



PREVENTIVE CARE

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FREE HEALTH SCREENING

- Mark your calendar for Saturday, **December 10, 2011**, for this year's health screening from **8 AM-3 PM**
- Screening includes: **assessment, blood pressure, sugar and cholesterol check** by Mercy Community Health Nurses
- Representatives from **Mercy EAP, C & M Medical Supply, Sun Federal Credit Union, SVS Vision Optical Center, and Community Credit Counseling Specialists** will be on hand for questions and information
- Bring in **6 cans** of food for the **Toledo Seagate Food Bank** and receive an extra chance for the prize drawing
- For each service you complete, you will receive a ticket to win a **42" flat screen TV with an Xbox 360 console & Kinetic System bundle**
- **Flu shots** will also be available for \$20. Medicare members will need their Medicare cards

STAYING HEALTHY

Routine preventive care services to maintain your health and prevent disease are important to living a healthy life.

Disease prevention or control begins with understanding what diseases and risks are present and extends to implementation and monitoring.

Health screenings are very important to preventive medical care. Many health problems and diseases leading to premature death or disability are preventable. In fact, many health screenings for disease save lives by identifying the problem well before

you are aware of it. For most cases, the earlier you catch it, the better off you'll be.

Preventive health care must be planned and executed ahead of time, even when illness is absent. You must build healthy habits even when it's not convenient. You must believe that maintaining a health lifestyle is important enough to make a few sacrifices. Eating right, getting exercise and avoiding destructive substances like tobacco, alcohol and excessive amounts of sugar and salt are crucial, as is getting enough sleep each night. Healthy habits are an

"automatic" defense against most illnesses and can provide us a long, healthy – and thus happy – life.

Preventive healthcare provides many direct benefits to the individual: not having to deal with uncomfortable or painful symptoms, feeling more energetic and just being able to fully enjoy your daily activities.

The choice regarding our health is simple: Either invest a relatively small amount in order to stay in good health, or pay a huge amount later to treat the disease that is bound to eventually hit us.

Employees Assistance Program

Members of Local 50 and their family have **free** access to a full range of emotional health services through Mercy Employee Assistance Program (EAP). These services may help with job stress;

marital or relationship problems; alcohol or drug dependence; legal issues; or financial worries to name a few areas they address. Sessions are completely confidential with professional counsel-

ors. If you see an area in your life you need assistance with, call the EAP at 419-251-1444 to set up an appointment. You only need to identify yourself as a Local 50 member to receive these services.
