

## Chronic Health Conditions

Certain health conditions like those listed below can be long-lasting and take a toll on your body when not intentionally managed.

**How?**

**HOW KNOWLEDGEABLE  
ARE YOU ABOUT  
CHRONIC  
CONDITIONS?**

Asthma

Chronic Kidney Disease

Chronic Pain (*Rheumatoid Arthritis,  
Osteoarthritis, & Back Pain*)

Chronic Obstructive Pulmonary  
Disease

Diabetes

Coronary Artery Disease

Congestive Heart  
Failure

High Cholesterol

**Take the Quiz and find out!**

### 1. What is a Chronic Condition?

- A. Disease/condition lasting 3 months or longer
- B. Requires ongoing medical attention
- C. Limits activities of daily living
- D. All the above

### 2. In the United States, 6 in 10 Adults have a Chronic Disease, and 4 in 10 Adults have 2 or more Chronic Diseases? A. True B. False

### 3. Chronic Diseases are the #1 leading causes of death in the United States? A. True B. False

### 4. Many Chronic Diseases are caused by poor nutrition, physical inactivity, excessive alcohol use and tobacco use. By making healthy choices you can reduce the likelihood of getting a chronic disease and improve your quality of life. A. True B. False

### 5. Most chronic diseases are preventable and controllable? A. True B. False

**\*\*BONUS\*\* Question for EPC Medical Plan Participants**

### 6. As part of your medical plan you and your dependents who have been diagnosed with a chronic disease have access to a Nurse Health Coach at no cost to you, who will help you manage and improve your disease.

A. True B. False

Thanks for taking the Chronic Disease quiz! See answers below:

1. D 2. True 3. True 4. True 5. True \*\* 6. True - **If you got them all correct then HOORAY!**

If you or someone you know has been diagnosed with one or more chronic diseases, then use this quiz knowledge to motivate you toward learning more about what you can do to improve your health or someone else's health.

Staying healthy and responding to what your body is telling you doesn't happen on its own. You've got to make it happen by taking measures toward controlling your condition so you can live life to its fullest! So, take the step now toward better health by calling a Meritain Health Nurse Health Coaching at 1.888.610.0089 to learn more about the program and enroll today.

[Nurse Health Coaching Info](#)

[Nurse Health Coaching Success Stories](#)

[Nurse Health Coaching Video](#)

## One thing you can count on this flu season?

24/7 hassle-free access to care.

### Why turn to 98point6 first:

- Doctors are available on your time and terms, and you will save. There is a \$0 co-pay for our POS plan participants, and only \$5 if you are in one of EPC's high deductible health plans.
- Avoid germ-y waiting rooms - protect yourself and others.
- Hassle-free first stop to easing worries and understanding the best next step.
- If needed the 98Point6 doctor can prescribe your medication directly to your pharmacy.



Start a visit today for all your cold, flu or COVID-19 concerns in addition to 400+ other conditions that a physician can help diagnose and treat.

Learn more and become "Visit Ready" now at: [www.98point6.com/members-homebase](http://www.98point6.com/members-homebase)

\*98point6 is provided to all EPC medical plan participants.

## The New Nutrition Facts Label: *What's in it for you?*



### Make informed food choices with the U.S. Food and Drug Administration's updated Nutrition Facts label!

The updated label can help you make food choices that contribute to lifelong healthy eating habits. Some of the changes include updated serving sizes; larger, bolder calories; and updated Daily Values and nutrient listings. Check out the changes at [www.fda.gov/NewNutritionFactsLabel](http://www.fda.gov/NewNutritionFactsLabel).

**Parents...** you can help your children learn about nutrition and healthy dietary habits! The FDA has put out great resources for parents to help them teach their children about nutrition, making healthy food choices, how to read and understand Nutrition Facts labels on food packages, and provides fun activities to engage kids in healthy eating!

**Make it a learning experience...** *when putting away your groceries have your child choose which food he or she thinks was a smart purchase and use the Nutrition Facts label on the food package to explain why.*

Discover more information about the new nutrition facts label and tips for parents and kids!

[Tips for Parents](#)

[Cool Tips for Kids](#)