



Thrive Together

Princeton Tools and Resources to Support You

THRIVE
AT PRINCETON

2024: VOLUME I PREVENTIVE CARE

Thrive Together is a quarterly benefits newsletter designed to keep you informed about important health and wellness topics all year long, with information about the benefits and resources Princeton offers to support your whole health.

The Importance of Having a Primary Care Doctor

A primary care doctor is a medical professional who helps you manage your overall health and well-being. This is the person you should talk to open and honestly about any medical problem you are having that is not an emergency. They will provide you and your family with the right care and advice, as well as recommend specialists when you need them. If you need help finding a doctor or making an appointment, call Health Advocate at (866) 695-8622 or visit HealthAdvocate.com/princeton.

Preventive Screenings

Talk to your doctor about which screenings you and your family need and how often. These screenings can detect diseases early, when treatment is more successful.

Mammogram. Used to check for breast cancer in women who have no signs or symptoms of the disease. Each spring and fall we partner with Princeton Radiology to reserve time for faculty and staff to get a breast cancer screening. You may also schedule your own annual appointment at any time. A preventive mammogram is covered at 100% every year, starting at age 35, at an in-network facility.

Colonoscopy. Procedure to find abnormal growths early, so they can be removed before they turn into cancer. A preventive colonoscopy is covered at 100%, generally every 10 years, starting at age 45, at an in-network facility.

Skin Cancer. Visit a dermatologist every other year to be screened for melanoma and other skin cancers. Copay or coinsurance will apply depending on your medical plan.

P R E V E N T I O N

Immunizations, age 19 and Older

Vaccines and subsequent boosters protect you by preventing severe illnesses or disease.

- **Influenza (flu) vaccine**, protects against the flu – 1 dose annually
- **Pneumococcal vaccine**, protects against pneumonia – 1 to 2 doses depending on vaccine and age
- **Tetanus, Diphtheria, Pertussis (TDAP) booster** – Pregnant woman should get 1 dose during each pregnancy. Generally, once vaccinated, everyone should get a booster every 10 years.
- **Speak to your doctor about other vaccines** you or your family members may need based on age and risk factors, including Shingles, COVID, HPV, Hepatitis, RSV, MMR, etc.



Establishing a trusting relationship with a primary care doctor is an important way to take control of your health. Not only can your primary care doctor help you catch serious health conditions before they progress, they can help you navigate the health system if you do become sick so you can get expert care right away.

Emily Gulino
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KNOW YOUR NUMBERS...

Blood sugar (glucose) is the fuel that powers every cell in your body. High levels of glucose may indicate prediabetes or diabetes. The HbA1c blood test is the most accurate test to determine if you have or are at risk for developing diabetes. A normal A1C level is below 5.7%; a level of 5.7% to 6.4% indicates prediabetes; and 6.5% or more indicates diabetes.



Blood pressure has two measures. **Systolic** (the first number) represents the pressure in your blood vessels when your heart beats. **Diastolic** (the second number) represents the pressure in your blood vessels when your heart rests between beats.

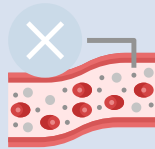


High blood pressure, a reading above 120/80, that remains untreated can lead to cardiovascular disease and stroke.

...LOWER YOUR RISK



Cholesterol also has two measures. **LDL** is the “lousy” cholesterol that builds up in the walls of your veins. **HDL** is the “happy” cholesterol that picks up excess cholesterol in your system. Good numbers are an LDL under 130 and a total of both below 200. Elevated cholesterol puts you at risk for heart disease and stroke.



Triglycerides are a type of fat found in blood. High levels (above 150) may result in hardening of the arteries, which increases risk of stroke, heart attack, and heart disease.



Body Mass Index (BMI) is calculated by using the ratio of your weight to your height. A BMI of 30 or greater puts you at a higher risk for cardiovascular disease and diabetes.

HEALTHY VISION



People with chronic conditions like diabetes, heart disease, and arthritis are at higher risk for certain eye conditions including glaucoma, cataracts, macular degeneration, and diabetic retinopathy. Don't skip your annual eye exam that includes eye dilation. Exams and screenings are key to early detection and treatment to improve and preserve your vision.

Princeton Benefits Can Help with Body and Mind

TrestleTree's **My Health Coach** program is available for one-on-one consults about the importance of preventive care. Additionally, health coaches can assist with nutrition counseling, weight loss, exercise routines, stress reduction, smoking cessation, managing a health condition, and much more. To schedule an appointment, call (866) 237-0973.

Healthy Mind Screenings with Carebridge, Princeton's Employee Assistance Program (EAP). Having a healthy mind is key to your overall health and well-being. A happiness check-in is important because you can act before you start feeling worse. Call Carebridge anytime at (800) 437-0911 to learn more. Carebridge counselors are also available for in-person consults at the Princeton University Employee Wellness Center, located at 350 Alexander Street.



Together, we can help you thrive.

Published by the Office of Human Resources. Contact the Benefits Team for more information.
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