

MARCH 2020



START
SPRING
STRONG

**BONUS ARTICLE
OF THE MONTH:**

**THE STORY ON
SENIOR CARE**



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PUSH PAST PROCRASTINATION

We've all dealt with procrastination — avoiding the things you don't want to do. But the problem is you still have to do them ... eventually.

Avoiding procrastination can help you be more focused, accomplish more goals and even create more time to do things you truly enjoy. Here are some tips to avoid procrastination:

Make a list. Hold yourself accountable and cross off your to-do items once they're complete.

Schedule it. Know exactly when you will do the items on your list. Planning ahead and setting aside time to complete a task will help you be more mentally prepared.

Forget perfection. Sometimes we postpone things because we're worried we won't do them perfectly. Cut yourself some slack and do your best work instead of striving for impossible perfection.

Imagine. What's the worst that could happen if you have to do your task? Often, the answer is only that you will have the minor inconvenience of completing the task, followed by the sense of accomplishment once it's complete. Focus on that feeling, and it will give you the push you need to act.

CRANKY FROM CANKER SORES?

Canker sores are small ulcers that form on the interior of the mouth. These annoying little buggers appear on the softer regions like the tongue, the insides of cheeks and inner lips.

Canker sores are often caused by injury to the inner mouth such as biting the inside of the cheek, though some canker sores can be caused by a viral infection, vitamin deficiency or hormone changes. People who have weaker immune systems, are stressed, or have food allergies can experience them more frequently.

Although they are not contagious, they can continue to reappear after healing, which usually takes about a week. But how can you heal them faster?

 **Meds.** You can purchase gels or patches that prevent the ulcer from being further irritated.

 **Saltwater.** Gargle some warm saltwater for a natural remedy.

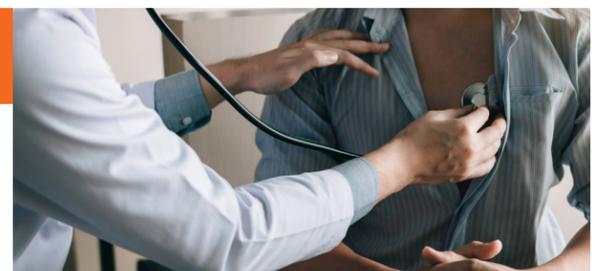
 **Mouthwash.** Use an antiseptic mouthwash to fight infection.

 **Avoid spicy foods.** Staying away from spices, salt or highly acidic foods can help reduce the chance of irritation to the sore.

 **Soft toothbrush.** Use a toothbrush with soft bristles to avoid irritating the sore further.

BENEFIT SPOTLIGHT

PRIMARY CARE VS. SPECIALIST: WHAT'S THE DIFFERENCE?



How do you know what doctor to see? Can you visit your primary care physician for every problem, or should you see a specialist?

Your **primary care physician** (PCP) is your general practitioner. You should visit them for most of your preventive care and health concerns as they come up, such as:

- ❖ Checkups
- ❖ Immunizations
- ❖ Common medical complaints
- ❖ Preventive screenings
- ❖ Initial diagnosis

Your PCP should know you and your health as a whole. They can help you with an overall treatment plan. If you're having a specific problem, your PCP can direct you to a specialist.

A **specialist** is a doctor with advanced education and training in a specific area of medicine. They can provide help with:

- ❖ Management of complex chronic conditions
- ❖ Diagnosis/treatment of rare diseases
- ❖ Diagnosis/treatment of acute conditions like cancer or metabolic disorders
- ❖ Surgery
- ❖ Experimental treatments

There are over 120 classified medical specialties and subspecialties. Some insurance plans require a referral from your PCP before you can see a specialist, while others allow no referral if you stay in network.