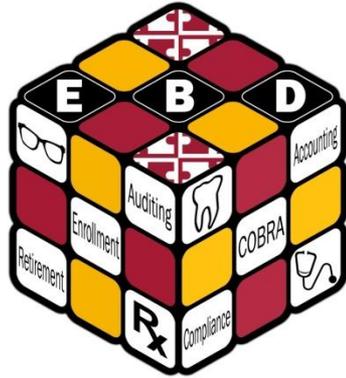


September 2012 Goal:



PUTTING the PIECES TOGETHER

Promote the Use of Recommended Preventive Care Services

State of Maryland
Employee Wellness
Initiative



Summary

****For clickable links, view in presentation mode****

- Maryland's State Employee Wellness Initiative for September 2012 focuses on educating state employees on the availability and use of preventive care services.
- Preventive care services are reviewed, developed and recommended by the U.S. Preventive Services Task Force. These recommendations are then used to develop benefit plan designs and to ensure compliance with the Patient Protection and Affordable Care Act ("healthcare reform", or "PPACA"), and are defined by gender and age.



Week 1: Preventive Care

Email Message:

Did you know learning about and using preventive care services is the best way to prevent chronic diseases from affecting your health as you age? The State of Maryland's employee medical plans are guided by the recommendations of the [U.S. Preventive Services Task Force](#), and cover preventive care services at ZERO cost to you if you are enrolled (see [benefit plan guide](#) for details). [Click here](#) and answer two simple questions (your gender and your age) to find out which preventive care services are recommended for you. Take control of your future health by getting the recommended preventive services today!

Widget for your Website:

The myhealthfinder.gov widget offers guidance to employees on which preventive care services they should be receiving based on gender and age. [Click here](#) for the widget code.



myhealthfinder

Tweets:

Monday: Did you know? There are 27 preventive care services covered for children with ZERO copay! <http://www.healthcare.gov/news/factsheets/2010/07/preventive-services-list.html> via @healthcaregov
Tuesday: Starting Healthy: A Back-To-School Checklist for Parents <http://92.tc/d70uj>
Wednesday: Vaccines.gov is your one-stop shop for information about immunization.
Thursday: Discovery Health "How Preventive Care and Services Work" <http://health.howstuffworks.com/wellness/preventive-care/preventative-care.htm#mkcpgn=tw1> via @disc_health
Friday: Doctors Playing Key Role in Baby Boomer Adoption of Mobile Health Apps <http://www.healthtechzone.com/topics/healthcare/articles/2012/07/30/30094-6-doctors-playing-key-role-baby-boomer-adoption-mobile.htm#.UDPrdq5tC0c.twitter>

Brochures for Employees:

["Healthy Men"](#)
&
["Healthy Women"](#)

Week 2: Get a Flu Shot

Email Message:

Did you know the flu vaccine is covered at [ZERO cost](#) to you if you're enrolled in The State of Maryland's employee medical plan? Seasonal flu is a contagious respiratory illness caused by flu viruses. It spreads between people and can cause mild to severe illness. In some cases, the flu can lead to death. In the United States, flu season occurs in the fall and winter. Seasonal flu activity usually peaks in January or February, but it can occur as early as October and as late as May. [Get the flu vaccine](#) as soon as it is available in your area. The 2012-2013 vaccine will be available starting in September and October 2012. Go to www.flu.gov to find out more about the flu.

Tweets:

Monday: Follow @flugov for one-stop access to U.S. Government seasonal, H1N1, avian and pandemic flu information.

Tuesday: Stomach flu or food poisoning? Here's how to tell the difference.

<http://ow.ly/d9hYf>

Wednesday: Help @MarylandDHMH track flu activity in Maryland:

<http://dhmh.maryland.gov/fluwatch/SitePages/maryland-resident-flu-tracking.aspx>

Thursday: Check out these Seasonal Flu FAQs:

<http://www.cdc.gov/flu/about/qa/flushot.htm>

Friday: How high is your Flu IQ? <http://www.cdc.gov/flu/fluiq.htm>

Widget for your Website:

Take the [CDC Flu Vaccination Pledge](#) for the 2012-2013 season! The single best way to protect against the flu is to get vaccinated each year. Everyone 6 months and older should get vaccinated.



Poster & FAQ:

[Flu Shot Quick](#)

&

[Flu Shot Where To Go](#)

Week 3: National Cholesterol Education Month

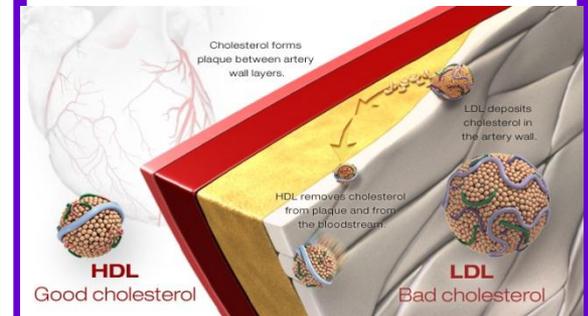
Email Message:

Did you know that high blood cholesterol is one of the major risk factors for heart disease? Controlled cholesterol levels are essential to your good health! September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high.

Cholesterol screenings are covered at ZERO cost to you (if you are enrolled in the State of Maryland's employee medical plan) as part of your preventive care benefits if you're a male over the age of 35 or female aged 45 or older and are at an increased risk for coronary artery disease. Talk to your primary care doctor about which screenings and tests are right for you.

Cook "Heart Healthy" meals at home by choosing meals with low fat, cholesterol and sodium. The National Heart Lung and Blood Institute has over 100 delicious recipes available on their [website](#), and several [cookbooks](#) that can be downloaded for free!

Interactive Video for your Website:



Tweets:

Monday: Follow @nih_nhlbi for facts and tips regarding your heart health!

Tuesday: High cholesterol affects 42 million Americans. Are you one of them? <http://www.webmd.com/cholesterol-management/default.htm>

Wednesday: HDL? LDL? Triglycerides? What does it all mean?

http://www.heart.org/HEARTORG/Conditions/Cholesterol/AboutCholesterol/What-Your-Cholesterol-Levels-Mean_UCM_305562_Article.jsp

Thursday: 7 Causes of High Cholesterol <http://www.health.com/health/gallery/0,,20306953,00.html>

Friday: Lower your cholesterol with some TLC http://www.nhlbi.nih.gov/health/public/heart/chol/chol_tlc.pdf

Week 4: Healthy Aging

Email Message:

Did you know September is [Healthy Aging Month](#)? It's an annual observance month designed to focus national attention on the positive aspects of growing older. Whether it is you who is aging gracefully, or a member of your family, maintaining good health is essential to enjoying life as you grow older.

Preventive care services like your annual physical exam are covered at ZERO cost to you (if you are enrolled the State of Maryland's employee medical plan). Other covered preventive care services: osteoporosis screenings, shingles vaccination, colonoscopy, and mammography, are all recommended upon reaching a certain age. Despite the effectiveness of these potentially life-saving preventive services, only 25% of adults aged 50 to 64 years in the United States, and fewer than 40% of adults aged 65 years and older, are up to date on these services. Talk to your primary care doctor about which screenings and tests are right for you.

Link out on your Website:

Go4Life from the National Institute on Aging at NIH

Tweets:

Monday: The Health Screenings You Need at 50+ http://www.aarp.org/health/conditions-treatments/info-09-2010/screenings_by_age_and_gender.html

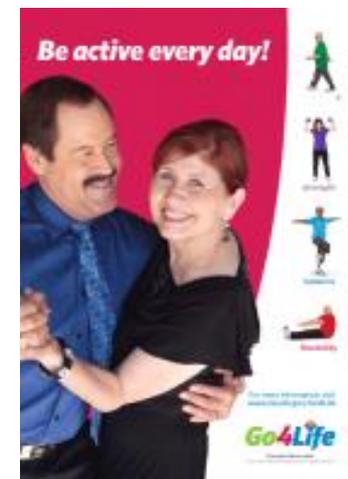
Tuesday: Celebrate Positive Aging! <http://www.healthyaging.net/articlelive/articles/10-tips-for-september-is-healthy-aging-month-2.html>

Wednesday: Check out the Official Twitter page of Healthy Aging®, Healthy Aging® Magazine, information site on positive aging. @healthyagingnet

Thursday: The Vaccines You Need at 50+ <http://www.aarp.org/health/drugs-supplements/info-04-2012/vaccination-recommendations.html>

Friday: @AARP is leading a revolution in the way people view & live life after 50!

Poster:



For More Wellness Tips

Try these Websites:

[DBM Wellness](#)

[DHMH](#)

[WellStat](#)



PUTTING the PIECES TOGETHER



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