

WELLNESS NEWSLETTER

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IN THIS ISSUE

Health Observance

Page 1

WellBalance Health Corner: Take PRIDE in Your Mental Health

Page 2

Establishing a Relationship with your Primary Care Physician

Page 3

Featured Recipe

Page 4

Please Note: The content in this newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider

HEALTH OBSERVANCE

Men's Health Month

Matthew McClain, Administrative Manager - Wellworks For You

June signifies Men's Health Month which aims to increase awareness regarding health care for men and encourages men to practice healthy habits and lifestyles. There are major benefits for men when it comes to taking control of their health. Early detection of illnesses like heart disease – the leading cause of death among men in the U.S. – or completing preventive screenings like prostate and colonoscopy exams can help men stay on top of their health and make changes as needed. Often, health issues for men can go unnoticed, making June an important reminder for men of all ages to seek medical treatment when needed. According to a Harvard study on Men's Health, on average women live longer than men. The average lifespan is roughly 5 years longer for women than men in the U.S. Men also tend to avoid medical care more often than women which leads to undiagnosed illness and ongoing health issues.

But this June, health advocates around the country will hope to shine the light on men's health and increase awareness. The week leading up to Father's Day is known as Men's Health Week. You can take part this month by choosing to 'wear blue for men's health' on June 18th. By wearing blue, you can show support for the men in your life and raise awareness concerning men's health. Wear blue to keep the conversation regarding men's health going so that more men feel empowered to seek medical care instead of avoiding it or only utilizing it when seriously ill.



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HEALTH CORNER



Take **PRIDE** in Your Mental Health

Kevin Hesser, Wellworks For You Wellness Coordinator
 Lindsey Benatti, Wellworks For You Wellness Coordinator
Trigger Warning: Mentions of suicide
 National Suicide Prevention Lifeline: 800.273.8255

The LGBTQIA+ community faces disproportionate rates of mental health conditions in comparison to the general population. Studies show that **1 in 3** LGBTQIA+ adults face mental health challenges, in comparison to **1 in 5** adults in the general population.

These mental health challenges come from a wide range of factors, both internal and external, and of course vary person to person, but typically include:

- Feelings of shame, isolation, confusion, and dysphoria
- Rejection by family, friends, and the general community
- Homelessness as a result of rejection by family or loved ones
- Lack of support system or an accepting environment
- Physical, verbal, or sexual harassment and abuse
- Inadequate medical and psychiatric healthcare
- Conflicting religious or spiritual beliefs
- Fear of being “outed” as well as the consequences of being “out”

IMPROVING MENTAL HEALTH IN THE COMMUNITY

Allies – non-LGBTQIA+ people who are advocates and active supporters of the community – are crucial to helping offset the disproportionate rates of mental health challenges in the LGBTQIA+ community. Allies can help in ways such as:

- Educating themselves on LGBTQIA+ terminology and history
- Fostering genuine relationships with LGBTQIA+ people in their lives
- Intervening in situations of harassment or discrimination
- Using LGBTQIA+ people's pronouns and names correctly
- Exemplifying basic acceptance of LGBTQIA+ people's identities and acknowledging their individual struggles

Research shows a strong connection between identity and mental health. A 2020 survey by The Trevor Project reported 82% of LGBTQIA+ youth with at least one supportive person in their life, as well as access to a space they felt accepted, were 50% less likely to attempt suicide. By simply being welcoming and accepting of the LGBTQIA+ people in our lives, we take the first step to helping improve mental health in the community.

MENTAL HEALTH STATS IN THE LGBTQIA+ COMMUNITY

- LGBTQIA+ people are **TWICE** as likely to struggle with depression, anxiety, and substance abuse. Trans and Non-binary people are **FOUR TIMES** as likely.
- LGBTQIA+ adults are **TWICE** as likely to attempt suicide, and risk for youths are **FOUR TIMES** higher than their peers. Trans suicide attempts are estimated at **40%**, compared to **5%** in the general population.

RESOURCES FOR LGBTQIA+ PEOPLE

Remember – you are never alone! Countless organizations across the world are recognizing the importance of providing mental health resources for LGBTQIA+ adults and youth. A few examples include:

- THE TREVOR PROJECT: Providing crisis intervention and suicide prevention services to LGBTQIA+ people
<https://www.thetrevorproject.org>
- AUDRE LORDE PROJECT: LGBTQIA+ People of Color community organizing center
<https://www.alp.org>
- IT GETS BETTER PROJECT: Uplifting, empowering, and connecting LGBTQIA+ youth around the globe
<https://www.itgetsbetter.org>

Pride is about love, joy, and community: three essential keys to wellness! Let us come together, LGBTQIA+ people and allies, to celebrate our likeness as well as our differences. When we care for ourselves and each other, we create a world in which everyone can take pride in their mental health.

Sources:

- <https://www.medicalnewstoday.com/articles/lgbt-youth-and-mental-health#anxiety>
- <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI>
- <https://www.lgbtqihealtheducation.org/wp-content/uploads/2018/10/Suicide-Risk-and-Prevention-for-LGBTQ-Patients-Brief.pdf>
- <https://www.medicalnewstoday.com/articles/lgbtqi-and-depression>
- <https://www.mhanational.org/issues/lgbtq-communities-and-mental-health>
- <https://www.thetrevorproject.org/2020/02/13/research-brief-black-lgbtq-youth-mental-health/>

Establishing a Relationship with your Primary Care Physician

Megan Saylor, Preferred Partner Manager - Wellworks For You

According to Reuters, there has been a 2% decline in the last decade of individuals who do not have a primary care physician (PCP). While 2% seems fairly low, to provide perspective, that translates to millions of people, or about the entire population of New Jersey. It's been reported that this decrease is coming from the younger, "healthier", population. There are more benefits than just "checking off the annual physical box", that accompany establishing a relationship with a PCP.

A PCP is a healthcare professional that is there to assist you in managing your health. This person would be someone you can contact if you have a medical non-emergency inquiry. The benefit of having a long-standing PCP is the relationship and trust that is built over the years. As a healthcare professional, they will be able to provide advice and support to your questions over the years. Your PCP will know your history and be able to make suggestions based on what has or has not worked best in the past. PCP support can span from a multitude of topics including your current health, medical history, family medical health history, treatment, preferences, daily challenges you may be facing, and your personality and lifestyle.



Studies have shown that individuals with a PCP are much happier and healthier than those without one. There is about a 10% boost in patient satisfaction within healthcare when they have their own PCP provider. Finding the right PCP can seem daunting, however, your local practice should be able to assist in guiding you in the right direction, along with confirming insurance coverage. There are many different types of PCP's including family practitioners, pediatricians, internists, geriatricians, obstetricians, gynecologists, and nurse practitioners.

Your PCP will be an aid to you to ensure you are staying healthy and is there to provide support when a health issue does arise. Creating a relationship with a primary care doctor will significantly impact a participant, and can lead to a deeper understanding of their overall health and establish accountability for goals. It has been reported that 89% of patients value their relationship with their PCP and that access to a PCP has shown to be highly effective patient outcomes. All in all, there are many positives and benefits of establishing a PCP relationship.

Sources:

<https://my.clevelandclinic.org/health/articles/16507-the-importance-of-having-a-primary-care-doctor>

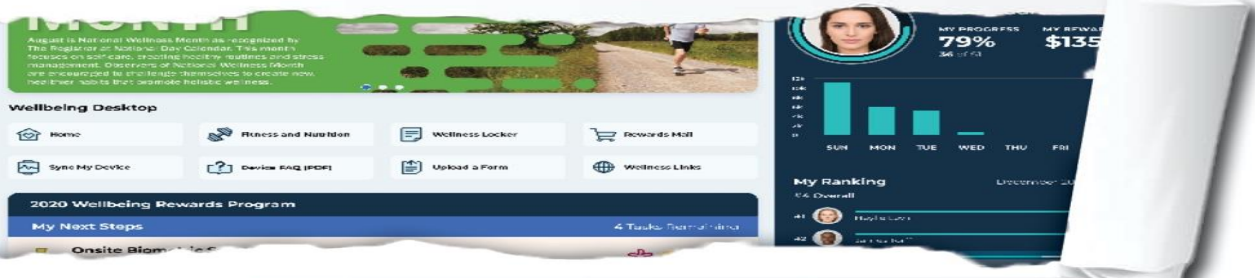
<https://www.reuters.com/article/us-health-pcp-trends/declining-numbers-of-americans-have-a-primary-care-provider-idUSKBN1YK1Z4>

<https://www.elationhealth.com/primary-care-physicians-blog/patients-value-pcp-relationship/#:~:text=89%25%20of%20patients%20value%20their%20relationships%20with%20primary%20care%20physicians&text=Access%20to%20a%20primary%20care,effective%20in%20improving%20patient%20outcomes.>

Updated Portal User Experience

COMING SOON

SUMMER 2021



Featured Recipe

Frosty Lemonade Pie

8 Servings

INGREDIENTS

- 1 package (8 oz.) fat-free cream cheese
- 1 tub (.5 oz.) sugar-free lemonade soft drink mix
- 1 cup cold fat-free milk
- 1 package (1 oz.) sugar-free instant vanilla pudding mix
- 1 carton (8 oz.) frozen fat-free whipped topping, thawed
- 10 sugar-free lemon sandwich cookies, crushed
- 1 reduced-fat graham cracker crust (6 oz.)
- Lemon slices and fresh mint leaves



DIRECTIONS

1. Beat cream cheese and drink mix until smooth. In another bowl, whisk milk and pudding mix 1 ½ minutes (mixture will be very thick). Beat into cream cheese mixture. Beat in a third of the whipped topping. Fold in remaining whipped topping.
2. Reserve 3 tablespoons cookie crumbs; fold remaining crumbs into cream cheese mixture. Spoon into crust, spreading evenly. Sprinkle with reserved crumbs.
3. Freeze, covered, until firm, 4-5 hours. Remove from freezer 15-30 minutes before serving. If desired, top with lemon slices and mint.

NUTRITION

Per serving: One (1) pie slice contains about 257 Calories, 6g Fat (2g Saturated Fat), 4mg Cholesterol, 404mg Sodium, 35g Carbohydrate (13g Sugars, 0 Fiber), 7g Protein

Source: <https://www.tasteofhome.com/recipes/frosty-lemonade-pie/>



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