

# TAKE CONTROL OF YOUR HEALTH

## Healthy Life Tips for Women

Increasingly, we're understanding that our "being" truly is a system – a system of elements and factors that interact and affect one another. Making small steps towards wellness in our body, mind, or spirit can end up shaping greater overall health. Being aware and proactive is one key step.

### Potential wellness challenges areas for women: a snapshot

**Breast cancer** is the second most common cancer among women. Earlier detection via screening is a factor in the 1.3% per year drop in the death rate from 2013 to 2017.<sup>1</sup>

**Heart disease:** 90% of women have one or more risk factors, but problems can go undetected as signs, such as indigestion or lightheadedness, may be misunderstood.<sup>2</sup>

**Menopause** can bring not only discomforts, such as hot flashes, insomnia, and sexual dysfunction, but also increased risk of heart disease, loss of bone mass, and weight gain.<sup>3</sup>

**Migraines:** Nearly three quarters of sufferers are women. Attacks tend to be longer/more severe than for men.<sup>4</sup>

**Insomnia:** Women generally sleep more poorly than men and have a 40% higher lifetime risk of insomnia. Hormones, depression, and anxiety are thought to play a role.<sup>5</sup>

**Obesity:** About 67% of women meet criteria to be considered overweight or obese<sup>6</sup> – a potential factor in leading causes of death for women: heart disease and cancer.<sup>7</sup>

**Stress:** 88% of working women report stress. 13% report that it's unmanageable – higher than men in both cases.<sup>8</sup>

**Depression / anxiety disorder** rates are two times higher for women and women attempt suicide more often than men.<sup>9</sup>

**Alzheimer's** risk is twice as high for women. While primarily due to the fact that women live longer, genetic, hormonal, and lifestyle factors may play a role.<sup>10</sup>

**Loneliness:** 58% of women report feeling lonely, left out, poorly understood, and lacking companionship.<sup>11</sup> The health impact has been equated to smoking 15 cigarettes/day.<sup>12</sup>

**Juggling work, family and caregiving** can put women at risk for stressful work/life imbalance, emotional exhaustion, and health problems.<sup>13</sup>



**These or other challenge areas you face offer a good place to start when making changes to improve your health and well-being.**

Together, all the way.®



## Go, Know, Take Control

- I have good relationships with my healthcare professionals and feel comfortable asking questions.
- My annual wellness check-up is scheduled/completed.
- I know my immunization schedule and am up to date.
- I know where to turn if I have mental health concerns.
- My dental check-up is scheduled/completed.
- I'm aware of family history that might impact my health.
- I take an annual health assessment.

### Biometric screenings:

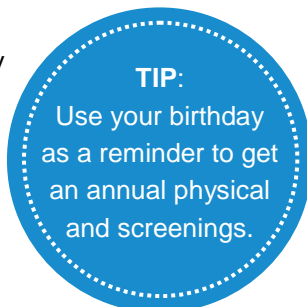
- Blood pressure screening
- Cholesterol screening
- Healthy weight screening
- Blood glucose screening for diabetes

### Other screenings:

- Colorectal cancer screening
- Breast cancer mammography
- Cervical cancer pap test
- Depression screening
- Oral health check-up
- Vision screening

### Ask your healthcare professional:

- Skin cancer full-body screening
- HIV screening
- Sexual transmitted diseases screening
- Hepatitis C screening
- Bone density testing for osteoporosis
- Other screenings or areas of concern:



## Resources

### Health screenings

[www.nlm.nih.gov/medlineplus/healthscreening.html](http://www.nlm.nih.gov/medlineplus/healthscreening.html)

### Know your risks

<https://newsinhealth.nih.gov/2017/08/what-are-your-health-risks>

### Family health portrait tool

<https://phgkb.cdc.gov/FHH/html/index.html>

### Women's health A-Z

[www.womenshealth.gov/a-z-topics](http://www.womenshealth.gov/a-z-topics)

### Whole person well-being

[www.cigna.com/takecontrol](http://www.cigna.com/takecontrol)

### References

- <sup>1</sup> BreastCancer.org. (2020). U.S. breast cancer statistics. Retrieved from [https://www.breastcancer.org/symptoms/understand\\_bc/statistics#:~:text=The%20overall%20death%20rate%20from,other%20cancer%2C%20besides%20lung%20cancer.](https://www.breastcancer.org/symptoms/understand_bc/statistics#:~:text=The%20overall%20death%20rate%20from,other%20cancer%2C%20besides%20lung%20cancer.)
- <sup>2</sup> American Heart Association. (2019). 6 things every woman should know about heart health. Retrieved from <https://www.heart.org/en/news/2019/10/04/6-things-every-woman-should-know-about-heart-health>
- <sup>3</sup> Office on Women's Health. (2018). Menopause and your health. Retrieved from <https://www.womenshealth.gov/menopause/menopause-and-your-health>
- <sup>4</sup> Office on Women's Health. (2019). Migraine. Retrieved from <https://www.womenshealth.gov/a-z-topics/migraine>
- <sup>5</sup> National Sleep Foundation.org. (2020). Insomnia and women. Retrieved from <https://www.sleepfoundation.org/insomnia/insomnia-women>
- <sup>6</sup> National Institute of Diabetes and digestive and Kidney Disease. (2017). Overweight & obesity statistics. Retrieved from <https://www.niddk.nih.gov/health-information/health-statistics/overweight-obesity>
- <sup>7</sup> Centers for Disease Control and Prevention (CDC). (2017). Leading Causes of Death – Females – All races and origins – United States, 2017. Retrieved from <https://www.cdc.gov/women/lcod/2017/all-races-origins/index.htm>
- <sup>8</sup> Cigna. (2019). Cigna 360 Well-Being Survey: Well and Beyond. Retrieved from [https://wellbeing.cigna.com/360Survey\\_Report.pdf](https://wellbeing.cigna.com/360Survey_Report.pdf)
- <sup>9</sup> American Psychiatric Association. (2017). Mental health disparities: Women's mental health month. <https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-Women.pdf>
- <sup>10</sup> Alzheimer's Association. (2020). Alzheimer's disease facts and figures. Retrieved from <https://alz-journals.onlinelibrary.wiley.com/doi/full/10.1002/alz.12068>
- <sup>11</sup> Cigna. (2020). Loneliness is at epidemic levels in America. Retrieved from <https://www.cigna.com/about-us/newsroom/studies-and-reports/combating-loneliness/>
- <sup>12</sup> WebMD (2018). Loneliness rivals obesity, smoking as health risk. Retrieved from <https://www.webmd.com/balance/news/20180504/loneliness-rivals-obesity-smoking-as-health-risk>
- <sup>13</sup> Mental Health America. (2019). 4Mind4Body: Work-life balance. Retrieved from <https://www.mhanational.org/4mind4body-work-life-balance>

Cigna neither reviews nor controls the content and accuracy of non-Cigna Web sites, and therefore will not be responsible for their content and accuracy. Your access to non-Cigna web sites is at your sole risk.

This material is provided by Cigna for informational/educational purposes only. It is not intended as medical/clinical advice. Only a health care professional can make a diagnosis or recommend a treatment plan. For more information about your behavioral health coverage, you can call the customer service or the behavioral health telephone number listed on your health care identification card.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation. All pictures are for illustrative purposes only.

Use and distribution limited solely to authorized personnel. 921192 10/21 © 2021 Cigna. Some content provided under license.



# WHOLE U WELLNESS

## Resources for Women



Making healthy choices is easier when you have the facts. The resources below offer wellness information, advice, and materials that can help you be at your best.

- › **Relationship with stress** [www.emergingwomen.com/podcast/kelly-mcgonigal-the-upside-of-stress](http://www.emergingwomen.com/podcast/kelly-mcgonigal-the-upside-of-stress)
- › **Stress management** [www.helpguide.org/articles/stress/stress-management.htm](http://www.helpguide.org/articles/stress/stress-management.htm)
- › **Relaxation techniques** [www.health.harvard.edu/mind-and-mood/six-relaxation-techniques-to-reduce-stress](http://www.health.harvard.edu/mind-and-mood/six-relaxation-techniques-to-reduce-stress)
- › **Mindfulness practice<sup>1</sup>** [www.uclahealth.org/marc/mindful-meditations](http://www.uclahealth.org/marc/mindful-meditations)
- › **Mental health** [www.womenshealth.gov/mental-health/mental-health-resources](http://www.womenshealth.gov/mental-health/mental-health-resources)
- › **Get and stay active** [www.health.gov/paguidelines](http://www.health.gov/paguidelines)
- › **Eat well** [www.myplate.gov](http://www.myplate.gov)
- › **Healthy weight** [www.nutrition.gov/weight-management](http://www.nutrition.gov/weight-management)
- › **Meet sleep needs** [www.nhlbi.nih.gov/files/docs/public/sleep/healthy\\_sleep.pdf](http://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep.pdf)
- › **Navigate menopause** [www.verywellhealth.com/menopause-overview-4581933](http://www.verywellhealth.com/menopause-overview-4581933)
- › **Rethinking drinking** [www.rethinkingdrinking.niaaa.nih.gov](http://www.rethinkingdrinking.niaaa.nih.gov)
- › **Mind substance use** [www.drugabuse.gov/publications/drugfacts/substance-use-in-women](http://www.drugabuse.gov/publications/drugfacts/substance-use-in-women)
- › **Be tobacco-free** [www.smokefree.gov](http://www.smokefree.gov)
- › **Sun safety** [www.cancer.org/healthy/be-safe-in-sun.html](http://www.cancer.org/healthy/be-safe-in-sun.html)
- › **Safe driving** [www.nhtsa.gov/risky-driving](http://www.nhtsa.gov/risky-driving)
- › **Partner violence** [www.thehotline.org](http://www.thehotline.org)
- › **Meaningful connections** [www.psychologytoday.com/us/collections/201210/combating-loneliness](http://www.psychologytoday.com/us/collections/201210/combating-loneliness)
- › **Balancing act** [www.ted.com/topics/work-life+balance](http://www.ted.com/topics/work-life+balance)
- › **Being a caregiver** [www.caregiver.org](http://www.caregiver.org)
- › **Engage your life** [www.takingcharge.csh.umn.edu/whats-my-purpose](http://www.takingcharge.csh.umn.edu/whats-my-purpose)
- › **Activate your resilience** [www.CignaResilience.com](http://www.CignaResilience.com)
- › **Whole person wellness** [www.mhanational.org/live-your-life-well](http://www.mhanational.org/live-your-life-well)

**Together, all the way.®**



<sup>1</sup> Mindfulness Meditations created by Diana Winston for the UCLA Mindful Awareness Research Center (MARC). © 2021 The Regents of the University of California. All Rights Reserved.

Cigna neither reviews nor controls the content and accuracy of non-Cigna Web sites, and therefore will not be responsible for their content and accuracy. Your access to non-Cigna web sites is at your sole risk.

This material is provided by Cigna for informational/educational purposes only. It is not intended as medical/clinical advice. Only a health care professional can make a diagnosis or recommend a treatment plan. For more information about your behavioral health coverage, you can call the customer service or the behavioral health telephone number listed on your health care identification card.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation. All pictures are for illustrative purposes only. Use and distribution limited solely to authorized personnel. 921193 10/21 © 2021 Cigna. Some content provided under license.