HealthSource Solutions

HEALTHIER LIVING

CREATE A HEALTHY LIFESTYLE THROUGH PHYSICAL ACTIVITY, NUTRITION, AND LIFE BALANCE

LIVING WELL - NESS
Living Well Disability Services Employee Wellness Program

maneuvering your MEDICAL CHART

While it should be easy to access your chart, some healthcare providers can make it tricky for you to get the information you need. It's a difficult process, but it can be easier if you know your rights. The most important thing to know is that you are allowed, by law, to access your chart.

1. A patient's medical chart or protected health information (PHI) can include a wide range of information about past and current medical history including immunizations, medical conditions, acute and chronic diseases, testing results, treatments, and more. It can be beneficial to look at your chart to make sure that everything is correct and to gain a better grasp of your medical history.

2. Under the Health Insurance Portability and Accountability Act (HIPAA) Privacy Rule, your health provider is required by law to give you access to your record. You can also have corrections added to your health information, receive a notice that tells you how your health information may be used and shared, decide if you want to give your permission before your health information can be used or shared for certain purposes, request that your healthcare provider restrict how it uses or discloses your health information, or get a report on when and why your health information was shared for certain purposes.

3. You may have to fill out a medical or health record release form to gain access, and if there is information in your record that your doctor decides may endanger you, they are allowed to withhold that information.

4. If you can access your chart through an online portal, or if your chart is sent electronically, it will often be free of charge. Under HIPAA, you cannot be charged a fee for accessing your medical chart unless you're charged for postage and paper. If there are fees, your health provider must tell you in advance.

Honey Bee

Ever need extra cash for gas, groceries, or car repairs? Want guidance and support to reach your financial goals? HoneyBee is a financial wellness partner available to benefits-eligible employees. They provide no-cost loans, on-demand confidential financial coaching and education. Sign up for a HoneyBee account or download their mobile app. Company Code: 5420

QUICK CLICK

Routinery

https://routinery.app/

This self-care/routine app encourages time management to make your life more relaxed. It helps you to establish and maintain a specific daily routine to increase morning, afternoon, and evening, productivity. You can choose which routine you'd like to work on and earn points for consecutively completing your designated routine.

FEATURED RECIPE

DELI PINWHEELS

INGREDIENTS:

1 low carb tortilla
4 oz light cream cheese, softened
3 slices low fat deli meat
3 Tbsp. of shredded cheddar cheese
layer of fresh spinach
veggie filling of choice, shredded carrots, diced tomatoes, diced cucumber
optional seasonings, dill, chives, garlic, onion powder, pepper

DIRECTIONS:

Spread cream cheese onto tortilla. Add seasonings. Layer with deli meat, cheese, and veggies toppings. Roll tortilla tight to bind. Secure with toothpick. Cover with plastic wrap and chill half hour. Unwrap and cut tortilla into ½ inch wheels.

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FOOD FOR THOUGHT

Curb Your Candy Cravings

Sugar is addicting, almost like a drug, and it can be tough saying no to your sweet tooth. When the body eats sugar it triggers the ***mesolimbic dopamine system***, your brain's reward system. If you're looking to slow down your sugar consumption and fight those cravings, here are a few simple things you can do.

Drink Water. Dehydration can make your body crave sugar more for a boost in energy. Always keep water on hand to make sure you're hydrated and drink a glass when you feel the cravings strike.

Exercise. Not only is a brisk walk good for getting your steps in, but it can also help curb your cravings. Sugar cravings can skyrocket when you're stressed, but short bouts of physical exercise can act as both a distraction and a stress reducer.

Do the Fruit Test. When you feel the usual pull toward a sweet treat, stop and ask yourself *"would I eat a piece of fruit right now?"* If the answer is no, recognize that it is simply your brain craving the good feeling, not so much hunger. If the answer is yes, eat some fruit!

Chew Gum. Sometimes the best way to beat cravings is to trick your brain. Chewing gum gives you a small amount of sugar, plus the chewing motion can cause a spike of dopamine much like a sweet treat would. ♦

Exercise Anywhere!

Leg forward fold

Sitting tall, extend right (left) leg, place heel on the floor with slight knee bend. Flex ankle by drawing toes toward shin. Place hands on left (right) thigh for support, hinge forward from the hips. Slowly lower chest toward leg until gentle stretch is felt. Hold for 3 - 5 deep breaths. Repeat on other side.

Regular movement is fundamental to good health. Moving or changing postures every ***30 minutes*** *is recommended.*

Challenge of the Month:

Make a budget

Identify the main spending categories and decide how much money you need to set aside for those areas. The goal is to have a working budget and identify areas where you need to reduce spending.

MIND MATTERS

Fighting Financial STRESS

Money makes the world go 'round and it leaves many people with some amount of stress. From paying bills to battling debt, **72% of adults feel stressed about money**. This stress takes a toll, both mentally and physically but there are a few things you can do to ease the burden.

Talk to a financial advisor. Talking with an expert can help you make sense of your concerns and create an action plan. Check with your employer for potential free financial services through your benefits plan.

Create a budget. Keep track of all your finances, list your debts, and note every source of income. From there, see if there are small changes you can make to your spending habits, and try to reduce those impulse purchases. Creating a monthly budget can help you stay on track with spending.

Tackle debt. If debt is what's getting you down, make a plan for paying things off. Whether it's paying one account off at a time or starting with the lowest debt first, you will feel more in control with a solid plan in place.

Practice self-care. Exercising a little every day, incorporating healthier food options into your diet, making time for relaxing, and getting good sleep can all help you manage your emotions from financial stress. ♦

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