



eNEWS TO SEE FROM CBG

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In This Issue

Analysis – More than Half of Insured Americans are taking Prescriptions for Chronic Health Problems

An Article for Everyone – High Blood Pressure Still Slipping Past Doctors

Exercise – All in a Days Work(out)

Nutrition – Ways to Lose Weight at Work

Healthcare Related Links

<http://www.thecommercegroup.com/WebExchange/>

Full access to all of your medical claim information through CBG.

<http://www.americanheart.org>
Information about cardiovascular disease and stroke prevention.

<http://www.lungusa.org>
Information about lung disease and promotion of lung health. Links to your state smoking cessation programs.

<http://diabetes.niddk.nih.gov>
Information about diabetes control, prevention and kidney health.



Analysis: More than Half of Insured Americans are taking Prescriptions for Chronic Health Conditions

For the first time, more than 50% of insured Americans are taking prescriptions for chronic health conditions. The most common drugs are those used to lower high blood pressure and cholesterol – problems often linked to heart disease, obesity, and diabetes.

Experts say the data reflects a trend of worsening trend in health coupled with better medications to treat conditions and more aggressive treatment by physicians.

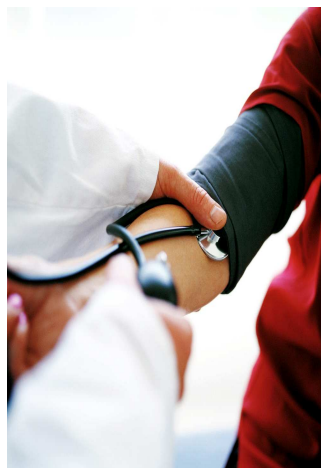
‘Unless we do things to change the way we are managing health in this country. . . things will only get worse instead of getting better,’ said Dr. Daniel Jones, a heart specialist and dean at the University of Mississippi Medical School.

There are programs that can help employers actively manage this population of employees and ultimately reduce costs. Cardinal Utilization Management Company offers Health Management programs to help employees manage their chronic conditions more effectively and to keep ‘borderline’ employees from crossing the line.

An article for everyone – High Blood Pressure Still Slipping Past Doctors

The dangers of high blood pressure are well known, but a recent study finds a lack of routine blood pressure screening in doctors offices and a low percentage of hypertension patients actually meeting their blood pressure goals after diagnoses.

The study found that blood pressure was taken in only 56% of visits and 93% of visits for patients diagnosed with hypertension.



Only 39% of patients with hypertension were at recommended blood pressure levels.

High blood pressure affects over 65 million people in America and is one of the most important and preventable factors in preventing cardiovascular disease, stroke and kidney disease. High blood pressure is often called the ‘silent killer’ for its lack of symptoms. This may be the reason that many patients stop following doctor’s orders or fail to monitor their condition.

SUMMER SAFETY TIPS

1. **NEVER** dive into shallow water, or water where the bottom is not visible.
2. **NEVER** use alcohol or drugs while swimming or boating.
3. **NEVER** leave children unattended near a water source, even for a few seconds.
4. **NEVER** swim alone, no matter how good of a swimmer you are.
5. Drink at least one cup of water (8 oz) every 30 minutes. Avoid alcoholic and caffeinated beverages because these are dehydrating.
6. Limit time spent in the sun between 10:00 a.m. and 4:00 p.m.
7. Use a sunscreen with an SPF rating of 15 or higher.
8. Get out of the water and move away from any water source before, or during, a thunderstorm of any size.
9. Wear eye protection at all times during sun exposure.
10. Wear foot protection to prevent cuts and abrasions.



Once a doctor diagnoses a patient with high blood pressure, there must be clearly defined treatments and the patient needs to make lifestyle changes.

Cardinal Utilization Management's Health Coaches make the process easier for members of self-funded health plans. Many times the member just needs a reminder and it helps to have a healthcare professional following up with you regularly.

Exercise – All in a Days Work(out)

According to the American Heart Association 'unhealthy' employees cost their employers an estimated \$12.7 billion in direct medical expenses and many more billions in productivity losses. There are many things employees can do during the course of the day to increase their activity level. First, plan/schedule exercise as you would any other part of your day. Second, enlist other co-workers to stay motivated. Finally, just get started with any program.

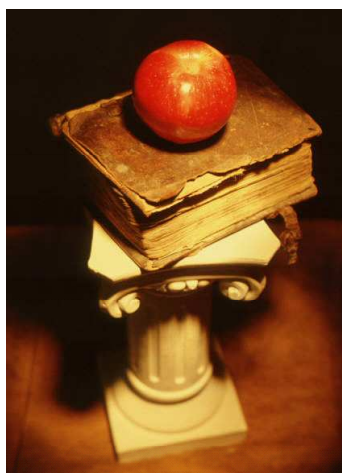


Adults are spending an average of 164 MORE hours per year at their desks than 20 years ago. The statistics are frightening.

- Cardiovascular disease is the nations Number 1 killer
- People are 2.5 times more likely to develop cardiovascular disease if they are inactive
- 70% of adults get no regular physical activity

The most important factor is to get started with some sort of a program. The good habits you develop will help others around you get started and you can create a support mechanism.

Eating healthy just takes a little planning. The first step to a successful healthy eating program is identifying your health food preferences before you go shopping. By making this list you can steer clear of the junk food sections of the grocery store and keep focused on healthy alternatives. Other tips include:



1. Drink lots of water during the day
2. Take healthy snacks to work
3. Make extra of a healthy dinner and pack it the next day for lunch
4. Remember portion size
5. Look for healthy snack food alternatives (popcorn, snacks made with whole grains)

It is never easy to start a new program or to change old habits. It can be done, and by taking some simple steps, you can greatly improve the way you eat.