



CARES Connection

A Publication for CARES Members

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It's Time to Think About Immunizations

As the beginning of the school year approaches, it is time to think about needed immunizations.

Immunizations are covered as part of your preventive care benefit. Your CARES plan pays up to \$500 each year for wellness benefits which include immunizations. For children through age 2 this benefit is unlimited for routine preventive care (including immunizations). To find out what shots your child needs, call your child's physician.



WALK FOR WELLNESS TODAY

The U.S. Surgeon General recommends at least 30 minutes of moderate physical activity (walking, bicycling, yard work) on most or all days of the week. Walking is one of the easiest ways to increase your physical activity and improve your overall health. It strengthens your heart, lungs, bones, and muscles and helps your body resist and fight illness. Some key points to remember before starting a walking program are:

- Have a checkup before starting,
- Start with reachable, short term goals, such as increasing your walk 5 minutes each day,
- Start each walk with a warm-up and finish with a cool-down,
- To stay motivated, walk with a family member, friend, or your dog,
- After walking becomes a habit, set a longer-term goal.

Source: myCigna.com



Back to School Checklist

- If you're preparing lunches and snacks for your child, make a conscious effort to provide healthier choices like fruit and vegetables. Keep the junk food to a minimum.
- Make sure your child is up to date with vaccinations.
- If your child stays up later during the summer than during the school year be sure to begin an earlier bedtime a week or two before the school year begins.
- When choosing a backpack for your child, be sure to get one with wide, padded shoulder straps and padded back. (The American Academy of Orthopedic Surgeons recommend that a child carry no more than 15% of their body weight in a backpack).
- If your child rides a bike to school (or after school), be sure he or she wears a helmet and knows the rules of the road.

DID YOU KNOW?

Did you know that lifestyle changes can help you lower your medication costs? Research shows that many chronic illnesses including high cholesterol, diabetes, high blood pressure and low back pain—require fewer medications if you exercise more, lose weight and improve your diet. For example, eating a balanced diet and exercising regularly can help keep your blood sugar within a safe range. Talk to your doctor to see if lifestyle changes can help reduce your need for certain medications.

Mission Statement
As the unique choice for qualifying private educational institutions, CARES collaboratively focuses on innovative, quality benefit choices, actively managing costs, and sustained, superior service.

Be A Smart Health Care Consumer

In this time of sophisticated medical technology, health plan jargon, and health quackery at every turn, knowing how to best care for your health and the health of your family is a challenge. In addition to regular consultations with your doctor, you have a ready tool available with myCIGNA.com. You can gain power to reduce your personal health care risks, select a hospital based on its reputation, and improve your understanding about generic vs. brand-name drugs. You can learn how to take a more active role in your own health care by having informed discussions with your doctor. Some of the steps for a wise consumer include: maintaining a healthy life style, selecting health providers with greater care, taking an active role when problems arise, undergoing appropriate health screening, to list a few. To learn more go to myCIGNA.com and get started toward a healthier future today.

The information in CARES Connection is intended to complement the advice of your health care provide and not to replace it. Before making any changes in your medication, diet or exercise, consult with your health care professional.