



Managing Your Family's Health

Managing your family's health can often feel overwhelming. However, finding effective ways to manage your family's health is an essential part of ensuring everyone's medical needs are met.

Here are some options to help manage healthcare more effectively for the whole family:²

- **Create a Command Center:** Establish a family command center, which is a designated area in your home where you keep important documents, messages, reminders, and other information to keep your family running smoothly.¹ Create a folder or digital document for each family member that contains medical histories, food and medication allergies, immunization records, medication lists, and other medical information.
- **Collect Your Family Health History:** Since many health conditions run in families, gathering information about your family's health conditions can help you better understand your own health risks.¹ Be sure to share this information with your healthcare team as well.
- **Create a Family Health Calendar:** Use a shared digital calendar or place a physical calendar in a common area to help track annual wellness exams, dental cleanings, eye exams, and other medical appointments. Health apps can also help you manage health records and track appointments more easily. Some can also send reminders and alerts for upcoming screenings and vaccinations.
- **Consolidate Appointments:** When possible, schedule multiple family members for similar appointments on the same day. Consider designating a specific day every year for family check-ups. This makes it easier to remember and stay on track.

- **Sick Care Planning:** Establish a family sick care plan and determine who will care for whom by designating roles for each family member. Keep a well-stocked medicine cabinet that includes basic supplies, such as fever reducers, cough syrup, throat lozenges, and hydration options. Remember to check your supplies at least annually and discard expired medications. Encourage everyone to get plenty of rest, stay hydrated, and eat nutritious foods.

With thoughtful organization and planning, you can create an effective system to keep the whole family healthy.



1. Apartment Therapy. "This Is Why You Should Really Have a 'Command Center' in Your Home." November 12, 2022. Accessed November 2, 2024. <https://www.apartmenttherapy.com/what-is-command-center-37188957>
2. Verywell Health. "Recording Your Family Medical History." March 7, 2020. Accessed November 12, 2024. <https://www.verywellhealth.com/recording-family-medical-history-2615513>
3. Centers for Disease Control and Prevention. "Vaccines & Immunizations." Accessed November 2, 2024. <https://www.cdc.gov/vaccines/>



Mental Health for the Whole Family

Family relationships play a key role in supporting mental health. A family approach to mental health not only enhances individual wellbeing but also strengthens the bonds that hold your family together.¹

Here are some practical strategies to promote mental wellness for family members of all ages:

- **Establish Regular Family Meals:** Sharing meals is about more than just eating together; it is an opportunity for connection and communication. Regular family meals can enhance family cohesion, reduce stress, and improve overall mental health. Aim to gather around the table several times a week, where everyone can share their experiences and support one another in a device-free zone.
- **Be Active as a Family:** Exercise is not only beneficial for physical health, but is also important for mental wellbeing. Encourage family members to participate in physical activities together, such as hiking, biking, or even simple walks in the park. Regular physical activity can reduce symptoms of anxiety and depression and boost overall mood.
- **Encourage Open Communication:** When children experience poor mental health, so do parents.² Foster an environment where family members feel comfortable expressing their concerns and emotions without fear or judgement. Open and honest communication can help identify issues before they escalate and support emotional resilience.
- **Prioritize Quality Time:** Make a conscious effort to spend quality time with your family, free from distractions like work meetings or social media. Engage in activities that everyone enjoys, whether it is playing board games, watching a movie, or simply talking about your day. Quality time strengthens relationships and reinforces family bonds.
- **Seek Professional Support When Needed:** Watch for and address toxic family traits and behaviors like harsh criticism, mocking, belittling, attacking vulnerabilities, and substance use.³ Recognize that sometimes professional help may be needed, and encourage family members to seek support from professionals if they are struggling. Family counseling may also be beneficial to help resolve conflicts and improve communication.

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and reinforces family bonds.

By creating a nurturing environment that supports the mental health of your entire family, you can build resilience to overcome life's challenging moments more easily.

1. Centers for Disease Control and Prevention. "Mental health of children and parents —a strong connection." March 8, 2023. Accessed November 9, 2024. <https://www.cdc.gov/childrensmentalhealth/features/mental-health-children-and-parents.html>

2. Psychology Today. "Mental Health Affects the Whole Family." November 10, 2021. Accessed September 22, 2024. <https://www.psychologytoday.com/us/blog/whats-parent-do/202111/mental-health-affects-the-whole-family>

3. Healthline. "When Family Becomes Toxic." October 25, 2019. Accessed November 9, 2024. <https://www.healthline.com/health/toxic-family>



Healthcare: When and Where

Understanding when and where to seek medical treatment can help ensure you get the right care at the right time. With numerous healthcare options available, it is essential to know where to go based on the urgency and type of medical concern you have.

Here are some healthcare options to consider when medical care is needed:^{1,2}

Telehealth Services:

- Telehealth allows you to consult with healthcare professionals remotely through video calls or by phone. This option is convenient and effective for managing existing chronic conditions, routine follow-up visits, and non-urgent issues. Downloading apps and saving phone numbers ahead of time can help make these services more accessible.
- This option can be particularly useful if you have mobility issues, scheduling conflicts, or live in a remote area.

Primary Care Provider (PCP):

- Your PCP is usually your first point of contact for routine check-ups, preventive care, and management of chronic conditions. They are also essential for providing referrals to specialists when necessary.
- PCPs are ideal for non-urgent health issues, ongoing management of chronic conditions, and preventive care.

Urgent Care:

- Urgent care centers are suitable for conditions that require immediate attention but are not life-threatening. They typically offer extended hours and can handle issues like minor fractures, infections, and sprains.
- This is a good option if you need immediate, in-person care after hours or when your PCP is not available.

Emergency Care:

- Emergency rooms (ERs) are designed for life-threatening conditions that require immediate medical attention, including trauma, heart attacks, strokes, and severe allergic reactions.
- Go to the ER if you are experiencing life-threatening symptoms that could result in permanent damage if not treated promptly.

When traveling, health care services may be more limited. If you are traveling abroad, check with your insurance carrier before your trip to understand your coverage options and determine whether additional travel insurance may be needed.³

Seeking timely medical attention is an important step to protecting your health. By staying informed and knowing your options, you can take charge of your health and choose affordable care options with confidence.

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1. Mayo Clinic. "Emergency vs. Urgent Care: What's the difference?" September 3, 2020. Accessed November 10, 2024. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/emergency-vs-urgent-care-whats-the-difference>
2. American Medical Association. "Telehealth, in-person diagnoses match up nearly 90% of the time." Oct 10, 2022. Accessed November 10, 2024. <https://www.ama-assn.org/practice-management/digital/telehealth-person-diagnoses-match-nearly-90-time>
3. Nerd Wallet. "Travel Medical Insurance: Emergency Coverage While You Travel Internationally." September 19, 2024. Accessed November 10, 2024. <https://www.nerdwallet.com/article/travel/travel-medical-insurance-emergency-coverage-travel-internationally>

FAMILY-STYLE TURKEY AND BLACK BEAN TACOS

The toppings are approximate and can be adjusted based on preference and dietary restrictions. The Greek yogurt is a high-protein, healthier alternative to traditional sour cream and adds creaminess without excessive fat. Dark leafy greens can substitute for lettuce to add more nutrients.

Family meals like this encourage conversation and allow children to be involved in healthy eating choices, learning about nutrition and the importance of a balanced diet. Adjusting the spice level of the taco seasoning can make the meal more kid-friendly if needed. It leads to comfort and familiarity, establishing regular family activities that contribute positively to mental health while managing nutritional needs.



Nutrition Facts (for two tacos, portion size may vary)

Calories: 500-600 kcal

Protein: 40-50 g

Total Fat: 20-25 g

Saturated Fat: 5-7 g

Monounsaturated Fat: 7-10 g

Polyunsaturated Fat: 2-3 g

Carbohydrates: 45-55 g

Dietary Fiber: 10-15 g

Sugars: 5-7 g

Sodium: 800-1000 mg

Cholesterol: 80-100 mg

Ingredients

- 1 lb lean ground turkey
- 1 can (15 oz) black beans, drained and rinsed
- 1 packet taco seasoning (or homemade mix of cumin, chili powder, garlic powder, and salt)
- 8 whole grain or corn tortillas

For serve-yourself toppings:

- 1 cup shredded lettuce
- 1 tomato, diced
- 1 cup shredded cheese (cheddar or Mexican blend)
- 1/2 cup Greek yogurt (as a substitute for sour cream)
- 1/2 cup salsa
- 1 avocado, diced

Instructions

1. In a large skillet, cook the ground turkey over medium heat until no longer pink. Drain excess fat if necessary.
2. Add the black beans and taco seasoning to the skillet. Add water as needed and let the mixture simmer for about 5 minutes until flavorful and heated through.
3. Warm the tortillas according to the package instructions.
4. Prepare the toppings and place them in serving bowls.
5. Let everyone assemble their own tacos with the turkey mixture and their chosen toppings.