

Stay Healthy: *The Importance of Screenings*

Your health is your most valuable asset. The best way to protect it is by staying one step ahead with preventive screenings. These tests help your doctor find health problems early, often before you even feel sick. Don't wait until later in the year—get your screenings done now for peace of mind.

Colon Cancer Screening

Colon cancer is highly treatable when caught early. This screening helps your doctor find and remove growths before they turn into cancer. It is a simple but life-saving step in your yearly health routine.

Breast Cancer Screening (Mammograms)

While many people wait until fall, we recommend scheduling your mammogram now. Getting it done early helps you stay on track and avoids the busy year-end rush.

Cervical Cancer Screening

It is important to stay up to date with your cervical cancer screenings. This routine check is a vital part of your overall wellness plan.

Bone Health (DEXA Scans)

A DEXA scan is a quick, painless test that checks bone strength and helps prevent future fractures. Talk with your provider about whether you need this preventive scan.

Take Action Today

Don't wait! Scheduling your screenings early keeps you ahead of the game.

How to Schedule:

- **App:** Use the MyKelsey app
- **Online:** Visit [MyKelseyOnline](#) (MKO)
- **Phone:** Call 713-442-0000
- **Support:** Call Member Services at 713-442-CARE (2273) (TTY: 711).



A Spring in Your Step: *Riddles and Recipes*

Spring is the perfect time to refresh your routine. Whether you are enjoying the warmer weather or relaxing at home, enjoy this short break for your mind and body.

Sharpen Your Mind: Quick Riddles

Give your brain a mini workout! See if you can solve these three riddles. (Answers are at the bottom of the page.)

1. I have branches, but no fruit, trunk, or leaves. What am I?
2. What has to be broken before you can use it?
3. What gets wetter the more it dries?

A Taste of Spring: 5-Minute Berry Parfait

This light and healthy snack is perfect for a spring afternoon. It's packed with antioxidants and takes almost no time to make!

What You Need:

- 1 cup of low-fat Greek yogurt (plain or vanilla)
- ½ cup of fresh berries (strawberries, blueberries, or raspberries)
- 2 tablespoons of low-sugar granola or chopped walnuts
- A drizzle of honey (optional)

How to Make It:

1. Spoon half of the yogurt into a small bowl or glass.
2. Add a layer of fresh berries.
3. Add the rest of the yogurt on top.
4. Sprinkle with granola or walnuts for a nice crunch.
5. Enjoy immediately!



Riddle Answers: 1. A bank. 2. An egg. 3. A towel.

More Providers, More Care: *Our Growing Team*

Great care starts with great people. That's why we are constantly growing our team to serve you better. We are committed to bringing top doctors and specialists to your neighborhood so you can have a dedicated team by your side.

Expert Care Near You

So far this year, dozens of new doctors, Advanced Practice Clinicians (APCs), and specialists have joined the Kelsey-Seybold family.

These new providers include:

- **Primary Care:** For your everyday health and wellness.
- **Hospitalists:** Doctors who care for you during a hospital stay.
- **Gastroenterologists:** Experts in digestive and stomach health.
- **Endocrinologists:** Specialists in diabetes and hormone health.

By adding more experts, we make it easier for you to get the care you need, right when you need it.

Our Commitment to You

Growing our team is about providing you the best care possible. Whether you see a familiar face or meet a new specialist, you can expect high-quality, coordinated care every time you visit.

Find a Provider or Location Near You

With more experts and more locations across the Greater Houston area, your care team is never far away.

Search Online: Visit [Kelsey-Seybold.com](https://www.kelsey-seybold.com) to find a provider, search by specialty, or see a full list of our clinics.

Schedule an Appointment: Use [MyKelseyOnline](#), the MyKelsey app, or call 713-442-0000.



Improving and Maintaining Physical Health

Take Care of Your Body

Staying active doesn't have to mean running a marathon. Small, daily movements make a big difference!



Keep Moving: Activities like walking the dog, gardening, or light yardwork are great ways to stay fit.



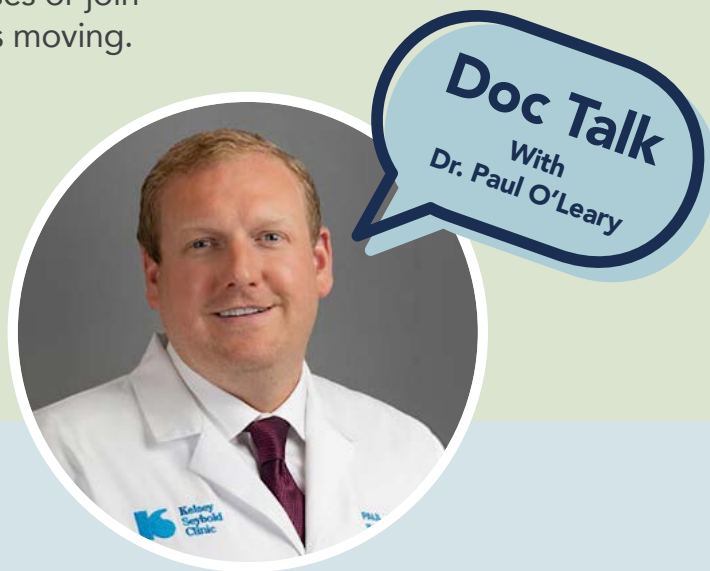
Stay Strong: Try simple stretching exercises or join a local fitness group to keep your muscles moving.



Get Fresh Air: A short walk in the park is a perfect way to boost your energy.



Help at Home: Even light household cleaning counts as physical activity!



Fall Risk Management

Fall Prevention for Seniors

SAFETY TIPS



Exercise Regularly



Review Medications
With Your Doctor



Check Your
Vision & Hearing



Choose Shoes
That Fit Well

SAFE HOME



Install Handrails



Remove Clutter



Use Non-Slip Mats



Make Items Accessible



Improve Lighting

Urinary Incontinence Management

Bladder Health at Any Age

Leak prevention • Everyday confidence • Bladder changes are common—and manageable.

BUILD BETTER HABITS



- Go on a schedule—Every 2–4 hours during the day
- Stay hydrated—Cutting fluids can worsen irritation
- Strengthen support—Pelvic floor exercises can improve control

KNOW WHEN TO SPEAK UP

Talk to your care team if you have:

- New or sudden bladder changes
- Pain or burning
- Frequent nighttime urination
- Leaks affecting daily life
- Some medications may affect bladder control—ask for a review.



YOU'RE STILL IN CHARGE

- Small changes and the right support can make a big difference.
- Talk with your Kelsey-Seybold provider at your next visit.



Improving and Maintaining Mental Health

Take Care of Your Mind

Your mental health is just as important as your physical health. Try these tips to keep your mind sharp and your spirits high:



Challenge Yourself: Stimulate your brain with fun puzzles, crosswords, or word games.



Healthy Habits: Aim for a regular sleep schedule and try to avoid alcohol.



Stay Connected: Spend time with friends and family. Staying social helps keep your mood bright.



Talk to Us: If you ever have trouble with your memory, be sure to talk to your provider. We are here to help!



Give Back: Volunteering or spending time with a pet (Pet Therapy) can reduce stress.



Thrive All Year:

Monthly Tips for Your Health & Happiness

Each month brings opportunities to focus on specific areas of well-being:

April: Stress Awareness

Stress is something everyone experiences, but how you respond to it can make a big difference in your health. Try simple habits like slow, steady breathing, staying physically active, and setting aside time for hobbies that help you unwind. If stress starts to feel unmanageable, reach out to your provider or a trusted support person. Small daily changes can boost your overall well-being.



May: Mental Health Awareness

Mental health matters just as much as your physical health. Take time to care for yourself, stay connected with people who support you, and reach out for help when you need it. If you'd like tools or information, visit [LiveandWorkWell.com](https://www.liveandworkwell.com) and use access code **KELSEY** to explore available mental health resources.



June: Alzheimer's & Brain Awareness

Focus on keeping your brain healthy and recognizing early signs of memory problems. Regular physical activity, healthy eating, good sleep, and staying socially connected all support brain health. If you or a loved one notice ongoing memory loss or confusion, talk with your health care provider. Early evaluation can make a meaningful difference.



KelseyCare Advantage



11511 Shadow Creek Parkway
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Important Plan Information

Connect With Us On Social Media!

Don't miss out! Stay social with us by connecting on our official channels.

If you haven't already, follow us on Facebook, Instagram, and LinkedIn!

On our social sites, you'll find:

- **Timely Updates:** Get immediate notifications on Kelsey-Seybold Clinic news, including changes to hours of operation or closures due to bad weather.
- **Plan Information:** See the latest KelseyCare Advantage plan updates.
- **Health & Wellness Features:** Discover cutting-edge health and lifestyle information you can share with your friends and family.

