

IF FOUND, RETURN TO

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

EMERGENCY CONTACT: _____

RELATIONSHIP: _____

PHONE: _____

ADDRESS: _____

MEDICAL INFORMATION

ALLERGIES: _____

MEDICATIONS: name/dosage _____

MEDICAL HISTORY: _____

HEALTH CARE PROVIDER NAME: _____

PROVIDER PHONE: _____

HEALTH CARE PROVIDER NAME: _____

PROVIDER PHONE: _____

Passport to Your Health



Wellness Initiative
HAMPSHIRE COUNTY GROUP INSURANCE TRUST

413.584.1300 ext. 173
wellness@hampshirecog.org
www.hampshirecog.org

STEPS FOR A LONGER AND HEALTHIER LIFE

1. IDENTIFY A PRIMARY CARE PROVIDER

Get regular medical care for you and your family to stay healthy.

2. KEEP YOUR HEART HEALTHY

Keep your blood pressure, cholesterol, and weight at healthy levels to prevent heart disease, diabetes, stroke, and other diseases.

- **STAY FIT** – the CDC recommends 150 minutes of exercise per week.
- **BLOOD PRESSURE** - 120/80 is normal. If higher, consult your provider, above 140/90 you may need medication.
- **CHOLESTEROL** - Total cholesterol above 240 or LDL above 160: modify your diet, you may need medication. Those with other risk factors should keep levels even lower. The lower your LDL, the lower your risk of heart disease and stroke.
- **GLUCOSE** – A fasting glucose level of 70-99 is normal, A non-fasting normal level is 70-145. Fasting glucose levels of 100-125 indicate prediabetes.
- **WEIGHT** - Find out the healthy weight for your height (Body Mass Index or BMI)

3. EAT HEALTHY

Enjoy your food, but eat in moderation – avoid oversized portions.

- Make half of your plate fruits & vegetables
- Make at least half of your grains whole grains
- Switch to skim or 1% milk

4. GET HELP FOR DEPRESSION

Depression can be treated, talk to your provider, Employee Assistance Program (EAP), or mental health professional.

5. IF YOU USE ALCOHOL, PRACTICE MODERATION

For men – no more than 2 drinks per day.
For women – no more than 1 drink per day.

Confidential help is available if you have a problem with alcohol or other drugs. Ask your provider or EAP.

6. GET CHECKED FOR CANCER

Colonoscopies, pap smears, and mammograms save lives.

- People 50 and older should have a colonoscopy every 10 years or as advised by your provider.
- Women 18-65 should have regular Pap smears to prevent cervical cancer.
- Women 40-49, talk to your doctor. Mammograms can detect breast cancer early. Women 50-74 should have a mammogram every 2 years.

7. QUIT SMOKING

Avoid secondhand smoke as well to prolong your life and protect those around you.

For help quitting, call 1-800-Quit Now or 1-800-784-8669

8. USE HEALTH RESOURCES

Use these government sources when looking for answers to health questions:

- Center for Disease Control, cdc.gov
- Massachusetts Department of Public Health: mass.gov/dph
- US Dept. of Agriculture: choosemyplate.gov
- National Institute of Health: health.nih.gov

For more recommendations, talk with your healthcare provider and visit Blue Cross Blue Shield MA. Members can go to www.bluecrossma.com and click 'Members' to create their own account.

PERSONAL PREVENTION RECORD

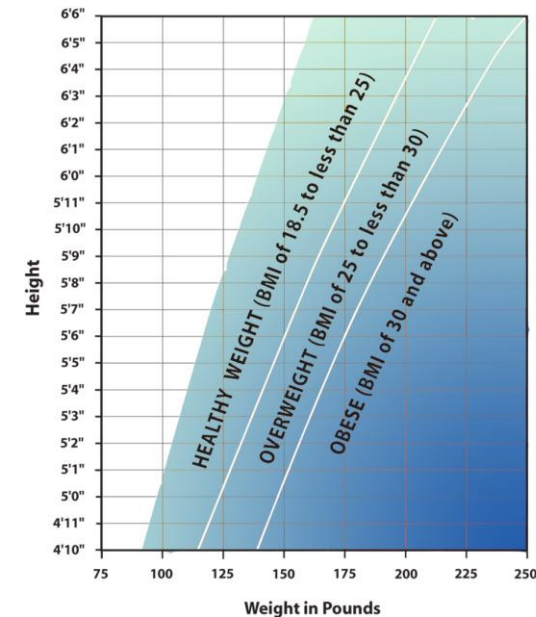
	DATE	RESULTS	DATE	RESULTS	DATE	RESULTS	DATE	RESULTS
Blood Pressure Every _____ months/years Target: Less than _____ / _____								
Glucose Note fasting or non-fasting								
Cholesterol Every _____ months/years Target LDL ("bad") cholesterol: Less than _____		Total LDL HDL		Total LDL HDL		Total LDL HDL		Total LDL HDL
Weight Every _____ months/years Target weight: Less than _____		WT BMI		WT BMI		WT BMI		WT BMI
Colonoscopy to Prevent Colon Cancer People 50 and older (and others at high risk): Every _____ years								
Pap Smear to Prevent Cervical Cancer Women 18-65 and older (and others at high risk): Every _____ years								
Mammogram to Detect Breast Cancer Women 40 and older (and others at high risk): Every _____ years								
Influenza Vaccine People 50 and older (and others at high risk): Every year								
Pneumonia Vaccine People 65 and older (and others at high risk): One time			Other Vaccines Your Doctor May Recommend		Vaccine: _____	Date: _____		
Tetanus (TD) Vaccine Every 10 years					Vaccine: _____	Date: _____		
					Vaccine: _____	Date: _____		

* Talk with your healthcare provider to determine your targets.

** See other side for recommendations

ARE YOU AT A HEALTHY WEIGHT?

Find the point where your height and weight meet.



BMI is a general measure and healthy limits may vary for some groups.