



UTOPIA WELLCARE

FALL/WINTER EDITION

HEAR OUR DIETITIAN'S ADVICE FOR A HAPPY
AND HEALTHY HOLIDAY SEASON

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PREVENTIVE CARE & WHY IT MATTERS



What is Preventive Healthcare

Routine health care that includes screenings, check-ups, and patient counseling to prevent illnesses, disease, or other health problems. Most health plans must cover a set of preventive services – like shots and screening tests – at no cost to you. Learn More about what is covered with Preventive Health Coverage for [adults](#), [women](#), and [children](#).

Despite preventive care being covered 100% by providers, significant gaps in routine preventive care remain because many Primary care physicians have limited time to discuss preventive care with patients. Additionally, Zhang et al, 2020, indicated that despite the fact that preventive care focusing on diet, exercise and weight loss are the 3 preventive services found most likely to improve life expectancy based on the mathematical model, only 35% of Physicians' included diet and exercise or weight loss as their top 3 recommendations for preventive services.

This is where self advocacy becomes critical and why taking the lead in your health care is important. Utilizing [Functional Nutrition Dietitians](#) is a practical and highly effective method of getting and implementing a preventive plan that can be not just life changing but life sustaining. Often times, these plans can piggy back off of what your primary care physician has ordered and encouraged. Utopia WellCare's Virtual platform allows you to engage in preventive care anywhere and anytime. [Book a consultation and get started today.](#)

Understand, Determine or Avoid Risks

Preventive health screenings are an affordable, convenient, and effective way to understand your risk for developing many chronic health conditions. For most people, getting preventive screenings before they develop any symptoms makes sense, because that is when you have the ability to work with your doctor to mitigate the risk that has been identified. Preventive screening is an important step to keep you independent and active for as long as possible. Preventive health screenings use modern, up-to-date medical technology to identify potential problems before you have symptoms. Many common illnesses are silent in the early stages of development. Preventive screenings help you learn what your body is NOT telling you. Early detection of risk for chronic disease enables you to work with your health practitioners to develop an action plan, with the goal of preventing chronic disease.

Don't Miss the Opportunity: Be the leader of your health

Not getting an annual check up, physical, health exam, lab review or whatever you want to call it means you're missing a huge opportunity to take your health into your own hands.

Primary care is a preventive service that's meant to be a cornerstone of the health care system, the annual physical exam, in which you can discuss illness, but almost more importantly, wellness: ways to keep yourself healthy and free of illness down the road. Try to approach it as an opportunity to be proactive with your health.

FALL RECIPES



SILKY CINNAMON APPLES

Ingredients

- 2 tsp coconut oil
- 1 apple
- 1/4 tsp cinnamon
- pinch sea salt
- coconut milk (optional)

Instructions

1. In a small skillet, melt the coconut oil over medium heat
2. Add the sliced apples to the pan with the melted coconut oil
3. Sprinkle with the cinnamon and sea salt. Gently stir to coat the apple slices with the oil and the spices
4. Saute the apples for approximately 10 minutes, stirring occasionally, or until soft
5. Serve with a drizzle of coconut milk and an extra dusting of spices



ROASTED SWEET POTATOES

Ingredients

- 2 pounds (3 large) sweet potatoes, peeled and cut into 1/2-inch pieces
- 2 tablespoons melted coconut oil or olive oil
- 3/4 tsp fine sea salt kosher salt (use less if using table salt)
- 1 tablespoon light brown sugar, lightly packed

Instructions

- Preheat the oven to 425 degrees F
- Peel and cube the sweet potato into 1/2 inch pieces and add to your largest sheet pan
- Coat with the melted coconut oil, salt, and brown sugar on top. Make sure they are arranged in an even layer
- Flip every 10-15 minutes for a total of 27-35 minutes



WELLNESS TIPS MINDFULNESS

**#1 - DONT LET THE HOLIDAY CHAOS
INTERRUPT YOUR FLOW**

**#2 - TAKE A FEW MINUTES A DAY TO
SLOW DOWN AND FOCUS ON YOUR
BREATHING.**

**#3 - TAKE A RELAXING BREATH
BEFORE YOU EAT TO ENGAGE THE
VAGUS NERVE FOR BETTER
DIGESTION THIS HOLIDAY**

- **[LEARN MORE ABOUT THE VAGUS NERVE](#)**
- **[LEARN 14 HACKS TO IMPROVE THE VAGUS NERVE](#)**

10 WAYS TO GET THE MOST OUT OF YOUR ANNUAL HEALTH EXAM

How to Make Your Next Checkup Worthwhile

1. **Easy Scheduling and Attending;** Find a Practice that makes scheduling and attending your appointment easy. Ask if you need blood testing based on your personal and or family history. History of diabetes, high cholesterol, obesity/overweight, thyroid problems, hormone imbalances.
2. **Bring Notes and Share** as much of your history as you are comfortable doing. Your primary care doctor should be your gatekeeper for understanding everything going on and piecing it together—someone who knows the whole story of you. This includes immunization records, lab work, screening test results, details of emergency room visits, results of tests ordered by specialists, etc. Not having that kind of information really prevents doctors from making good decisions.
3. **Tell Your doctor about all the medications, supplements, vitamins, minerals, herbs, creams and sprays you use.** You probably already know you should tell your doctor about what prescription drugs you're on. Keep a list handy with the names and dosages, or just bring the bottles themselves. Don't leave out your birth control, and over the counter medications like allergy meds and indigestion pills.
4. **Share what you want and need up front at the beginning of your visit and advocate for yourself at every turn.** Make great use of your time with the doctor if you've thought about what you want to get out of it beforehand and communicate those priorities.
5. **Bring up any health issues you think you need to see a specialist for,** because a Primary Care Physician (PCP) might be able to treat you instead. Turning to your PCP first may save you the time it often takes to get in to see a specialist, as well as a possibly unnecessary copay. For example, Dr. Levine says you can likely use your PCP exam for routine gynecological care that doesn't require an entire OBGYN appointment, like sexually transmitted infection testing or prescribing non-surgical birth control options (like the pill, patch, or shot). Or, if you have a mole that's looking a little suspicious but your dermatology. And if it's something they really think they can't handle, maybe they can get you in to see a specialist sooner.

10 WAYS TO GET THE MOST OUT OF YOUR ANNUAL HEALTH EXAM

How to Make Your Next Checkup Worthwhile

6. **Come with a list of questions**, keeping a running list of questions that pop into your head in the weeks and months leading up to your appointment. This helps ensure you don't forget to mention things you've been wondering about due to nerves, absent-mindedness, or the fact that the issue simply is not bothering you on that particular day. Nothing is too small or silly. "No patient should ever be afraid to ask their doctor anything," says Dr. Levine. "Who else are you supposed to ask?"

7. **Be Very frank.** Those questions about how often you drink, smoke, or have unprotected sex are not intended to intrude on your personal life or elicit a lecture from your doctor. They're just another part of the full picture your PCP needs to provide you with the best care possible. "Be very frank," Dr. Levine says. "Don't be afraid to mention it to [them] if you smoke weed, if once in a while you use cocaine, if you drink a bottle of wine some weekends."

8. **Be 100 percent honest about your vices**, like alcohol and drug use, because that helps your doctor look after your health. There are a couple of good reasons to be transparent about this kind of stuff. One, there are potential drug interactions that could affect what medications a doctor prescribes you, says Dr. Levine. Also, substance use can elevate your risk of certain health issues in the short and long term. "Everyone has a fear of stigma or judgement, but you're doing yourself a disservice by not being honest with your doctor," says Dr. Tully. "A good physician is not going to treat you any differently. They're just trying to be your partner to help you optimize your health." Sure, your doctor might want you to incorporate healthier habits, but if they make you feel ashamed during that process, it could be a sign they're not right for you.

9. **Don't be afraid to break up with your PCP and find someone you're more comfortable with.** Finding the right PCP for you can be like finding the right therapist: a trial-and-error process to connect with someone whose style and expertise suit you. A lot of it comes down to personal preference, says Dr. Tully, like if you prefer a man or a woman, or somebody older than you or close in age. Above all, your doctor should give you the attention you want and make you feel comfortable. "You're not going to benefit from the relationship with your physician if you feel like they're not answering questions, they're not spending time with you, and you don't have a comfortable rapport with them."

10. **Annual Physical Not your style?** If we have not convinced you and the full fledged physical is still not your style right now, consider at least getting annual labs drawn at your local lab (they are covered by insurance) and have them reviewed by one of our Utopia WellCare Functional Nutrition Dietitians. They are covered by insurance. The visit can be done quickly via telehealth and a plan put together



GETTING FIT IN FALL

RAKE YOUR OWN LEAVES

GET THE WHOLE FAMILY INVOLVED FOR FALL CLEAN UPS

HIKE IN THE FALL FOLIAGE

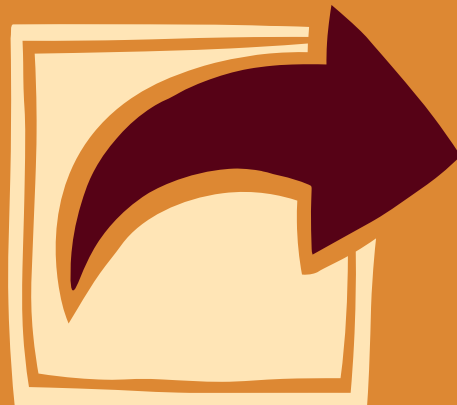
SEE THE BEAUTY OF THE LEAVES CHANGING AND ENJOY THE WEATHER BEFORE IT GETS TOO COLD

TAKE ADVANTAGE OF THE FALL FOODS

INCORPORATE APPLES, PUMPKIN, AND PECANS INTO YOUR NEXT DISH

PARTICIPATE IN COMMUNITY EVENTS

THE SEASON OF GIVING IS UPON US. GET INVOLVED AND INTERACT WITH YOUR LOCAL COMMUNITY



Share What You're Thankful For This Fall With
#UtopiaWellCare

The 5 Biggest Health Preventive Behavior Switches You Can Make Today.

You may be surprised to discover that there are no standard laboratory tests during an annual physical. However, some doctors will order certain tests routinely.

Regardless of the exam and lab tests ordered there are key behaviors you can have that will keep you on the road to optimum health: Exercising, keeping a healthy weight, and not smoking are enough to keep most of us in good health, with or without an official annual exam.

Still, no one can argue with keeping up a good relationship with your doctor through regular visits. As long as you and your doctor are paying attention to prevention and your overall health, the details are up to you.

5 Biggest Health Behavior Switches You Can Make Today

1. Reduce your sugar intake.
2. Limit your exposure to toxins.
3. Increase physical activity
4. Stop smoking.
5. Make non starchy plants the basis of your diet.

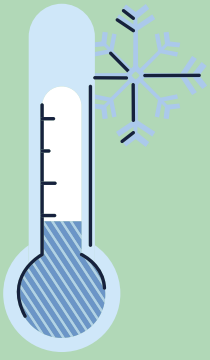
This is particularly important to consider In a time where imaging and laboratory tests are easily available, but are expensive and can be invasive, a skilled physical examination can be an important component of patient evaluation. Even just getting key annual labs coupled with the above 5 healthy lifestyle behaviors can have a dramatic impact. Working with a Registered Dietitian skilled in Functional Nutrition can provide just the right amount of support and autonomy that some folks desire and even need, particularly if you find you are in that group that tends to put off an annual check up. A Registered Dietitian can help you decipher what your lab results mean and help you craft an effective plan of care that can ward off or even reverse some chronic conditions. Our services are virtual, you can access preventive care anywhere and anytime. It's so easy! [Book a Consultation Today](#)



Check Out Utopia WellCare's Guide To Annual Health Screenings By Age.



WHAT CAN YOU DO TODAY?!



The Cold Is Coming

As temperatures drop and the days get shorter remember how important self care is. Try these when you have the winter blues.



Practice Yoga



Get Sunlight
When You
Can



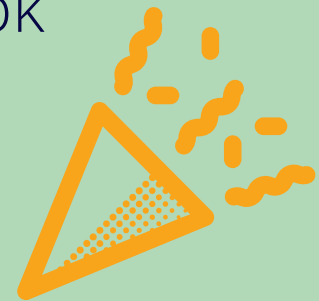
Stick to a
Schedule



Start a Book



Ask For Help



Plan An Event
You'll Look
Forward To



SURVIVING THE HOLIDAYS (HAPPY AND HEALTHY)

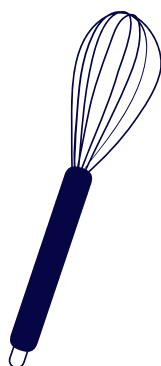
Stay hydrated - Sometimes sugar cravings are a sign your body needs water - sip 2 8oz glasses and decide whats best for your body

Avoid Drinking Your Calories - Juice, sweetened teas, alcohol and other beverages add up quickly. Alternate beverages with non-calorie drinks like sparkling water

Maintain Healthy Habits - Dont skip a meal with the idea of saving yourself for the big meal ahead. Stick to your normal routine

Have Fun -It's okay to eat your holiday favorites and get back on track the next day. If you need help getting back on track we are here for you

Scan This Code To Find Healthy Holiday Recipes



Share which recipe you tried on Facebook by tagging us and using the #UtopiaWellCare to be entered to win some Utopia WellCare Swag

SCHEDULE A VISIT

HEALTH & WELLNESS

utopiawellcare.com
for more information