

IS HEALTH CARE ON YOUR CALENDAR FOR

Many preventive care services - like immunizations, physicals, mammograms and colonoscopies are 100 PERCENT COVERED by insurance and don't count toward your annual deductible. Schedule your preventive care early, and get a healthy start to the new year.

See Page 8 to learn about primary and preventive care.



More than 100 **DIFFERENT VIRUSES**

cause the common cold. and Americans average three colds per year. Reduce your chances by getting enough sleep and exercise, eating right and washing your hands frequently.

WELLNESS

Noteworthy news and information from the world of health care and beyond.



LOOKING FOR A winter workout?

Shoveling snow burns about 400 CALORIES per hour.

But it's also an activity that can lead to heart attacks, so be sure to check with your doctor before you undertake any physical exertion.



is nearly twice as common in women as it is in men. If you're having trouble sleeping, visit parknicollet.com/sleep to learn how our experts can help.

WINTER BLUES **GOT YOU DOWN?**

Try adding some spice to your next meal. Curcumin. the main component in turmeric, and capsaicin, which gives chili peppers their heat, have been shown to have mood boosting properties.



of women have at least one heart disease risk factor.

February is American Heart Month - visit americanheart.org or *parknicollet.com/heart* to learn how you can reduce your risk of developing heart disease.