

Health & Wellness

Quick Reference Guide



Definitions of
health and wellness:

Health is the state of complete physical, mental, and social well-being and not merely the absence of disease, or infirmity.

Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

Aspects of who we are as individuals:
Social, Emotional, Intellectual, Physical, Spiritual, Occupational

- Social: relationships, community interactions, relating to others, communication
- Emotional: feelings, emotions, reactions, cognition, coping skills
- Intellectual: critical thinking, creativity, curiosity, lifelong learner,
- Physical: body, nutrition, healthy habits, making healthy decisions
- Spiritual: meaning, values, establishing peace and harmony, ability to discover purpose in life
- Occupational: skills, finances, balance between work and leisure, satisfaction, accomplishment

The path to health and wellbeing is linked to engagement in meaningful, daily occupations
(American Occupational Therapy Association, 2015)

Information retrieved from: http://www.nationalwellness.org/?page=Six_Dimensions &
http://nccc.georgetown.edu/body_mind_spirit/definitions_health_sickness.html & http://www.aota.org/-/media/Corporate/Files/AboutOT/Professionals/WhatIsOT/HW/Facts/FactSheet_HealthPromotion.pdf

Basic

Understands the risks of drug (including nicotine) and alcohol abuse

1. Health Issues:

Physiological:

- Depression
- Hallucinations
- Impaired safety and judgment

Physical:

- Memory loss
- Violent behavior, aggressive acts, and angry feelings
- Headaches Nausea and/or vomiting
- Muscle weakness
- A drug tolerance
- Liver, lung, and kidney problems
- Brain damage
- Tremors
- Convulsions
- Hyperactivity or sluggish behavior
- Unwanted sexual activity (i.e. date rape)

- Sexually transmitted diseases, including HIV/AIDS
- Unwanted pregnancy
- Adverse effects from withdrawal

2. Legal problems

3. Impaired state of being/ danger to self and others

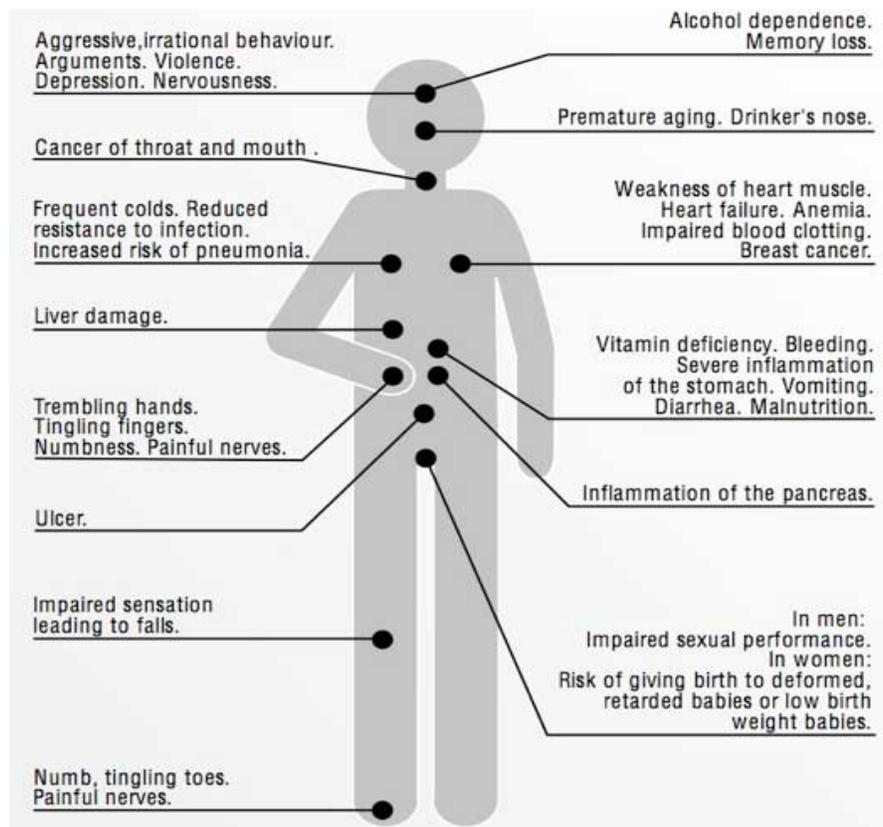
- Impairs ability to drive safely
- Addiction

4. Physical danger:

- Financial
- Interpersonal
- Employment
- Damage to relationships/ social
- Poor academic performance
- Impact on future career prospects
- Impact of hygiene

Information retrieved from:

<https://www.american.edu/oc/studentguide/upload/health-risks-associated-with-alcohol-and-drugs.pdf> DRUGS.pdf

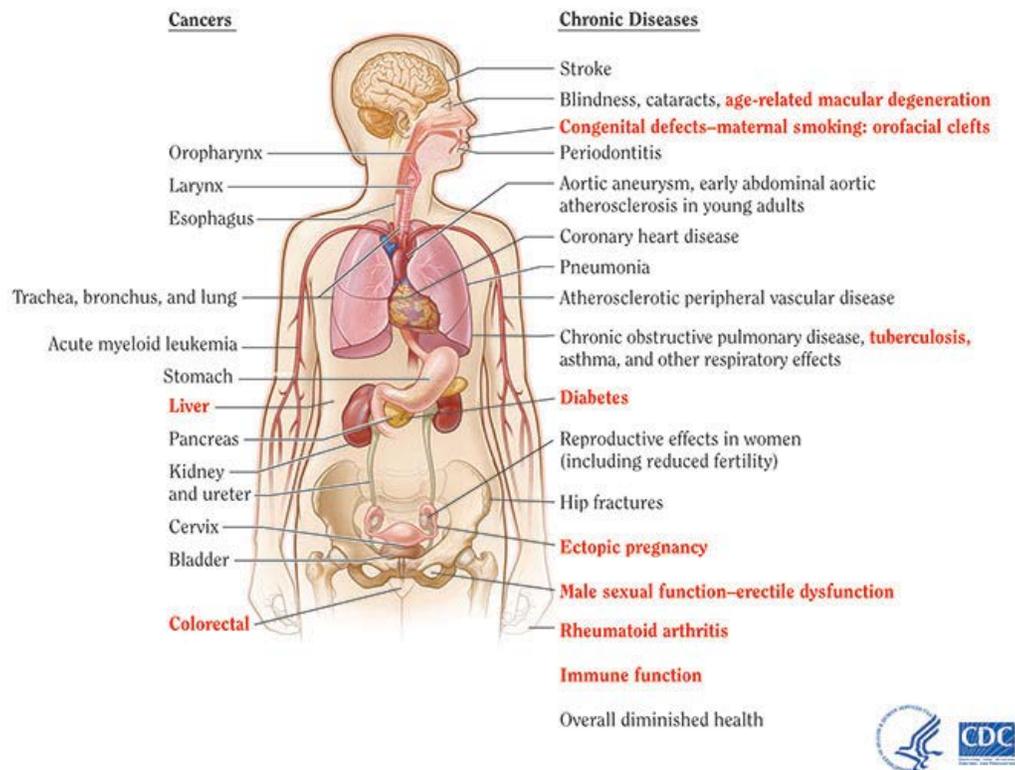


Health Effects of Cigarette Smoking & Vaping

- Cigarette smoking is the leading preventable cause of death in the United States
- Smoking causes 90% of all lung cancer deaths
- Smoking increases your risk of a stroke, heart attack, coronary heart disease, and every type of cancer
- Smoking can damage both male and female reproductive systems
- Vaping can cause a chronic cough and bloody sores
- Harmful chemicals can be found in the metal of a vape or an e-cigarette

Risks from Smoking

Smoking can damage every part of your body



<https://www.sciencenewsforstudents.org/article/concerns-explode-over-new-health-risks-vaping>

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm

Can recognize and describe the symptoms of a cold, flu, and other health related problems

Cold: Headache, runny nose, cough, congestion, tired, weak

Flu: Similar to cold, but also aches & pains, high fever, chills

Indigestion:

- Bloating
- Belching and gas
- Nausea and vomiting
- An acidic taste in your mouth
- Fullness during or after a meal
- Growling stomach
- Burning in your stomach or upper body
- Stomach pain

Stomach virus:

- Diarrhea
- Cramps
- Nausea & Vomiting
- Low grade fever
- Chills

SYMPTOMS		COMMON COLD	FLU
TIRED?		Mildly	Moderately to severely
FEVER?		Low grade fever	Fever higher than 100° F
CHILLS?		Rare	Common
BODY ACHES?		Slight, usually only headaches	Usual and often severe, affecting the entire body
HEADACHE?		Less common	Common
STUFFY NOSE?		Common	Less common
SORE THROAT?		Common	Less common
COUGH?		Hacking cough that brings up mucus	Dry, tickly, unproductive cough
CHEST DISCOMFORT?		Mild-to-moderate	Often severe

Knows how and where to get emergency health care

What is an emergency?

An **emergency** is a situation that poses an immediate risk to health, life, property, or environment. Most emergencies require urgent intervention to prevent a worsening of the situation. It is an unexpected and usually dangerous situation that calls for immediate action

In Case of a True and Urgent Emergency Dial 911

Be prepared to state Name, Location, and Type of Emergency

Local urgent care locations:

St. Francis: Hartford

AFC Urgent Care: West Hartford

Urgent Care at Bloomfield

Hartford Heath Care

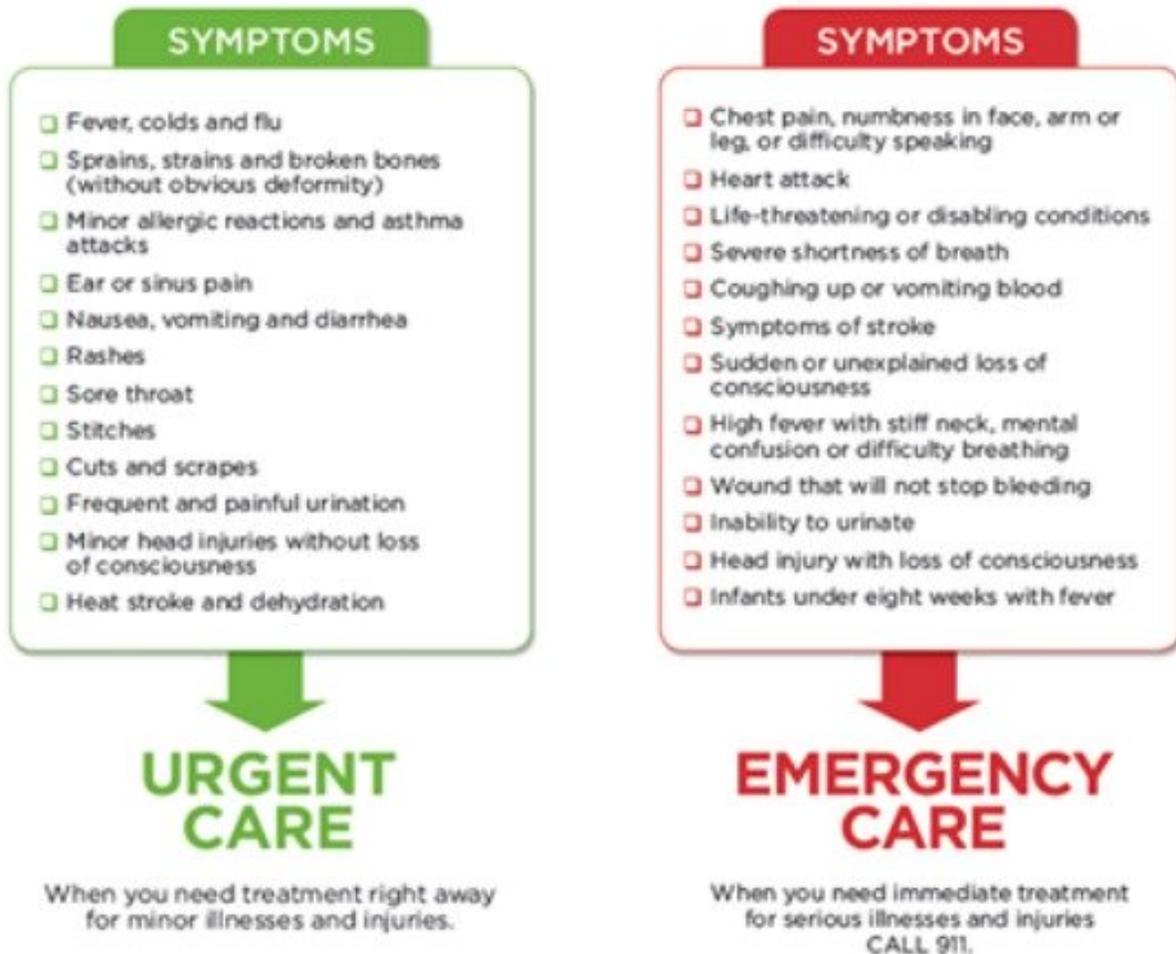
Go Health Urgent Care: Bishops
Corner

New England Urgent Care: North
Main St and Blue Back Sq

UConn Health: Farmington

The Charter Oak Mobile Medical
Van: Visits sites all over Hartford,
call 860-550-7500

Malta House of Care – Mobile
Medical Clinic



For more information about Hartford Emergency Services visit <http://www.hartford.gov/emergency-services>

Knows how to use basic items in a first aid kit

First aid is the assistance given to any person suffering a sudden illness or injury, with care provided to preserve life, prevent the condition from worsening, and/or promote recovery

Gloves should always be used for protection when providing first aid to someone else

First Aid Kit

- Antiseptic cream or ointment: helps disinfect the infection to prevent bacterial growth
- Band-Aids: to stop bleeding
- Gauze pads and bandages: used to cover the cut area
- Rubbing alcohol: disinfectant to kill bacteria
- Scissors: used to cut adhesive tape
- White tape: adhesive used to keep gauze pads in place
- Cotton balls: used to blot the blood
- Aspirin: used for minor headaches or pain

- Tweezers: used to remove splinters
- Oral thermometer: used to test for a fever
- Mask: protect self from breathing in germs
- Gloves: worn for protection from germs and bodily fluids
- Ice pack: apply to bruise or abrasion to decrease the swelling
- Adhesive tape: holds gauze in place on cuts and scrapes
- Elastic (Ace) bandage: used for a sprain/strain to wrap and keep it supported



Can select a doctor, dentist or clinic for regular healthcare

Choosing a doctor is important because they help you stay healthy with preventative services, screenings, tests, treating and understanding health diagnoses, and helps refer you to a specialist if need be

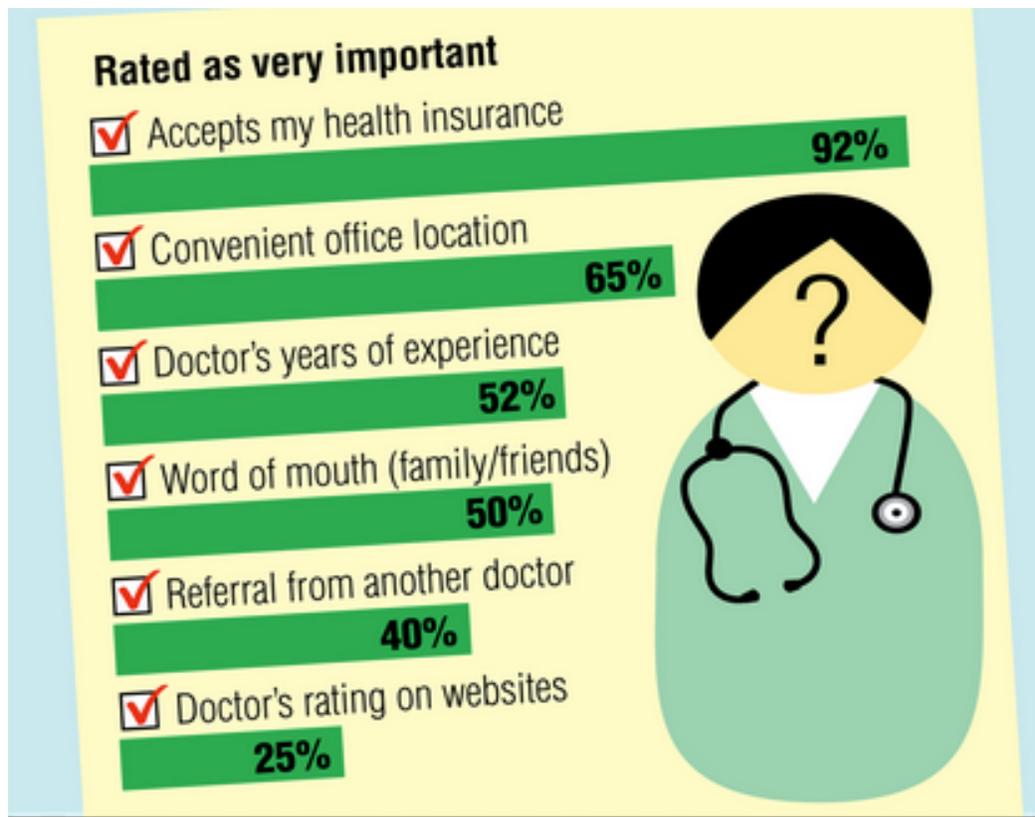
Ways to find a primary care doctor or dentist:

- Internet search
- 211
- Ask a friend or family member
- Community center

Choosing a doctor- Quick tips

- They should be close to where you live so that they are easy to access
- They should have a good reputation
- Clean facility
- Accepts your certain type of insurance
- Reliable and available appointments
- Treats you with respect and listens to your questions and concerns
- Make sure that they consider and respect your personal and cultural needs/beliefs (ex. If you would like a same-gender doctor)
- Call the offices and ask questions that can help you to make your decision

Information retrieved from: <https://healthfinder.gov/HealthTopics/Category/doctor-visits/regular-check-ups/choosing-a-doctor-quick-tips>



Knows how to obtain their medical insurance information

Ask your case manager/conservator/entitlement specialist/former school or someone you trust who might know

If you have a **medical insurance card**, call the number on the back to request your medical information. A sample provided below shows the identifying information and plan number on the front of the card, as well as the phone numbers on the back of the card to call for more information regarding your plan and benefits. The dates on the front of the card also display whether your insurance plan is active, or if it has expired.

Front of Card		Back of Card	
GeoBlue Xplorer Premier XP-0-NRXDV		www.gebleutraelinsurance.com	
Stetson Planck QHf500930361H		Members Services Outside the U.S. +1.610.254.5850 Toll Free Within the U.S. 1.855.481.6647	
Sandra Planck Isaiah Planck Pearl Planck		24/7 Medical Assistance Including Evacuation Collect Calls Accepted +1.610.254.8771 globalhealth@geo-blue.com	
Group No. 99990483 BIN 610020 Coverage Dates 25-Oct-2012 - 31-Oct-2012		Prescription/Pharmacy Information Pharmacy Help Desk 1.800.788.2910	
Copay in Network, Inside U.S. \$25 Copay Out of Network, Inside U.S. \$5 Copay in Network, Outside U.S. \$15 Copay Out of Network, Outside U.S. \$20		GeoBlue One Radnor Corporate Center, Suite 100 Radnor, PA 19087, USA GeoBlue is the trade name of Worldwide Insurance Services, LLC, an independent licensee of the Blue Cross and Blue Shield Association. Pharmacy benefits administrator.	

A **benefits and entitlements specialist** for the facility you receive services at will be able to help you find out details about your coverage and costs

The Husky Health website contains a large quantity of information regarding benefits and who to contact for specific issues:

www.huskyhealthct.org

If you would like to speak to a Husky Health representative about your insurance plan, you can call their member services number: 1-800-859-9889

If you receive medical insurance through Medicare or Medicaid, a representative can be contacted by calling: 1-800-633-4227