

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

February 2023

Healthy habits can play a significant role in managing chronic conditions.

Diet: Eating a well-balanced diet that is low in saturated and trans fats, added sugars, and sodium can help control symptoms and improve overall health. It's also important to drink plenty of water and get enough fiber. In some cases, specific dietary changes may be necessary for specific conditions. For example, a low-sodium diet for heart disease, or a gluten-free diet for celiac disease.

Exercise: Physical activity is important for managing chronic conditions as it can help improve cardiovascular health, manage weight, and boost mood. Exercise can also help reduce stress and anxiety. It is recommended to aim for at least 30 minutes of moderate-intensity physical activity, such as brisk walking, most days of the week.

Stress Management: Stress can have a negative impact on chronic conditions, making symptoms worse. Stress management techniques, such as relaxation techniques, mindfulness, and counseling, can help reduce stress levels and improve overall health. It's also important to prioritize rest and sleep, as well as engage in enjoyable activities and maintain social connections.

It's important to work with a healthcare provider to determine the best healthy habits for managing a specific chronic condition and to adjust treatment plans as necessary.



PEQUOT
PHARMACEUTICAL
NETWORK

PEQUOT
PLUS

Health Benefit Services

PRxN®

Customer Service

1-800-342-5779

1-800-342-5779

PRxN® PBM

Customer Service

1-800-342-5779

1-888-779-6638

Doctors' Line

1-888-779-6362

1-888-779-6362

Doctors' FAX Line

1-888-779-6329

1-800-779-6329

Website

www.prxn.com

E-Mail

pharmacy@mpntn.org

Email

PEQUOT
HEALTH CARE

Pequot Health Care

1 Annie George Drive

Mashantucket,

CT 06338

CT 06338-0049



Mashantucket Pequot
Tribal Nation

Mashantucket Pequot

At Pequot Health Care, we are dedicated to maintaining your good health!