

YOU FIRST

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

Winter 2023 Member Newsletter

It is officially winter, with the dark days, cold weather, and snow (for some). We hope you enjoy the winter season and any festivities or holidays you are taking part in.

Below we talk about cervical cancer awareness, exercising in winter, billing You First, and You First membership kits.

Take care,
The You First team
(*Siobhan, Melissa, Megan, Bev, Gwen, Justin, Ali, and Sue*)



Breast and Cervical Cancer Screening

January is Cervical Cancer Awareness Month

This is a time to check that you are up to date with cervical cancer screenings. Pap test and HPV tests are the two tests that screen for cervical cancer. Many people will get both the Pap and the HPV test at the same time.

If your test result was normal, they may tell you to come back in 3 to 5 years. If your test result comes back with any concerns, they may do more testing, like a colposcopy, or ask you to come back in 6 months or one year to be screened again.

The HPV virus is what causes cervical cancer. Most people will get HPV in their lifetime, and for many people it will go away on its own without any treatment. Regular tests can help health care providers find any changes and keep track of them before they could turn into cervical cancer.

The HPV vaccine targets the most aggressive forms of HPV that turn into cancer. People who have been vaccinated against HPV should still get regular cervical cancer screenings. Talk to your health care provider if you are interested in the HPV vaccine, which is approved through age 45.

Age 21-65?

Schedule your Pap and HPV tests every 3-5 years.

At higher risk for cervical cancer?

Talk with your health care provider about how often you should get screened for cervical cancer.

YOU FIRST

Heart Health Program

Great news!

Vermont's You First program is excited to announce that we received another 5-year grant from the CDC (Centers for Disease Control and Prevention) to continue our heart health program. The new grant started on October 1 and comes with a few changes to the heart health program. One of the biggest changes is that the age range for the heart health part of the program is 35-64 (it previously was 30-64).

The heart health program remains mostly the same. Please get your blood pressure, cholesterol, and blood sugar measured by your health care provider and sent to You First. Then fill out and mail in your Heart Health Questionnaire. After You First has received your screening results and answers to the questions, our health coach, Siobhan, will be in touch to support you with reaching your heart health goals.

Trying to safely exercise in the winter?

There are many ways to stay active both indoors and outdoors during the winter months, but the cold and darkness require extra planning.

- Darker afternoons mean that you need to consider a flashlight, headlamp and reflective gear.
- Cold weather means you need to consider wearing layers, good materials that will prevent you from getting wet (like moisture-wicking shirts, wool socks, and waterproof coat), and ensuring you have your hands and ears protected.
- If it is slippery outside, you want to walk like a penguin (take short steps keeping one foot underneath your center of balance, keep your hands out of pockets to help balance or catch yourself if you are going to fall). If it is slippery, you may decide to stay inside for an indoor exercise.

There are many indoor exercise opportunities to try in your own home and community.

- You can try an online exercise video for yoga, stretching, dancing, tai chi, or another favorite way to move your body.
- Consider what is already around you—does your building have stairs you could walk up and down, or do you have some light weights or other objects at home to lift for some strengthening exercises?
- Could you do an extra lap around the grocery store or an indoor mall for some more steps in your day?
- Could you host a dance party with your family and have everyone choose a song to bring to the 'party'?

We would love to hear your creative ideas for staying active in the winter!
We have a [calendar to track your fitness activities for 2024](#). Email us if you would like a copy mailed to you.

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!

We will need your blood pressure, cholesterol,
and blood sugar results from your doctor's visit on
October 1 or later.



Additional Information and Opportunities

Billing You First

Do you need You First to pay for some or all of an upcoming service?

Please remember to bring both your member card and your provider report form to your visit. These are both in the mail you receive from us when you enroll or renew your membership. Your member card has important information, including your billing number and coverage dates. Please be in touch with us if you can't find your card for your appointment.

By giving your doctor this card, you can help You First billing go more smoothly.

Please let us know if you receive a bill that should have been sent to us.

If you change your address, your health insurance, or your name—please let us know! If you have a change in income, you do not need to tell us until your next renewal.

If you are worried about out-of-pocket costs, please use your provider report form during your visit. This form shows what services You First can pay for, and using it can help keep your appointment on track for You First to pay for the entire visit.

Welcome to
You First

Please detach your member card below and keep it in your wallet to share with your doctor's office when checking in.

Questions? Contact us by email or phone for help using your You First benefits.

 YouFirst@vermont.gov

 800-508-2222

 CUT HERE

YOU FIRST

VERMONT DEPARTMENT OF HEALTH

First and Last Name

Unique Identification Number

Coverage Dates

 YouFirstVT.org

 800-508-2222

Open Enrollment

There is still time to sign up for a [new health insurance plan for 2024](#). You can sign up for a plan through January 15.

Member Survey

Thank you to our members who took the You First membership survey! We appreciate the feedback you gave us about how the program is doing, what you know about the program, and ways we could make You First better.

Our survey showed that many You First members are not aware of all the benefits of You First. Most of you said you knew You First can pay for mammograms, Pap tests, and heart health screenings.

Did you know that:

- You First can provide transportation to mammogram, Pap test, and heart health appointments. For questions about transportation or to get a ride set up, please call Megan at 1-800-508-2222 or email at YouFirst@vermont.gov.
- You First can provide blood pressure monitors so that you can measure your blood pressure at home every day. Please be in touch with any questions.
- You First can help guide you through the health care system. Have questions about who to call, what to do next, how to find a doctor, or when to set up your next appointment? We are here to make health care easier for our members.

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 your preference, we may run out of hats). 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.

You First Member Highlights



Here are a couple photos from You First members who used their Farm to Family coupons to get fresh produce at Vermont farmers markets this year.

- "It's such a delight to eat fresh organic foods that I would never be able to afford in the grocery store. Many Thanks!" - member from South Burlington
- "I just received the package for the apples in the mail yesterday. Thank you so much for all this program does for everyone that needs your services. You First is amazing!!" - member from St. Albans
- "Thank you so much for all of the work and outreach that You First does to provide these kind of super special bonus treasures!" - member from Plainfield

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.

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 December 25, January 1 and 15, February 19, and March 5 for state holidays.

You can call us at 1-800-508-2222, email us at YouFirst@vermont.gov, fax us at 802-657-4208, or mail us at Vermont Department of Health, PO Box 70 Drawer 38, Burlington, VT 05402.

Please note that our office will be moving in early 2024 and we will share our new Waterbury address when that happens.

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](#).

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



YOU FIRST

VERMONT DEPARTMENT OF HEALTH

1-800-508-2222

YouFirst@vermont.gov

www.YouFirstVT.org



You First | Vermont Department of Health, 108 Cherry Street, Burlington, VT 05402

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