



Healthy Tips Preventive Care



Welcome to Sentara Quality Care Network (or SQCN, pronounced "sequin")

Welcome to the June edition of *Healthy Tips*. You are receiving this because your doctor or provider is in the SQCN network. They have chosen to come together to offer you seamless healthcare.

This month we are covering these important topics:

- Annual wellness visits
- Annual well child visits
- Migraine treatment at home
- Importance of prostate cancer screenings
- Pyx Health
- Reduce your dementia risk
- Diabetes and medication
- Medication safety

Did you know you have access to customizable, no-cost [care management services](#)? Contact us at SQCN@sentara.com to get started today.

We look forward to serving you!



Annual Wellness Visit

The Annual Wellness Visit (AWV) is a detailed review of your current health. As a Medicare patient, you are entitled to this benefit every 12 months. An AWV is a focused conversation which will help you and your provider develop your ongoing preventive care plan.

Some important tips on the AWV:

- Those who are 65+ and have Medicare are eligible for free AWVs (unless other services are performed).
- To make the visit most beneficial, complete the health risk assessment (HRA) ahead of the visit.
- After the initial visit, consider nurse-led AWVs. (The initial visit must be conducted by the primary care doctor and is an in-person visit.)
- Schedule the AWV a year in advance, as soon as you complete your current one. You can now schedule for Q1 visits (January-March 2025) if not already scheduled.

The time spent on the AWV is important. Please read [this tip sheet](#) for more information.

How are we doing?

Please take our quick, 5-question anonymous survey and let us know your thoughts and feedback.

HEALTHY TIPS SURVEY

Well Child Visit

With children home for the summer, it's an excellent time to contact your primary care team to catch up on yearly well child visits and other recommended or required vaccines and tests.

Find recommended schedules for [Virginia](#) and [North Carolina](#).



Treating a migraine

Do you or a loved one get migraines? There are some remedies you can try at home:

- Resting in a dark/quiet area
- Using a cool cloth or ice
- Drinking plenty of fluid

[Find more](#) about migraine care.

The importance of prostate screenings

James, a 40-year-old Black man, was having trouble paying attention at work. He felt more tired than usual and thought it was because he had a lot of work to do and wasn't sleeping well at night. He decided to make some changes in his life. He started exercising more, eating healthier foods, and drinking more water. But drinking more water meant he had to go to the bathroom during the night, which made it hard for him to sleep. He also had to take care of his mom, who was sick with breast cancer. As time passed, he still woke up a lot at night even though he stopped drinking water well

before bedtime.

The American Cancer Society says that Black men and men who have a close family member with prostate cancer should start getting screened for prostate cancer when they're 40 years old. They can have a blood test called the PSA test or a digital rectal exam. At health fairs, nurses and doctors from Sentara give information to people about prostate cancer screening to help them make choices about their health.

Some things that make a person more likely to get prostate cancer are:

- Being over 50 years old
- Being Black
- Having family members with prostate cancer
- Having certain genes passed down from parents

For example, if James's mom has certain genes linked to cancer, he might be more likely to get prostate cancer.

Prostate cancer usually doesn't show any signs in the beginning. But sometimes, a person might have trouble urinating or see blood. If the cancer has spread, they might have trouble getting or keeping an erection, feel pain in their hips or back, feel weak or numb in their legs or feet, lose control of their bladder or bowel, lose weight, or feel very tired.

You can ask your doctor questions like:

- Am I likely to get prostate cancer?
- Can I do anything to lower my chances of getting prostate cancer?
- What are the good and bad things about getting screened and treated for prostate cancer?
- What signs should I watch out for that might mean I have prostate cancer?

Source: [Prostate Cancer | Prostate Cancer Information and Overview | American Cancer Society](#)

Pyx Health app

Companionship, wellness support, and health resources all in one place? Yes, please! With the no-cost Pyx Health service, you can speak to helpful humans over the phone or chat with the friendly chatbot, Pyxir. This service is available to our SQCN commercial patients. [Download the app](#) today!



Lower dementia risk

Did you know you may be able to reduce your risk of dementia by:

- Controlling blood pressure
- Sleeping and eating well
- Keeping active

Find more CDC information [here](#).

Care Corner: Diabetes and medication

Diabetes is a condition that may require medications. It's important to take them as directed.

Download [this tip sheet](#) for helpful info. Contact us for [no-cost diabetes self-management services](#). And click [here](#) for diabetes support group sessions.



Ask Your Pharmacist: Keep your medications safe

All medications must be stored properly to remain safe and effective. While some require room temperature storage, others may need refrigeration. Please be sure to read the instructions thoroughly before use. A few tips:

- Keep all medications out of reach of children and pets! For all controlled substances, please be sure to securely lock them away.
- Be sure all medications are properly packaged and sealed in their original containers/packages to prevent any errors when taken.
- Properly dispose of all expired/discontinued medications to ensure medication safety. [Download this tip sheet](#) to learn how.

Some pharmacies and/or hospitals have drug take-back programs for safe and environmentally friendly disposal. To find locations near you, click on the [Drug Enforcement Administration \(DEA\) site](#) for year-round drop-off locations. You can also find information on the [DEA's National Prescription Drug Take Back Day](#).

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