



Wellness newsletter

January 2015

Blood Donor Month

Save a life

Donating blood is a quick and easy way to save a person's life. Unfortunately, less than 10 percent of the eligible U.S. population decides to donate each year. January is **National Blood Donor Month**. Take steps this month and consider donating a pint of blood to help someone in need.

Tips for successful blood donation

- Maintain a healthy iron level.
- Get a good night's sleep prior to donating.
- Hydrate with water/fluids before donating.
- Eat healthy — limit high fat consumption.
- Bring your donor card and driver's license or two other forms of ID.

How to donate blood for the first time

1. Register to attend a blood donation event.
2. Make sure you bring your driver's license or two other forms of ID to the event. Also, bring a list of medications you are currently taking.
3. Receive a mini physical: They'll ask for your health history and places traveled, and they'll check your temperature, pulse, blood pressure and hemoglobin via a small sample of blood.
4. Donate — the process takes 8 to 10 minutes on average.
5. Drink some fluids, eat a snack and wait for 10 to 15 minutes, then continue with your day as you normally would.

Sources:

American Red Cross. Blood facts and statistics. Available at: www.redcrossblood.org/learn-about-blood/blood-facts-and-statistics. Accessed August 11, 2014.

American Red Cross. Why donate blood? Available at: www.redcrossblood.org/donating-blood/why-donate-blood. Accessed August 11, 2014.

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30 Minutes — The Joy of Movement

Start the New Year off right — aim for 30 minutes of moderate physical activity each day. If you haven't been active, you should start slowly and build up. Exercise does not have to be torture. It can actually be fun. There are many ways to incorporate movement into your life. Walking is just one of them. It's amazing how much good a walk can do — for the body and mind. You don't have to join a gym to exercise. You can have fun with movement with activities like canoeing, biking, dancing, gardening, tennis and swimming.

Coventry WellBeingSM now offers a digital coaching program called Move. Move will help you find out what motivates you and what is stopping you from being more active. It will help you tap into the type of activity that best suits you so you're more likely to stick with it. After a short online consultation, you'll receive a personalized plan that is built just for you. To get started, follow these simple steps:

1. Visit the website shown on your ID card.
2. Log in to or register for the secure member website, My Online ServicesSM.
3. You will find "Wellness Solutions" under "Wellness Tools" at the top of the page.
4. Select "Go to Coaching" or "Go to Succeed" to take the health risk assessment to see what other coaching programs could help you.

Source:

Joy of Movement — Coventry Focus on Your Health flyer.



Questions?
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