



Are you eligible for a Personal Health Advocate?

Introducing a new benefit that provides **FREE** support and management of health care needs for eligible employees and dependents



Participants will receive access to their own personal health advocate team of trained nurses, pharmacists, dietitian, social workers and care coordinators. Your team will advocate for you, assist with care needs and help you understand and manage your medications.

Explore the personal health advocate website at uncpersonalhealthadvocate.org. Discover more about this benefit and be linked to special events and programs to improve your overall health, as well as support the UNC community.

ELIGIBILITY

- Employees and dependents enrolled in the UNC Health Care Affiliate Health Plan (UMR) invited to join based on care needs
- Starts July 2016 for Caldwell, Highpoint and Nash
- Began January 19, 2016 for Rex, Pardee, Johnston, Chatham and UNC Physicians Network
- If you or your enrolled dependent qualify, a Personal Health Advocate will contact you by phone
- If you haven't been contacted and you are interested in the program, please call (984) 215-4040
- There is **NO** fee for this service

March is Colorectal Cancer Awareness Month



There is no sure way to prevent colorectal cancer. But, there are things you can do that might help lower your risk, such as changing the risk factors that you can control and getting screened.

Colon cancer screening

Screening is the process of looking for cancer or pre-cancer in people who have no symptoms of the disease. Regular screenings are one of the most powerful weapons used to lower your risk.

Congratulations if you have had your colorectal cancer screening! Screenings are a huge benefit to improving or maintaining your overall health. If you need to schedule your screening, please contact your doctor, or call your Personal Health Advocate at (984) 215-4040.

Body weight, physical activity and diet

The best ways to reduce the risk of colorectal cancer and/or improve your overall health are

- Maintain a healthy weight, and avoid weight gain around the midsection

- Increase the intensity and amount of your physical activity
- Limit red and processed meats
- Eat more vegetables and fruit
- Get the recommended levels of calcium and vitamin D
- Avoid excess alcohol

Quitting smoking

Long-term smoking is linked to an increased risk of colorectal cancer, as well as many other cancers and health problems.

There are other possible helpful behaviors you can try. You should talk with your doctor or a member of your health care team if you want to know more. Be sure to visit myuncchart.org/MyChart to connect with your health care team. In addition, you can also access our health library, which is full of expert advice from UNC and Healthwise.



6 HEALTHY TIPS YOU CAN USE!



DRINK WATER Water is essential to good health. Water needs vary from person to person. Remember you can get water from your food too!



EAT MORE FRESH, WHOLE FOODS

Fresh, whole foods are full of vitamins, minerals and fiber. Without added fat, sugar or sodium, these are the best choices for a healthy diet.

MOVE OFTEN The body was designed to move. Increase your activity slowly, until it becomes a habit. Always speak with doctor before starting any new activity.



GET COACHED Think about getting a case/care manager. They will support your goals to help you improve your overall health.

SLEEP Sleep helps your brain work well. It also helps repair the heart and blood vessels. Having enough sleep helps you function better during the day. Adults need 7 to 8 hours a night.



REWARD YOURSELF Lifestyle change is hard. Rewards stimulate change and will keep you on track. Non-food rewards are best. Celebrate with friends and family.

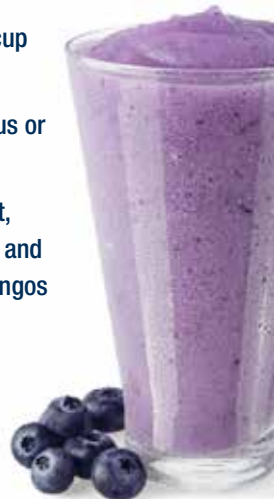
Nighttime Snacking



After dinner time, many of us may feel like we still need a snack. Sometimes, our grilled chicken and veggie plate is not enough. Well, before you dive into a late-night snack, talk with your doctor or dietitian about your calorie needs.

If it's appropriate for you and your current health goals to have more snacks, we have found a few that taste good and are good for you. Remember, it's a snack, not a meal. So try to keep it under 200 calories, and be sure to add in some protein.

- 2 cups of air popped popcorn with 1 oz. (4 dice-sized cubes) of cheese
- 3/4 cup of plain low-fat yogurt with 1/2 cup of blueberries
- 1/2 cup of cooked oatmeal with a 1/2 scoop of unsweetened protein powder
- 1 banana, spread with a tablespoon of nut butter
- 1/2 cup of low-fat cottage cheese with 1/4 cup of pineapple
- Sliced veggies with 2 tablespoons of hummus or Greek yogurt
- Simple smoothie: blend 1 cup of plain yogurt, 1 cup of unsweetened nut milk or skim milk and 1/2 cup of frozen fruit (such as peaches, mangos or berries)
- 1 slice of whole-grain raisin bread and 1 tablespoon of nut butter



Explore the personal health advocate program website at uncpersonalhealthadvocate.org

