

# Healthy TOGETHER

Summer 2018



Provided as a benefit  
to Oregon Health Plan  
Care Coordination  
Program clients

1-800-562-4620

www.OHPCC.org

## What Level Is **Your** Emergency?

**K**nowing where to go in a health emergency can help you get the best care. And it is not always the emergency room (ER). In some situations, an urgent care center may be a better choice. Urgent care centers are clinics that treat minor injuries and illnesses when you cannot wait to see your doctor. You do not need an appointment to go to an urgent care center. Many times, you can get treated there faster and at a lower cost than in the ER.

### When to Go to the ER

The ER is open around the clock to treat serious life-and-death problems. Serious problems that need emergency care include:

- Chest pain
- Trouble breathing

- Uncontrolled bleeding
- Vomiting
- Loss of consciousness
- Choking
- Poisoning
- Sudden slurred speech
- Seizures
- Severe burns
- Head or back injuries

Get to the ER right away if you or a family member has any of these sudden symptoms.

### When an Urgent Care Center Is a Better Choice

Urgent care centers offer X-rays and blood testing, just like ERs. But they do not treat life-threatening conditions. If you need treatment right away for a less serious problem, an urgent care center is your best bet. At an urgent care center, you can get help for:

- Sinus or ear infections
- Urinary tract infections

- Minor cuts and burns
- Sprains or broken bones
- Fever and sore throat

You do not need an appointment to go to an urgent care center. Check the hours of the clinic nearest you. Most are open seven days a week, 13 hours a day.

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**We're here to help  
– any day, any time.**

**24/7 NURSE ADVICE LINE  
1-800-562-4620**

Call ANYTIME you want  
to talk to a nurse.

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# Take Care When You Are the Caregiver

Caring for a loved one with ongoing health needs can be deeply rewarding. But it can be stressful at the same time. Here are some ways to take care of yourself while you take care of someone else:

**Ask for help.** Call on willing family members and friends when you need a hand. Take advantage of services such as adult day care, home health care, meal delivery and transportation services. This will give you some free time to catch up on your own needs. You might use the time to go to your own medical appointments, exercise or just do something that you love.

**Make your own wellness a priority.** Try fitting in three 10-minute bursts of exercise a day or take a walk with a friend so you can socialize as you move. You will have more energy and a more upbeat mood. You will also lower your odds for health problems like heart disease, diabetes and brittle bones.

**Tend to your feelings and relationships.** You may be feeling sad, angry, lonely or guilty that you are not doing even more. Talking with a close friend, trusted family member or counselor can help. You

might also consider joining an online or in-person support group. If you are married, try to stay close and communicate with your spouse, too.

## **Plan for your own future.**

Caregivers, particularly women, earn less money than noncaregivers. You may need to cut back your hours at work, switch to a lower-paying job or quit work completely. As a result, you may have less money set aside for your own retirement. Keep track of the impact that caregiving has on your finances. This can help you make the best decisions now to plan for your own future.

## **More Coping Tips**

It is hard to take good care of someone else if you are not taking good care of yourself. For more tips on how to cope with being a caregiver, visit our online educational materials at [www.ohpcc.org](http://www.ohpcc.org), then search for “caregivers.”

# Newly Diagnosed with Diabetes?

## Here's What to Do

If you were recently diagnosed with diabetes, you might still be feeling shocked, worried, sad or all three. You may also feel overwhelmed by everything you need to learn and do.

Make it easy on yourself. Over time, you will become an expert at living with diabetes. For now, focus on tackling these steps first.



### Follow an Eating Plan

Ask your health care team to help create a meal plan just for you.

It should make it easier to choose what and how much to eat.

For a balanced meal, a good rule to follow is to fill one-half of your plate with nonstarchy vegetables. Then fill one-fourth of your plate with a whole grain or a starchy

vegetable and one-fourth with a lean protein food. You may also be able to add a piece of fruit and a cup of low-fat or skim milk.

### Begin an Exercise Routine

If you have not exercised for a while, a good starter goal is simply to be more active on most days of the week. Work up to doing at least 30 minutes, five days per week, of moderate to vigorous physical activity.



### Take Your Medicine Correctly

If your doctor prescribes medicine, take it exactly as directed. Tell your doctor if side effects occur. Do not stop the

medicine without talking to your doctor. As a reminder to take it every day, set an alarm on your phone or clock.

### Schedule Checkups and Tests

See your health care team regularly and get your blood pressure checked each time. At least twice a year, have an Hb A1c blood test. This test measures your average blood sugar levels. Every year, you also need a:

- Cholesterol test
- Complete foot exam
- Dilated eye exam
- Kidney function test
- Flu shot



### MAKE A MEAL PLAN

Find ideas for diabetes-friendly meals. Visit our online educational materials at [www.ohpcc.org](http://www.ohpcc.org), then search for "diabetes meal."



**READY TO QUIT TOBACCO?**  
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**24 hours a day,  
7 days a week,  
in 170+ languages:**

- 1-800-QUIT-NOW  
(1-800-784-8669)
- 1-855-DÉJELO-YA  
(1-855-335-3569)

Online:  
[www.quitnow.net/oregon](http://www.quitnow.net/oregon)

Call **1-800-562-4620** to discuss any of the topics in this newsletter or any other health issues. Visit our website at **www.OHPCC.org**.

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## Are You Craving a Cigarette?

Triggers and cravings can make it hard to quit smoking. Cravings usually only last about five minutes. That may feel like a long wait, but you can do it. Follow these steps when the urge to smoke strikes.

