

An ounce of prevention is worth a pound of cure.

## WHAT DOES THIS MEAN WHEN IT COMES TO YOUR HEALTH CARE?

You are probably familiar with preventive services, such as an annual check up or mammograms to screen for breast cancer. However, it can be confusing to know when and how to get tested, what services are recommended and how much they cost. And while there isn't one easy answer that applies to everyone, getting an understanding can help you make better informed decisions.

## Preventive Screenings

Unlike diagnostic tests, preventive screenings are done when you don't have any symptoms. These are considered part of routine health care.

Preventive services may include a physical examination, blood test, immunization or imaging. These tests help your doctor determine if your body is functioning in a healthy range, or may identify risk factors or early signs of disease.



## GINGER APPLE STIR FRY

Adapted from New York State Apple Country

### Ingredients

For 4 Serving(s)

- 2 medium apples, cored and sliced
- 1 lb. boneless skinless chicken breast, cut into strips
- 2 teaspoon(s) sesame oil
- 4 green onions, sliced
- 1/3 lb. pea pods
- 1 small sweet red pepper, cut into strips
- 2 garlic cloves, minced
- 2 tablespoon(s) ginger, minced
- 10 shitake and/or white mushrooms, sliced
- 1/4 teaspoon(s) pepper
- 1/3 cup applesauce, unsweetened
- 1/3 cup chicken broth or water
- 2 tablespoon(s) apple cider vinegar
- 2 tablespoon(s) soy sauce
- 1 tablespoon(s) cornstarch

### Directions

1. Heat sesame oil in nonstick skillet or wok. Add garlic and ginger, and stir for approximately 30 seconds. Add chicken and cook in hot oil. Remove chicken from skillet. Add vegetables and cook while stirring until tender crisp; sprinkle with pepper.
2. Combine applesauce, soy sauce, vinegar, cornstarch and chicken broth or water. Add chicken to vegetables, add sauce mixture and cook until sauce is thickened and clear. Add apples during last five minutes of preparation.
3. Serve over steamed brown rice.

# Guidelines



The US Preventive Services Task Force (USPSTF) is the organization that sets the guidelines for what tests are recommended, and these guidelines are used as the standard across the medical community.

The USPSTF continually reviews all of the medical data collected over years, and periodically updates and even changes some recommendations, based on the evidence of effectiveness.

Preventive screening recommendations are based on age and gender and indicate how frequently a test should be done.

## Portion Control

There are many commitments we have in our life, whether at work or home. There is another commitment we need to think about however, for our health and happiness. It does not have to be overwhelming.

In fact, it is very manageable. We do need to make our health a priority. At the same time, we can still eat many of the foods we enjoy. It always boils down to moderation and portion control.

## Is It Free or Not?

Routine health care is covered in full based on the USPSTF recommendations. However, there are some scenarios that may result in a patient getting a bill for service. For example, if a preventive screening shows an abnormality resulting in additional testing, that service falls under a diagnostic visit and will be billed as such.

Some people may be considered "high risk" based on a personal or family history, and may require more frequent screening. In that case again, this falls under diagnostic and charges may apply.

If you go for your preventive visit and also have something else you want checked, you may be billed for those diagnostic services.

Be prepared that you might incur a cost if your test requires follow up or if you need more frequent monitoring.

The customer service number on your insurance ID card is the best place to call with questions about your coverage.

It's important to be aware of what preventive services are recommended for you based on the guidelines.

It is also important to be aware of your personal risk for health conditions and talk to your doctor because you may need to start screening at an earlier age or at more frequent intervals.

Things that may increase your personal risk include a family history of a condition, your lifestyle, such as a history of smoking, or your own personal health status.

## Routine Preventive Tests



When routine preventive test results indicate that something is out of range, your doctor may order subsequent testing to follow up.

These additional tests are considered diagnostic because they are helping the doctor identify whether disease is present or if your body is not functioning in a healthy way.

Further testing may reveal that everything is fine, or may confirm that a health condition exists. In both cases that information helps you understand your health status. As a patient, you can talk with your doctor about the appropriate next steps based on your results.

### What Does All of This Mean for You?

First, use the guidelines to become familiar with what preventive services are recommended for your age and gender. If you haven't been to your doctor in a while, schedule a visit.

Second, talk with your doctor about your family history, lifestyle and personal health status to determine what tests and schedule are right for you. Partner with your doctor to make decisions that are right for you, and stay current with your preventive health care. These are important ways to take charge of your health, and definitely worth it!

# Pat's Pointers

Pat Salzer, Workplace Wellness Consultant & Registered Dietitian



We do know that there is a correlation between the foods we eat and our health. Our body weight and chronic diseases are connected. Some foods help protect our bodies and some foods are best enjoyed in small quantities. There are no good foods or bad foods, but there are good diets and bad. It is the overall diet consumed that matters.



When you eat a piece of that gooey, chocolate covered dessert, really enjoy it. Avoid the side dish of guilt that often comes with it. Food plays a huge role in our life and you don't want to shortchange it.

The focus should be on our health, not just on our weight. Some thin people do not eat healthy. It is also possible to be overweight and malnourished.

The recipe for health includes whole grains, low fat dairy, lots of fruits and vegetables, lean protein and fat and sugars in moderation. Enjoy food and enjoy your health. Focus on eating foods that are high in nutrition as well as adding fruits and vegetables in your diet. These traditional side dishes should receive much more attention and priority.

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## Preventive Care

Everyone needs an ounce of prevention.

Preventive health care can help you stay healthier throughout your life.

Click [HERE](#) to learn more about recommendations for preventive care.

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