



## Pledge to Your Health

**BJC** Medical Group



*At BJC Medical Group, we care about your well-being. BJC providers are here to help you on your health journey. When you choose BJC, we ask you to Pledge to Your Health – which begins with a visit to your BJC primary care provider.*

*Please bring this brochure to your next appointment for a discussion with your provider.*

By pledging to your health, you're committing to making an effort to improve your lifestyle in five key areas:

- Physical health
- Physical activity
- Fall prevention
- Mental and emotional health
- Urinary continence

# Overall Physical Health

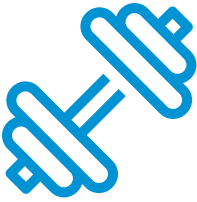


Many factors determine your overall physical health. These include diet, exercise, sleep, stress, and environment. Think about how you feel physically, mentally, and emotionally. Problems in these areas could impact other areas of your health. It's important to practice good preventive health habits and act when you notice problems.

## **For better overall physical health:**

- Take medicine as prescribed.
- Complete yearly preventive screenings.
- Eat high-fiber whole foods, vegetables, fruits, whole grains, and lean protein.
- Cut back on sugar and processed foods.
- Drink more water.
- Get quality sleep.
- Increase activity.
- Wash your hands frequently, for at least 20 seconds.
- Keep up with personal hygiene.

# Activity and Exercise



Being active helps you sleep better, lower stress, and keep your mind sharp.

Some exercise is better than none. Whatever activity you choose, it's important to include endurance, strength, balance, and flexibility.

## **For a better exercise experience:**

- Choose activities you enjoy, like cycling, golfing, walking a pet, gardening or swimming.
- Start and finish activity with a good stretch.
- Add extra steps into your day — walk to the mailbox or take stairs when possible.
- Try gentle balance exercises like yoga.
- Check out online exercise classes or provider-approved workout apps.

# Fall Prevention



Falling is one of the greatest health threats for aging adults. Bones are much more likely to break and take longer to heal — leading to pain and limited mobility.

What increases your chance of falling? If you take medicines, one or more of them could affect your balance. It might be possible to get these medicines changed or discontinued. Vision problems can also contribute to falls, so regular eye exams are also important. Often, vision problems can be corrected with updated prescription glasses.

## To help prevent falls:

- Stay physically active.
- Keep paths clear of clutter.
- Wear non-slip shoes — even around the house.
- Install handrails and grab bars in your home.
- Keep often-used items in easy-to-reach places.
- Use night lights to help see in the dark.

# Mental & Emotional Health



Mental health is essential to your overall health and wellness. Sadness, depression, anxiety and loneliness are common and can occur at any age. Seek medical care and support if you think you may be experiencing these feelings.

Talk to your doctor or other health care professional if you:

- Think about ending your life.
- Feel sad, empty, hopeless or anxious.
- Withdraw from social situations.
- Lack interest in things you used to enjoy.
- Lack energy.
- Have trouble concentrating or sleeping.
- Lose weight or don't have much of an appetite.
- Increase your use of alcohol or other drugs.

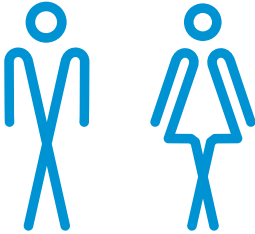
For immediate assistance in all crises:

- Call 911 for emergency services.
- Go to the nearest hospital emergency room.
- Contact the 988 Suicide and Crisis Lifeline by calling or texting 988 or visit [988lifeline.org](https://988lifeline.org) to chat.
- For more information about BJC Behavioral Health Services, including same-day access, call 314-747-7491 or toll-free at 877-729-4004.

## **For better mental and emotional health:**

- Try for seven to nine hours of sleep each night — or at least an extra 30 minutes.
- Spend time with family and/or friends, or call or text at least one person a day.

# Urinary Continence



Urinary incontinence means leakage of urine by accident. It's common in older people — especially women. It can happen for many reasons, such as infections, irritation or constipation. Some medicines can cause bladder control problems that last a short time. In men, most incontinence is related to prostate issues.

The good news is that there are more treatments than ever before. The choice of treatment depends on the type of bladder control problem you have, how serious it is, and what best fits your lifestyle. Some treatments include bladder training exercises, pelvic floor muscle training or medication.

## **Tips for urinary incontinence:**

- Ask your doctor about exercises to strengthen the pelvic muscles, which control urinary flow.
- Urinate on a set schedule.
- Drink mostly water, and limit liquids before bedtime.
- Quit smoking.
- Lose excess weight.
- Limit caffeine.

# Checklist for Your Next Appointment

Please bring this brochure to your next appointment for a discussion with your provider.

- Reasons for appointment
- Symptoms and concerns
- Life event that may be affecting your health status
- List of questions you have for the doctor
- Any changes since your last appointment
- List of dates and outcomes of doctor visits over the past year
- If monitoring your blood pressure, blood sugar, etc. bring that record with you
- List of medicines, allergies, and current vaccinations
- Current physicians with contact information
- Any past surgeries
- Physician recommendations and follow up appointments
- Medicine refill request
- Pharmacy information

*\*Some of this information may be available via MyChart*



[bjcmedicalgroup.org](http://bjcmedicalgroup.org)

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