

YOU FIRST

Screening and support for heart disease, breast and cervical cancer.

Spring 2024 Member Newsletter

Happy Spring!

We hope you have a great season enjoying the beauty of spring in Vermont. This newsletter includes information on setting up mammograms and Pap tests, an upcoming Mile-A-Day challenge, a new questionnaire, and information on safely viewing the eclipse.

Please stay in touch with any questions!

Take care,

The You First team



Breast and Cervical Cancer Screening

Are you due for breast cancer screening or cervical cancer screening?

- Remember that some hospitals are scheduling out months in advance for appointments. Please consider calling your health care provider now for any appointments in 2024. Let us know if you need help with getting an appointment set up.

- Many people have mammograms every year starting at age 40. Some people get screened more often due to their individual needs. Talk with your health care provider if you aren't sure when you need your next mammogram.

- Many people get Pap and HPV tests together every 5 years, between ages 30-65. People ages 21-29 can get a Pap test every 3 years. If you have any concerns or had an abnormal result, you may get Pap tests more often.

Have any questions or need support? Call 1-800-508-2222 and we will help you with figuring out your next breast and cervical cancer screening.

Heart Health Program

Walking every day is a great form of exercise for many people. Whether you walk to get to work or the store, walk with your loved ones or furry friends, or walk alone to clear your mind, walking is good for your wellbeing. Walking [one mile every day](#) can help your heart health and brain health!

Join the next [Mile A Day](#) challenge that runs from April 15 to May 14. The Mile A Day Challenge encourages you to walk one mile every day during the 30 days of the

challenge. Let us know if you join the challenge, and if you are using the app, you can join as Team You First.

Spring is often the season where we begin planning for the vegetable growing season, including planning for farmers market coupons, CSAs, and community garden plots. If you would like support with increasing your access to vegetables, please let us know.

Looking for plant-based recipes that are affordable and heart healthy?
Try visiting [Plant Based on a Budget](#).

**Ready to get involved with health coaching?
Reach out to us by replying to this email,
giving us a call, or messaging us on Facebook!**

Members ages 35-64 can send us their blood pressure, cholesterol, and blood sugar results from a health care visit on October 1, 2023 or later.



Additional Information and Opportunities

New Questionnaire

We are beginning to ask additional questions of our members related to internet access, food insecurity, transportation, child care, housing, intimate partner violence, and medication use. We will mail out these new questions to many of our members over the next few months. After receiving the questions back, if you answered yes to any, we will connect you to community resources that might be able to help, because we know that these focus areas may impact your health and wellbeing. Each question will have an option that says you prefer to not answer the question.

Billing You First

- Remember to bring your You First card and provider report form to your You First appointments.
- If you get a bill that You First can pay for, please contact us to let us know.
- Please let us know if you have a change in your health insurance coverage, like getting a new health care plan or ending a health insurance plan.

Ask Me About You First

We have had many You First members join because of you! If you want to tell your friends and community about the You First program and would like a membership kit sent to you, please let us know.

Membership kit includes: You First applications, posters, rack cards, and either a You First hat or scarf. Please let us know if you would like any applications in a language other than English.

We are so glad you each heard about our program and we want people to know about our program in case it could help them.

Eclipse

As you may have heard, April 8 is the total solar eclipse in VT. Learn more about this event at the [State of VT website](#). The partial eclipse will happen between 2:14pm and 4:37pm, with totality happening around 3:25pm. We hope you have fun viewing this

event! Remember to wear your safety glasses and enjoy the time outside being active. Please note we will be away from our phones during the eclipse but ready to call you back afterwards.



My Healthy VT

1 in 4

**Vermonters with diabetes
doesn't know they have it.**

Here's what you can do:

1. Take our prediabetes risk quiz.

2. Sign up for a free My Healthy VT workshop.

3. Talk to your doctor about your diabetes risk.

MY HEALTHY
VERMONT

MyHealthyVT.org
#DiabetesAlertDay

Take action to prevent or manage diabetes!

1 in 4 Vermonters with diabetes doesn't know it—that's over 55,000 people in the state. Could you have diabetes and not know it? Here are some simple steps to take:

- Take the online quiz at MyHealthyVT.org to learn if you're at risk for prediabetes.

Answer a few questions to find out your risk level and what to do next.

- Sign-up for a free, online prediabetes or diabetes workshop—there are workshops for people looking to prevent diabetes and those looking to better manage their condition.

- Talk to your health care provider about other steps you can take to reduce your risk of diabetes or better manage the condition.

Visit MyHealthyVT.org to take a prediabetes risk quiz and sign up for a free, online workshop.

Stay in Touch!

Follow us on Facebook to stay up-to-date on program offerings and office closures.

Please note that our office will be closed on 5/27 for a state holiday. You can call us at 1-800-508-2222, email us at YouFirst@vermont.gov, fax us at 802-657-4208, or send us mail.

We've moved to Waterbury! Our mail is being forwarded from Burlington. Our new address is Vermont Department of Health, HPDP- You First, 280 State Drive, Waterbury, VT 05671-8380.

If you know someone who might be interested in joining You First, please send them this newsletter, tell them about the program, or ask them to [fill out our form online](#).

We'd love to feature YOUR member story in our newsletter or Facebook page! Let us know if you want to share your You First experience.

[Follow the You First Facebook page!](#)



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VERMONT DEPARTMENT OF HEALTH

1-800-508-2222

YouFirst@vermont.gov

www.YouFirstVT.org



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