



MASE Health and Wellness Center Wellness Tribune 1st Quarter 2019

**COMMITTED TO IMPROVING AND MAINTAINING THE HEALTH OF
EMPLOYEES AND THEIR FAMILIES**

Examples of free labs in our Health Centers

Test Name	Test Name	Test Name
CBC With Differential/Platelet	C-Reactive Prote+A21:A41in, Quant	Creatine Kinase,Total
CMP12+LP+6AC	Vitamin B+A22:A4112	Uric Acid
Hemoglobin A1c	Magnesium	Reticulocyte Count
TSH	Urinalysis, Routine	Vitamin B12 and Folate
Vitamin D, 25-Hydroxy	Thyroxine (T4) Free, Direct, S	Glucose
TSH+Free T4	Thyroid Peroxidase (TPO) Ab	LDH
Prostate-Specific Ag, Serum	Reverse T3, Serum	Estrogens, Total
Triiodothyronine (T3)	Comp. Metabolic Panel (12)	Vitamin B6, Plasma
UA/M w/rflx Culture, Routine	PTH, Intact	CBC, Platelet, No Differential
Triiodothyronine (T3), Free	Albumin, Random Urine	CCP Antibodies IgG/IgA
Sedimentation Rate-Westergren	Ferritin, Serum	CK, Total+Isoenzymes, Serum
Comp. Metabolic Panel (14)	Thyroxine (T4)	Cancer Antigen (CA) 125
UA/M w/rflx Culture, Comp	Hepatic Function Panel (6)	ALT (SGPT)
Basic Metabolic Panel (8)	Prot+CreatU (Random)	DHEA, Serum
Lipid Panel	Hepatic Function Panel (7)	FSH, Serum
Testosterone,Free and Total	Renal Panel (10)	PT and PTT
Triiodothyronine,Free,Serum	FSH+LH+Testosterone	Insulin
Fe+TIBC+Fer+B12+Folic	Prolactin	ACTH, Plasma
Prothrombin Time (PT)	Iron and TIBC	DHEA-Sulfate
C-Reactive Prote+A21:A41in, Quant	Progesterone	Albumin/Creatinine Ratio,Urine
Vitamin B+A22:A4112	Phosphorus	Immunoglobulin A, Qn, Serum
Magnesium	Estradiol	Protein Electro.,S

Spring into activity! "It's Just 40 Minutes"

What can happen in 40 minutes a day?

- Blood sugar comes down.
- Blood pressure "resets" lower.
- Cholesterol may come down even if you don't lose weight. "Endurance Exercise Training" *Journal of Metabolism, October 2006*

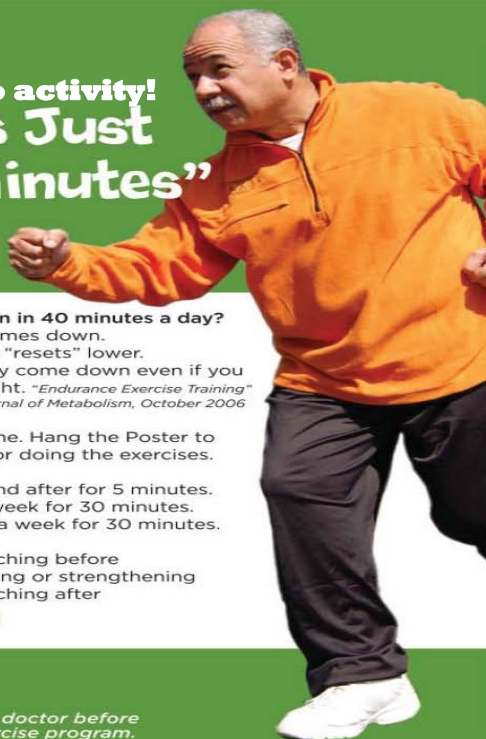
Pick a regular time. Hang the Poster to see good form for doing the exercises.

Stretch before and after for 5 minutes.
Stride 5 days a week for 30 minutes.
Strength 2 days a week for 30 minutes.

5 minutes stretching before
30 minutes striding or strengthening
5 minutes stretching after

40 Minutes Total

Check with your doctor before you start an exercise program.



Stretch

Check magazines, books and friends for new ideas on how to stretch. Just make sure you have a stretch for all four parts each time: Arms High, Arms Low, Legs High, Legs Low.



Stride

Invite a friend along. A Moves Buddy helps you get out day after day. You know someone's waiting for you. If you miss a day from time to time, don't stop or punish yourself. Just keep moving!



Strength

You need weights. A weight is right when you can lift it only 15 times—and that last time you strain and grit your teeth. Most people start with 2 pounds. You can buy weights or make your own: Put two one-pound bags of beans in a larger bag.



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All office visits, medications and labs are provided at \$0 cost for employees and their families who are enrolled in the MASE Insurance Trust health plans.



All health information within the clinic remains confidential. **NO** personal health information (PHI) is

Wellness Centers Hours of Operations

Plymouth Health & Wellness Center Hours

Monday: 9:00am-6:00pm (MD 9:00am-6:00pm)
 Tuesday: 7:00am - 4:00pm (NP 7:00am - 4:00pm)
 Wednesday: 7:00am - 4:00pm (NP 7:00am - 4:00pm)
 Thursday: 8:00am - 6:00pm (NP 9:00am - 6:00pm)
 Friday: 7:00am - 4:00pm (NP 7:00am - 4:00pm)

Office: 574-935-0127 or 877-289-3011, Opt. 2
Fax: 574-935-0138

Plymouth Satellites

New Prairie United School Corporation

Wednesday: 6:20am - 3:30pm CST - NP
 Thursday: 1:00pm - 4:00pm CST - NP

South Central

Thursday: 7:00am - 11:00am CST- NP

Monticello Wellness Center
 303 N. Main Street
 Monticello, IN
 574-297-5527
 OR
 1-844-223-2964



Plymouth Wellness Center
 504 Colonial Court
 Plymouth, IN
 574-935-0127
 OR
 877-289-3011, Opt 2

April Focus is Healthy Mind



Yoga for the Brain

Spring seems like the time of the year that everyone refocuses their energy in the right direction, whether it be on professional direction or physical and mental well-being. Take advantage of these moves to help keep your brain moving in the right di-rection. While you're performing each one, breathe deeply and focus on something you want to achieve, change or become.

Cat-Cow Pose



Child's Pose



Monticello Health & Wellness Center

Monday: 9:00am - 6:00pm (NP 9:00am - 6:00pm)
 Tuesday: 8:00am - 6:00pm (NP 9:00am - 6:00pm)
 Wednesday: 7:00am - 4:00pm (MD 7:00am - 4:00pm)
 Thursday: 7:00am - 5:00pm (NP 7:00am - 5:00pm)
 Friday: 8:00am - 5:00pm (NP 8:00am - 5:00pm)

Office: 574-297-5527 or 844-223-2964

Fax: 574-583-0153

Monticello Satellites

Eastern Pulaski

Tuesday: 7:00am - 4:00pm

South Newton

Wednesday: 7:00am - 4:00pm CST

Delphi

Friday: 7:00am - 4:00pm (MD - 11:00am - 4:00pm)