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MAGAZINE

Step into motherhood
with CHM's Maternity
Care Solution

Become a woman of valor

Healthy habits for women

May 2025

CHMinistries.org

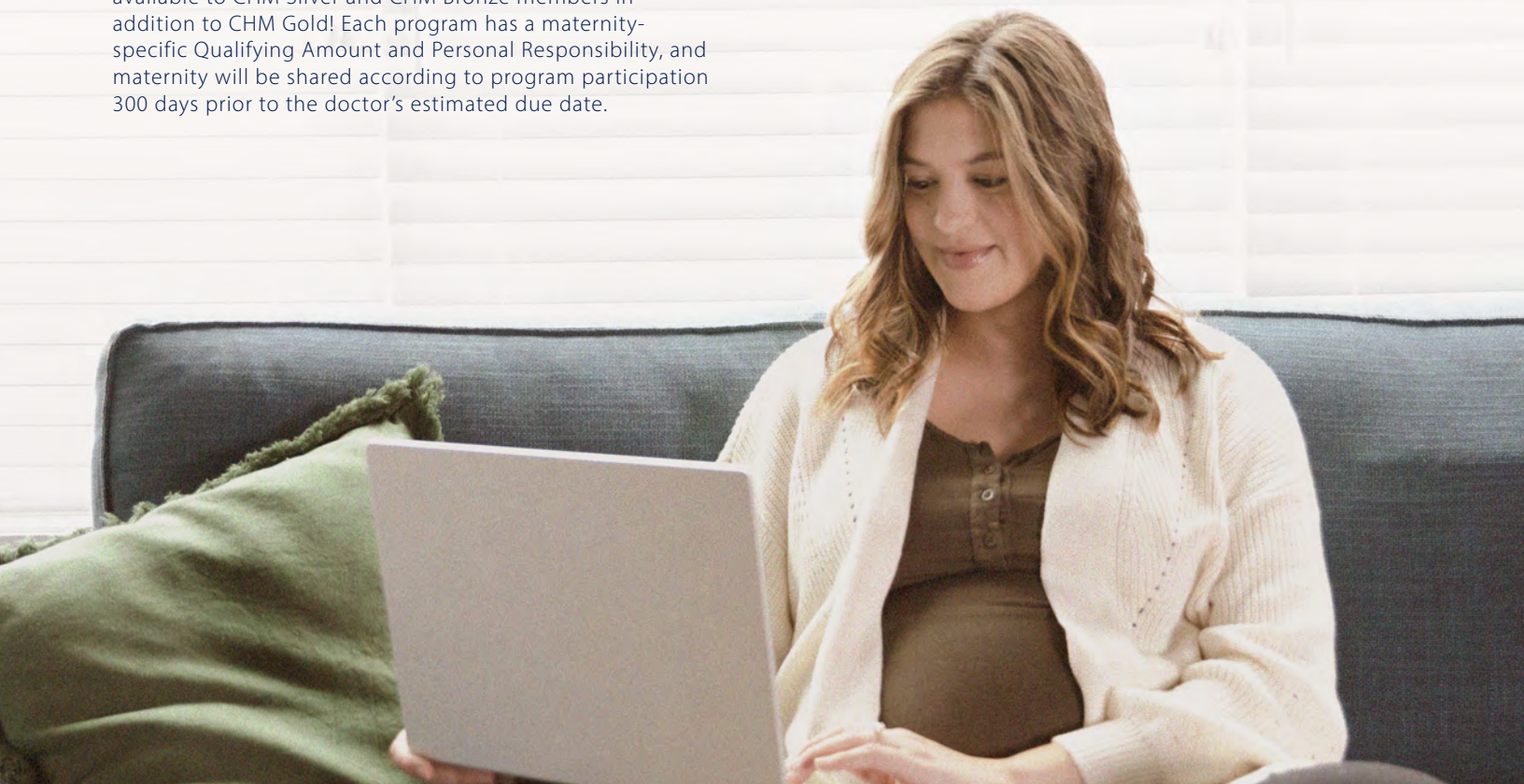


Step into motherhood with CHM's Maternity Care Solution

Happy Mother's Day! CHM loves celebrating mothers, and we do it yearlong through our Maternity Care Solution. With Maternity Care Solution, you receive extensive sharing for eligible maternity-related medical bills, access to a licensed nurse navigator, helpful resources, and spiritual support.

And now, with the 2025 program updates, it's more accessible than ever: Maternity Care Solution (MCS) is available to CHM Silver and CHM Bronze members in addition to CHM Gold! Each program has a maternity-specific Qualifying Amount and Personal Responsibility, and maternity will be shared according to program participation 300 days prior to the doctor's estimated due date.

If you're thinking about switching to a lower program before your maternity bills are completely processed, please call us to learn how it will affect your membership and maternity event.



Become a woman of valor

Proverbs 31 is considered the standard for the "ideal" woman. However, this passage doesn't just apply to just wives, but to women in all stages of life. Uncover what it means to be a virtuous woman in scripture by turning to the one who's already perfect—Jesus.



Healthy habits for women

BY DR. MICHAEL JACOBSON

It's May, which means Mother's Day! Moms—and women in general—face some unique health challenges that deserve special attention. Understanding them and knowing how to care for yourself can help you stay healthy and strong. Here are some health concerns women commonly face and simple ways to support your well-being every day.

Common health concerns for women

Heart disease: Many people think of heart disease as a men's illness, but it's actually the leading cause of death for women in the United States. What complicates matters even more is that women with heart problems often don't have the common symptom of chest pain. Instead, they may experience atypical symptoms, like shortness of breath, nausea, or pain between the shoulder blades.

Breast cancer: This is one of the most common cancers in women. Early detection through regular self-exams and mammograms is critical and can help catch this cancer before it metastasizes, making it easier to treat.

Osteoporosis: Women are more likely than men to lose bone density as they age, especially after menopause, when estrogen levels drop. This can be particularly concerning when osteoporotic women experience a fall, because fractures of the hip or spine can be debilitating.

Depression and anxiety: Mental health issues affect both men and women, but women are nearly twice as likely to experience depression.

Diabetes: Women with diabetes have a higher risk of heart disease than men with the condition. Adult-onset diabetes is most common and is often associated with excess weight.

Other conditions women are more susceptible to include: Reproductive system problems (endometriosis, polycystic ovary syndrome [PCOS], menstrual irregularities), autoimmune diseases (lupus, rheumatoid arthritis), and thyroid issues.

DR. MICHAEL JACOBSON, D.O., M.P.H.

127 Hazelwood Ave., Barberton, OH 44203

☎ 800-791-6225 | 📠 330-848-4322

✉ doc@CHMinistries.org

(My office requires one week for responses. This service isn't intended for acute problems or to replace the advice of your physician.)



HEALTH
WATCH



Healthy habits for women

What can be done about these concerns? A long, healthy life is possible and it's associated with a few basic healthy lifestyle practices.

Get regular checkups: See your primary care physician for annual wellness exams and screenings like mammograms, Pap smears, and blood pressure checks.



Exercise regularly: Aim for at least 30 minutes of activity most days of the week. Walking, swimming, or yoga are great options.

Eat a balanced diet: Focus on fruits, vegetables, lean proteins, whole grains, and healthy fats.

Stay hydrated: Drink plenty of water throughout the day.

Get enough sleep: Aim for 7-9 hours of sleep each night.

Maintain a healthy weight: This lowers the risk of diabetes, heart disease, and cancer.

Take care of your mental, emotional, social, and spiritual health: These always seem to be an after thought. However, they're all inseparably linked and may actually be one of the most important determinants of health. Don't hesitate to talk to a therapist or counselor if you're struggling.

Conclusion

By being aware of these common health concerns and building healthy habits, women can take charge of their well-being. Small, consistent steps can make a big difference over time. Your health matters—make it a priority!

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Did someone say credits? Get ready to earn a \$200 credit for each friend you refer. Here's what that means for you:

Speedy savings: Get a \$200 credit directly applied to your membership as soon as your friend's membership is active.

See the savings stack up: You can keep referring for multiple rewards. That's right, you can earn multiple credits, so start sharing CHM today!

Refer with ease: Simply share your phone number with your friend and they'll enter it when they join. It's that easy.

Welcome credits for friends: When your friend joins, they get 50 percent off one monthly contribution amount.

Ready to get started? Make sure your phone number is updated in your Member Portal so you can get credit when your friend joins!



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127 Hazelwood Ave.
Barberton, OH 44203



@iheartchm

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