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Health Education Class Schedule

September 12

Weight Management

10:00 am-11:15am

Diabetes

11:30am-12:30pm

September 19

Weight Management

10:00am-11:15am

Asthma

11:30am-12:30pm

September 26

Weight Management

10:00am-11:15am

Smoking Cessation

11:30am-12:30pm

October 3

Weight Management

10:00am-11:15

Hypertension

11:30am-12:30pm

Colorectal Cancer Screening

If you are 50 years old and over it is important for your health to have:

- **A Fecal Occult Blood Test (FOBT) yearly,**
- **A flexible sigmoidoscopy every 5 years, or**
- **A colonoscopy every 10 years.**

These procedures screen for colon cancer to allow for early detection and treatment. Do not forget to ask your doctor today about which of these important screenings are right for you!

Diabetes Management

Controlling your diabetes now will help to prevent future complications. That is why it is crucial for you to take control of your health by:

- **Eating a balanced diet,**
- **Taking your medication as prescribed by your doctor, and**
- **Exercising regularly.**

Please refer to the Health Education Class Schedule to see when Jai Medical Systems is offering our next Diabetes Education Class.

In addition, you should also be receiving a **Diabetic Eye Exam yearly** and a **Hemoglobin A1c (HbA1c) Test at least annually.**

Be sure to ask your doctor if you are due for one of these important **diabetic screening tests!**



Nurse Advice Line



Jai Medical Systems now offers a **Nurse Advice Line** that is staffed by licensed Nurses and is available 24 hours a day, seven days a week. The Registered Nurses at the Nurse Advice Line can provide you with health information concerning wellness and prevention. You can access this benefit now by calling Jai Medical Systems at **1-888-JAI-1999** or by calling the Nurse Advice Line directly at **1-844-259-8613.**

Controlling Blood Pressure

A controlled blood pressure is any reading that is less than 140/90. Some easy steps to follow to help you control your blood pressure include:

- **Taking your blood pressure medications as prescribed,**
 - **Eating a healthy diet, and**
 - **Exercising regularly.**

Jai Medical Systems offers health education classes on controlling high blood pressure. Please refer to the Health Education Classes section to see when Jai Medical Systems is offering our next Hypertension Class.

In addition, Jai Medical Systems offers a Hypertension Disease Management program to better assist our members to control their high blood pressure. If you feel you would benefit from the Disease Management program or would like more detailed information about our health education classes, please call our

Customer Service Department at 1-888-JAI-1999.

Human Papillomavirus Vaccine

All adolescents should receive **three doses** of the **Human Papillomavirus (HPV) vaccine** by their **13th birthday**. The HPV vaccine helps to prevent certain cancers associated with some of the HPV virus strands.

The Food and Drug Administration has recently approved an HPV vaccine that provides protection against nine strands of the HPV virus, instead of just four virus strands. If your child is over 9 and has not yet been vaccinated, be sure to ask your child's pediatrician if it is time for your child to begin to get **vaccinated against HPV**.

Have you had your Pap Test and Mammogram?

If you are a **woman** between the **ages of 21-64**, it is important that you have a pap test **at least once every three years**.

The Pap test screens for cancerous cells to allow for early detection and treatment of cervical cancer. Be sure to ask your doctor at your next visit if you are due for a **Pap test**.

If you are a **woman** between the **ages of 50-74**, it is important to have a mammogram **at least once every two years**.

A mammogram screens for breast cancer to allow for early detection and treatment. Be sure to ask your doctor if you are due for a **mammogram**.



Asthma Medication Management

If you have been diagnosed with asthma, managing your asthma is important for your health. Managing your asthma is more than just controlling your symptoms, **it is important to take any long-term medication** prescribed by your physician as directed. Please refer to the Health Education Class Schedule to see when Jai Medical Systems is offering our next Asthma Education Class.

If you have any questions regarding your asthma treatment plan or your asthma medication management, please call our Customer Service Department at 1-888-JAI-1999. Our Customer Service Department will assist in connecting you with a provider to discuss any questions you may have.