



RECOGNIZING DOMESTIC ABUSE

Domestic abuse or violence refers to abuse, whether physical, sexual, or emotional, from someone in your life. Often this abuse goes unreported due to fear or wanting to protect the abuser.

Signs of domestic abuse from a partner include:

- Verbal abuse such as insulting, demeaning, or shaming you
- Extreme jealousy
- Preventing or discouraging you from spending time with family or friends
- Intimidation or threats
- Any physical violence or destruction of belongings

If you or someone you love are experiencing abuse, there are resources to help.

Contact the National Domestic Violence Hotline at 800-799-SAFE (7233) or text START to 88788.



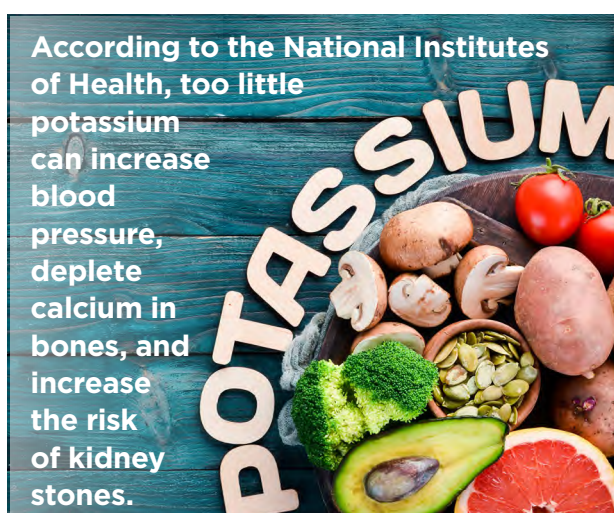
PLENTY OF POTASSIUM

Potassium is a mineral that's also classified as an electrolyte since it's highly reactive in water. It's the third most abundant mineral in the human body, helping to regulate fluid, send nerve signals, and regulate muscle contractions.

What are the benefits?

Eating a diet rich in potassium as well as staying hydrated can help maintain fluid balance. This refers to the balance of fluid and electrolytes inside and outside of your cells. When they are out of balance, you can become dehydrated, affecting your heart and kidneys.

Potassium helps generate nerve impulses, which help regulate your muscle contractions, heartbeat, reflexes, and other body functions. Getting enough potassium helps maintain healthy nerve function.



What foods are high in potassium?

- Beet greens
- Yams
- Bananas
- Pinto beans
- Portobello mushrooms
- Avocado
- Salmon

Experts recommend getting 3,500-4,700 mg of potassium daily.

BENEFIT SPOTLIGHT

PREVENTIVE VS. DIAGNOSTIC CARE



How do you know what is classified as preventive care and what is diagnostic care?

The goal of preventive care is to detect problems before symptoms develop. Diagnostic care's goal is to diagnose or treat current symptoms. You typically receive preventive care during your physical, while diagnostic care happens if a screening detects abnormal results or you're having symptoms of something.

Some procedures can be classified as either preventive or diagnostic depending on the situation, leading to them being billed differently. Typically, preventive care includes immunizations, lab tests, and screenings. Diagnostic care is more specific, usually targeted after symptoms occur or after abnormal test results. Examples include a colonoscopy after symptoms of rectal bleeding or a mammogram after detection of a breast lump. Check your benefits guide to see how preventive and diagnostic services are covered under your plan.

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