

# STEP INTO WELLNESS



Diocese of Palm Beach  
2021 Healthiest Employers Award Honoree



## June Is Men's Health Month

June 2021



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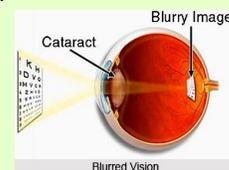
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### What Are Cataracts?

A cataract is a clouding of the normally clear lens of your eye. For people who have cataracts, seeing through cloudy lenses is a bit like looking through a frosty or fogged-up window. Clouded vision caused by cataracts can make it more difficult to read, drive a car (especially at night) or see the expression on a friend's face.

Most cataracts develop slowly and don't disturb your eyesight early on. But with time, cataracts will eventually interfere with your vision.

At first, stronger lighting and eye-glasses can help you deal with cataracts. But if impaired vision interferes with your usual activities, you might need cataract surgery. Fortunately, cataract surgery is generally a safe, effective procedure.



www.mayoclinic.org

Celebrated each year during June, Men's Health Month brings awareness to the health issues all men face. Hosted by Men's Health Network since 1992, the month is dedicated to enriching men's health and wellness through a broad spectrum of national screening and educational campaigns.

Men's Health Month is an annual observance aimed at raising awareness of preventable health problems and encouraging early detection and treatment of disease among men and boys.

**Goal of Men's Health Month** Did you know that men, on average, die almost five years earlier than women? Part of the reason is that men are more reluctant to go to the doctor, according to menshealthmonth.org. In fact, studies show that women go to the doctor twice as much as men.

### What Can I Do??

- Make your health a priority
- Schedule your prostate screening
- Reduce stress levels
- Stay active!
- Get more sleep



Certain conditions are more prevalent in men, which patients and their doctors should keep an eye on through regular appointments.

Thus, the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among both men and boys.

This month gives individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

### Wear Blue Day

**June 18 is "Wear Blue Day" to help spread the knowledge of Men's Health Month!**

The statistics show that men deal with more illness than women, and die younger.

Wear **BLUE** was created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives.

Whether it is your friend, brother, dad, boyfriend, spouse, or boss, show them you care about them and their health by **wearing blue**.

## Post Traumatic Stress Disorder Awareness Month

PTSD is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or assault.

Due to the duties and various environments Veterans are exposed to during their time in the military, PTSD prevalence can be high. It is estimated that about 30 percent of all Vietnam Veterans have or have experienced PTSD.

If not treated, PTSD can negatively impact an individual's overall health and wellbeing and trigger other mental health disorders like anxiety, depression, sleep problems, anger, substance misuse, and even suicide.

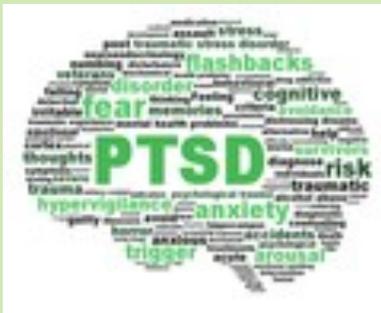
Because of this, Veteran's Administration makes it a public health priority to raise awareness of PTSD to let everyone know there is help available and treatments that work.

### Facts about How Common PTSD Is:

The following statistics are based on the U.S. population:

- \*About 7 or 8 out of every 100 people (or 7-8% of the population) will have PTSD at some point in their lives.
- \*About 8 million adults have PTSD during a given year. This is only a small portion of those who have gone through a trauma.
- \*About 10 of every 100 women (or 10%) develop PTSD sometime in their lives compared with about 4 of every 100 men (or 4%).

PTSD can happen to anyone. It is not a sign of weakness. A number of factors can increase the chance that someone will develop PTSD, many of which are not under that person's control. For example, if you were directly exposed to the trauma or injured, you are more likely to develop PTSD.



<https://www.ptsd.va.gov>

## June Happenings Calendar

|             |                                       |
|-------------|---------------------------------------|
| June 1 - 30 | Men's Health Awareness Month          |
| June 1- 30  | PTSD Awareness Month                  |
| June 1 - 30 | National Safety Month                 |
| June 1 - 30 | Migraine and Headache Awareness Month |
| June 1 - 30 | Cataract Awareness Month              |
| June 12     | Family Health and Fitness Day         |

## Meet Your Wellness Co-Captains! Danielle Twist, St. Ann School

What year did you begin your career with the Diocese and what do you do?

**2008, 4th grade teacher**

What do you love most about your job?

**Being an educator allows me to keep learning and growing in knowledge. I can encourage children to dream – dreams lead to big ideas—which can lead to innovations and changes for the future. I love inspiring kids to think beyond their comfort zones and challenging them to reach their fullest potential.**

What do you enjoy about being involved with the Step Into Wellness Program?

**I like being able to provide my fellow co-workers with healthy options and initiatives, to help prevent sickness, fatigue and mental burnout.**

What impact, as a co-captain, do you feel you have made on or with your work team?

**As a team we came together in competition to lose weight, but also to take our minds off of a difficult year of COVID.**

What advice would you give to other co-captains or someone new stepping into this role?

**Have fun!!**



Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org) or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at [smaulden@diocesepb.org](mailto:smaulden@diocesepb.org) or 561-775-9574. Be sure to visit the wellness web page at [www.diocesepb.org/wellness](http://www.diocesepb.org/wellness) for helpful links and information.

## **FREE PRESCRIPTIONS AVAILABLE**



**Certain Over-The-Counter (OTC) medications (listed below) are covered by your prescription benefit plan for a \$0 copay.** OTC medications do not legally require a prescription, but to have OTC medications covered under your prescription drug benefit plan, you must obtain a written prescription from your doctor and present it to a pharmacist to be filled. The prescription must indicate OTC for you to receive it for a \$0 copay.

Remember, your doctor is the most qualified person to choose the appropriate medicine for you. Ask your doctor about the OTC alternatives below to find out if they are right for your treatment plan. **The following steps may help you to save money on current prescriptions in the therapeutic classes listed below:**

- ▣ Tell your doctor that your benefit plan has coverage of the OTC products below.
- ▣ If your doctor is comfortable in moving your treatment to an OTC medication, obtain a written prescription from your doctor for the OTC medication. Ask the doctor to indicate “Over-The-Counter” or “OTC Version” on the written prescription.
- ▣ Take the OTC prescription to a pharmacy to have it filled, make sure to tell the pharmacist or pharmacy technician that your benefit plan covers certain OTC items.

**The following OTC medications are covered by your Diocese of Palm Beach Prescription Benefit Plan at a \$0 copay:**

### **Gastrointestinal Medications (Proton Pump Inhibitors):**

Prilosec OTC (20mg)  
Omeprazole OTC (20mg)  
Prevacid 24HR OTC (15mg)  
Zegerid OTC  
Nexium OTC  
Pantoprazole (Protonix)  
Lansoprazole (Prevacid)  
Rabeprazole (Aciphex)  
Omeprazole (Prilosec)  
(Including all Generic or Store Name versions)

### **Allergy Medications:**

Allegra /D OTC & Fexofenadine /D OTC  
Claritin /D OTC & Loratadine /D OTC  
Zyrtec /D OTC & Cetirizine /D OTC  
Pseudoephedrine OTC  
(Including all Generic or Store Name versions)

# 2021 Employee Health, Wellness and Safety Expos!

Below are the locations and dates for the 2021 Employee Health and Wellness Expos. For those who have not attended one of the events in the past, we have professionals from Health Designs who will take your blood pressure, glucose and cholesterol. **The screenings are free! Now is the time to mark your calendars and select your destination for the upcoming 2021 Health, Wellness and Safety Expos coming to a location near you!**

**All employees** are encouraged to attend and participate as this is a diocesan sponsored event.

**Both full time and part time staff are invited.**

If there is not an event scheduled at your specific work site, you are warmly invited to attend one that is most convenient for you and your staff members.

Please share these dates with **ALL** of your staff. You do not have to stay for the entire period of time that the Expo is running. If coverage is an issue, plan to rotate in specific blocks of time so everyone at your school or parish have a chance to attend. You can even carpool in groups. [You do not have to be covered by diocesan health insurance to participate.](#)

**By taking advantage of one of the Expos and biometric screenings, you will earn a \$50 gift card. All you have to do is attend one of the events and get your biometrics completed (one little finger stick) AND complete the health assessment. You will get your results in a matter of minutes (blood pressure, cholesterol, LDL, glucose, and triglycerides).**

To schedule your **biometric screening** please use the online **Pick A Time Scheduler** to select the health fair location and time you wish to select for your screening. **YOU CAN BEGIN SELECTING YOUR TIME NOW!** - the online link is:

**<https://pickatime.com/DOPBHealthscreeningschedule>**

## HEALTH, WELLNESS AND SAFETY EXPO DATES AND LOCATIONS

As we continue to practice safety due to COVID-19, we will follow the same biometric screening process as in 2020. Exhibitors will be limited to reduce exposure.

**Entry will only be allowed for those who have made appointments for the biometric screenings. No walk in screenings.**

|   |                    |                                    |
|---|--------------------|------------------------------------|
| July 29 – Cathedral of St. Ignatius Loyola Parish Hall, | 9:30 AM – 1:30 PM  | 9999 North Military Trail, PBG     |
| Aug 3 – All Saints Catholic School Cafeteria,           | 9:30 AM – 1:30 PM  | 1759 Indian Creek Parkway, Jupiter |
| Aug 5 – St. Joan of Arc Sports Arena,                   | 11:30 AM – 3:30 PM | 501 SW 3rd Ave, Boca Raton         |
| Aug 10 – St. Anastasia Parish Hall,                     | 11:30 AM – 3:00 PM | 401 S 33rd St., Ft. Pierce         |
| Oct 1 – St. Helen School Gymnasium,                     | 1:00 PM – 3:00 PM  | 2050 Vero Beach Ave., Vero Beach   |
| Oct 13 – Cardinal Newman HS Café,                       | 1:00 PM – 4:00 PM  | 512 Spencer Dr., West Palm Beach   |

**The \$50 gift card will be presented to you at the expo!**

**The Employee Health and Wellness Expos are for EMPLOYEES ONLY**

**You do not have to be covered by diocese health insurance to participate!!!**

**Please only come at your selected appointment time.**

*CDC Guidelines and recommendations will be followed to maximize safety for all participants.*

### Mammogram Screening Appointments

To schedule your mammogram appointment at one of the wellness expos, call Florida Mobile Mammography/Invision Diagnostics at **1-877-318-1349 option 1** OR online at **FloridaMobileMammography.com**

**Be sure to bring your identification and your insurance card.**

