With Halloween and Thanksgiving around the corner, unhealthy snacks may make their way onto your shopping list. While it’s sometimes OK to nibble on less-than-healthy foods, giving your family and friends a healthy meal may be the best holiday treat of all.

For Halloween, trick-or-treaters (and their parents) will appreciate these goodies:

- Snack pretzels
- String cheese
- 100% real fruit juice boxes
- Sugar-free gum
- Crackers

For Thanksgiving, make these choices:

- Sweet potatoes
- Whole-wheat rolls
- Fresh fruit salads
- Simple vegetable soups (no cream-based soups)
- Frozen yogurt (instead of ice cream)
- Applesauce

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Good Bags, Reusable shopping bags are everywhere. They help the environment, and they are cool to carry around. They can also be harmful because most people don’t know that reusable bags should be washed regularly. Cleaning your reusable bags will help to get rid of bacteria that can make you sick.

Keep your bags clean with these four easy-to-remember tips:
- Separate: When you go shopping, always use the same bag for meat, fish, fruits, and vegetables.
- Wash: Wash your reusable bags and each use. Fabric bags go on a washing machine, and plastic bags can be washed by hand. Scotch your reusable plastic bags in a water, bensejine, and orange juice.
- Hang: Dry your bags in direct sunlight after washing them. You can also let them air dry on a clothesline.
- Cool: Don’t leave your bags in hot places. You can reuse them but bacteria grow faster.

Bad Bacteria

Diabetes Annual Labs and Examination Reminder

If you have diabetes, get this following tests every year to make sure your body stays healthy. Knowing your numbers help give the control you need to make changes in your life.

<table>
<thead>
<tr>
<th>Test</th>
<th>What?</th>
<th>Time of testing</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1C</td>
<td>A test that shows if your blood sugar has been in control over the last 3 months.</td>
<td>Every 6 months</td>
</tr>
<tr>
<td>Foot Exam</td>
<td>A test that shows how much callus, blister, or rough skin is on your feet.</td>
<td>At least two times a year</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>A test that shows how hard your heart is working.</td>
<td>Goal for most people is less than 140/90.</td>
</tr>
<tr>
<td>Kidney Test</td>
<td>A test that tells how healthy your kidneys are.</td>
<td>Goal for most people is less than 100.</td>
</tr>
<tr>
<td>Eye Exam</td>
<td>Diabetes can cause serious eye problems.</td>
<td>One time a year</td>
</tr>
<tr>
<td>Foot Exam</td>
<td>Diabetes can cause serious nerve damage in your feet, so you might not feel foot injuries like cuts, calluses, or ingrown nails.</td>
<td>One time a year</td>
</tr>
</tbody>
</table>

Use the following as a guide to help you plan in case a disaster happens. Your plan should get you through at least three days.

Make a Plan
- Choose a contact person who lives away and tell everyone in your family to call this person.
- Make copies of important documents and take pictures of valuable items stored away from your home.
- Keep your emergency kit in a cool, dry place.

Build a Kit
- Add bottled water, non-perishable food, a flashlight, and a battery-operated radio.
- Include items that help you stay cool and dry in case of flooding.
- Find a safe, secure place for more information on how to prepare for an emergency.

Are You Ready for an Emergency?

Flu Facts

What’s the flu?
The flu is a common infection caused by the influenza virus.

How does it spread?
The flu spreads through droplets when a person sneezes, coughs, or talks. If these droplets get into another person’s mouth, nose, or eyes, that person can get the flu, too.

How do I know if I have the flu?
The flu worse than a cold. It can give you a fever, headache, and body ache, and make you feel sick.

Visit www.healthy.org. For more information on how you should prepare for an emergency.
Welcome to HeartBeat, your Healthy San Francisco newsletter.

Many of us have heard the saying “you are what you eat” and understand its meaning. What you eat can affect your health. A colorful plate with fruit, vegetables, grains, dairy, and protein is something we all want to see. In this issue we discuss the U.S. Department of Agriculture’s new Choose MyPlate program that will help us all make better food choices. A colorful plate with fruit, vegetables, grain, dairy, and protein is something we all want to see. In this issue we discuss the U.S. Department of Agriculture’s new Choose MyPlate program that will help us all make better food choices.

Diabetes

Annual Labs and Examination Reminder

If you have diabetes, get into the following tests every six months to make sure your body stays healthy. Knowing your numbers helps give the control you need to make changes in your life.

<table>
<thead>
<tr>
<th>Test</th>
<th>What to do when you visit your provider:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hgb A1C</td>
<td>A test that shows how much sugar has been in your blood over the last 3 months. Goal for most people is less than 7%.</td>
</tr>
<tr>
<td>Diabetic Eye Exam</td>
<td>A test that shows if you have diabetic eye disease.</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>A test that shows how much blood pressure is in your blood. Goal for most people is less than 140/90.</td>
</tr>
<tr>
<td>Kidney Test</td>
<td>A test that looks for signs of kidney damage.</td>
</tr>
<tr>
<td>Eye Exam</td>
<td>A test that looks for signs of serious eye problems.</td>
</tr>
<tr>
<td>Foot Exam</td>
<td>A test that shows if you have diabetes-related foot problems.</td>
</tr>
</tbody>
</table>

Bad Bacteria

Reusable shopping bags are everywhere. They help the environment, and they are cool to carry around. They can also be harmful because most people don’t know that reusable bags should be washed regularly. Cleaning your reusable bags will help to get rid of bacteria that can make you sick.

Keep your reusable bags clean with these four, easy-to-follow tips:

1. SEPARATE
   When you go shopping, always use the same bagging for fresh meat, fish, fruits, and vegetables.
2. WASH
   Wash your reusable bags after each use. Fabric bags go into a washing machine, and plastic bags can be washed by hand. Susceptible reusable plastic bags in a washer, sense juice, and sour/mold.
3. DRY
   Dry your bags in direct sunlight after washing them. You can also set them air dry on a clothesline.
4. COOL
   Don’t leave your bags in hot spots like your car. Hot cars make bacteria grow faster.

Flu Facts

Here are some frequently asked questions about the flu.

What’s the flu?

The flu is a common infection caused by the influenza virus.

How does it spread?

The flu spreads through tiny droplets when a person sneezes, coughs, or talks. If these droplets get into another person’s mouth, nose, or eyes, that person can get the flu, too.

How do I know if I have the flu?

The flu is worse than a cold. It can give you a fever, headache, and body ache, and, without medical treatment, it can turn deadly.

How can I protect myself?

Ask your doctor about the flu vaccine. You should also:

- Wash your hands often
- Avoid personal items
- Cough and sneeze into your elbow, not your hands

Are you Ready for an Emergency?

A n emergency can happen at any time. If an emergency does happen, it is possible that help might not come for a few days. Are you ready? It is important that you have a plan so you can take care of yourself and your family.

Use the following as a guide to help you plan in a crisis. Your plan should get you through at least three days.

Make a Plan

• Choose a contact person who lives away and tell everyone in your family to call this person.

What to do when you visit your provider:

- Make a list of all the prescription and non-prescription medications that you are taking and show it to your provider.
- Ask your provider about all diabetes-related tests, your lab values, and what they mean.
- Talk to your provider about simple changes you can make to improve your health if any of diabetes-related tests value are high.
- Get details on how you should keep the items that you need to stay healthy, and your car.

Pack items that help you, your pets, and your lamp you need to stay healthy.

How can I keep my shopping bags safe?

Bad Bacteria

- Avoid sharing personal items.
- Cough and sneeze into your elbow, not your hands.
Diabetes

Annual Labs and Examination Reminder

If you have diabetes, get this following tests every year to make sure your body stays healthy. Knowing your numbers helps give you the control you need to make changes in your life.

<table>
<thead>
<tr>
<th>Test</th>
<th>Why?</th>
<th>Goal for most people is</th>
<th>How often?</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1C</td>
<td>A test that shows how much blood sugar has been in control over the last 3 months.</td>
<td>less than 6%</td>
<td>every 3–6 months</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>A test that shows how much blood pressure is in your blood. Cholesterol can damage your blood vessels.</td>
<td>less than 140/90</td>
<td>once a year</td>
</tr>
<tr>
<td>Kidney Test</td>
<td>A test that tells how healthy your kidneys are.</td>
<td>less than 100</td>
<td>once a year</td>
</tr>
<tr>
<td>Eye Exam</td>
<td>Diabetes can cause various eye problems.</td>
<td>Prevent vision loss</td>
<td>every 1–2 years</td>
</tr>
<tr>
<td>Foot Exam</td>
<td>Diabetes can cause serious nerve damage in your feet, so you might not feel foot injuries like cuts, ulcers, or ingrown nails.</td>
<td>Prevent infections in your feet and keep your home well moisturized.</td>
<td>every 1–2 years</td>
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What to do when you visit your provider:

- Make a list of all the prescription and nonprescription medications that you are taking and show it to your provider.
- Ask your provider about all diabetes-related tests, lab values, and what they mean.
- Tell the provider about how she or he can help you be on track and keep your diabetes under control. What your diabetes-related test values should be.
- Set goals that both you and your provider agree on. Make sure to discuss a time frame, what you plan to do, and when you plan to do it.

Good Bags, Bad Bacteria

Reusable shopping bags are everywhere. They help the environment, and they are cool to carry around. They can also be harmful because most people don’t know that these bags should be washed regularly. Cleaning your reusable bags will help to get rid of bacteria that can make you sick.

Keep your bags clean with these four easy-to-remember tips:

- Separate when you go shopping, always use the same bag for meat, fish, fruits, and vegetables.
- Wash your reusable bags after each use. Fabric bags go in a washing machine, and plastic bags can be washed by hand. Sanitize reusable plastic bags in a water, bleach, juice, and orange juice mixture.
- Hang dry your bags in direct sunlight after washing them. You can also let them air dry on a clothesline.
- Don’t leave your bags in a pile. Heat can make bacteria grow faster.

Flu Facts

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How does it spread?
The flu spreads through droplets when a person sneezes, coughs, or talks. If these droplets get into another person’s mouth, nose, or eyes, that person can get the flu.

How do I know if I have the flu?
The flu is worse than a cold. It can give you a fever, headache, and body ache, so you might not know if you have it.

How can I protect myself?

Ask your doctor about the flu vaccine. You should also:
- Wash your hands often.
- Avoid using personal items.
- Cough and sneeze into your elbow, not your hands.

Are You Ready for an Emergency?

An emergency can happen at any time. If an emergency does happen, it is possible that help may not come for a few days. Are you ready? It is important to have a plan so you can take care of yourself and your family.

Flu prevention:

- Get vaccinated.
- Avoid people who have the flu.
- Keep your hands clean.
- Cover your mouth and nose when you cough or sneeze.
- Wash your hands often.
- Avoid触摸people who are sick.
- Stay away from school, work, and other group activities.

Emergency preparedness:

- Make a plan.
- Have an emergency kit.
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Good Treats and Eats

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For Halloween, trick-or-treaters (and their parents) will appreciate these goodies:

- Pretzels
- String cheese
- 100% real fruit juice boxes
- Sugar-free gum
- Crackers

For Thanksgiving, make these:

- Sweet potatoes
- Whole-wheat rolls
- Fresh fruit salads
- Simple vegetable side (no creamy sauce)
- Frozen yogurt (instead of ice cream)
- Applesauce

Renew Your Membership

Watch for your Healthy San Francisco renewal notice in the mail. Once you receive it, call your renewal line to renew before your anniversary date. Please remember to bring these documents on the day of your appointment:

- Picture ID
- Driver’s License or passport
- Proof of savings (recent pay stubs or tax returns for everyone living in your house or utility bill)
- Proof of address (rental agreement, lease, or utility bill)
- Laboratory results

Remember, if you do not renew before your anniversary date, you will no longer receive services from Healthy San Francisco.

For more information, visit www.healthysanfrancisco.org.

Choose MYPLATE

Now there’s an easy way to understand how to eat healthy. The Food and Drug Administration (FDA) has replaced the food pyramid with MyPlate to show you what your plate should look like at mealtime. The new picture is easy to understand. It can help you make better choices when it comes to what you eat and what you feed your family. MyPlate shows all five food groups on an easy-to-remember plate setting. The new design makes portion sizes clear so you’ll know how much fruit, vegetables, grains, protein, and dairy you should eat at every meal.

You can start making better choices today with these tips:

- Eat on a smaller plate to avoid eating too much.
- Make half your plate fruits and vegetables.
- Add more variety to your protein “basket” to include seafood, beans, and nuts.
- Switch to fat-free or low-fat (1%) milk.
- Eat more whole grains instead of foods made with white flour or white rice.
- Cut back on foods that are high in fat, sugar, and salt.
- Drink more water.

Visit www.choosemyplate.gov online to learn more about the FDA’s food rules.
I n January 2014, many more Americans will get health insurance under the 2010 Federal Health Reform law called the Affordable Care Act. But there’s a lot of activity going on right now in preparation for 2014 and Healthy San Francisco is here to help.

• This summer a number of healthy, San Francisco Participants were moved into a new federal program known as SF PATH (San Francisco Provides Access to HealthCare). If you didn’t get information on SF PATH, then you may be eligible.

Healthy San Francisco is here to help:

- Last winter, some healthy, San Francisco Participants received information on California’s new Pre-existing Condition Insurance Plan that provides health insurance to those who have been denied coverage due to a medical condition. If this has happened to you, then it’s not too late to get into this plan. Call (877) 428-5060 (the call is free). you may be eligible.

- Last fall, we let all Healthy San Francisco participants know that young adults up to the age of 26 could stay on their parents’ health insurance, and that health insurance companies that offer group health insurance to your employer will continue to keep you informed about health reform and how it affects you. you can also stay up-to-date by visiting California’s health reform website at www.healthcare.ca.gov.

- Healthy San Francisco will continue to keep you informed about how health reform will affect you. You can also stay up-to-date by visiting California’s health reform website at www.healthcare.ca.gov.

- This spring, a number of healthy, San Francisco Participants were moved into a new federal program known as SF PATH (San Francisco Provides Access to HealthCare). If you didn’t get information on SF PATH, then you may be eligible.

With Halloween and Thanksgiving around the corner, unhealthy snacks may make their way onto your shopping list. While it’s sometimes OK to nibble on less-than-healthy foods, giving your family and friends a healthy meal may be the best holiday treat of all.

For Halloween, trick-or-treaters (and their parents) will appreciate these goodies:

- Cookies
- Sugar-free gum
- 100% real fruit juice boxes
- String cheese
- Pretzels

For Thanksgiving, make these choices:

- Sweet potatoes
- Whole-wheat rolls
- Fresh fruit salads
- Simple vegetable sides (no cream-sauces)!
- Frozen yogurt (instead of ice cream)
- Applesauce

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Renew Your Membership

Watch for your Healthy San Francisco renewal notice in the mail. Once you receive it, call your renewal hotline to schedule your anniversary. It is very important to bring your documentation on the day of your appointment.

- Picture ID (Driver’s License or passport)
- Proof of address (rental agreement, lease, or utility bill)
- Proof of income (Bank statements or utility bill)
- Proof of savings (bank statements)
- Proof of financial hardship
- Proof of dependency
- Proof of citizenship

Remember, if you do not renew before your anniversary date, you will no longer receive services from Healthy San Francisco.

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Now there’s a simple way to understand how to eat healthy. Choose MyPlate (FDA) has replaced the food pyramid with MyPlate to show you what your plate should look like at mealtime. The new picture is easy to understand. It can help you make better choices when it comes to what you eat and what you feed your family. MyPlate shows all five food groups on an easy-to-remember plate setting. The new design makes portion sizes clear so you know how much fruit, vegetables, grains, protein, and dairy you should eat at every meal.

You can start making better choices today with these tips:

• Eat on a smaller plate to avoid eating too much.
• Make half your plate fruits and vegetables.
• Add more variety to your proteins to include seafood, beans, and nuts.
• Switch to fat-free or low-fat (1%) milk.
• Eat more whole grains instead of foods made with white flour or white rice.
• Cut back on foods that are high in fat, sugar, and salt.
• Drink more water.

Visit www.choosemyplate.gov online to learn more about the FDA’s food rules.