



Winning@Wellness

May is Hepatitis Awareness Month

Hepatitis B and Hepatitis C can become chronic, life-long infections which can lead to liver cancer. Millions of Americans are living with chronic viral hepatitis, and many do not know they are infected.

CDC's Division of Viral Hepatitis is leading a national campaign called [Know More Hepatitis](#). The initiative aims to increase awareness about this hidden epidemic and encourage people born from 1945-1965 to get tested for Hepatitis C.

National Hepatitis Testing Day is May 19th. Check with your health care provider to see if you need to be tested.

Know the Difference

Tornados are violent by nature. They are capable of completely destroying well-made structures, uprooting trees and hurling objects through the air like deadly missiles. A tornado is a violently rotating column of air extending from the base of a thunderstorm down to the ground. Knowing the difference between a tornado watch and a tornado warning will help you take appropriate action to keep yourself and your family safe.

Tornado Watch-Tornadoes are possible in and near the watch area. Review and discuss your emergency plans, and check supplies and your safe room. Be ready to act quickly if a warning is issued or you suspect a tornado is approaching. Acting early helps to save lives!



Tornado Warning-A tornado has been sighted or indicated by weather radar. Tornado warnings indicate imminent danger to life and property. Go immediately under ground to a basement, storm cellar or an interior room (closet, hallway or bathroom).

To learn more about tornados, how they form, what path they may take and how they are rated, check out [Tornados 101](#). More information on how to prepare for tornados and other weather-related emergencies can be found at [Ready in 3](#) or [Ready.Gov](#).



Want a little extra help

with nutrition? MCHCP members with medical plan coverage have access to nutritional counseling. This benefit is covered for the management of any medical condition where appropriate diet and eating habits are essential to overall treatment. These conditions may include heart disease, obesity and hypertension. Visit www.mchcp.org for more information.



Mental health is important to overall health. One in five children either currently or at some point during their life, has a seriously debilitating mental disorder.* Mental disorders are chronic health conditions that can continue through the lifespan. Without early diagnosis and treatment, children with mental disorders can have problems at home, in school and in

forming friendships.

If your child or grandchild is experiencing a mental health crisis the DHSS Employee Assistance Plan can help. This is a free benefit available to all staff and is completely confidential. To access support 24/7 contact ComPsych at 800-808-2261.

Get the [Mental Health Facts for Children and Teens](#) to learn more. A [new report](#) from the CDC describes federal efforts on monitoring mental disorders, and presents estimates of the number of children with specific mental disorders.

*Source: National Institute of Mental Health

Real Men Wear Gowns..... and take care of their health!

Spring brings out the sports fan in many of us and the return of people of all shapes and sizes running, walking and playing baseball. Whatever your favorite form of exercise is, taking care of yourself makes a big difference.

Beyond running faster or boosting your batting average, there's another, more important reason why you need to take better care of yourself. Your family and loved ones depend on you and want you with them for as long as possible.

Taking care of yourself, including getting preventive screenings, will increase your chances of teaching your son to ride a bike or walking your daughter down the aisle on her wedding day. [Read more.](#)

Pizza and Carrot Crunch

Create a pizzadilla by using fat-free flour tortillas, shredded part-skim mozzarella cheese, turkey pepperoni and marinara sauce.



Paired with fresh vegetables and a sensible treat this makes a healthy approach for lunch.

For complete ingredients and preparation instructions visit [Cooking Light](#).

Source: *Cooking Light*



Zika virus disease (Zika) is a disease caused by the Zika virus that is spread to people primarily through the bite of an infected Aedes species mosquito. The most common symptoms of Zika are fever, rash, joint pain and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito.

People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected. Once a person has been infected, he or she is likely to be protected from future infections. [Read more.](#)