



## UPCOMING EVENTS



### Biometric Screenings

Get a snapshot of your current health  
**PLUS** \$75 in Personify Health Rewards Cash!

*Fasting is recommended for more accurate results, however it is not required.*

**One make-up day is now available!**

***If you were unable to participate in the on-site event at your location, this make-up event is for you!***

#### Make-Up Event Details:

- **Date:** Friday, 3/14
- **Time:** 1:00 PM - 4:00 PM
- **Location:** Paradigm 103

#### Biometric Screening Results FAQs

##### When will results and rewards be updated in Personify Health?

- All participants who signed the authorization waiver will see their results and Rewards Cash reflected in Personify Health by the end of the month.

##### What are the next steps after completing a biometric screening?

- Talk with your primary care provider about your results. They can help you understand what these values represent in the context of your general health, and can help you develop a personalized plan to improve on any areas of concern.

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## Event Cancellation



**The Mammogram and Bone Density Scan Event previously scheduled for March 14, 2025 has been cancelled due to low appointment registration.**



## WHY PRIMARY CARE MATTERS

When it comes to taking charge of your health, primary care is your best ally. As the first stop for all your healthcare needs, primary care offers a range of benefits that can help you live a healthier, happier life.

**Here are some key reasons why having a primary care provider (PCP) is essential for you:**

1. **Your Health Partner:** Think of your PCP as your health partner. They are there to guide you through every stage of life, offering advice, treatment, and support tailored to your unique needs. Whether it's a routine check-up or managing a chronic condition, your PCP is your go-to resource.
2. **Preventive Care:** Prevention is better than cure, and your PCP is key to keeping you healthy. Regular visits can help catch potential health issues early, through screenings and vaccinations, and provide you with lifestyle advice to prevent diseases before they start.
3. **Personalized Attention:** With a PCP, you get personalized care. They know your medical history, understand your lifestyle, and listen to your concerns. This relationship means you receive care that's tailored specifically to you, making it more effective.
4. **Simplified Healthcare:** Navigating the healthcare system can be overwhelming, but your PCP simplifies it for you. They coordinate with specialists if needed, ensuring you receive comprehensive care without the hassle of managing multiple appointments and treatments on your own.
5. **Cost Savings:** Regular visits to your PCP can save you money in the long run. By focusing on prevention and early treatment, primary care reduces the need for expensive emergency room visits and specialist care.
6. **Better Health Outcomes:** Regular interactions with your PCP can lead to better management of chronic diseases, lower mortality rates, and improved overall health.
7. **Peace of Mind:** Knowing you have a trusted healthcare provider to turn to gives you peace of mind. You can rest easy knowing that your health is in good hands and that you have someone to rely on for all your medical needs.

Primary care is not just about treating illnesses; it's about building a relationship that supports your health journey. By choosing a primary care provider, you're investing in your long-term health and well-being. Make sure to schedule regular visits and take advantage of the comprehensive care they offer. **Your health is your most valuable asset—take care of it with primary care.**

# BENEFITS DID YOU KNOW:

## Cardinal Wellness Clinic

The Cardinal Wellness Clinic is a convenient and affordable option for a wide range of your healthcare needs.

The Cardinal Wellness Clinic is available to all benefit eligible employees and immediate family members, including an employees' spouse and children up to age 26, living within their household.



### Available Healthcare Services Include:

- **Sick Visits:** Services to help address strep testing, pink eye, UTIs, ear aches, stomach illness, rashes, and more.
- **Acute Injury Care:** Services to help address strains/sprains, minor lacerations, splinter removal, burn care, and more.
- **Preventive Care:** Services such as blood pressure checks, flu shots, sports physicals, TDAP vaccines, and more.

For more information on locations, hours, and additional services, click [here to visit the Wellbeing section of the Mentor Public Schools Benefit Portal](#)



## CREAMY AVOCADO PASTA

### Ingredients

- 12 oz. dry spaghetti or pasta
- 2 ripe medium avocados (about 6 oz. each), halved and pitted
- 1/2 cup lightly packed fresh basil leaves
- 1/2 cup lightly packed baby spinach
- 2 cloves garlic
- 2 tbsp freshly squeezed lemon juice
- 1 tsp kosher salt
- 1/4 cup olive oil
- Optional: Parmesan cheese or cherry tomatoes



### Instructions

- Bring a large pot of salted water to a boil. Add the pasta and cook until al dente, 8 to 10 minutes, or according to the package directions. Meanwhile, make the sauce.
- Scoop the avocado flesh into a blender. Add the basil, spinach, garlic, lemon juice, and salt. Blend until smooth, about 1 minute. With the blender running, drizzle in the olive oil and blend until incorporated; set aside.
- Drain the pasta in a colander, then transfer to a large bowl.
- Pour the sauce from the blender onto the pasta and toss to coat. Top with parmesan cheese, cherry tomatoes, or other desired garnish. Serve immediately.

**Time:** Prep: 5 min. | Cook: 10 min. | Total: 15 mins. **Servings: 4**

**Nutrition:** Calories: 545, Carbohydrates: 71g, Protein: 12.9g, Total Fat: 14.1g, Fiber: 7.4g

Source: [The Kitchn: How to Make Creamy Avocado Pasta](#)

# CHRISTINA RAFTERY, CNP

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Christina Raftery, CNP, is a family nurse practitioner at Northcoast Family Practice in Concord. A native of Northeast Ohio, Christina (Tina) received her Associate of Science in nursing from Cuyahoga Community College and her Master of Science in nursing from Herzing University in Kenosha, Wisconsin. She also received an Associate of Science degree in American sign language and a Master of Science in teaching from the University of Akron.



Tina's professional interests include care across the lifespan, including preventive care, community medicine, LGBTQ health, and patients with sensory and developmental disabilities. Tina loves working as a nurse practitioner because she doesn't just assess a patient's physical health, she also considers the environmental factors that influence health.

When she's not working, Tina enjoys spending time with her wife, daughter, granddaughter and dogs. She also loves camping and traveling.

## Welcoming New Patients

Call 440-352-4535 to schedule an appointment today.





# HEALTH COACH INFORMATION

## MARCH 2025

All Mentor Public Schools employees are invited to utilize the free Health Coach services, including:



### 1:1 HEALTH COACHING

125 PERSONIFY HEALTH POINTS

Meet 1:1 with Health Coach Bridget Evans to discuss anything related to physical health, emotional health, or goal setting. If you're not sure where to start, don't worry - you'll work together to figure out a plan!



### WEBINAR: EMPOWER YOUR MIND

3/18 at 10:30am (30 mins)

Understanding what we can and cannot control is an important factor in the choices we make related to mental strength. This session focuses on enhancing your emotional control and ability to focus, mentally grow, and build resiliency.



### OUTDOOR SPRING WALK

3/26 at 3:30pm (30 mins)

Let's get some winter movement! Join us at Veteran's Memorial Park for a 1.5 mile walk around Cardinal & Swamp Forest Loop.



**Learn More & Sign Up:** [mentorschoolshealthcoaching.com](https://mentorschoolshealthcoaching.com)

**Questions? Email Bridget Evans:** [bevans@wellnessiq.net](mailto:bevans@wellnessiq.net)