



WellNYS
Everyday

WellNYS
Daily To-Do

October

Find out your health statistics.

In 2022, participate in **THE THREE** every day by doing the following

1. Practice the WellNYS Daily To-Do.
2. Check off that you have completed the Daily To-Do on the Monthly Challenge tracking form that can be found at <https://wellnys.oer.ny.gov/>
3. Ask your wellness partner, "Did you do the WellNYS Daily To-Do?"

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

UPCOMING MONTHLY CHALLENGES

November

Plan one positive thing for tomorrow.

December

Use a journal to plan healthy activities for 2023.

NOVEMBER						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

WellNYS Everyday
Making better choices to be well and stay well.

WellNYS Daily To-Do
Tuesday September 27, 2022
Go Beyond the Challenge: Put on comfortable clothes and engage in your health and fitness.

September Monthly Challenge
Carve out 22 minutes of alone time.

My First or Next 5K
2022 5K

Physical Activities Around NY

I did it!

Wellness in your Workplace

Wellness Resources

HeadSpace

NYS Quitline
You can quit. We can help.

Find a NYS Farmers Market

NYS Workplace Walking Maps

About us

Check off your Daily To-Dos at <https://wellnys.oer.ny.gov/>

October

WellNYS Daily To-Do



WellNYS
Everyday

Once you've completed the To-Do, check the box!

- 1. The October Monthly Challenge is “Find out your health statistics.” The WellNYS Daily To-Do’s will share health screenings and tests that are recommended based on your age, overall health, and family history, along with a link to a specific resource for more information. Register at: https://wellnys.oer.ny.gov/registration/monthly_challenge_description.cfm.
- 2. Do you have a primary care physician? When was your last well visit? If not within the last year, it's time to schedule an appointment.
- 3. At your next visit with your primary care physician, ask when you last had a complete blood count (CBC) test. This routine blood count is used to evaluate your overall health and detect a wide range of disorders. For more information go to: <https://www.mayoclinic.org/tests-procedures/complete-blood-count/about/pac-20384919>.
- 4. Do you know your cholesterol level? Click on the following link to learn more: <https://www.heart.org/en/health-topics/cholesterol>.
- 5. An electrocardiogram (EKG) is one of the simplest and fastest tests used to evaluate the heart. Why might you need an EKG? For more information go to: <https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/electrocardiogram>.
- 6. A thyroid-stimulating hormone test will determine how well your thyroid is working. Click on the following link to learn more about this test: <https://medlineplus.gov/lab-tests/tsh-thyroid-stimulating-hormone-test/>.
- 7. Taking care of your teeth and mouth is an important part of your overall health. Click on the following link to learn more: <https://www.nia.nih.gov/health/taking-care-your-teeth-and-mouth>.
- 8. You don't need x-rays or blood tests to find skin cancer early – just your eyes and a mirror. Click on the following link to learn more about what to look for, and what to do if you find something suspicious: <https://www.cancer.org/healthy/be-safe-in-sun/skin-exams.html>.
- 9. Do you know your blood type? Click on the following link to learn more: <https://www.redcrossblood.org/donate-blood/blood-types.html>.
- 10. What is your blood glucose level? The A1C blood test is a common test used to calculate your blood glucose level and diagnose type 1 and type 2 diabetes. Click on the following link to learn more: <https://www.mayoclinic.org/tests-procedures/a1c-test/about/pac-20384643>.
- 11. If your A1C blood test is above 6.5%, and you have been diagnosed with diabetes, it is recommended to have regular appointments with a podiatrist.
- 12. The Body Mass Index (BMI) measures body fat based on height and weight and applies to adult men and women. For more information go to: <https://www.cdc.gov/healthyweight/assessing/bmi/index.html>.
- 13. If you are a man whose waist circumference is more than 40 inches and a non-pregnant woman whose waist circumference is more than 35 inches, your waistline may be telling you that you have a higher risk of developing obesity-related conditions.
- 14. What is your blood pressure? Click on the following link to learn more: <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure>.
- 15. A mammogram is an X-ray picture of the breast. Doctors use mammograms to look for early signs of breast cancer. For more information go to: https://www.cdc.gov/cancer/breast/basic_info/mammograms.htm.
- 16. There are two tests used to check for prostate cancer - a prostate specific antigen (PSA) test, and a digital rectal examination (DRE). Men aged 55 - 69 years old should consult with their physician about which screening is best for them. For more information go to: https://www.cdc.gov/cancer/prostate/basic_info/get-screened.htm.
- 17. A colonoscopy is a procedure in which a doctor uses a colonoscope to look inside your rectum and colon. This test can determine if you show irritated and swollen tissue, ulcers, polyps, or cancer. For more information go to: <https://www.niddk.nih.gov/health-information/diagnostic-tests/colonoscopy#what>.
- 18. Who should be screened for lung cancer? If you are between 50 and 80 years old and smoke 20 packs or more per year, have a smoking history or smoke now, or you have quit within the past 15 years, screening is recommended. For more information go to: https://www.cdc.gov/cancer/lung/basic_info/screening.htm.
- 19. A bone density test determines if you might have osteoporosis. For more information go to: <https://health.gov/myhealthfinder/doctor-visits/screening-tests/get-bone-density-test>.
- 20. Residents of snowy, northern U.S. cities are at risk of vitamin D deficiency and may not even know it. For more information go to: <https://www.buffalo.edu/news/releases/2015/02/018.html>.
- 21. The Pap smear is a procedure to test for cervical cancer in women. For more information go to: <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/pap-smear>.
- 22. The Health Care Flex Spending open enrollment for New York State employees is November 1- December 12. For more information go to: <https://oer.ny.gov/fsa>.
- 23. Employees who work for New York State have the option of changing their health insurance during the Option Transfer Period, typically offered in the month of December. Look for information in your mailbox from Civil Service. For more information go to: <https://bsc.ogs.ny.gov/option-transfer>.
- 24. Are you up to date with your COVID vaccines? For more information go to: <https://covid19vaccine.health.ny.gov/>.
- 25. For a reliable, easy to use website for information on a variety of health conditions and screenings, go to: <https://health.gov/myhealthfinder>.
- 26. When you see your primary care physician, they will ask about your family health history. Using the Family Health Portrait tool can provide information all in one place and this can be shared among family members. For more information go to: <http://kahuna.clayton.edu/jqu/FHH/html/index.html>.
- 27. The CDC recommends adults over 50 years old get two doses of the shingles vaccine called Shingrix, to prevent shingles and complications from the disease. Your physician or pharmacist can provide the vaccine. For more information go to: <https://www.cdc.gov/vaccines/vpd/shingles/public/shingrix/index.html>.
- 28. When it comes to learning your health statistics, knowledge is power. Early detection for any ailment is your best defense. Many diseases or health issues can be managed by your physician with medication and/or a procedure. Don't delay getting your screenings. Your loved ones will thank you.
- 29. How many of the health statistics mentioned in the WellNYS Daily To-Do's are you up to date on? Are there any overdue?
- 30. Ask your family members if they are up to date on their checkups and screenings?
- 31. Today is the last day of October. Go to the WellNYS Everyday website at <https://wellnys.oer.ny.gov> and check off the days you participated in this Monthly Challenge.

NUMBER OF DAYS COMPLETED