



MARCH 2020

FAQ: How to Get Involved with The Member Advisory Committee?

Looking to have your voice heard? Join our Pareto Member Advisory Committee (MAC) at our quarterly meetings, typically held on a Wednesday at 6 pm. These will take place at one of the Pareto Health & Wellness Centers. During the meetings, members can give direct feedback to the employers including sharing their experience at the Centers, providing ideas for improvement, and discussing upcoming events. Plus—at the meeting we will have light snacks and beverages.

If you're interested in joining or would like more information, please email Erin Buckley at Erin.Buckley@r-health.md.



CREATING A HEALTHY HOME THROUGH NUTRITION

Eating a healthy diet is not about strict limitations or depriving yourself of the foods you love—and above all, it doesn't have to be hard. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood.

However, most people are looking for fast, easy and good-tasting foods to fit their busy lifestyle—causing many of us to eat out. When this happens, you are left having not much control over the ingredients used in your food as well as the portion sizes. We know it can be difficult to balance consistent healthy eating habits with busy lives, but it's possible.

You know the saying, "healthy habits start at home." Well, it's true. By preparing your meals at home, you can ensure your meals are healthier while still being cost-effective. Start by incorporating these small changes into your daily habits to make a big impact on your overall health.

Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little to no nutrition. Make sure to read the Nutrition Facts labels or ingredients list to identify sources of added sugars.

Eat Seafood Twice a Week

Seafood, like salmon, trout or oysters, contains a range of nutrients including healthy omega-3 fats, which have been shown to help prevent heart disease and stroke.

Try New Foods and Flavors

Add more nutrition to your diet by expanding your food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that you haven't tried before.

Experiment with Plant-Based Meals

Expand your home menus by including one meatless meal a week. Many recipes that use meat and poultry can be made without and can be substituted with lentils as a great substitute. This can reduce your risk of cardiovascular disease, diabetes and obesity.

[GET THE RECIPE](#)

MONTHLY HEALTH TIP

A GUIDE TO IMPROVING PATIENT SAFETY

When we talk about patient safety, we're really talking about how we can protect our patients from injuries, accidents, infections, and errors. As a patient, you have a role to play in making sure you're safe whether you're at the office or at home.

Because we care about your overall health and well-being, here are 4 patient safety tips.

1. **Watch your step.** Winter weather conditions bring with them a variety of potential risks for personal injury. Make conscious decisions to keep you and your family safer by wear proper footwear made for icy and snowy conditions; keep your stride shorter and avoid long step; and slow things down, try not to rush or run outdoors.
2. **Don't be afraid to ask.** Know all the who, what, when, where and why about the care and treatment you are to receive. If you're taking medications, make sure you ask about what the medication does, how this will impact any current medications you're taking, and the proper dosage amount. Don't assume anything.
3. **Clean hands.** Hand hygiene is one of the most important ways to prevent the spread of infection. Not only should you be keeping your hands clean, but your doctor should as well—whether it's with soap and water or hand sanitizer.
4. **Low battery.** Make sure to check and change the batteries in your smoke alarms and carbon monoxide (CO) detectors. Smoke alarms and CO detectors give people a few extra minutes, or even seconds, to exit their homes before being overcome by smoke, fumes or fire.



It's important to participate in all decisions about your care with your doctor. The more information you have, the more confident you will be in ensuring your safety.



FOLLOW US ON FACEBOOK

www.paretohealth.com/kc

833.229.0889
members@paretohealth.com