure, Talk to Someone

If you are not sure what to do, and you don't have one of the serious conditions listed above, call your doctor.

Describe your symptoms to the doctor who answers your call, and find out what you should do.

Your doctor or health insurance company may also offer a nurse telephone advice hotline.

When to make an appointment with your doctor:

- Routine check ups
- Physicals
- Immunizations
- Screenings and tests
- Routine blood work

Advanced

Understands patient rights and knows how to advocate for self on health care issues with medical professionals and behavioral health care providers

Must be able to discuss with provider:

- Questions
- Concerns
- Clarify any issues



If unable to do so by self- Contact an **Advocate** who can help supply services like:

- Accompany you to medical appointments or stay by your bedside in the hospital
- Help you learn more about your medical condition and treatment options
- Help you make difficult medical decisions
- Review your prescriptions and medications to be sure there are no conflicts
- Help you maintain a healthy pregnancy and raise healthy babies by working with a midwife, doula or lactation specialist
- Help you develop your end-of-life planning and paperwork like living wills
- Navigate insurance
- File health insurance claims, dispute denials, and manage or reduce your hospital and medical bills
- Find legal assistance after a medical error
- Track paperwork and records

Use and understand an Advance Directive so you can be in control of what happens to you if you cannot communicate or make your own decisions

The Connecticut Legal Rights Project has created a workbook where you can get all your thoughts and decisions down

Things that are involved in an Advance Directive:

- Deciding who can make decisions for you
- Specifying which hospitals you would prefer to be taken to
- Which doctors you want and do not want to treat you
- Medications that you prefer and do not want
- Strategies that you want people to know will help if you're having a hard time (time alone, listening to music, etc.)
- Who you want notified if you are hospitalized
- End of life decisions, such as whether you want to be on life support or not



Knows who should be contacted in the event of an emergency
(emergency contact information)

In Case of a True and Urgent Emergency Dial 911
Be prepared to state Name, Location, and Type of Emergency

Have someone in mind (who you trust) who could be contacted in case you experience a medical emergency! It may be helpful to have this person's contact information written down and stored somewhere, like inside of your wallet

- Family member
- Foster parent
- Health care worker
- Conservator
- Close friend

Emergency Contacts
www.tootsweet4two.com



Police (non-emergency): _____
Fire Department (non-emergency): _____
Poison Control: _____

Additional Emergency Contact Numbers:

MEDICAL CONTACTS
Hospital: _____ Family Doctor: _____
Other Doctor: _____ Dentist: _____
Pharmacy: _____ Vet: _____

UTILITY CONTACTS
Gas/Propane: _____ Electric: _____
Water: _____ Telephone: _____
Cable: _____ Other: _____

INSURANCE CONTACTS
Medical/Health Insurance: _____
Homeowners Insurance: _____
Automobile Insurance: _____

FAMILY CONTACTS
Name: _____ Phone: _____
Name: _____ Phone: _____
Name: _____ Phone: _____
Name: _____ Phone: _____
Name: _____ Phone: _____

Understands how diet and exercise impact health

Eating right:

- A healthy diet gives your body the nutrients it needs to perform physically, maintain wellness, and fight disease. Americans whose dietary patterns include fresh, whole foods like fruits and vegetables, whole grains, legumes, lean meats, and fish have a lower incidence of major chronic disease and especially of diet-related diseases.
- Food acts as medicine to maintain health, as well as prevent and treat disease.
- Nourishing yourself engages every aspect of your being—physical, social, emotional, mental, and spiritual.

Unhealthy diets:

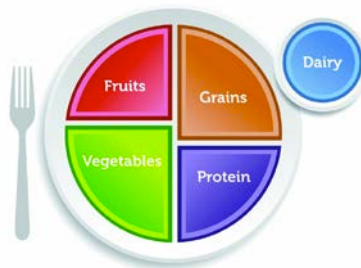
- Diseases associated with obesity include type 2 diabetes, high blood pressure, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems, and certain cancers, including breast cancer in women.
- Often, processed and easy fast food is not good for your body
- It is recommended to cook as much at home as you can, but if you're eating out try to get something fresh like fruits, vegetables, or chicken
- Packaged snacks are often high in salt, sugar, and chemicals that aren't good for you
- Try to avoid sugary drinks like soda, and swap it out for water instead
- Grilled foods are usually healthier than fried foods

Eating too much or too little:

- Eating disorders, including anorexia nervosa, bulimia, and binge-eating disorder, are also on the rise. These disorders are significant threats to health and are often chronic.

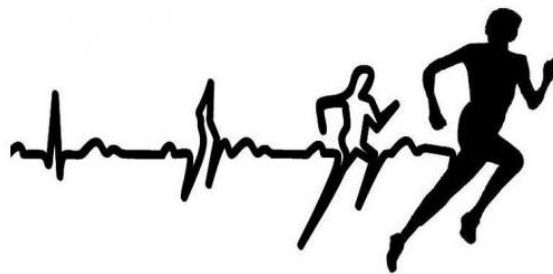
Healthy Eating Strategies:

- Smaller portion sizes
- Eat slowly and stop eating before you feel full
- Incorporate fruit, vegetables, protein and healthy fats into your diet
- Drink plenty of water



Exercise:

- Recommended: 30 minutes at least 5 days a week
- Improves both mental and physical health
- Regular physical activity can relieve tension, anxiety, depression and anger
- Physical activity improves physical wellness
- Becoming more active can help lower your blood pressure and also boost your levels of good cholesterol
- Physical activity prolongs your optimal health- without regular physical activity, the body slowly loses its strength, stamina and ability to function well.
- Improves blood circulation, which reduces the risk of heart disease
- Keeps weight under control
- Helps in the battle to quit smoking
- Prevents and manages high blood pressure
- Prevents bone loss
- Boosts energy level
- Helps manage stress
- Promotes enthusiasm and optimism
- Helps you fall asleep faster and sleep more soundly
- Improves self-image
- Increases muscle strength, increasing the ability to do other physical activities
- Provides a way to share an activity with family and friends
- Reduced risk of stroke
- Helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence



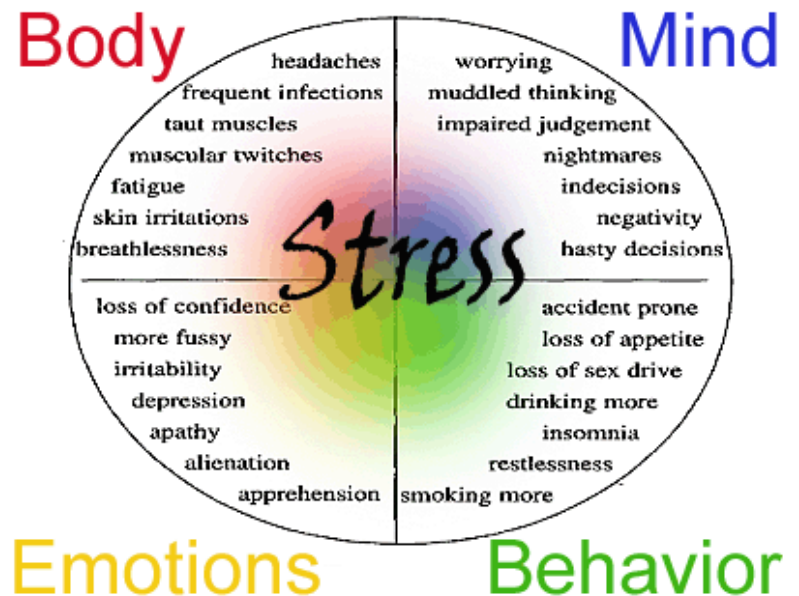
Knows healthy methods for reducing stress and anxiety

Unhealthy ways:

- Smoking
- Drinking
- Binging on junk food
- Excessive sleep
- Excessive TV watching
- Using substances
- Lashing out on others

Healthy ways:

- Exercise
- Yoga
- Meditation
- Taking walks
- Deep breathing
- Talking to someone
- Journals
- Hobbies
- Tai chi
- Use scents
- Listen to music
- Laugh
- Drink tea
- Guided visualization
- Join a religious community
- Chew gum
- Get a massage
- Take a nap
- Hug something
- Scream into a pillow
- Go for a drive
- Art
- Pet an animal
- Eat a well balanced meal
- Get the sleep you need
- Count to 10s lowly
- Step outside



Understands the benefits from engaging in healthy leisure activities

Opportunity for socialization
Promoting exercise
Stress reduction
Depression reduction
Improving self esteem
Sense of accomplishment
Productive use of free time
Things to do to help yourself feel good
Psychological engagement
Improves quality of life
Improves body functioning and cognition

Leisure Activities:

Listen to music
Dance
Take a walk
Go for a run
Biking
Hiking
Read a book
Play sports
Self-defense classes (Taekwondo, boxing, martial arts)
TV and video game (in moderation)
Knitting
Drawing
Painting
Writing
Cooking and baking
Gardening

Has and knows how to obtain or maintain active enrollment in healthcare insurance

Health Care Benefits:

The health care items or services covered under a health insurance plan
Ex: doctor office visits, emergency room, and walk-in clinic visits
Covered benefits and excluded services are defined in the health insurance plan's coverage documents
Receive assistance in paying the cost of a service

Ways to access health care insurance:

Social Security Office
Access CT Website

Provider network

You can get a list of all of the doctors and health care professionals that your insurance covers

This is the network of all health care providers who are contracted to provide health care services to plan members.

Using an out of network provider may result in out of pocket expenses.

