



## Healthy Tips Health Matters



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

Welcome to the April 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:

- National Minority Health Month
- National Healthcare Decisions Day on April 16
- National Fentanyl Awareness Day on May 7
- Kids mental health, stress management, and more

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

We look forward to serving you!

### It's National Minority Health Month

An important focus in healthcare is to remove what may be in the way of getting needed help. For the month of April, the theme is "Be the Source for

Better Health.” This is a movement to eliminate barriers and improve health outcomes for all minority groups.

When it comes to your health, nothing is too small or too embarrassing to ask your primary care team. Here are some questions you can ask:

- I am worried about being able to afford healthy food. (Or decent housing. Or transportation to medical appointments.) Do you have any resources to help?
- Sometimes I feel alone or isolated. How can I feel better?
- I want to exercise more. Do you have realistic recommendations that can fit into my daily life?
- I am worried about my balance. Do you have tips to make me feel steadier or make my home safer?
- Are there ways I can lower my medical spend on treatments or medications?

READ MORE ABOUT NATIONAL MINORITY HEALTH MONTH



## National Healthcare Decisions Day

April 16 is a day to empower you to plan ahead. It is never too early to put your healthcare wishes down. You can then update annually or as often as needed. Here is an advanced care planning guide for [Virginia](#) and [North Carolina](#).

## Fentanyl Is Deadly

Fentanyl is becoming more deadly than cancer, heart disease, and other accidents that happen to youth and adults under age 50. It can be 100 times stronger than morphine and up to 50 times stronger than heroin. Only a few sand-like grains can kill. [Learn more](#) about it.



## Kids and Mental Health

The top mental health disorders in children are ADHD, anxiety, behavioral problems, and depression. These can occur together as well. Learn more about mental health and how to help your child [here](#).

## Pyx Health: A No-cost Stress Management Service

It's not news that chronic stress can damage our bodies and our minds with a lasting negative impact to immune, digestive, cardiovascular, and reproductive systems. While we can't always avoid the things that worry us, we can learn to cope better. Our partners at Pyx Health not only provide companionship for our lonely members, but they also offer tips and activities to help manage stress and anxiety via the Pyx Health app and their compassionate outreach staff.

## Ask Your Pharmacist: Medication Adherence

Medicines help treat diseases, manage conditions, and relieve symptoms. Medication safety can reduce and even prevent the risk of harm for you and your loved ones.

Pharmacists are a bridge for you and your prescriber. We answer questions about other drugs and foods that can cause an interaction. We will let you know when to check with your primary care team if you need to change medications.

Below is an acronym (NICE) to keep you safe and in good health:

- **N**ecessity of medication. Know why you are taking them.
- **I**nformation about your medications or conditions. Know about what they do and possible side effects.
- **C**hanges in the way medication looks. Always check the label and physical look. Ask questions if you see a color or shape that is different than before.
- **E**xplanation from a pharmacist. Take the time to ask questions you may have.

CONTACT PHARMACY SUPPORT SERVICES

## Diabetes and Your Feet

Diabetes can affect your feet. This is because your blood might not flow enough to have feeling there. If you can't feel your feet, you may not know if something is wrong. [Contact us](#) if you can benefit from no-cost diabetes self-management services.



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