



Coach's corner

with **Coach Sarah, BA**

Sarah has a BA in health and kinesiology and is a certified health coach and weight loss specialist through the American Council on Exercise. She enjoys helping people make their plan to living a healthy life easy. Her way of thinking is "One size does not fit all. Each journey is a collaborative effort."

Sarah's well-being tips:

How do you know if you understand your doctor's suggestions? Before you leave, ask yourself if you're sure that you know:

- Exactly how and when to take new medications
- When new treatments should start to work
- How to manage any side effects
- What you can do on your own to improve symptoms



Herb-Roasted Turkey

Never tackled the task of roasting a Thanksgiving turkey on your own? Follow these simple steps for juicy, low-fat meat that's full of flavor from fresh herbs. Serve with Brussels sprouts or sauteed green beans.

MyActiveHealth.com > Resources > Learning Center.

Should you bring someone with you?

Sometimes, it's helpful to bring a family member or friend with you to medical appointments. Here are a few reasons why you might want to do so²:

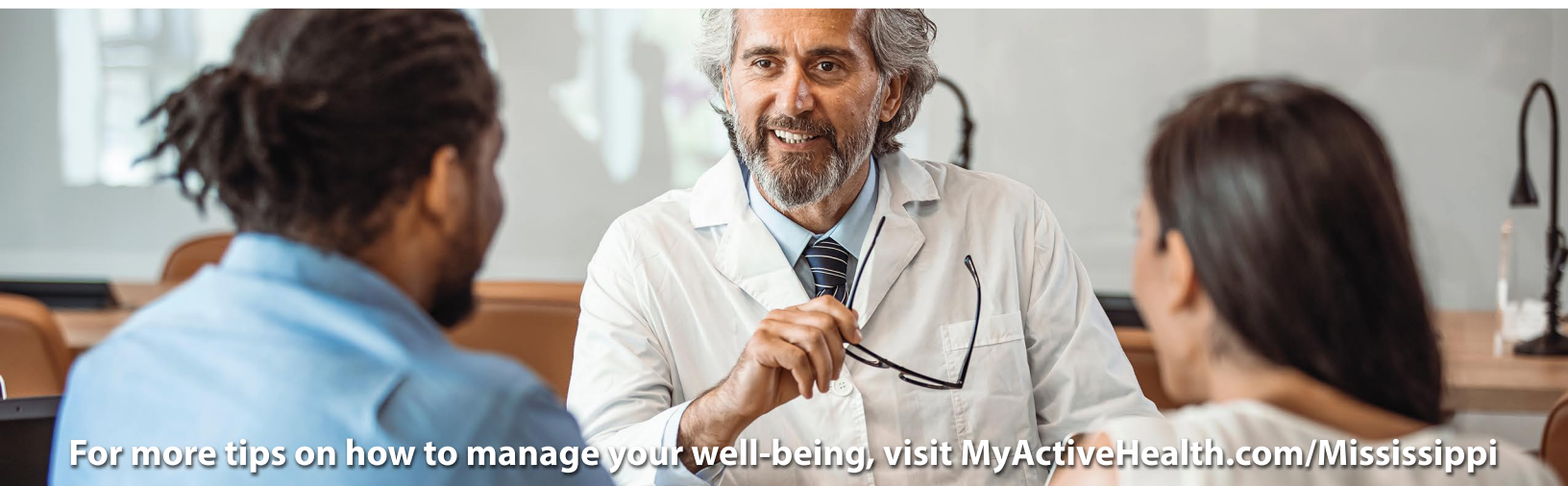
Doctor's visits can be overwhelming.

You may forget to share all your symptoms or miss key instructions. Your loved one can listen and take notes while you and your doctor talk.

You're unsure about your family history. Your parent or sibling may know health problems in your family tree better than you. This helps your doctor assess your risks or if you should get certain tests.

They can help you make decisions.

You may want someone who cares about you there when you talk about the risks and benefits of all your treatment options. They may ask questions you haven't thought about.



For more tips on how to manage your well-being, visit [MyActiveHealth.com/Mississippi](https://myactivehealth.com/mississippi)

2. Comprehensive Cancer Centers: "Benefits of Visiting the Doctor with a Loved One," September 1, 2017. <https://ccnevada.com/benefits-visiting-doctor-loved-one/#:~:text=Also%2C%20a%20doctor%20appointment%20companion,current%20medication%2C%20and%20any%20allergies.>

