

Health & WELLNESS



April 2022



Tips to a Good Nights Sleep

You can take steps to improve your sleep patterns. After a good night's sleep, you may find that you're happier and more productive.

Be consistent. Try to go to sleep and wake up at the same time each day, if your schedule allows it. Avoid staying up late and sleeping in on weekends.

Refrain from stimulants and large meals before bed. Caffeine, nicotine and alcohol can interfere with your sleep. Feeling full or hungry can also prevent you from dozing.

Wind down. Try to give yourself an hour to relax before actually going to bed. Don't do strenuous exercise and tune out from screen time.

Set up a sleep haven. Keep your bedroom quiet, cool and dark.

Make sure you get the recommended amount of sleep each night: nine to eleven hours for young children; eight to ten hours for teens; and seven to nine hours for adults.

-Meritian Health Article

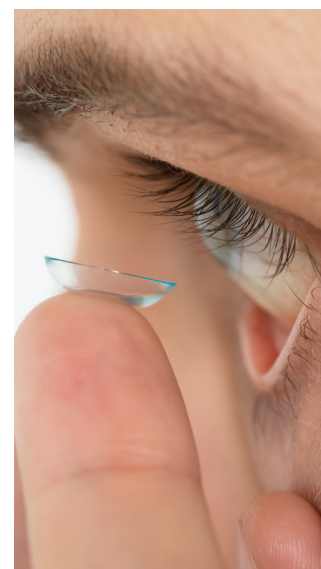
Do you wear contacts?

Protect your eyes from infection, which is most often caused by bacteria on the lenses. The most common condition, keratitis, is infection of the cornea (the clear dome covering the colored part of the eye).

Symptoms include eye pain and redness, blurred vision, tearing and eye discharge. If you have symptoms, remove your lenses and contact your eye care professional promptly. Stay aware of ways you can keep your contact lenses clean and safe:

- Wash your hands well before touching your lenses.
- Don't spit on your lenses to clean them.
- Keep creams and makeup away from your lenses.
- Keep your lens case clean.

-Personal Best Newsletter 3.2022



Did you know... with your vision benefit through National Vision Administrators (NVA) you can get **both lenses AND contacts annually** instead of choosing only one! Visit our [Vision Website](#) to learn more.

COVID-19 RAPID TEST KITS!

You can order **free** COVID-19 rapid at-home test kits from the government **again!** Go to [COVIDtests.gov](https://www.covidtests.gov) to order your second set of at-home test kits!



Post-Pregnancy: What to Expect



Physical and emotional changes are normal after having a baby. But some may come as a surprise. Here's a look at common postpartum experiences.

Contractions aren't always gone after childbirth.

The body uses contractions, especially during breastfeeding, to reduce the uterus back to pre-pregnancy size.

Bleeding can come as a surprise. Lochia — a discharge of blood and tissue that lined the uterus during pregnancy — can last a few weeks. If the discharge is heavy, talk to your health care provider.

Healing from a vaginal or C-section birth can take a while. If you had an episiotomy to ease a vaginal birth, you may have discomfort while the area heals. A C-section can leave you with pain in the lower abdomen for weeks. Don't lift anything heavier than the baby until your provider says it's okay.

You may be more tired than anticipated. Losing sleep as you tend to the feeding and care of your newborn can be exhausting. Staying hydrated and making sure your diet is healthy can help.

Hormonal changes can cause surprising mood swings. As your hormone levels go through ups and downs after your body returns to pre-pregnancy normal, your moods may fluctuate, too. But if you experience ongoing post-pregnancy depression, marked by extreme sadness and anxiety, talk to your provider.

Breastfeeding can have unexpected advantages. You probably know breast milk has many advantages for your baby. But nursing can have perks for you, too, including lower odds of postpartum depression.

-Personal Best Article 3.2022



What do you call it when you're unable to find someone to help you through your pregnancy?

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A midwife crisis.



Maternity Management Program

Are you or someone in your family expecting?

If so, and you or your dependent is enrolled in EPC's medical plan then you can take advantage of this 100% covered Maternity Management Program through Meritain Health.

Here is just a few highlights of the program:

- One-on-one support throughout your pregnancy by an experienced nurse specialist who will help you achieve a healthy pregnancy and newborn.
- Educational information and materials that will help you reduce risk factors for yourself and your unborn child.
- Learn how to manage your diet and exercise and discuss other ways to stay healthy throughout the program.

We want to make sure you receive ALL the support you need during this special time! Call 1.800.641.3224 to speak to a maternity nurse specialist. Learn more by clicking the links below:



[Maternity Management Flyer](#)

[Maternity Management Video](#)

Get Prepared for an Emergency or Disaster

Disasters can be scary and stressful, especially if you're expecting or have a baby. You can take the following steps now to help you prepare for an emergency and better cope if an emergency happens.

- Talk to your healthcare provider about where you will get prenatal care or deliver your baby if your provider's office or hospital is closed.
- If you are close to your due date, learn the signs of labor including information on preterm birth. Talk to your healthcare provider about what to do in case of an emergency.

Continue reading all the steps...

Our newsletter addresses programs made available through the EPC and your church may not participate in all these programs.

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