



Healthy Tips Mind & Body



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

Welcome to the May 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:

- Mental Health Awareness Month
- National Women's Health Month
- Older American's Month
- National Skilled Nursing Care Week
- National Allergy & Asthma Awareness Month

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!

It's Mental Health Awareness Month

Chances are good that you, or somebody close to you, has experienced a mental illness. Each year in the U.S. it affects:

- 1 in 5 adults
- 1 in 20 adults with a serious episode
- 1 in 6 kids between 6-17

Learn how to help a friend [here](#). If you or a loved one has thoughts of suicide, call or text 988 anytime.

MENTAL ILLNESS WARNING SIGNS & SYMPTOMS



Stamp Out Mental Health Stigma

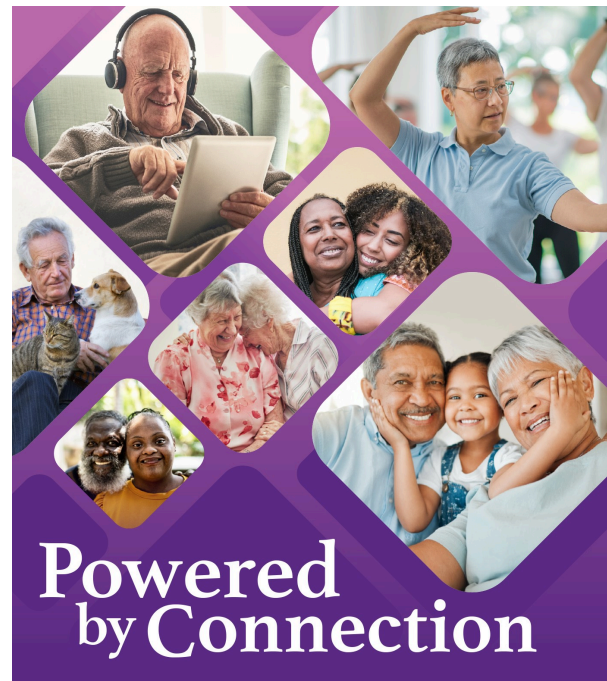
Join us and [NAMI](#) this month to normalize mental healthcare without guilt or shame. The "Take the Moment" campaign includes access to many NAMI support groups and the NAMI HelpLine: 800-950-6264 (or text "helpline" to 62640).

Older Americans Month

Each May, the Administration for Community Living hosts Older Americans Month (OAM). It highlights the importance and contribution of older Americans. OAM also brings attention to:

- Issues of elder abuse
- Accessing long-term care
- Feelings of being left out

Learn more about OAM [here](#).



ACL.gov/OAM
#OlderAmericansMonth



National Skilled Nursing Care Week®

If you or a loved one are looking at post-acute care (PAC), [download this tip sheet](#) to learn more. It includes information on options like long-term care hospitals, inpatient rehab, and skilled nursing facilities. [Contact us](#) to connect with our PAC team.

Invisible Woman Syndrome: Having a voice after menopause

Studies found that many women feel like they're disappearing as they get older. This feeling is called "invisible woman syndrome." For women, reaching menopause and middle age bring a lot of changes in their bodies, minds, and feelings. One thing that's not talked about much is how others

see and treat them, or if they even notice them at all.

There's a women's health movement to keep females healthy throughout their whole lives, not just when they're having babies. If you are a post-menopausal woman or know someone who is, here are some questions to ask the doctor or specialist:

- What lifestyle changes can I make to support overall health and well-being during and after menopause?
- Are there any specific dietary recommendations to consider?
- What role does exercise play in managing menopausal symptoms and overall health?
- What impact can menopause have on my mental health?
- Are there strategies or treatments available to manage mood swings, anxiety, or depression?
- When should I seek help if I'm experiencing significant emotional changes?

To learn more, watch this [9-minute TEDxMellen Street video](#) on "Seasoned Women's Health Matters" by Vanessa Hill, Health Equity Project Manager at Sentara Health.

Source: [How to Turn Invisible Woman Syndrome Into Your Superpower](#)

Pyx Health: A no-cost service for you

Feeling connected is important for mental, emotional, and physical well-being. You don't have to go it alone. [Get connected today](#) with our friends at Pyx Health. Access to human companions, health resources, and activities.





Diabetes and Distress

Having diabetes can cause distress like worry, frustration, and even anger. If not taken care of, distress can lead to depression. [Download this tip sheet](#) to learn more about diabetes and distress. [Contact us](#) for our no-cost diabetes self-management program.

Children's Asthma

Acute asthma is one of most common reasons for an ER visit. Here's when to see a specialist:

- It's not controlled after 3-6 mons of therapy/monitoring.
- There's a need for additional tests.
- The diagnosis is uncertain.



Ask Your Pharmacist: Understanding Coverage Gaps

Choosing a health insurance plan to support your healthcare needs is important. A few things to consider include your preferred provider, current medications, and premium costs. Each health plan creates a drug formulary list and a provider network.

Many health plans use tiers to determine how much a medication will cost. Tier 1 has the lowest out-of-pocket cost. Tier 4 has the highest out-of-pocket

cost. Click [here](#) for information on tiers, understanding drug coverage, and much more.

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