

Information

Name

Address

Phone

E-mail

In Case of Emergency:

Name Phone Relationship

Name Phone Relationship

Health Care Provider:

Name Phone

Preferred Hospital Phone

Pharmacy Phone

Health Insurance Provider:

Name Phone

Policy Number



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My Personal Health Record Screening & Vaccine Guide

Medical screenings – No. 1 health goal for everybody every year. Meet with your health care provider and, together, make a plan for routine exams.

You can use this handy wallet card to record and track your medical exams and immunizations. Enter test results and follow-up checks, such as blood pressure and blood sugar numbers. Keep your vital signs in mind.




Adult Immunizations

Vaccine	Dose and When Needed	Received (Date)
Hepatitis A	2 doses if at risk, as advised	
Hepatitis B	3 doses if at risk, as advised	
Human Papilloma Virus (HPV)	3 doses, previously unvaccinated women through age 26	
Influenza (Flu)	Every year, or as advised	
Measles, Mumps, Rubella	1 or 2 doses if at risk, as advised	
Meningitis	1 dose if at risk, as advised	
Pneumococcal	1 dose, at 65 and older or earlier if at risk	
Tetanus-Diphtheria-Pertussis	Td: once every 10 years Tdap: 1 dose in adulthood	
Varicella (Chicken Pox)	2 doses if at risk, as advised	
Zoster (Shingles)	1 dose, at 60 and older	

Source: PHAC. Recommendations are subject to change (www.phac-aspc.gc.ca/im/index-eng.php). Foreign travel may require additional immunizations.

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You can add
your logo
and message here.

**Know
Your
Numbers**
 **Health Screening
Guide & Tracker**

A Personal Best® Program

Screenings FOR Women OR Men

Women Only			
Test/Exam	When Needed	Date/Results	Date/Results

Breast Cancer	Every 2 years beginning at 50 or as advised		
Cervical Cancer	As advised		
Osteoporosis	At 65 or earlier as advised		

Men Only			
Test/Exam	When Needed	Date/Results	Date/Results

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

Source: CCS

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

Sources: CCS, CFPC and HSF • Reviewed June 2011

On a **Positive** Note, Some Stress Is Good

Good stress, called **eustress**, is vital to performing your best. When you feel motivated to work hard, excel, win or get ahead, you're experiencing eustress. However, when you feel overwhelmed or unable to cope with life's challenges, the resulting stress can lead to health problems.

Learn to distinguish eustress from unhealthy stress and take corrective action to maintain a positive balance.



When to **Get Help** for Stress

Are you experiencing any of these possible stress-related symptoms?

- Restlessness and anxiety
- Inability to concentrate
- Trouble falling asleep
- Lack of appetite or overeating
- Nightmares
- Persistent fatigue
- Depression
- Indigestion
- Teeth grinding
- Tension headaches
- Heart palpitations
- Muscle spasms
- Persistent backache
- Trembling or shaking

note: If these symptoms become chronic or severe, talk to your health care provider.

Stress Less at Work



- **Feel in charge of your success.** Find an activity that gives you a sense of purpose.
- **Build your skills.** The more competent and confident you feel, the less stress you will experience.
- **Set aside worry time.** If you're troubled by a situation, set aside time to resolve it later.
- **Count to 10.** When something angers you, take time to defuse before you react (and regret it).
- **Move forward.** Don't dwell on past negative situations. Look at tomorrow as a new day.
- **Deal with traumatic events.** If you're having difficulty coping following a traumatic event, professional help may speed your recovery.
- **Take your vacation.** Time off can boost your motivation, morale and happiness.

Bottom line: Everyone copes with stress differently. What works to relieve stress for others may not work for you. Keep trying different healthy ways until you find what works best.

21 Ways to Manage Everyday Stress

Proven Stress Relievers for Work & Home





People usually feel stress as tension, fear or pressure. Physically, stress causes your heart to race and your muscles to tighten, and you become pumped up, ready for anything. This is a useful response during an emergency when you need to act fast. But when you're stuck in traffic, sitting in a meeting or lying in bed trying to sleep, your thoughts can trigger stress, which causes your body and mind to race needlessly.

Trouble is, your mind and body can't tolerate high levels of stress for long periods. Living in a prolonged state of red alert can leave you feeling burned out and can make you more vulnerable to illness.

21 Ways to Manage Everyday Stress

1. Sleep well. Lack of sleep decreases your ability to handle stress. **Your target:** Try to get 7 to 9 hours of uninterrupted sleep. If sleep problems persist, talk to your health care provider.

2. Move more. Regular exercise releases tense muscles and relaxes your mind. How active are you really? Get at least 150 minutes of exercise weekly.



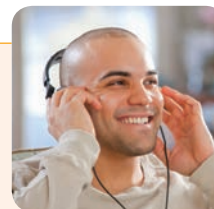
3. Eat well. Nourish your body and control portions with small servings.

4. Plan ahead. If a stressful event is coming up, prepare for it. Plan your coping strategies and line up support.

5. Cut back on caffeine. Caffeine stimulates you, much like stress, raising heart rate and blood pressure. **Better:** Drink water instead.

6. Relax your body. Once a day, tense and then slowly relax each muscle group from your head to toes.

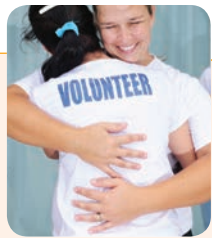
7. Relax your mind. Take a mental time-out for 15 to 20 minutes daily. Meditate, dream or listen to music — what's best for you?



8. Take an imaginary vacation. Close your eyes and picture a quiet scene, on a mountain, in a meadow or by the ocean.

9. Maximize your energy. If possible tackle difficult work when you're rested and alert.

10. Get involved. Helping others keeps you from blowing your own problems out of proportion. **Ideas:** Join a group or volunteer.



11. Avoid rushing. Leave earlier to arrive on time for meetings and other commitments.

12. Stop procrastinating. Make a list of the top 5 tasks you need to complete today.

13. Talk it out. Use your personal support system of family, friends, coworkers or a mental health counsellor to help find solutions.

14. Blow off steam. Release tension in healthy ways. Go for a jog, write down your worries or try a new hobby.

15. Breathe out stress. Take a deep breath all the way down to your belly button and exhale slowly. Repeat until you feel calmer.



16. Laugh. It's a great way to release stress, and it gives your heart and lungs a mini aerobic workout.

17. Change negative self-talk. Change "*I can't do anything right*" to "*I can.*"

18. Spoil yourself. Watch a movie, get a massage or read a good book.

19. Be thankful. At the end of each day, list the good things that happened. You'll be surprised at how much went right.

20. Get help if you need it. Talk to your health care provider or professional counsellor if you're unable to control stress.

21. Accept change. Consider change as a natural state that presents opportunities.

Injury Prevention Quick Tips



- ▶ Warm up and cool down every time you exercise.
- ▶ Warm up your muscles with low-intensity activities for 5 to 10 minutes before any vigorous activity.
- ▶ Stretch gently after your warm-up and at the end of vigorous activity to reduce strain.
- ▶ Pay attention to your body. Stop exercising if you feel pain, become dizzy or have trouble breathing. Report any problems to your health care provider.
- ▶ Wear the proper footwear and comfortable clothing, and drink plenty of water.



More Fitness Moves

- ✓ March in place, pushing your palms up toward the ceiling. Step it up with jumping jacks.
- ✓ Take the stairs instead of the elevator. Start with one flight; add reps as you get stronger.
- ✓ Stand up and move around every hour (if allowed) to wake up sleepy muscles.
- ✓ Keep hand weights or resistance bands on hand for strength building.
- ✓ Try shadow boxing or rhythmic arm and leg movements.
- ✓ Consider portable fitness equipment that can help you stay active.



Step it up with jumping jacks.

Fitness Facts

- ▶▶ Studies show that even if you haven't exercised for a long time, a modest improvement in physical fitness lessens your risk of heart disease.



- ▶▶ You burn 50 to 100 calories an hour just sitting still. Imagine what a little movement can do.
- ▶▶ Raising your activity level can lower your blood pressure by as much as 4 to 9 mm Hg — the same reduction in blood pressure delivered by some antihypertensive medications.
- ▶▶ You lose about .45 kilograms (1 pound) of lean muscle mass per year after age 30 — but lifting weights 2 to 3 times per week can help you maintain muscle firmness, prevent sagging and lift your metabolism.

Shape up and love active living.

Fitness You Can Fit In Anytime, Anywhere

The Fast Way to Feeling Great



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Don't Have Time to Exercise? *Surprise!*

If you're sitting down reading this, stand up. Now raise yourself up on your toes and slowly lower yourself down. Repeat a few times. Guess what? You're exercising.

That's right. It's just that quick and easy. With so much to do every day, lack of time is one of the most common **reasons** for not exercising. If you think you don't have time to exercise, you might be surprised to learn that fitting exercise into your busy schedule is easier than you think.

If you're reading this sitting down, stand up and stretch.



Regular exercise offers these rewards:

- More energy
- Better sleep
- Less stress
- More confidence
- Weight control
- Healthier heart
- Stronger bones
- A healthier you

Get at least 150 minutes of moderate- to vigorous-intensity cardio (aerobic) exercise weekly, in bouts of 10 minutes or more.

Have you been inactive? Are you managing a chronic health condition? Talk to your health care provider before making major changes in exercise.



21 Ways to Fit More Fitness Into Your Day



Rather than feel discouraged about a lack of time for exercise, focus on the many ways you can fit fitness into your day. A little effort and a few more steps here and there will add up.

Burn About 100 Calories in Fewer Than 30 Minutes*

Trimmers and Toners

1. **Jumping rope** 8 minutes

2. **Mowing the lawn** 25 minutes

3. **Basketball** 11 minutes

4. **Running** (8 km/h or 5 mph) 12 minutes

5. **Weightlifting** (free weights) 17 minutes

6. **Dancing** (disco, step) 13 minutes

7. **Tennis** (singles) 12 minutes

8. **Gardening** (general) 25 minutes

9. **Swimming** (freestyle laps, light or moderate effort) 17 minutes

10. **Walking** (4.8 km/h or 3 mph) 20 minutes



All Daily



Activity



Adds Up!

11. **Weed, rake and work** in the garden.

12. **Carry** groceries in for a neighbour.

13. **Walk** the stairs and escalator at every opportunity.

14. **Park** at the end of the parking lot and walk.

15. **Pick up** around the house.

16. **Ride** a stationary bike while watching TV.

17. **Walk** two blocks before or after work daily.

18. **Walk** a complete lap around the mall next time you shop.

19. **Wash** windows or sweep walkways.

20. **Get up** and walk while talking on the phone.

21. **Play** outside with your children, your grandchildren or the dog.



* Approximate values for a person weighing 68 kilograms (150 pounds) at a moderate pace in continuous motion. The more you weigh and the faster your pace, the more calories you burn.

3 Ways to Stick With It

- 1 **Vary your activities.** Bike one day, swim the next and play basketball with friends the day after that. Do activities you enjoy.
- 2 **Get a partner.** You can keep each other motivated and enjoy each other's company while you hike, jog or bike together.
- 3 **Reward yourself.** Put a few dollars into a savings account every time you exercise; call it your fitness dividend. Do something special with what you have earned.



Heart-Healthy Substitutions

Start With Simple Swaps

Instead of:	Try these:
Refined grains (white bread, flour, rice, pasta)	Brown rice, oats, pot barley, quinoa, millet, whole-grain pasta, whole-grain rye
High-fat beef and other meats	Lean meat, chicken, turkey, fish, tofu, low-sodium canned or dried beans such as lentils, chickpeas or kidney beans

High-fibre foods are **nutrient-dense**, and soluble fibre may help prevent heart disease. Add more fibre to your diet by choosing whole grains instead of refined grains (see swaps above), and add more vegetables, fruits, beans, peas and lentils.

Fatty, salty or sugary snacks (crackers, chips, cookies, candy)	Berries, grapes, low fat yogurt, whole-grain crackers, plain popcorn, nuts and seeds
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Fatty, salty condiments	Vinegars (balsamic, cider, or red or white wine), herbs and spices, assorted mustards
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Add fruits and vegetables to every meal. Get your daily servings - the more, the better.



Plans Proven to Help

Dietary Approaches to Stop Hypertension (DASH) Diet

Studies have shown that adults following the DASH program lowered their blood pressure dramatically, with better results than those achieved with other eating plans. DASH minimizes unhealthful fats, cholesterol, sodium, sweets and added sugar. It's rich in potassium, magnesium, calcium and protein. For more information, visit the Heart & Stroke Foundation at heartandstroke.on.ca.



Mediterranean Diet

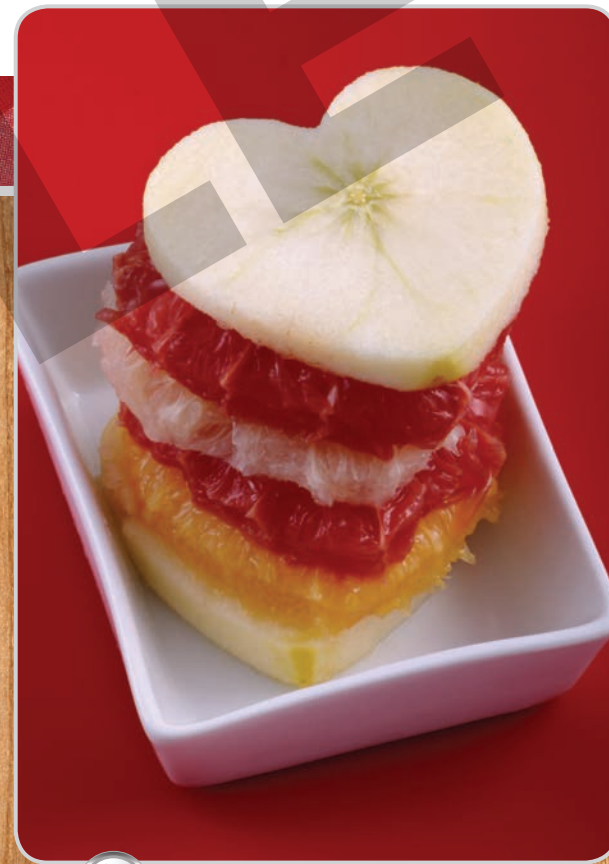
The Mediterranean Diet describes the eating approach favoured in countries bordering the Mediterranean Sea, including Greece, Italy, Morocco, Spain and Turkey. In these countries, rates of chronic disease and premature death are among the lowest in the world. Evidence points to diet as the common factor. The Med plan is naturally rich in antioxidants, fibre and healthful unsaturated fats and includes all major food groups.

Love your heart with every meal!

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Heart-Healthy Eating

Love Your Heart With Every Meal



A Heart-Healthy Diet: It's Easier Than You Think

The foods you eat play a big role in high cholesterol, high blood pressure and weight gain, which all work against good heart health. You don't need to change everything you eat at once. Take one step at a time and you'll soon be eating well — and looking and feeling better, too.

One of the best ways you can boost your heart health (and reduce your risk of heart attack and stroke) is to love your heart with every meal.

Do any of these reasons keep you from eating right?

- ☒ I don't want to give up the foods I love.
- ☒ I'm busy. Cooking nutritious meals takes too much time and effort.
- ☒ I don't know how to make heart-friendly choices.
- ☒ I need healthful food ideas the whole family will enjoy.

Eating well is easier than you may think.

1 More Fruits and Vegetables

Aim for 7 to 10 servings per day.

Ideas: Make sure that you have vegetables or fruit with every breakfast, lunch, dinner and snack. Have a salad blend of romaine lettuce and leaf spinach at lunch. Keep a bowl of colourful fruit within easy reach for snacks.

Tip: Choose deeply hued produce. The brighter or darker the fruit or vegetable, the more nutrients it may contain.



3 Healthier Fats, Less Sodium

One important way to keep your heart healthy is to choose fewer foods that contain saturated and trans fats, such as butter, lard, cream, shortening, fatty meat, processed foods and deep-fried items.

Add heart-friendly **polyunsaturated** (including omega-3 fatty acids) and **monounsaturated** fats to your diet.



Ideas: Cook with olive or canola oil instead of butter or margarine. Eat fish, such as salmon, at least twice a week. Bake, broil, steam or boil instead of frying.

2 Dish Out Proper Portions

With today's super-sized portions and convenience foods, it's easy to overeat. **Learn proper portion sizes.**



- 175 ml (¾ cup) dry cereal = tennis ball
- 125 ml (½ cup) cooked pasta = small computer mouse
- 125 ml (½ cup) sliced fruit or vegetables (except leafy greens) = ice cream scoop
- 250 ml (1 cup) raw leafy greens = baseball
- 50 g (1.5 oz.) cheese = 5 dice
- 75 g (2.5 oz.) poultry, fish or meat = deck of cards
- 25 ml (2 tbsp) peanut butter = ping pong ball

Tip: Eat smaller amounts. Use a measuring cup for foods such as cereals, cooked pasta and rice.

Treat a heart-healthy eating plan like any other new project. Set a reasonable goal for each week, make a plan to reach that goal and stick to it.

4 Check and Learn From Food Labels

Key Areas to Compare

- **Calories** per serving.
- **Fats:** Choose foods that get less than ⅓ of their calories from fat.
- **Sodium:** Pick products with the lowest sodium (salt) content per serving (aim for 140 mg or fewer) by checking nutrition labels.
- **Fibre:** Get at least 25 to 38 grams per day.
- **Sugars:** Watch for high amounts of added sugar. Sugar may be listed as fructose or glucose. Sugar found naturally in fruit and unflavoured dairy is not considered added sugar.

