

# STEP INTO WELLNESS



Diocese of Palm Beach  
2021 Healthiest Employers Award Honoree



## June Is Men's Health Month

June 2022



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



## MEN'S HEALTH MONTH

*In JUNE we are celebrating men and boys by raising awareness of preventable health problems and encouraging early detection and treatment of health problems.*

June 14-20, 2021 - Men's Health Week

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**.

### In this issue:

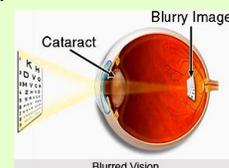
- Men's Health Month
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### What Are Cataracts?

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

## Migraine and Headache Awareness Month

In June, National Migraine and Headache Awareness Month shines a spotlight on a debilitating condition that affects 1 in 7 Americans.

Migraines and headaches wreak havoc on a sufferer's daily life. While a migraine is a headache, a headache isn't always a migraine. Headaches cause pain in the neck, sinuses, face, and head. Migraines, however, cause debilitating pain, visual disturbances, or both. They can last for hours or days and are often chronic. Without relief, migraines can cause other symptoms such as nausea, vomiting, muscle weakness and can also lead to depression.

Migraines come in many forms.

### Migraine with Aura (Complicated Migraine)

About a quarter of migraine sufferers experience an aura before or during a migraine. An aura comes in several forms and can impact vision, touch, speech, and even smell. Many consider their auras to be a warning sign that a migraine is imminent.

### Migraine without Aura (Common Migraine)

Most migraine sufferers experience migraines without aura. This type of migraine is often accompanied by severe pain along one side of the head, light and sound sensitivity. However, these migraines don't come with an aura and no warning that one is imminent.

### Hemiplegic Migraine

While a Hemiplegic migraine is rare and doesn't always include pain when it does, its severity and other symptoms compare with stroke symptoms. They are sudden, severe, and cause weakness on one side of the body. Like other migraines, it can last for hours or weeks.

### Retinal Migraine

A migraine that causes temporary vision loss is a retinal migraine. While the symptoms may not last, it's important to see a specialist if you suffer from this kind of migraine.

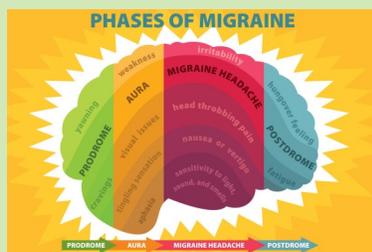
### Chronic Migraine

Sufferers usually experience migraine pain more than 15 days a month.

### Cluster Headaches

Affecting approximately 1 million Americans, cluster headaches are often seasonal, include pain around the eyes, temples and radiates toward the neck. This type of headache impacts fewer people, however, they are severe and occur in clusters.

<https://nationaldaycalendar.com/national-migraine-and-headache-awareness-month-june>



## 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 11	Family Health and Fitness Day



### Sun, Heat and Safety Webinar Tuesday, June 14th at 1:00pm

Join us for a live webinar to learn how to be safe in the hot Florida sun. We are lucky to live and work in a warm, sunny climate where we can be outside enjoying nature most days of the year. Before heading out to take advantage of the sunshine and the heat, it's important to take certain precautions to protect yourself.

For this program, here is the short link: [bit.ly/3yW7Key](http://bit.ly/3yW7Key)



### Post-Traumatic Stress Webinar Thursday, June 16th at 1:00pm

Join us for a live webinar to learn more about responses to traumatic stress with an emphasis on post-traumatic stress disorder (PTSD), resilience, and post pandemic growth. Debbie Del Rosario, LCSW, and Dr. Kim Sundling will review factors that have been associated with resiliency and growth. They will highlight that there is a science to mastering life's greatest challenges, you can learn to become more resilient, and growth is possible even in the context of pain, suffering and post pandemic stress. Don't miss this opportunity to get your questions answered.

For this program, here is the short link: [bit.ly/3z21PEP](http://bit.ly/3z21PEP)

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)

# 2022 Employee Health, Wellness and Safety Expos!

Below are the locations and dates for the 2022 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 2022 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

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

July 28 – Cathedral of St. Ignatius Loyola Parish Hall,	9:30 AM – 2:00 PM	9999 North Military Trail, PBG
Aug 2 – St. Joan of Arc Sports Arena,	11:30 AM – 3:30 PM	501 SW 3rd Ave, Boca Raton
Aug 4 – All Saints Catholic School Cafeteria,	9:30 AM – 1:30 PM	1759 Indian Creek Parkway, Jupiter
Aug 9 – St. Anastasia Parish Hall,	11:30 AM – 3:00 PM	401 S 33rd St., Ft. Pierce
Oct 7 – St. Helen School Gymnasium,	1:00 PM – 3:00 PM	2050 Vero Beach Ave., Vero Beach
Oct 12 – 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 continue to 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 schedule online at **FloridaMobileMammography.com**

**If you wish to have a mammogram and do not have any insurance coverage, the self-pay cost is \$175.00**

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

