



SmartFHR Newsletter



June is Men's Health Awareness Month

Both men and women are at risk for chronic conditions like heart disease, stroke, diabetes, cancer, and depression. However, men may be at higher risk for these conditions, as they are less likely to seek healthcare than women. Take advantage of features of your SmartFHR app to help you stay on top of your health and wellness.

From the Desk of Green Circle Life Health Partners

The Quarterback of your Health Team

A primary care provider, or "PCP" is the 'quarterback' of your health team. A PCP coordinates important preventive health screening and testing for early detection and better outcomes. This means fewer trips to the doctor, urgent care or the emergency room. Schedule an annual exam today! Don't have a doctor? Search for one on your health plans website.

Success from the Desk of GCL Health Partners: An individual uses GCL Lifestyle Coaching to improve her overall wellness. Her Health Partner shared the importance of completing mammogram and colonoscopy screenings and encouraged her to speak with her healthcare provider. Recently, she completed her colonoscopy; where they found and removed polyps which could have eventually become cancer.

Healthy Recipe

Budget-Friendly Summer Vegetable Frittata

This frittata is a great way to get more veggies into your day and can be enjoyed for brunch or dinner. By using a combination of egg whites and whole eggs, you cut back on some of the saturated fat and cholesterol.

<https://www.diabetesfoodhub.org/recipes/budget-friendly-summer-vegetable-frittata.html?home->

SmartFHR Feature

Digital Coaching

Do you want to learn more about a health and wellness topic without having to scour the internet? Digital Coaching within the SmartFHR App gives you access to nearly 100 interesting health and wellness topics that are prepared by experts in the field. You may even be eligible for Wellness Rewards for completing Digital Coaching activities!

Success from the Desk of GCL Health Partners: An individual has high blood pressure and is also a tobacco user. He planned to switch from smoking cigarettes to vaping or using e-cigarettes, which he assumed would be healthier. His Health Partner encouraged him to complete Digital Coaching modules related to smoking cessation. He reported back that the modules helped him understand that vaping is not a safe alternative, and there are many benefits to quitting smoking, so he is ready to quit.

Men's Health, get the facts

Data are for the U.S.

- Percent of men aged 18 and over in fair or poor health: 13.2% (2020)
- Percent of men aged 18 and over who had five or more drinks in 1 day at least once in the past year: 30.9%
- Percent of men aged 18 and over who met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity: 57.6%
- Percent of men aged 18 and over who currently smoke cigarettes: 14.1% (2020)
- Percent of men aged 20 and over with obesity: 40.5% (2015-2018)
- Percent of men aged 20 and over with hypertension (measured high blood pressure and/or taking antihypertensive medication): 51.9% (2015-2018)
- Percent of males under age 65 without health insurance coverage: 12.3%
- Leading causes of death: Heart disease, Cancer, Covid-19

Read more at <https://www.cdc.gov/nchs/fastats/mens-health.htm>

Primary Care Visit & Preventive Care

All adults should visit their health care provider from time to time, even when they are healthy. The purpose of these visits is to:

- Screen for diseases, such as high blood pressure and diabetes
- Look for future disease risks, such as high cholesterol and obesity
- Discuss alcohol use and safe drinking and tips on how to quit smoking
- Encourage a healthy lifestyle, such as healthy eating and exercise
- Update vaccinations
- Maintain a relationship with your provider in case of illness
- Discuss medicines or supplements that you are taking

Read more at <https://medlineplus.gov/ency/article/001921.htm>