



Happy Thanksgiving

HealthSun wishes all its members a most Happy Thanksgiving



HealthSun Gets Awarded 4.5 Stars by CMS!

HealthSun was recently awarded a 4.5 Star Rating by CMS! We thank you for helping us get there.

5 Things You Can Do This Month....

- 1. Eat healthy carbohydrates!** The best choices include whole grains, fruits, vegetables, & legumes (beans)
- 2. Boost your happiness –** Live in the moment & keep a gratitude journal
- 3. Exercise -** Visit one of the Silver Sneakers Centers near you & get some exercise. It will boost your energy
- 4. Set walking goals**
- 5. Reduce fall accidents –** Stop fall hazards from floor clutter, throw rugs, & slippery bathroom floors

Changes to Improve Your Health

Starting on a path to better health sometimes seems overwhelming. But all it takes to get going is just one step at a time! Start with just a few changes like walking.

Walking is one of the easiest and most effective ways to exercise. It can help lower your risk of high blood pressure, heart disease, stroke, and diabetes.

It can also strengthen bones and muscles, burn calories, and lift your mood. Try walking for

10 minutes each day for a week! Walk slowly for a few minutes to warm up and then walk briskly for a few minutes to get your heart pumping. Walk slowly again for a cool-down. Avoid uneven ground and cracked or crumbling sidewalks for safety. If you feel good walking, then gradually increase your walking time, a little more each week.

You can also make some changes in your diet. Try increasing your fruit and vegetables. Sneak some into a

sandwich or salad or just add a salad to your lunch or dinner. Don't eat more than 2 servings of red meat per week and reduce processed meats. Also try and add whole grains to your diet. It is a known fact that a better diet can reduce the chance of cancer and help you have more energy.



Medications & Depression?

Feelings of sadness, depression or anxiety are never easy. While these feelings can come and go, you shouldn't ignore them. It's important to talk with your doctor, so he or she can help you manage your symptoms.

Depending on your specific need, your doctor may suggest counseling, increase in exercise, and/or prescription medications as part of your mental health treatment plan. It is important that you take all medications, as ordered, and do not stop taking them without talking to your doctor.

You should also know that some prescription medications that you may be taking can affect your mood and lead to depressive symptoms and may

lead to changes in your physical health. Some antibiotics, statins, beta-blockers, and pain medications can have a side effect of depression.

Talk to your doctor if you are feeling depressed or really down. Your doctor can help you and this may be through a change in your prescription medication or a referral to talk to a behavioral health doctor or specialist.



Remember to Get Your Flu & Pneumonia Shot!

The flu season is here remember to get your flu & pneumonia shot. Go to your doctor's office or to Publix to get your shots free of charge. For questions, call Customer Service at (877) 336-2069.

Call HealthSun at any time for questions or if you need help in getting a referral for care. Customer Service can be reached at (877) 336-2069.