Focus on Wellness 2020
Catch the wellness wave

Some people count 2020 as the start of a new decade, while for others it's the end of the first 10 years of this century. Either way, if you're like a lot of people, you're wondering what you can do differently for your health this year.

Your first step is honesty — with yourself. Adjust your lifestyle to suit your health needs, be it weight loss or eating more vegetables.

Simple Leads to Success

The details: More is better when it comes to wellness goals, but don’t overdo it. For example, suddenly going from slow walking to running, especially if you haven’t been moving much, can lead to strain or even injury and that’s enough to stop you for good.

Slow and steady gets you to your goal. If you need to slim down, aim for losing 1 to 2 pounds a week. Dropping even 5% of your current weight can reduce your risk for chronic conditions. If your scale says 200 pounds, you’re 10 pounds away from better health.

Stay real. Forget about commercials showing athletes with washboard abs and muscles you didn’t even know existed. You don’t have to look like them to get healthier.

Use the tips in this calendar to ride the wellness wave all year long.

Have you set a goal for better health in 2020?
Cardio strong

Did you know? Diabetes is the leading risk for heart disease. You may not realize it, but protecting your cardiovascular system is important if you have diabetes.

Diabetes and Your Heart

The details: Most people with diabetes have type 2, in which the body doesn’t use insulin properly. This and high blood sugar allow cholesterol-rich plaque to build up in arteries, which reduces blood flow and raises the risk for heart attack and stroke.

You need to control your blood sugar — as well as blood pressure and cholesterol. High blood pressure is very common among people with diabetes. Having high blood pressure and unhealthy cholesterol in addition to diabetes greatly increases risk for heart problems.

Don’t get discouraged if you’re diagnosed with type 2 diabetes. Healthier habits, such as eating better and exercising more, help delay or prevent heart disease and other serious complications, including eye, kidney and nerve damage. Partner with your health care provider to manage your diabetes and stay well.

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When it comes to heart health, fats are not all equal. Use cooking oils high in mono- and polyunsaturated fats and low in heart-unsaturated fats, including: extra-virgin olive, peanut, canola, avocado and safflower. **Note:** Coconut oil is trendy, but full of saturated fat — 12 grams per tablespoon.

Have you discussed your heart disease risks with your health care provider?
Mind your meals

It sounds obvious: Stay aware of what you eat. But you sit down in a movie theater and before you know it, you’ve eaten the largest tub of popcorn. And quaffed a supersized soft drink. At home it’s no different. You start binge watching, and a mountain of ice cream vanishes.

Welcome to the world of mindless eating, where how much and what kind of food you put in your mouth is about the last thing on your mind.

Food for Thought

The details: The good news is, you can develop better eating habits — in other words, mindful eating.

Eat when you are hungry. Pay attention to your hunger level during your meal, so you can stop eating when you are full and don’t overeat.

Enjoy food in the slow lane. Savor that fish or salad with all of your senses — how it looks, smells, feels and tastes.

Avoid fad diets. They’re hard to maintain long term and can deprive you of valuable nutrients. Aim to fill half your plate with fruits and vegetables at every meal. Round out your meals with whole grains, fish and legumes as well as lean meats and poultry.

Non-food ways to cope with negative feelings can help you avoid health problems down the road. Take a walk, talk to a friend or take a nap. And save meals for your dining table. Look at your food, instead of your phone.

Do you try to eat more whole or minimally processed foods?

Do you pass on breakfast to save time? If the answer is yes, it’s time to reconsider. The first meal of the day helps you stay energized and productive for several hours. Try oatmeal with apples or scrambled eggs and whole-wheat toast. And grab a banana to take with you for a healthy snack.
Do you try to fit in exercise every day, even for a few minutes?

Not sure whether your activity or exercise is at moderate or vigorous intensity? Just talk. If you’re breathing hard but you can still have a conversation without effort, it’s moderate. If you can only say a few words before you have to breathe, you’re moving vigorously.

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April

Active for life

How can you reduce your risk for conditions such as obesity, arthritis and diabetes? It’s surprisingly simple: Move as much as you can every day. This protects your body and mind regardless of other health-friendly habits, such as eating right and not using tobacco.

Move More, Sit Less

The details: The 2018 physical activity guidelines for adults ages 18 to 64 have 2 parts:

1. Get at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity each week.

Plus:

2. Strengthen your muscles 2 to 3 days a week.

So put on your fitness tracker, grab your water bottle and choose your activity level:

Moderate intensity: Try biking, walking briskly or raking leaves.

Vigorous intensity: Try jogging, circuit workouts or heavy labor (digging, moving furniture).

The guidelines’ fad-free message is: Any amount of exercise is good for you. Walking for even 5 minutes improves your health. And more, of course, is always better.

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Easter Sunday

Passover Begins at Sundown

Good Friday

Palm Sunday

Passover Ends

Orthodox Easter

Administrative Professinals Day

Ramadan Begins at Sundown

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Not sure whether your activity or exercise is at moderate or vigorous intensity? Just talk. If you’re breathing hard but you can still have a conversation without effort, it’s moderate. If you can only say a few words before you have to breathe, you’re moving vigorously.
Are pets good for your health? Research suggests they are. People who have furry or feathered friends have lower heart rates and blood pressure and bounce back from stress faster when their pets are close by. They’re also good company — the best antidote to loneliness and isolation.

Take Control

The details: Greens such as kale, spinach and other vegetables are nutritious, low in calories and add beautiful color to stir-fries, salads and soups every day. Add berries of all colors to your plate. People who eat more antioxidant-rich berries have a lower risk of high blood pressure.

Nothing fishy here — species such as salmon and trout, eaten 2 to 3 times a week, provide omega-3 fats, which help improve blood pressure.

Beans, nuts and seeds: have fiber, potassium and magnesium. Enjoy beans such as edamame, navy beans and chickpeas in soups, on salads, or as a dip. Snack on nuts and seeds instead of salty chips or pretzels. Add calcium and more magnesium with dairy: low-fat milk and unsweetened yogurt.

Have you had your blood pressure checked this year?
Do you use only secure Wi-Fi connections to protect your privacy and prevent hacking?

### June

**Put tech in its place**

Smartphones, tablets, apps for every need, digital calendars and virtual meetings: There are few lives untouched by technology and, if you’re like most people, you depend on it every day. Technology can improve your life—or overwhelm it.

**Antidote to Overload**

The details: **Steer clear of time wasters.** The ability to watch videos, listen to music, shop and log on to social media on multiple devices anywhere, anytime, has become a major distraction for people. Set limits for using your smart devices on personal time. On the job, follow your employer’s rules.

Manage information overload. More technology means more content clamoring for your attention everywhere—in your vehicle, at lunch, in the middle of the night or even in the restroom. The New York Times reported that the average technology user checks websites 40 times per day.

Unplug from the data deluge. Set aside time to browse news feeds, rather than checking every time something new pops up.

The good news? Technology can help boost your productivity. For example, you can access documents in a cloud with any device. Instant communication can improve efficiency and cut expenses. Use your devices to enhance your life, rather than detract from it.

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**SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY**
---|---|---|---|---|---|---
1 | 2 | 3 | 4 | 5 | 6 | 7
8 | 9 | 10 | 11 | 12 | 13 | **D-Day**
14 | 15 | 16 | 17 | 18 | 19 | 20
21 | 22 | 23 | 24 | 25 | 26 | 27
28 | 29 | 30 | **MAY 2020** | **JULY 2020** | Distraction alert: When you’re driving, put the phone away and keep your eyes on the road. If you must take a call, find a place to park. This goes for pedestrians and cyclists too. Stay aware of your surroundings and save the phone for non-traffic areas.

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**Father’s Day**

**Flag Day (U.S.)**

**Men’s Health Week 15 - 21 (U.S.)**

**Family Fitness Day (U.S.)**

**Summer Begins**

**June 2020**
July

In the great outdoors

It’s summertime and the livin’ is easy, as the old song goes. But if you’re working or playing outside, don’t go easy on precautions against sunburn and heat illness.

Summer Smart

The details: Hydrate often; don’t wait until you’re thirsty. Keep water with you and refill it often. Pay attention to the symptoms of dehydration, which include: thirst, flushed skin, increased temperature, fast breathing and pulse, dizziness, dark urine and weakness.

Wear sunscreen. Generously apply SPF 30 broad-spectrum sunscreen on your body and reapply every 2 hours if you are sweating. Don’t forget your head. A wide-brimmed hat protects the neck, ears, eyes, forehead, nose and scalp.

Stay in the shade whenever you can. Take frequent breaks and schedule your most strenuous work or play during the early morning or late afternoon when sun and heat are less intense.

Prevent bug bites. Wear light-colored, tightly woven clothes; long sleeves; long pants tucked into socks or boots; closed toe shoes or boots; and a hat. Use insect repellent that prevents tick and mosquito bites.

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Did you know? You can get sunburned on a cloudy day. Unless it’s pouring rain, you can get a sunburn anytime your skin is exposed to UV rays. Eighty percent of the sun’s UV rays can penetrate clouds. And tanning? It’s a sign of skin damage.

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Protect your ears from prolonged exposure to loud noise. Limit the time you and your children use personal listening devices. Best bet: Apply the 60/60 rule. Never listen to volumes higher than 60% and only listen 60 minutes at a time, and then take a break.

### August

**A family affair**

Keeping your family healthy takes time and commitment. Start by setting goals. Make this a family event, prepare for it and make it fun. Focus on staying well, and spending time together. When we take time to connect daily with loved ones, we can find the resilience to cope with stress and difficulty together and individually.

**Your Best Investment**

The details: Lifelong nutrition at the plate — Start each day with breakfast. Learn the benefits of eating more fruits, vegetables and whole grains. Eat fast food only occasionally. Make dinner together whenever you can. Ban smart devices from the table.

**Family on the move** — Children need at least 60 minutes of exercise every day. Adults need at least 150 minutes of moderate-intensity activity per week, and you can all accumulate it in increments of any amount to get health benefits. Idea: Unplug from electronics and head for the park.

**Health screenings** — Avoid getting behind on routine medical exams and dental checkups. Ask about child health screenings for weight problems, unhealthy cholesterol, blood sugar and depression. And make sure all of you are current on your vaccinations. Yes, getting preventive health care takes time, but it’s time invested well.
You can do electronic banking 24/7, just about anywhere. But just because technology makes your life easier doesn’t mean you should let your guard down. Use only secure networks and never put any personal information in emails or texts. If you use an online portal, always log out when you’re done.

Do you regularly monitor your bank accounts?

Identity theft can have long-lasting effects on your credit and finances, not to mention ongoing stress. It’s important that you take an active role in protecting yourself from identity theft. Practice extra caution with your personal information.

Well-Being for Your Wallet
The details: Check your credit report regularly. You can get a free report every 12 months from the 3 consumer credit reporting agencies at annualcreditreport.com.

Use caution when giving out personal information such as your Social Security number, account numbers, IDs, passwords and other security details in response to emails or texts — ever.

Check your paper mail promptly. Place outgoing mail in a collection box or take it to the post office. Have the post office hold incoming mail if you can’t get it for an extended period of time. Shred bills, statements, receipts or old credit and ATM cards rather than throwing them away.

Review financial statements promptly and report suspicious transactions immediately. When purchasing items with a card or your phone, always get a receipt and make sure the transaction cleared correctly.

Your name safe and sound

Rosh Hashanah Begins at Sundown

Rosh Hashanah Begins at Sundown

Yom Kippur

Yom Kippur Begins at Sundown

Autumn Begins

Grandparents Day (U.S.)

Labor Day (U.S.)

Patriot Day (U.S.)
**October**

**Protect yourself**

Every autumn, the common cold and seasonal flu return front and center. Simple precautions go a long way toward avoiding infection. First and foremost: Get the flu shot. It’s your best protection against flu and you need the shot every year. And while there’s no cure for the flu or colds, adopt our Action Plan below to take your best shot at staying healthy.

**The Anti-Germ Action Plan**

The details: Use tissue instead of your hands when sneezing or coughing. No tissue? Sneeze or cough into your sleeve. Keep your fingers and hands out of your eyes, nose and mouth: They’re the route germs take to infect you.

Wash your hands often with soap and warm or cool water for 20 seconds. Carry hand sanitizers as a backup. Alcohol-based solutions can reduce (but not eliminate) microbes, but they’re good to have when soap and water aren’t available.

Wipe down surfaces if other people also use them. Don’t share things such as phones, computers, smart devices or eating utensils — especially if you’re contagious or want to avoid germs. Avoid touching things in public places whenever possible.

Colds and flu viruses are highly contagious. You’re infectious a day before you have symptoms, and 5 to 7 days after getting sick. If you’re ill, help protect others by staying home.

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**Have you asked your health care provider about the flu shot?**

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Many health care providers now provide free patient portals. These are secure websites where you can see test results, message your health care provider and keep track of appointments, prescriptions, vaccinations and more.

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Columbus Day (U.S.)

Halloween
Have you asked your health care provider if you have any risks for lung conditions?

You’ve probably never thought about it, but your lungs age with the rest of your body. Like your muscles, they can lose flexibility and strength, making breathing more difficult. But there are steps you can take to protect these amazing organs that remove carbon dioxide from and deliver oxygen to your blood.

All Clear for Your Lungs

The details: Prevent infection. Avoid exposure to cold and flu germs, which can cause serious respiratory illnesses. Get a flu shot every year, and ask your health care provider if you need a pneumonia vaccination. Also, during regular checkups, your provider can listen to your breathing and identify potential problems before they become major health problems.

Go aerobic. Moderate-intensity, nonstop cardio activity (e.g., brisk walking, swimming, biking) can significantly boost your lung capacity.

Breathe deeply. With deep breathing, you clear your lungs and get more oxygen than with the shallow breaths we usually take. As often as you can, slowly inhale through your nose to the count of 1 to 4. Then breath out slowly.

If you smoke, quit. Cigarette smoking is a major risk for lung cancer and chronic obstructive pulmonary disease (COPD). COPD symptoms include: increasing breathlessness, chronic bronchitis or persistent asthma attacks.

November 19 is the Great American Smokeout. If you’re trying to quit tobacco, it’s a great day to start living without it. Quitting is a big challenge, so don’t go it alone. Talk to your health care provider about smoking cessation aids and medications, visit lung.org/stop-smoking/ and enlist your family and friends to support you.
December

Take it easy

Everyday stress is usually manageable. Traffic jams, long lines at the grocery store, websites that crash — they don’t last long enough to profoundly affect your life. Once the accident blocking 3 lanes is cleared or the store opens more checkout lines, you can get on with your life and you feel better.

On the other hand, unrelieved (chronic) stress that lasts for weeks or months can lead to serious health problems, including: unhealthy blood pressure, blood sugar and blood cholesterol levels, lack of sleep, weight loss or weight gain.

Burn Bright, Not Out
The details: Family problems or a packed schedule can be magnified this time of year, when joviality and festivities are emphasized.

Watch for warning signs of ongoing, life-interfering stress:
• Feeling exhausted and overwhelmed most of the time.
• Feeling disconnected from your work, home life and other people.
• Frequently getting sick and missing work.
• Changes in sleep and appetite.
• Increased headaches, backaches and digestive problems.

If you think stress is affecting your well-being, talk with your health care provider, who can help you find ways to cope, such as breathing exercises, exercise and getting enough sleep.

A healthy life is more important than trying to be everything to everyone. So what if you haven’t posted on social media for a few weeks? And is a picture-perfect home all that important? Make your No. 1 priority you.

Do you ask for help when you’re stressed?

Fatigue can be your body’s way of saying slow down. Even positive situations can put you in overdrive and produce fatigue. To balance your energy, manage your time. Set your priorities daily so you do what’s essential and avoid pushing yourself too far.
**Spinach and Feta Mini Frittatas**
- **Ingredients:**
  - 2g sugar
  - 1g fiber
  - 322mg sodium
  - 2g saturated fat
  - 5g mono fat
  - 5g poly fat

Preheat oven to 350°F and line 6-cup muffin tin with liners. In large mixing bowl, combine shrimp, chili powder, lime juice, cilantro, garlic and oil. In large skillet over medium heat, add shrimp mixture and cook until pink, about 2 minutes per side. To assemble, add shrimp and tomato to large lettuce leaf. Garnish with cilantro. Fold and enjoy.

Makes 6 servings. Each: 168 calories • 7g protein • 6g total fat • 23g carb
- 22g sugar • 3g fiber • 1mg sodium • 1g saturated fat • 1g mono fat • 0g poly fat

**Baked Fruit with Cinnamon**
- **Ingredients:**
  - 2 medium apples, unpeeled, cored, cut into 1-inch chunks
  - ½ cup pitted frozen cherries
  - 1 can (20 oz.) pineapple chunks in juice (reserve juice)
  - ½ cup water
  - 1 tsp vanilla extract • ½ tsp cinnamon
  - 1 tbsp butter, broken into pea-sized pieces


Makes 6 servings. Each: 120 calories • 1g protein • 2g total fat • 26g carb
- 22g sugar • 3g fiber • 1mg sodium • 1g saturated fat • 1g mono fat • 0g poly fat

**Mini Salmon Patties**
- **Ingredients:**
  - 2 cans (5 oz. each) boneless skinless salmon, drained
  - 2 tbsp mayonnaise
  - 1 egg white
  - 2 tbsp plain nonfat Greek yogurt
  - 1 tsp honey

Form patties by using 1 heaping tbsp of mixture for each patty (makes 12-15 patties, 3-4 per serving). Heat 1 tbsp oil in nonstick frying pan over medium heat. Fry patties 3 minutes, flip and fry 3 more minutes. Remove from heat. Add more oil as needed until patties are done. Serve.

Makes 4 servings. Each: 216 calories • 7g protein • 12g total fat • 8g carb
- 8g sugar • 3g fiber • 102mg sodium • 1g saturated fat • 3g mono fat • 2g poly fat

**Peanut Butter and Banana Breakfast Cups**
- **Ingredients:**
  - 3 cups rolled oats
  - 1 tsp baking powder
  - 2 eggs, whisked
  - ½ cup milk
  - 1 ripe banana, mashed
  - ½ cup peanut butter • ¼ cup pure maple syrup


Makes 12 servings. Each: 188 calories • 7g protein • 6g total fat • 23g carb
- 8g sugar • 3g fiber • 102mg sodium • 1g saturated fat • 3g mono fat • 2g poly fat

**Farro and Apple Salad**
- **Ingredients:**
  - 1 cup farro (hulled wheat)
  - 1 medium apple, cored and diced
  - 4 cups pitted frozen cherries
  - 1 tsp Dijon mustard
  - 1 tsp maple syrup
  - 2 tbsp apple cider vinegar
  - 2 tbsp extra-virgin olive oil
  - ¼ tsp salt • 4 oz. soft goat cheese

In medium pot, boil farro in 3 cups of water for 30 minutes. Drain excess water, and rinse farro with cold water in sieve to cool. In large serving bowl, combine farro, apple and kale. In small mixing bowl, whisk together Dijon, maple syrup, vinegar, oil and salt. Pour dressing over farro salad and mix. Sprinkle with goat cheese and serve.

Makes 6 servings. Each: 205 calories • 8g protein • 9g total fat • 26g carb
- 3g sugar • 5g fiber • 188mg sodium • 3g saturated fat • 5g mono fat • 1g poly fat

**Popcorn Trail Mix**
- **Ingredients:**
  - 4 cups popped salted popcorn
  - ¾ cup unsalted almonds, pecans or cashews
  - ¼ cup unsalted sunflower or pumpkin seeds
  - 1 tbsp neutral oil (avocado or canola)
  - 1 tbsp honey • ½ tsp cinnamon

In large mixing bowl, combine popcorn, nuts and seeds. In small bowl, combine oil and honey. Pour over trail mix. Sprinkle with cinnamon and toss to coat. Enjoy with a spoon – it’s sticky.

Makes 6 servings. Each: 125 calories • 3g protein • 9g total fat • 8g carb
- 3g sugar • 2g fiber • 15mg sodium • 1g saturated fat • 4g mono fat • 4g poly fat

**Savory Quinoa Brunch Bowls**
- **Ingredients:**
  - 1 cup quinoa
  - 1 tbsp extra-virgin olive oil
  - 1 clove garlic, minced
  - 1 bunch kale, spinach or Swiss chard leaves, shredded
  - ½ tsp salt
  - ¼ cup jarred roasted red peppers, chopped
  - 4 hard-boiled eggs, sliced
  - ¼ cup hummus

Boil quinoa in 2 cups water for 15 minutes; fluff with fork. Add oil to large frying pan set over medium heat. Add garlic, kale and salt. Stir-fry about 3-4 minutes, until wilted. To each of 4 soup bowls, add quinoa, then top with kale, red pepper, egg and 1 tbsp of hummus. Serve warm.

Makes 4 servings. Each: 375 calories • 18g protein • 14g total fat • 45g carb
- 6g sugar • 8g fiber • 314mg sodium • 2g saturated fat • 8g mono fat • 4g poly fat
### Adult Immunizations

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<th>Vaccine</th>
<th>Dose and When Needed</th>
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<td>Hepatitis A</td>
<td>2 or 3 doses if at risk.</td>
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<tr>
<td>Hepatitis B</td>
<td>2 or 3 doses if at risk.</td>
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<tr>
<td>Human Papilloma-virus (HPV)</td>
<td>2 or 3 doses, previously unvaccinated through age 26 (women) and age 21 (men).</td>
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<td>Influenza (Flu)</td>
<td>1 dose every year.</td>
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<td>Measles, Mumps, Rubella</td>
<td>1 or 2 doses if at risk.</td>
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<tr>
<td>Meningococcal Meningitis</td>
<td>1 or more doses if at risk, as advised.</td>
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<td>Pneumococcal PCV13</td>
<td>1 dose. 1 or 2 doses as advised.</td>
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<td>PPSV23</td>
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<tr>
<td>Tetanus, Diphtheria, Pertussis</td>
<td>Get Tdap once, then a Td booster every 10 years.</td>
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<td>Varicella (Chickenpox)</td>
<td>2 doses if at risk.</td>
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<tr>
<td>Zoster (Shingles)</td>
<td>2 doses at 50 and older.</td>
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Sources: CDC. Recommendations are subject to change (www.cdc.gov/vaccines/default.htm). Foreign travel may require additional immunizations.

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### Healthy Measures — Screenings

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<th>Test/Exam</th>
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<th>Normal Levels</th>
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<td>Blood Pressure</td>
<td>Every health care visit or at least every 2 years.</td>
<td>Below 120</td>
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<td>Systolic</td>
<td>Below 80</td>
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<td>Diastolic</td>
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<td>Cholesterol</td>
<td>Starting at 20 and every 5 years or as advised.</td>
<td>Below 200</td>
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<td>Total</td>
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<td>HDL Women</td>
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<td>LDL</td>
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<td>Triglycerides</td>
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<td>Colorectal Cancer</td>
<td>Starting at 45 and repeat as advised.</td>
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<td>Dental, Eye and Hearing</td>
<td>As advised.</td>
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</tr>
<tr>
<td>Blood Sugar</td>
<td>Starting at 45 and every 3 years or as advised.</td>
<td>Below 100 (fasting)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skin Cancer</td>
<td>As advised.</td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Body Mass Index (BMI)</td>
<td>Goal: 18.5-24.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Waist Measurement (in inches)</td>
<td>Goal: Below 35 inches (women)</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Goal: Below 40 inches (men)</td>
<td></td>
<td></td>
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<tr>
<td>Weight (pounds)</td>
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<td></td>
<td></td>
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<tr>
<td>Date</td>
<td></td>
<td></td>
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<tr>
<td>Depression</td>
<td>As advised.</td>
<td>N/A</td>
<td></td>
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<tr>
<td>Blood Pressure</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Cholesterol</td>
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<td></td>
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<td></td>
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<tr>
<td>Total</td>
<td></td>
<td>Below 200</td>
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<td></td>
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<tr>
<td>HDL Women</td>
<td></td>
<td>Above 50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HDL Men</td>
<td></td>
<td>Above 40</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LDL</td>
<td></td>
<td>Below 130</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Triglycerides</td>
<td></td>
<td>Below 150</td>
<td></td>
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</tr>
<tr>
<td>Colorectal Cancer</td>
<td></td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prostate Cancer</td>
<td></td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast Cancer</td>
<td></td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cervical Cancer</td>
<td></td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Osteoporosis</td>
<td></td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As advised: Consult your health care provider if you have symptoms or special risks, such as family history, for these conditions. Your target levels may differ if you have a condition such as diabetes or heart disease. Sources: ACS, ADA, AHA, CDC and NCEP. • Physician review: 4.2019

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### Screenings for Women

**Women Only**

<table>
<thead>
<tr>
<th>Test/Exam</th>
<th>When Needed</th>
<th>Date/Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast Cancer</td>
<td>Starting at 45 or as advised.</td>
<td></td>
</tr>
<tr>
<td>Cervical Cancer</td>
<td>Starting at 21 or as advised.</td>
<td></td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>Starting at 65 or earlier as advised.</td>
<td></td>
</tr>
</tbody>
</table>

Sources: ACS, NOF.

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### Screenings for Men

**Men Only**

<table>
<thead>
<tr>
<th>Test/Exam</th>
<th>When Needed</th>
<th>Date/Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prostate Cancer</td>
<td>Starting at 50 if advised.</td>
<td></td>
</tr>
</tbody>
</table>

Source: ACS.

**Women and Men:** Talk to your health care provider about unusual symptoms and other health concerns not listed, such as sexually transmitted infections, HIV, anxiety and tobacco use. **Be a partner in your health care.**

As advised: Consult your health care provider if you have symptoms or special risks, such as family history, for these conditions.
Sheet Pan Chicken Fajitas

- 3 tbsp extra-virgin olive oil
- 1 tsp chili powder
- 1/2 tsp each garlic powder, dried oregano, cumin and salt
- 15 lbs (24 oz.) raw chicken breast, cut into strips
- 1 bell pepper, any color, seeded and sliced
- 1/2 sweet onion, sliced
- 2 bell peppers, any color, seeded and sliced
- 1/2 tsp chili powder
- 2 cups cubed cooked chicken
- 1 tbsp extra-virgin olive oil
- 2 tbsps fresh chopped basil
- 1 tbsp fresh chopped basil

Preheat oven to 350°F. Line baking sheet with parchment paper. Combine tomatoes, oil, garlic, salt, and pepper in a bowl; mix, then spread on a baking sheet. Bake 30 minutes. Meanwhile, cook pasta according to package directions. Drain and put into serving bowl. Top with tomatoes, basil and chicken. Combine and serve.

Makes 6 servings. Each: 640 calories • 48g protein • 29g total fat • 37g carbs • 12g sugar
- 14g fiber • 81mg sodium • 19mg saturated fat • 2g mono fat • 2g poly fat

Roasted Tomato Pasta

- 2 pints (4 cups) cherry or grape tomatoes, halved
- 3 tbsp extra-virgin olive oil
- 1 clove garlic, minced
- 1/4 cup fresh chopped basil
- 2 cups cubed cooked chicken

Preheat oven to 375°F. Line baking sheet with parchment paper. Combine tomatoes, oil, garlic, salt, and pepper in a bowl, mix, then spread on a baking sheet. Bake 30 minutes. Meanwhile, cook pasta according to package directions. Drain and put into serving bowl. Top with tomatoes, basil and chicken. Combine and serve.

Makes 6 servings. Each: 560 calories • 36g protein • 25g total fat • 60g carbs • 16g sugar
- 12g fiber • 95mg sodium • 13mg saturated fat • 5g mono fat • 5g poly fat

Pasta and Bean Soup with Fresh Basil

- 1 tbsp extra-virgin olive oil
- 2 cloves garlic, minced
- 1 can (15 oz) no-salt-added red kidney beans, rinsed
- 2 cups fresh chopped basil
- 2 carrots, diced
- 1 cup water (or broth) • 1 tsp salt
- 1 tsp black pepper

set oven medium heat. Add garlic and sauté, stirring about 3 minutes. Add carrots, and sauté another minute. Add water and salt. Bring to a boil. Add kidney beans and pasta, cooking about 8 minutes (or according to package directions). Serve topped with fresh basil.

Makes 6 servings. Each: 560 calories • 36g protein • 25g total fat • 60g carbs • 16g sugar
- 12g fiber • 95mg sodium • 13mg saturated fat • 5g mono fat • 5g poly fat

Makes a serving. Each: 414 calories • 33g protein • 12g total fat • 49g carb • 0g sugar
- 14g fiber • 81mg sodium • 19mg saturated fat • 2g mono fat • 2g poly fat