



AUGUST 2020

Upcoming Events

Mobile Mammogram Bus

- River Market: August 28th from 8am -12pm

Limited spots available. To schedule your appointment call us at 816.319.0731 or reach out via [Spruce](#).

Find a COVID-19 Testing Site

Since information is changing daily and we know many of you are having trouble finding a COVID-19 testing site, we wanted to share this link to hopefully help you find the nearest test site to you.

[FIND A TEST SITE](#)

FAQ: Are my dependents able to receive care at the Pareto Health & Wellness Center?

The monthly membership fee allows employees, spouses, and dependents who are on the health plan to access the centers. The Pareto care team will see patients ages 2 & up for urgent care issues and ages 10 & up for ongoing primary care services.



EASE YOUR COVID-19 ANXIETY

For many people, the impact that the COVID-19 pandemic is still having on our lives may cause us to feel anxious, stressed or worried. During an outbreak like this, we are flooded with alarming messages about the risks that could happen, updates on the rise and fall of cases, and uprooted daily routines. This can cause you to spiral out into overwhelming dread and panic, making it hard to focus on anything other than the virus.

When you begin to think about where these emotions come from, most of our fears are based on the unknown of how we'll be impacted or how bad things may get. While it's normal to feel concerned, constant worrying can take a toll on your emotional and physical health. To ease your anxiety, here's what you can do:

- Stay informed but stick to the facts. Don't become overly obsessed with checking the news—there's no benefit to watching the same news over and over.
- Focus on the present, rather than worrying about the future. Try concentrating on the things you can control like social distancing, washing your hands and wearing a mask.
- Take care of yourself. Stay physically active,

Recipe: Crispy Baked Kale Chips

When your reminded to “eat your veggies,” you probably didn’t realize that chips counted. Even if you’re not a huge fan of kale, kale chips are crunchy with an addictive flavor. And the best part is they have few calories and are a source of several essential nutrients.

[GET THE RECIPE](#)

- get outdoors if you can, eat healthy, getting plenty of sleep and being kind to yourself.
- Know when to seek additional help. If you are experiencing high levels of anxiety, you don’t have to do this alone. Talk to your Pareto provider by calling 816.319.0731 or reaching out via [Spruce](#). We can help you through this difficult time.

SUMMERTIME & YOUR SKIN

Warm weather means lots of outdoor exploring, and with that comes the risk of our skin being more exposed to bug bites, sunburns and reactions to plants—typically poison ivy, poison oak and poison sumac. These summer skin conditions can quickly interfere with your plans.

If you spend time outdoors, there are steps you can take to help you avoid or treat some of these common problems.

[LEARN MORE](#)



FOLLOW US ON FACEBOOK

www.paretohealth.com/kc

833.229.0889
members@paretohealth.com