

WELCOME to the Kalos Corner Quarterly Newsletter.

We hope each edition will provide information and knowledge to help improve your quality of life.

Cancer Screenings

It's important to get your yearly routine screenings (tests) for cancer. Catching cancer in the early stages can make treatment easier.



Colorectal (colon) cancer — Men and women starting at age 50 (or earlier if you're at high risk) should get screened. Talk to your doctor about which of the following tests are right for you:

- Colonoscopy every 10 years
- Flexible sigmoidoscopy every 5 years
- Fecal occult blood test (FOBT) or fecal immunochemical test (FIT) every year



Breast cancer — Women aged 40 and older should have a mammogram to test for breast cancer every year.



Cervical cancer — Pap tests look for cervical cancer, one of the most easily treated cancers. If you are a woman aged 21 to 29 you should have a Pap test every 3 years. Women between the ages of 30 to 64 should have a Pap test every 5 years.



Skin cancer — everyone is at risk for skin cancer, so start having routine skin exams once a year.

Talk to Your Doctor, show this article to your doctor, talk about your risk and concerns and then get tested.

EAT CLEAN DRINK WATER
STAY ACTIVE BE HEALTHY

Transportation

Transportation is the most utilized service Kalos Health provides to its members. Your medical appointments are very important in maintaining good health, all of us at Kalos Health treat your medical and transportation needs as a priority.

To schedule transportation, contact Kalos Health **at least 2 business days prior to** your appointment so that we can make all necessary arrangements.

To schedule your appointment:

1. After making a medical appointment with your provider, **call your Member Care Associate at Kalos Health** to schedule your medical transportation. We require a **minimum of 48 hours** for non-emergency medical transportation.
2. The Member Care Associate will need the doctor's name, appointment date/time, and the address of the provider – have these ready prior to the call. Transportation will only drop off at address given by dispatch. If any changes, Kalos Health needs to be notified immediately.
3. On appointment day, have all your necessary paperwork with you, such as insurance cards, photo ID, and your Kalos Health Card.
4. When you arrive at the destination ask the driver for a business card so that you can call to arrange for pick up after appointment.
5. If you experience any problems or issues with transportation or trip, contact Kalos Health.





Put your wishes into words. Have you made your medical wishes known? Completing a legal advance directive will provide clear directions for your family and caregivers – and peace of mind for yourself – if you can't express your wishes for medical or end-of-life care. Two main types of advance directives are:

LIVING WILL. This document records your end-of-life instructions in case you become too ill to speak for yourself. It allows you to accept or refuse types of medical care. You can specify if you want to be resuscitated or if you'd like to donate an organ.

HEALTH CARE PROXY. A health care proxy lets you name someone to make medical decisions on your behalf. This person does not have to be a family member. Once you complete the paperwork, be sure to give copies to your doctor, appointed agent, lawyer and others involved in your care.

Diabetes & Heart Healthy Creole Inspired Recipe Creole Red Bean Ratatouille - A Classic Vegetable Dish

INGREDIENTS

- 4 oz dried, whole-grain **penne pasta**
- 1 Tbsp extra virgin **olive oil**
- 1 medium **onion** (chopped)
- 1 medium **green bell pepper** (chopped)
- 2 medium **garlic cloves** (minced)
- 4 medium **tomatoes** (chopped)
- 1 cup frozen, cut **okra**
- 1/2 no-salt-added 15.5-oz can **kidney beans** (rinsed, drained)
- 3 medium dried **bay leaves**
- 1 tsp dried **oregano** (crumbled)
- 1/2 tsp dried **thyme** (crumbled)
- 1/8-1/4 tsp crushed **red pepper flakes**
- 1/4 cup chopped, fresh **parsley**
- 1/2 tsp **salt**
- 2 oz shredded, low-fat **mozzarella cheese**
- 2 Tbsp shredded, or, grated **Parmesan cheese**

DIRECTIONS

(4 servings)

1. Prepare the pasta using the package directions, omitting the salt. Drain well in a colander. Set aside.
2. Meanwhile, in a large nonstick skillet, heat 1 teaspoon oil over medium-high heat, swirling to coat the bottom. Cook the onion and bell pepper for 3-4 minutes, or until soft, stirring frequently. Stir in the garlic. Cook for 10 seconds, stirring constantly. Stir in the tomatoes, okra, beans, bay leaves, oregano, thyme, and red pepper flakes. Bring to a simmer. Reduce the heat and simmer, covered, for 20 minutes, or until the okra is tender. Remove from the heat. Discard the bay leaves.
3. Stir the parsley, salt, and the remaining 2 teaspoons oil into the ratatouille. Serve over the pasta. Sprinkle with the mozzarella and Parmesan.

Walking for Good Health

Walking for 30 minutes a day or more on most days of the week is a great way to improve your overall health.

Walking with others can turn exercise into an enjoyable social occasion.

See your doctor for a medical check-up before any new fitness program.

Benefits of Walking

You carry your own body weight when you walk. Some benefits include:

- increased cardiovascular & pulmonary fitness
- reduced risk of heart disease and stroke
- improved management of conditions such as hypertension, high cholesterol, joint and muscular pain or stiffness, and diabetes
- stronger bones and improved balance
- increased muscle strength and endurance
- reduced body fat

