

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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Men's Health



Get serious about your health...

- Get **PROPER** sleep: 7-9 hours of sleep a night is ideal to avoid diabetes, obesity, depression and heart disease
- **QUIT** smoking: it's never too late to quit to reduce risk of lung and heart disease. For help go to: www.smokefree.gov
- **MOVE** more: adults need about 2.5 hours of moderate intensity aerobic activity per week (on 2 or more days per week) more info: www.tinyurl.com/nplbnjn
- Eat **HEALTHY**: limit intake of high fat/calorie food. Don't skip on fruits and vegetables. More info: www.choosemyplate.gov
- **TAME** stress: get a hobby to help. Avoid drugs and alcohol. Connect with people. More info: www.cdc.gov/Features/HandlingStress/
- **REGULAR** checkups from your healthcare provider to identify conditions early. More info: www.ahrq.gov/healthymen/prevent.htm
 - Know your numbers! Blood pressure, glucose, cholesterol and BMI.
 - Keep up to date on vaccinations
 - Get the preventative care you need: colonoscopy, prostate exams



<https://www.cdc.gov/men/nmh/>

Shriji Amin, PharmD Candidate

At Pequot Health Care, we are dedicated to maintaining your good health!

PRN

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PEQUOT
PLUS
Health Benefit Services

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Customer Service
1-800-342-5779

PRxN® PBM

Customer Service
1-888-779-6638

Doctors' Line
1-888-779-6362

Doctors' FAX Line
1-888-779-6329

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Tribal Nation