

Making Lives Healthier



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COLOR RUN!

Thousands of participants, including many TPC employees, took part in The Color Run Amarillo at Medipark in Amarillo.

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Obtaining preventive care services is one of the best ways to keep you and your family healthy. These services, which typically include yearly checkups, screenings and immunizations, can help you stay healthy and avoid or delay health problems.

Before you make an appointment for preventive care services, it's important that you understand what's covered by your Employer-sponsored health plan. To learn more about your coverage, contact a Customer Service representative at *Insurance Management Services 1-800-687-5944*.



The most important part of preventive health care is maintaining good health habits. This includes: Daily exercise; Weight control; Proper nutrition; Avoidance of smoking & drug abuse ; Abstinence from, or moderation of, alcohol use; Proper control of any diseases or disorders, such as high blood pressure, diabetes, or high levels of cholesterol in the blood.

In addition to these habits, some screening services may prove worthwhile in either preventing or at least minimizing disease. Periodic screening of adults for specific problems is important & recommended: Pap smear; Breast self-examination; Mammography; Testicular self-examination; PSA test; Cholesterol screening; Colon cancer screening; and Blood pressure screening.

For more information about the recommended schedule for periodic screenings, go to the US Preventive Services task force list at: <http://www.uspreventiveservicestaskforce.org>. Having a plan for obtaining professional care before the need arises is essential to remember in keeping up with your preventive health screenings.

Keep immunizations up-to-date. Vaccination remains one of the greatest medical achievements of all time. Visit with your provider about the schedule related to immunizations and prevent diseases related to them today!

Access Wellness Works

1. Go to www.imstpa.com
2. New Users: Register for a new account
3. Current users: Login with User ID & Password
4. Click on Inquiry, and select Wellness Works



SNACK ATTACK!

Snacking can officially be considered our fourth meal (or more for some of us) of the day. In fact, 21 percent of American meals are "snacks." Research shows that virtually every household in the U.S. purchases some form of snack food during a visit to the grocery store. We thought you might like to know a little more about how and on what we tend to snack. And then, maybe we can all be a little more thoughtful about our snacking choices when a snack attack hits us.

- The NPD Group's "Snacking in America" report says number one on the snack lists are "Salty Snacks," with a 98 percent household penetration. These include chips, pretzels and cheese snacks.
- Next come "Cookies and Chocolate Candy," with a 95 percent household penetration.
- Evening snacking is still most common, but morning snacking is making strong gains. In fact, snack foods replace more breakfast meals than any other meal.
- While most snack-oriented convenience foods are eaten between meals, they are increasingly finding their way into meals as accompaniments-or replacements.
- NPD Group also reports that most snacks are purchased more than a day ahead-just one in ten are bought within 30 minutes of consumption.



So, while we snack our way through the day, we might want to keep in mind what "Mom" used to say about "not spoiling our appetites." We might also keep in mind that a day of snacking adds up to a lot of empty calories.

And, on a final note, do you know it takes the length of a football field to walk off the calories in just one tiny, little M&M?

WALK FOR MENTAL HEALTH 5K

OCT. 12, 2013

John Stiff Park

10 am to 12 pm



Hosted by
NAMI-TEXAS PANHANDLE
(National Alliance on Mental Illness)

&

**AMARILLO AREA MENTAL HEALTH
CONSUMERS / AGAPE CENTER**

Registration forms available at www.lonestarrunnersclub.net/Calendar.htm

Call **678-7385** for more information.

MAKING LIVES HEALTHIER!



HOW TO SURVIVE A ZOMBIE APOCALYPSE!

(AND OTHER TYPES OF DISASTERS)

Science says zombies don't exist in the real world. Except in rare emergency room situations, dead people can't come back to life, and even if they could, there is little reason to suspect they'd wake up with a sudden, unquenchable appetite for human flesh. Fortunately, these tips will help you weather many other types of disasters, too, from hurricanes pandemics to tornadoes. So whether or not you believe in the living dead, read on.

Disaster kit

If a zombie attack (or some other catastrophe) crippled society's infrastructure, you wouldn't want to be stuck without basic necessities. Keep an emergency kit in your house. According to the CDC, this kit should include enough supplies to last you until you're able to make your way to a zombie-free refugee camp (or disaster shelter, or until utility lines are restored). Here's the gear you need to survive zombie doomsday:

- **Water:** 1 gallon per person per day
- **Food,** namely canned goods and other non-perishable items
- **Medications,** including prescription and non-prescription meds
- **Tools and supplies,** such as a utility knife, duct tape, candles or flashlights, a battery-powered radio
- **Sanitation and hygiene supplies,** such as soap, towels, etc.
- **Clothing and bedding,** including a change of clothes for each family member and blankets
- **Important documents,** such as copies of your driver's license, passport, and birth certificate
- **First aid supplies** to treat basic cuts and lacerations



Emergency plan

When chaos ensues, you won't be able to think rationally. Your survival may depend on whether you came up with an emergency plan in advance. The plan should apply in cases of a flood, earthquake, blackout or, of course, when a pack of zombies starts clambering across your front yard — and make sure everyone in your household has it down. Here's what your emergency plan should entail, according to the [CDC](https://www.cdc.gov):

1. **Pick two meeting places** for your family, one close to your home and another farther away. These come in handy if family members are separated when an emergency kicks in, or if an immediate evacuation from your home becomes necessary (such as in the case of a fire).
2. **Identify the types of emergencies** that are possible in your area. Besides a zombie apocalypse, this may include floods, tornadoes, or earthquakes.
3. **Make a list of emergency contacts.** This should include local officials like the police and fire department, as well as a more geographically-distant contact who you can call during an emergency. This person can notify the rest of your loved ones about your status.
4. **Plan your evacuation route,** both out of your home and out of your town. Make sure you know whose house you will go to in case of an emergency (zombie-related or otherwise) in your area.

Good luck out there. If zombies are real, you'll need it.

HEALTHY RECIPE

BAKED PARMESAN TOMATOES

A sprinkle of Parmesan and a drizzle of olive oil transform tomatoes into the perfect side dish. Or try sandwiching them between slices of your favorite whole-wheat country bread

INGREDIENTS

- 4 tomatoes, halved horizontally
- 1/4 cup freshly grated Parmesan cheese
- 1 teaspoon chopped fresh oregano
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil

DIRECTIONS

1. Preheat oven to 450° F.
2. Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.

Nutrition Information per serving

91 calories

6 g fat (2 g sat , 4 g mono)

4 mg cholesterol

6 g carbohydrates

3 g protein

2 g fiber

375 mg sodium

363 mg potassium



**Bell Street Clinic**

3440 Bell Street, Ste. 122, Amarillo, TX 79109

806-379-9225 (Phone) 806-331-4497 (Fax)

Grand Street Clinic

3300 I-40 East, Ste. 400, Amarillo, TX 79103

806-379-8552 (Phone) 806-379-7661 (Fax)

Texas Panhandle Centers Employees**Did you know?**

- For those Employees on the Texas Panhandle Centers Health Plan through Insurance Management Services, Care Today Urgent Health visits will cost you \$10 (versus your Standard \$30 or \$40 Co-Pay).
- Care Today Urgent Health is open **8 am- 8 pm Monday through Saturday at 34th & Bell** and **8 am- 5 pm Monday through Friday at I-40 & Grand**.
- Care Today Urgent Health accepts Appointments (no more waiting in lines for hours to be seen).
- Care Today Urgent Health provides Routine Care (most of the same services at Family Practice Doc's).
- Care Today Urgent Health provides Urgent Care (why go to the ER for minor injuries and wait?).
- Care Today Urgent Health Capitated Visit Plan covers: In-House Lab Work, X-Ray's, Minor Surgical Procedures, and Injections.

Care Today Urgent Health can treat the following conditions (and many more):



- | | |
|-------------------------|--------------------------------|
| • Acid Reflux | • Ingrown Toenails |
| • Back Pain | • Lacerations (Stitches) |
| • Boils/Abscesses | • Muscle Strains |
| • Bronchitis | • Nausea/Vomiting |
| • Burns | • Obesity |
| • Carpal Tunnel | • Osteoporosis |
| • Colds | • Pink Eye |
| • Diabetes | • Rashes |
| • Diarrhea | • Sinus Infections |
| • Dizziness | • Sore Throat |
| • Ear Infections | • Spider Bites |
| • Fevers | • Sprains |
| • Flu | • Strep Throat |
| • Fractures (Splinting) | • Urinary Tract Infections |
| • Fungal Infections | • Upper Respiratory Infections |
| • Headaches | • High Blood Pressure |
| • High Cholesterol | • Wounds |