



# Welcome to Prevention Principles

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Blue Cross and Blue Shield of New Mexico

# Confidentiality Agreement

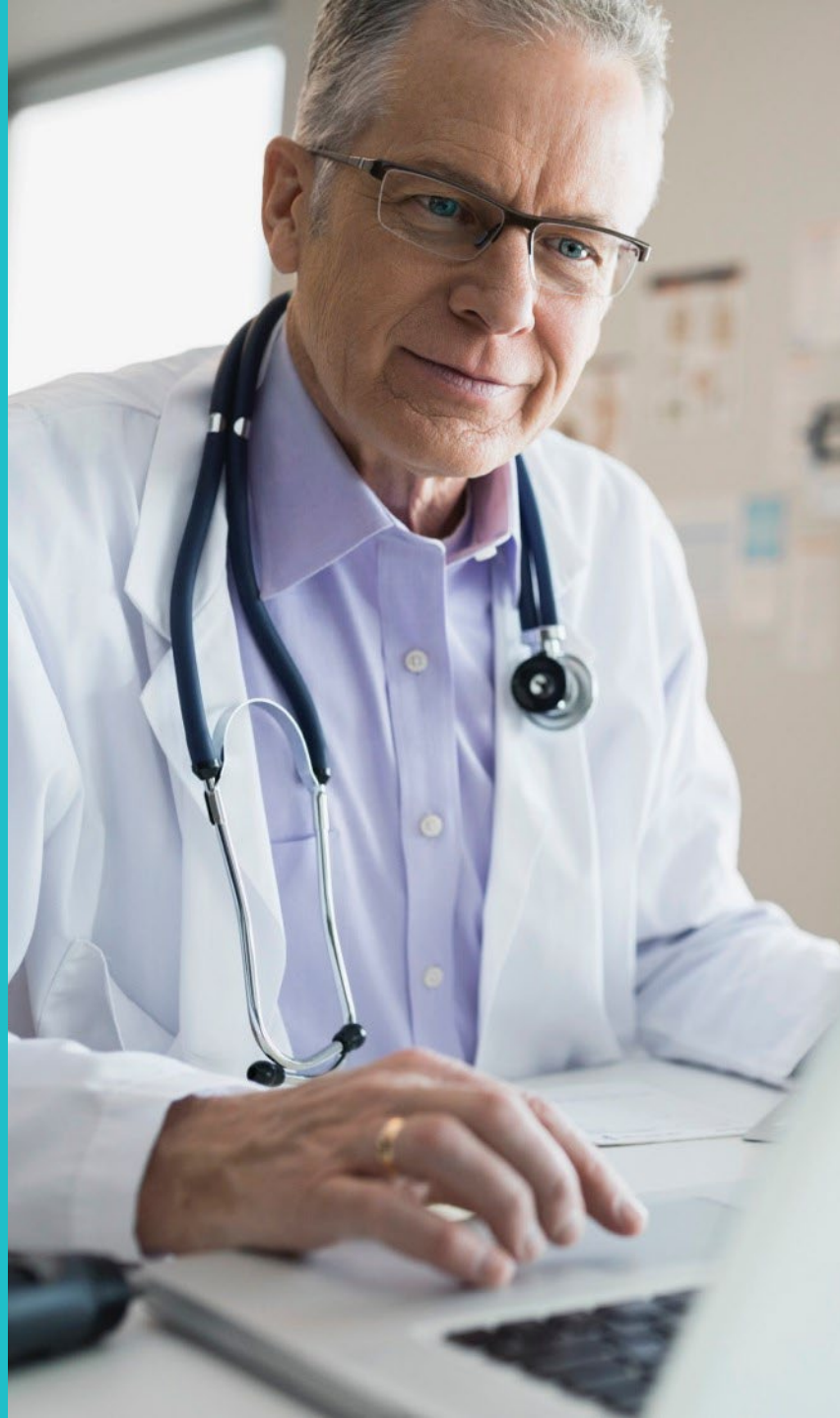
You have the expectation of confidentiality and privacy by the facilitators and other group members. Confidentiality within the group setting is a shared responsibility of all members and facilitators. While the facilitator may not disclose any client communications or information except as provided by law, group members' communications are not protected. As such, confidentiality within the group setting is often based on mutual trust and respect. All information shared during the group is to remain confidential. However, it is recommended that participants do not disclose personal health information.

As a member of this group, you will not disclose to anyone outside the group any information that may help to identify another group member. This includes, but is not limited to, names, physical descriptions, biological information, and specifics to the content of interactions with other group members.

Additionally, facilitator suggestions are not to replace the advice of a medical professional and participants should seek the advice of their provider prior to engaging in any new physical activity program. Facilitators will not prescribe any fitness or nutrition programs.

By executing this Release, I acknowledge and agree to the terms and conditions of this document. I am aware that my refusal to abide to this Agreement will exclude me from participating in the group.





# AGENDA & ATTENDEES

- Recommended Preventative Health Screenings
- Immunizations Available
- Primary Care Visit Checklist
- Practical Tips to Decrease Health Risk
- Eliminate the Gap Between Knowing and Doing
- SMART Goal Worksheet

# Recommended Preventative Health Screenings

## EVERYONE

### Blood Pressure/Weight/BMI

- Everyone at least annually

### Cholesterol

- Age 40-75; 20-39 if uncreased risk of CHD

### Colon Cancer

- Age 45-75

### Diabetes

- Age 45+; All ages if HBP, overweight or other CVD risks

### Hepatitis C

- Age 19-79 at least once

## WOMEN

### Mammogram

- 50-74; every 2 years & 40-49 discuss risks/benefits with HCP

### Pap Test

- Age 21-65 every 3 years
- Age 30-65 with HPV test every 5 years

### Osteoporosis

- 65+ if at increased risk

## MEN

### Prostrate

- Discuss risks/benefits with HCP

### Abdominal Aortic Aneurysm

- Age 65-70 if ever smoked

# Immunizations

Tetanus/diphtheria

Influenza

Pneumococcal

COVID-19

Hepatitis A

Hepatitis B

Varicella (Chickenpox)

Measles, Mumps, and Rubella (MMR)

Zoster (Shingles)

Human Papillomavirus (HPV)

Meningococcal B (MenB)

Meningococcal A, C, W, Y (MenACWY)

Haemophiles influenzae type B (Hib)

# Primary Care Visit Checklist

Primary Care Visit Checklist

Date \_\_ / \_\_ / \_\_\_\_

Changes in Health					
Medications/Over the Counter					
What Screenings Should I Get?					
Why?					
What Immunizations Should I Get?					
Why?					
Questions?					

# Practical Tips to Decrease Health Risk



Eliminate the Gap. What Can You Commit To?



**PHYSICAL  
ACTIVITY**



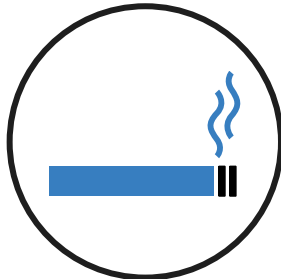
**NUTRITION**



**STRESS  
MANAGEMENT**



**LIMIT  
ALCOHOL**



**QUIT  
SMOKING**



**ADEQUATE  
SLEEP**

# S.M.A.R.T. Goals Worksheet

This S.M.A.R.T. Goal Worksheet is intended to help you design your goal around your lifestyle and expectations. Remember, for optimal success, it is important to use concise language and be as honest as possible.

<b>Specific</b>	Write the specific new goal.
<b>Measurable</b>	How will you measure your progress and know if you are successful?
<b>Action-Oriented</b>	List action steps containing verbs you will take to achieve your goal.
<b>Realistic</b>	Can you achieve this goal? How do you know? What are your obstacles and how will you overcome them?
<b>Time-Bound</b>	What is the deadline for your goal?
<b>Initial Goal</b>	Now that you have created your S.M.A.R.T. metrics write your goal combining the statements above.

You may find yourself repeating some statements or ideas across the metrics. That is okay as this repetition will reinforce the goal and help you adapt it to your lifestyle.



# Resources

- [Preventative Care Services](#)
- [Blue Cross and Blue Shield of New Mexico Adult Wellness Guidelines](#)



# Survey / Q&A

Scan the QR code to take a quick survey on today's presentation.

