

Preventive Health Care

Early detection and prevention saves lives.

Preparing for Cold and Flu Season

Preparing for cold and flu season is important to prevent illness and minimize its impact if you do get sick. Here are some ways to prepare:

- 1. Get a flu vaccine:** One of the most effective ways to prevent the flu is to get a flu vaccine. It's recommended for everyone ages 6 months and older, especially for high-risk groups such as the elderly, young children, pregnant women, and individuals with chronic health conditions. Flu vaccines are available now.
- 2. Maintain a healthy lifestyle:** Eat a balanced diet with plenty of fruits and vegetables, get regular physical activity and adequate sleep to keep your immune system strong.
- 3. Practice good hand hygiene:** Wash your hands frequently with soap and water for at least 20 seconds, especially after coughing, sneezing, touching your face, or using the restroom. Use hand sanitizer with at least 60% alcohol when soap and water are not available.
- 4. Avoid close contact:** Stay home when you are sick to prevent spreading illness to others and stay away from people who are sick.
- 5. Cover your coughs and sneezes:** Use a tissue or your elbow to cover your mouth and nose when you cough or sneeze.
- 6. Clean and disinfect frequently touched surfaces:** Regularly clean and disinfect surfaces and objects that are touched frequently such as doorknobs, light switches, and cell phones.

While there is no foolproof way to completely avoid colds and flu, these steps can help prevent and minimize the impact of the illness.



Health Education

Emmi provides interactive content for patients to help them better understand their healthcare journey, increase participation in their care and inform decision making.

Click to Watch the Free Video!

The Flu Vaccine



Health Insurance 101

At the beginning of 2023, we discussed the parts that comprise your health insurance cost share and premium.

HERE IS A QUICK RECAP:

- **Premium** is the monthly amount you and your employer pay for your health insurance.
- **Cost share**, which can include you paying for a deductible amount (the amount you pay out of pocket before your health insurance plan begins to pay for covered costs).
- **Coinsurance** amount (this is a percentage of the cost of care you are responsible for after your deductible has been met).
- **Copayment** amount (is a flat, fixed amount that you typically pay for healthcare services when you get a service at the doctor's office or medication at the pharmacy).

Now, it is getting to the end of 2023, and it is time to evaluate where you are at with your health insurance cost share annual maximums. Looking at the bottom of your most recent "Explanation of Benefits" or "EOB," you will see where you are with your individual and family deductible and coinsurance amounts. Reviewing this information lets you determine how much you would be responsible for upcoming services or procedures you may have been putting off because of cost. If you have any questions regarding your cost share annual maximums, please call Group Health Cooperative of Eau Claire's Member Services team at 888-203-7770.

UPCOMING EVENTS:

Be Your Best – Health Education Series

30 minute live-virtual seminars covering a variety of health and wellness topics. Get more information and register [HERE!](#)

- **MINDFUL EATING** | Wednesday, November 15, 2023, at 12:00pm

Fitness in a Flash

3-5 minute live-virtual exercise sessions focusing on exercises to improve strength, aerobic fitness, and flexibility. Sessions are offered Monday – Friday at various times.

Mindful Monday

3-5 minute live virtual sessions featuring stress management techniques such as deep breathing, mindfulness, guided imagery, and practicing gratitude. The sessions are held every Monday afternoon at 1:30pm.

Food in a Flash

5 minute live-virtual sessions highlighting a healthy food option and its impressive health benefits and sharing different ways to easily incorporate it into your diet. The sessions are held every Wednesday afternoon at 2:00pm.

Contact Kayla Rose, Health Promotion Manager at krose@group-health.com for more information about these opportunities.

CONNECT WITH US.

Visit group-health.com or give us a call at 715.552.4300 or 888.203.7770.

