



WELLNESS MAGAZINE

JAN 2023

NEW YEAR'S GOALS

SIX REASONS TO
WRITE DOWN THEM

Is it a cold? Is it flu
or is it COVID?

MENOPAUSE

HOW TO PREVENT AND
TREAT ITS SYMPTOMS

SHOULD OLDER ADULTS
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WELCOME to the Floridacare Family

Prevention rather than cure should be the watchword of each person for their health care, in order to avoid risk factors that can lead us to suffer from a disease. We must promote a healthy physical and mental lifestyle, and that is the objective of this magazine, that whoever reads it, can know the importance of preventive health.

You can start using your plan right away, but please note that you must present your membership card and photo ID at the time of service to verify your eligibility. For general questions, appointment assistance, or customer service, call 305-294-9292, between 8:30 am to 5:00 pm. We encourage our new members to take a moment and familiarize themselves with this booklet so that you can better understand how Floridacare works. The more informed you are about the excellent services and exclusive prices that Floridacare offers you, the better your experience will be. Remember that your health is the most precious gift you have. Thank you for trusting Floridacare to protect your family's health.



Why is wellness important?

Over the past year, we have all experienced new challenges that have affected our physical, mental, and social well-being. Many of us have felt tired and stressed, which is why wellness and self-care are more important than ever. Below, we share some new ideas to achieve your well-being in all its dimensions and you can nourish your mind and body.

1. Do exercises
2. Drink water regularly.
3. Track your fitness.
4. Take multivitamins.
5. At the office, stand up every 30 minutes.
6. Go outside
7. Get enough sleep.
8. Eat organic food if possible.
9. Practice gratitude.
10. Read books.
11. Eat more fruits and vegetables.
12. Correct your posture.
13. Take a daily probiotic.
14. Get vaccinated.
15. Minimize sugar intake.
16. Meditate.
17. Listen to music.
18. Share with friends and family.
19. Do not abuse electronic equipment.
20. Organize your days.





New Year's Goals

6

REASONS TO WRITE THEM DOWN

While it's great to have goals, it is critical to document them in some way. Here are six reasons to write down your goals:



They are easy to forget. While that may seem silly, we are human, and it is human to be easily distracted and forgetful.



Writing down your resolutions helps you clarify what it is you want to achieve. It forces you to make decisions and be precise with your words.



Writing establishes intention, but action needs to be taken to achieve your resolution. Having a written account of your goals is a constant reminder to take action.



Written goals can act as a filter and guiding light for what opportunities to pursue. On any given day, there are a million decisions to make. When in doubt, refer to the goals you have set to dictate the way forward.



Documented goals will help you overcome resistance to progress. We set goals to move forward, but there is a natural resistance to change. Your written goals spur you forward when you hit a speed bump or obstacle.



Finally, written goals are a reminder of how far you have come and what you have achieved. It's a nice feeling to look back at the end of next year and know your resolution has come to fruition. It's a reason to crack open that bottle of champagne and celebrate.

Is it a cold? Is it flu or is it COVID?

Many of the symptoms overlap, but there are some warning signs that set these common diseases apart.



Symptom	Cold	Flu	COVID-19
Fever	Rare	Usual	Common
Headache	Uncommon	Common	Common
Cough	Common	Common	Common
Body Aches	Slight	Usual	Common
Fatigue	Sometimes	Usual	Common
Stuffy/runny nose	Common	Sometimes	Common
Sore throat	Common	Sometimes	Common
Loss of taste or smell	Rarely	Rarely	Common
Diarrhea	Uncommon	Uncommon	Common

EXPERT ADVICE TO HELP SYMPTOMS of MENOPAUSE

Gynecologist and menopause guru Jen Gunter gives tips for preventing and treating hot flashes, vaginal dryness, painful sex and more.



More than 1 million women experience menopause each year, according to the National Institutes of Health. Although menopause is defined as the point in time 12 months after a woman's last period, perimenopause (the transition to menopause) most often begins between the ages of 45 and 55. It lasts an average of seven years, but can be as long as 14 years. During perimenopause, production of the hormones estrogen and progesterone decreases. Scientists say the decrease in estrogen likely causes most of the symptoms of menopause. Symptoms can include hot flashes, issues with bladder control, trouble sleeping, mood changes and memory problems. Women can also experience changes in their periods and vaginal dryness, which can make sex uncomfortable. Although there are treatments and things women can do to ease the symptoms of menopause, one 2021 survey of more than 1,000 women found that 73 percent of respondents who were experience menopause symptoms were not treating them. The survey also found that half of the women said they experienced painful sex after the onset of menopause symptoms.

Yet Jen Gunter, an obstetrician/gynecologist and author of *The Menopause Manifesto* says that she wants every woman to have the knowledge to help them with their own menopause. In a series of videos, Gunter gives advice and tips to help with common symptoms of menopause, and she clears up a few misconceptions.



Sex and your libido

Shifting hormones during menopause can cause a decrease in sex drive around menopause for some but not all women. Some women experience an increase in sex drive. But about 27 percent to 60 percent of women experience vaginal dryness with menopause and perimenopause. This can cause painful sex, but sex doesn't have to be painful. After talking to your doctor to rule out other causes of pain, Gunter recommends asking about vaginal estrogen. "The first step is talking about it," she says, "because you deserve to have the kind of sex you want to have."



Brain fog

About two-thirds of women notice changes with their memory during menopause. One 2021 study published in Scientific Reports found that menopause affects women's brain structure and connectivity. Scientists speculate that estrogen may help protect women's brains. The good news, Gunter says, is that mental performance seems to rebound after menopause. "I like to think of menopause as loading a new operating system in your brain," Gunter says. "It can be a bit glitchy at first, but once it's up and running, things work great again."

How to tame a hot flash

Hot flashes can start years before menopause begins and are related to declining estrogen levels. More than 80 percent of women experience hot flashes during menopause. They tend to increase in severity and often become most troublesome during the transition to late menopause. But Gunter says women don't have to suffer. There are things you can do to manage hot flashes, such as maintaining a healthy diet that's high in fiber, includes at least two servings of fish a week and is lower in fat and sugar. Caffeine, spicy foods and alcohol can be hot flash triggers, Gunter says. There are prescription medications that can help, and there are some herbal remedies that may help, although more research is needed.

Irregular periods

Gunter says the first sign that a woman is headed into menopause is irregular cycles. Periods will often start getting shorter and come later than expected. Some women have heavier periods. This happens due to changes in hormones during ovulation. As women get closer to menopause, their periods become less frequent. Because irregular periods can be a sign of some problems other than menopause, Gunter recommends talking to your health care provider about any changes to your menstrual cycle.

Why should older adults consume more protein?

Older adults need to eat more protein-rich foods when they lose weight, are facing chronic or acute illness, or are in the hospital, according to a growing consensus among scientists.

During these stressful periods, aging bodies process protein less efficiently, so more is needed to maintain muscle mass and strength, bone health, and other essential physiological functions.

Recent research suggests that older adults who consume more protein are less likely to lose their ability to perform daily functions: getting dressed, getting out of bed, walking up a flight of stairs, and more. In a 2018 study that followed more than 2,900 older adults for 23 years, researchers found that those who ate the most protein were 30% less likely to have functional disability than those who ate less.





How Much Protein Should Seniors Eat?

The often-cited standard is the Recommended Dietary Allowance (RDA): 0.8 grams of protein per kilogram (2.2 pounds) of body weight. For a 150-pound woman, that translates to eating 55 grams of protein a day; for a 180-pound man, it requires eating 65 grams.

All forms of protein are fine. Animal protein contains all nine essential amino acids that our bodies need; vegetable protein does not. If you're a vegetarian, "it just takes more work to balance all the amino acids in your diet, by eating a variety of foods," said Denise Houston, an associate professor of gerontology and geriatric medicine at Wake Forest School of Medicine in North Carolina. Otherwise, "I would normally recommend having some animal protein in the diet." As long as the red meat is lean and you don't eat it often, "it's fine," he added.



SEVEN DIMENSIONS *of Wellness*

Wellness is commonly viewed as having seven dimensions. Each dimension contributes to our own sense of wellness or quality of life, and each affects and overlaps the others. At times one may be more prominent than others, but neglect of any one dimension for any length of time has adverse effects on overall health.

PHYSICAL DIMENSION

Physical wellness encompasses a variety of healthy behaviors including adequate exercise, proper nutrition and abstaining from harmful habits such as drug use and alcohol abuse. It means learning about and identifying symptoms of disease, getting regular medical checkups, and protecting yourself from injuries and harm. Developing such healthy habits today will not only add years to your life but will enhance the enjoyment and quality of those years.

Tips for optimal physical wellness:

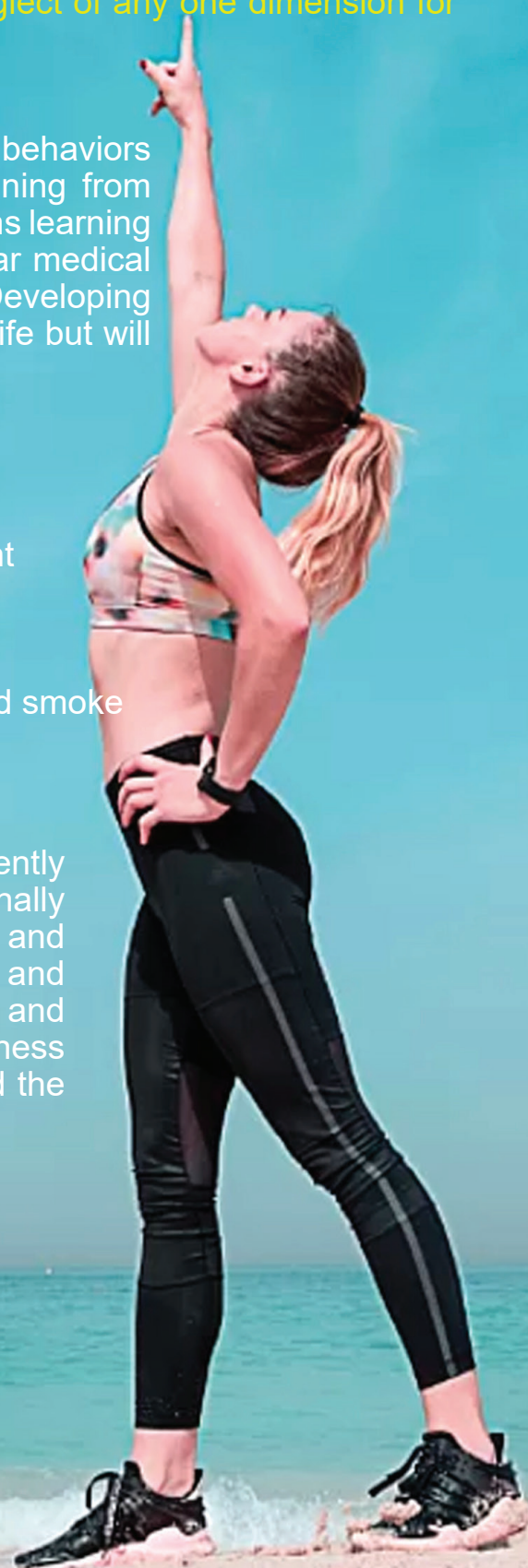
- Exercise daily
- Get adequate rest
- Use seat belts, helmets, and other protective equipment
- Learn to recognize early signs of illness
- Eat a variety of healthy foods
- Control your meal portions
- Stop smoking and protect yourself against second-hand smoke
- Use alcohol in moderation, if at all.

EMOTIONAL DIMENSION

Emotional wellness is a dynamic state that fluctuates frequently with your other six dimensions of wellness. Being emotionally well is typically defined as possessing the ability to feel and express human emotions such as happiness, sadness and anger. It means having the ability to love and be loved and achieving a sense of fulfillment in life. Emotional wellness encompasses optimism, self-esteem, self-acceptance and the ability to share feelings.

Tips for optimal emotional wellness:

- Tune-in to your thoughts and feelings
- Cultivate an optimistic attitude
- Seek and provide support
- Learn time management skills
- Practice stress management techniques
- Accept and forgive yourself



INTELLECTUAL DIMENSION

The intellectual dimension encourages creative, stimulating mental activities. Our minds need to be continually inspired and exercised just as our bodies do. People who possess a high level of intellectual wellness have an active mind and continue to learn. An intellectually well person uses the resources available to expand one's knowledge and improve skills. Keeping up-to-date on current events and participating in activities that arouse our minds are also important.

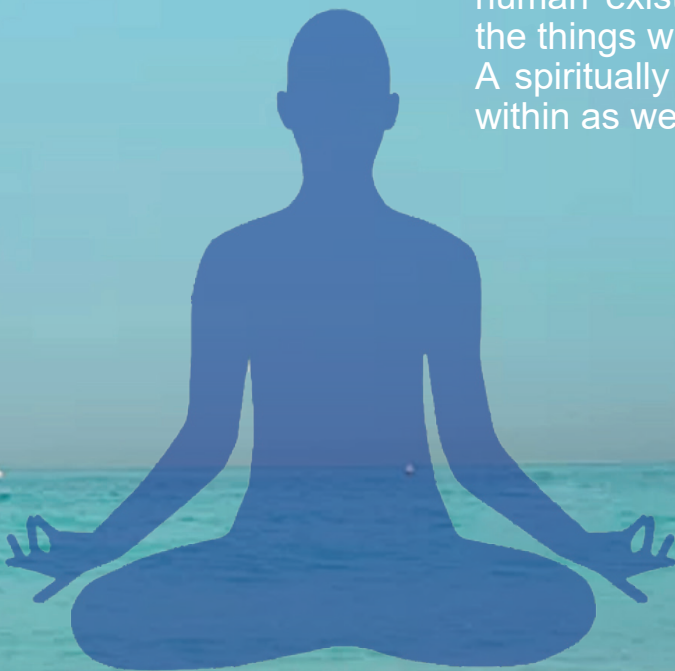
Tips and suggestions for optimal intellectual wellness include:

- Take a course or workshop
- Learn (or perfect) a foreign language
- Seek out people who challenge you intellectually
- Read
- Learn to appreciate art



SPIRITUAL DIMENSION

Spiritual wellness involves possessing a set of guiding beliefs, principles, or values that help give direction to one's life. It encompasses a high level of faith, hope and commitment to your individual beliefs that provide a sense of meaning and purpose. It is willingness to seek meaning and purpose in human existence, to question everything and to appreciate the things which cannot be readily explained or understood. A spiritually well person seeks harmony between what lies within as well as the forces outside.



Tips and suggestions for optimal spiritual wellness:

- Explore your spiritual core
- Spend time alone/meditate regularly
- Be inquisitive and curious
- Be fully present in everything you do
- Listen with your heart and live by your principles
- Allow yourself and those around you the freedom to be who they are
- See opportunities for growth in the challenges life brings you.

SEVEN DIMENSIONS *of Wellness*

SOCIAL DIMENSION

Social wellness refers to our ability to interact successfully in our global community and to live up to the expectations and demands of our personal roles. This means learning good communication skills, developing intimacy with others, and creating a support network of friends and family members.

Social wellness includes showing respect for others and yourself. Contributing to your community and to the world builds a sense of belonging.

Tips and suggestions for optimal social wellness include:

- Cultivate healthy relationships
- Get involved
- Contribute to your community
- Share your talents and skills
- Communicate your thoughts, feelings and ideas

ENVIRONMENTAL WELLNESS

Environmental wellness is an awareness of the unstable state of the earth and the effects of your daily habits on the physical environment. It consists of maintaining a way of life that maximizes harmony with the earth and minimizes harm to the environment. It includes being involved in socially responsible activities to protect the environment.

Tips and suggestions for optimal environmental wellness:

- Stop your junk mail
- Conserve water and other resources
- Minimize chemical use
- Reduce, Reuse, Recycle
- Renew your relationship with the earth

OCCUPATIONAL DIMENSION

Occupational/Vocational wellness involves preparing and making use of your gifts, skills, and talents in order to gain purpose, happiness, and enrichment in your life. The development of occupational satisfaction and wellness is related to your attitude about your work. Achieving optimal occupational wellness allows you to maintain a positive attitude and experience satisfaction/pleasure in your employment. Occupational wellness means successfully integrating a commitment to your occupation into a total lifestyle that is satisfying and rewarding.

Tips and suggestions for optimal occupational wellness include:

- Explore a variety of career options
- Create a vision for your future
- Choose a career that suits your personality, interests and talents
- Be open to change and learn new skills



Healthy Food



CILANTRO-LIME SHRIMP WRAPS

YIELDS: 4 servings / PREP TIME: 10 mins / TOTAL TIME: 25 mins

INGREDIENTS

- 1 lb. medium shrimp, peeled and deveined
- 2 tsp. ground cumin
- 1 tsp. chili powder
- Juice of 1 lime
- 2 tbsp. freshly chopped cilantro, plus more for garnish
- 2 cloves garlic, minced
- 3 tbsp. extra-virgin olive oil, divided
- Kosher salt
- Freshly ground black pepper
- Romaine lettuce, for serving
- 1 avocado, thinly sliced
- 1/4 c. Sour cream, for serving

DIRECTIONS

Step 1

In a large bowl, stir together shrimp, cumin, lime juice, cilantro, garlic, and 2 tablespoons oil and season with salt and pepper. Toss until combined, then let marinate in the fridge 10 minutes.

Step 2

In a large skillet over medium heat, heat remaining tablespoon oil. Add shrimp and marinade cook until pink, 2 minutes per side.

Step 3

Assemble wraps: Add shrimp and avocado to lettuce, drizzle with sour cream, and garnish with cilantro.



THE GREATEST SCIENTISTS

Louis Pasteur

- Born: December 27, 1822, Dole, France
- Died: September 28, 1895, Marnes-la-Coquette, France

French chemist and microbiologist who was one of the most important founders of medical microbiology. Pasteur's contributions to science, technology, and medicine are nearly without precedent. He pioneered the study of molecular asymmetry; discovered that microorganisms cause fermentation and disease; originated the process of pasteurization; saved the beer, wine, and silk industries in France; and developed vaccines against anthrax and rabies.

Pasteur's academic positions were numerous, and his scientific accomplishments earned him France's highest decoration, the Legion of Honour, as well as election to the Académie des Sciences and many other distinctions. Today there are some 30 institutes and an impressive number of hospitals, schools, buildings, and streets that bear his name—a set of honours bestowed on few scientists.

CENTRUM HEALTH MEDICAL CENTERS

The home of our Floridacare members.

MIAMI GARDENS

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Miami Gardens, FL 33055

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Hialeah, FL 33012

EAST HIALEAH

4218 East 4th Ave
Hialeah, FL 33013

BLUE LAGOON

7200 NW 7 Street # 202
Miami, FL 33126

LITTLE HAVANA

1149 SW 27 Ave
Miami, FL 33135

LITTLE HAVANA

434 SW 12 Ave, Ste 100
Miami, FL 33130

CORAL WAY

11825 SW 26 Street
Miami, FL 33175

EUREKA

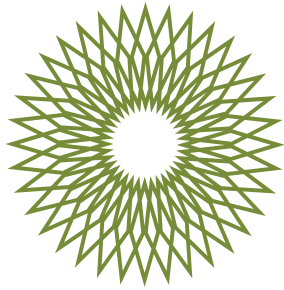
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Miami, FL 33157

HOMESTEAD

28610 SW 157 Ave
Homestead, FL 33033



MEET OUR PARTNERS



PREMIER
EYE CARE

UNIQUE INSIGHT.
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ROUTINE VISION

Premier manages hundreds of unique vision plans for our partner Health Plans. Through our expansive network of ophthalmic physicians, we provide exams, eyeglasses and contact lenses to members insured by our Health Plan partners.

Routine comprehensive eye exams are vital to our overall health:

Our vision is important to our general health and well-being.

- 80 percent of what children learn is through their eyes
- Children have better academic success when their vision is fully developed
- As we age, our vision affects our balance
 - loss of vision may lead to falls with life changing impact

Routine comprehensive eye exams can detect not only vision problems and eye disease, but also general health problems, such as diabetes, hypertension and hardening of the arteries, before you are even aware that a problem exists. Early detection of cataracts, retinal disorders, glaucoma and macular degeneration can help prevent vision loss or blindness.

MEDICAL & SURGICAL

Premier delivers comprehensive medical eye care through contracted medical eye providers, from office exams to complex ocular surgical procedures.

Credentialed Premier providers must meet high standards. Ophthalmologists are eligible to be certified through the American Board of Ophthalmology, which awards certification to providers who meet a series of accredited medical training requirements in ophthalmology; pledge to practice with compassion, integrity and respect for human dignity, and complete an intensive evaluation process. Optometrists maintain high standards for quality, meeting the requirements to maintain their licensure and staying current with the latest standards of eye care.

As part of our shared dedication to excellence, Premier works with providers and Health Plans on a Medical Management Program for eye complications – retinal edema, cataracts, retinopathy, and others – related to diabetes. This reporting system adds a fifth digit sub-classification to the provider's coding on claims, which provides the most accurate information about the complication and about the patient's health to Health Plan partners.

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