

# BETTERforYOU



**INSIDE:**  
Stuffed Peppers

YOUR HEALTH PLAN NEWSLETTER TO HELP YOU GET AND STAY HEALTHY! • SPRING 2017

## Do Something Good for You

### TAKE ON A FEW HEALTHY HABITS TO HELP YOURSELF FEEL YOUR BEST

It's often the little things that make a big difference in life. Small changes to your everyday routine can have huge effects on your health. Try making these habits part of your day during the coming months. You're likely to start noticing improvements in how you feel and look.

#### RISE AND SHINE

Begin your day 15 minutes earlier and give yourself time to do something good for you. Eat a healthy breakfast, exercise, relax, or get an early start on your commute to feel less stressed. Try going to bed a little earlier so you don't cheat yourself out of sleep.

#### TUNE UP YOUR MEALS

You don't have to give up all your favorite foods for tofu and kale. Think about small changes to your diet. Eat fewer processed meats, which can lower your risk of certain cancers. Look for sources of sugar that you can do without and you'll save empty calories. Make a point to eat at least one more serving of vegetables every day.

#### TAKE A WALK

If you can do only one good thing for yourself, make it walking. A brisk walk on a regular basis can help you lose weight or keep a healthy weight, prevent heart disease and type 2



diabetes, strengthen bones, and improve flexibility. Bonus: You'll be in a good mood.

#### CHECK YOUR NUMBERS

Do you know your BMI? Your blood pressure numbers? Taking steps to adjust your waist size and blood pressure can help you prevent serious health conditions like heart disease. Ask your nurse or doctor if it's time to check your cholesterol or blood sugar. It's also a good idea

to make sure you're up to date on vaccinations and booster shots like tetanus and whooping cough.



#### Spice up your meals

A new study offers more evidence that eating chili peppers may help reduce risk of heart disease.

#### SPRING-CLEAN THE MEDICINE CABINET

Unused or expired medications can be a health and safety risk. Take a few minutes to sort them out of your medicine cabinet. But don't just throw or flush them away. It's best to drop them off during Drug Take Back Day. Visit [doseofrealitywi.gov/drug-takeback](http://doseofrealitywi.gov/drug-takeback) to find a drop-off location near you.

#### Did You Get a Survey?

Every year, we use a survey to ask our members how we're doing. Please help us learn how to improve our services. Fill out the survey if you get one.



# Get Back in Shape

SIMPLE STEPS THAT WILL HELP YOU GET MOVING

People tend to work out  
a little harder when  
working out with a partner.  
It can make exercise  
more fun.



**Here's the truth:** It's hard for most of us to start getting into shape. However, millions of people have done it. One thing they had in common? They took the first step.

"Just start doing something, anything, and do it consistently," says Meaghan Shea, CSCS, a personal trainer in New York City. Shea offers some tips to help get started.

## SET A GOAL YOU CAN REACH

Having a specific target provides motivation, Shea says. Choose a small goal that

seems possible, like losing 5 pounds or walking 20 minutes. Find a way to measure your progress. Whether you're weighing yourself weekly, taking your heart rate after exercising, or noting it's gotten easier to walk up a flight of stairs, you'll see that you're getting better.

## WRITE IT DOWN

Keep track of your workouts and your results. Write down what you did and how long you did it. Seeing those numbers grow over time will help encourage you to keep going.

## SCHEDULE TIME

Make a workout schedule that fits your life. If you're not a morning person, choose another time. The best time is the time you can stick to. Aim for at least 30 minutes a day. Break it up into 10-minute sessions if that's easier for you. Even 10 minutes of moving has benefits.

## START SLOWLY

One of the biggest mistakes about starting exercise is the idea that you have to go hard and fast to get results. "In truth, most people fall off the fitness wagon quickly when they take this approach because they end up too sore or tired," Shea says. Instead, ease into your exercise routine for a few days. Do something you're comfortable with. Walk for 10 minutes, do some easy stretches, or shoot some hoops with the kids.

## BUDDY UP

People tend to work out a little harder when working out with a partner. It can make exercise more fun, and you might pick up some tips as well. Exercising with a group offers built-in support. Join a weekend or night sports league and your teammates will help keep you going. They'll be counting on you.

## DO SOMETHING YOU ENJOY

There are many ways to get the benefits of exercise. Dancing is one of the best. If you have children, get out in the yard or park and play catch or kick a soccer ball around. Being active is what counts.

## MIX IT UP

Variety can help prevent workout boredom. Check out options. Borrow DVDs or fitness guides from your local library to explore different types of workouts at home.

## CUT YOURSELF SOME SLACK

Getting in shape is a journey. Everyone slips up along the way. The key is to get back on track. Think about your reasons for wanting to be fit. Talk to your doctor before beginning any exercise program, and don't be shy about asking for advice.

## Take Care Today, Feel Well Tomorrow

Springtime is a good time to take stock of one's health. Start by making sure you're getting preventive care to help find and avoid problems before you feel sick. Preventive care includes regular checkups, routine blood tests, and certain cancer screenings. The best part: Preventive care is covered and won't cost you anything.

If you have questions about your care, visit our website [mhswi.com](http://mhswi.com), or call Customer Service at 1-888-713-6180.

Robert Lyon, MD  
Chief Medical Officer, MHS Health Wisconsin

## Rights and Responsibilities

As a member of this health plan, you have many rights and responsibilities. These rights cover your treatment, privacy, and access to information.

### Your rights include, but are not limited to:

- The right to receive all services that we must provide.
- Being treated with dignity and respect when receiving care.
- Knowing that your medical record information will be kept private.
- Getting a copy of your medical record and asking for changes or corrections.
- The right to request an appeal from us or from a state agency if you don't agree with our appeal decision.

### Some of your responsibilities include:

- Asking questions if you don't understand your rights
- Keeping your scheduled appointments
- Bringing your ID card with you to all appointments
- Contacting your doctor or nurse if you have a medical need that is not an emergency
- Telling your doctor or nurse if you receive care in an emergency room



To learn more about our privacy policies, your benefits, and your rights and responsibilities, please refer to your Member Handbook. You can view it at [mhswi.com](http://mhswi.com).

## Shop with Your CentAccount Card at Walmart, Meijer's, CVS, Dollar General or Family Dollar!

Complete one of the eligible healthy behaviors below. Reward dollars are put on your CentAccount card. See details on our website at [mhswi.com/rewards](http://mhswi.com/rewards) or call us at 1-888-713-6180.

### EARN REWARDS FOR YOUR HEALTHY ACTIONS

#### HEALTHY ACTIVITY

#### REWARD AMOUNT

- Smoking cessation coaching (once per calendar year) ..... \$20
- Annual breast cancer screening mammogram (women age 50-74) ..... \$20
- Diabetes care – complete all of the following (age 18-75):  
HbA1c blood test, kidney screening, retinopathy dilated eye exam ..... \$50
- Chlamydia test (once per calendar year, women age 16-24) ..... \$20
- Cervical cancer screening (women age 21-64) ..... \$20
- Notify us if you are pregnant with Notification of Pregnancy form ..... \$20
- For going to one prenatal doctor visit in the 1st trimester\* ..... \$25
- For going to five prenatal doctor visits in the 3rd trimester\*  
AND a postpartum doctor visit between 21-56 days after delivery ..... \$25

*\*To be eligible for the pregnancy-related rewards, you must notify us you are pregnant prior to having your baby by submitting a Notification of Pregnancy form. Prenatal visit count begins after we are notified you are pregnant. The CentAccount program is for Medicaid members only and rewards cannot be earned by members who are dually eligible for Medicare and Medicaid.*

## Do You Know Your Benefits?



There is a lot you can learn from your Member Handbook and our website, [mhswi.com](http://mhswi.com). You can learn about:

- How to find a doctor or therapist
- Covered benefits
- Extra benefits like \$100 toward better eyeglass frames or \$80 toward contact lenses

It is important to learn about your benefits so you can make the most of your health insurance. Your handbook is on our website at [mhswi.com](http://mhswi.com) under resources.

Need a paper copy? Call Customer Service at 1-888-713-6180.

You can also visit our website to learn more about ways to take charge of your health, including:

- Our Nurse Advice Line
- Health Management Program
- Rewards Program



## Care Management

If you have several health problems, you may see several doctors for treatment. It can be hard to understand and keep track of those conditions and what to do to care for them. We can help.

We offer Care Management for our members. Care Management is when one of our nurses or social workers:

- Help you understand your health problems; and
- Work with you and your doctor to help you get the care you need.

Our Care Managers can even

help set up home health services.

If you have one or more of the following conditions, you may be able to get Care Management services:

- Diabetes
- Multiple Sclerosis
- Kidney or Renal Disease
- HIV/AIDS
- Hemophilia
- Brain Injury
- Severe Mental Illness

Call us to find out if you may be able to get Care Management.



## Ready to quit smoking? Make it easier with these tips:

**PICK A DATE.** Give yourself about 2 weeks to get ready. That's enough time to mentally prepare but not long enough to lose your motivation.

**START MOVING.** Studies show that smokers are more likely to succeed at quitting if they also start exercising. You won't notice withdrawal symptoms as much. Schedule regular walks with a friend to get some extra support.



**TALK WITH YOUR DOCTOR.** There are lots of aids to help you kick the smoking habit, such as medications, patches and nicotine gum or lozenges. People who work with their doctor are more likely to succeed, and having your doctor on your side lets you know you're not alone.

You can also call **1-800-QUIT-NOW** to connect with trained "quit coaches."

## Let's Talk About Your Future

*You have the right to make decisions about your care.*

What kind of care do you want if you cannot speak for yourself? State your wishes. An advance directive is a form that can help you do this.

**THERE ARE TWO KINDS OF ADVANCE DIRECTIVES:** a Living Will and a Medical Power of Attorney. Your doctor can help you complete one of these forms.

Keep the form in a safe place. Share the location with a trusted family member. Keep a copy with your doctor, too.



### Have questions?

We are here for you. You can reach us anytime at [mhswi.com](http://mhswi.com). Or call Customer Service at **1-888-713-6180**.



### Find Us

#### On Facebook:

Managed Health Services (MHS) – Wisconsin

**On Twitter:** @MHS\_Wisconsin

### Our Mobile App

Our mobile app is now available for iOS and Google/Android devices.

You can download it from the **Google Play Store** and **Apple App Store**. Use the app to find a provider, Click-2-Call, and more.

# Time with Family and Friends Is Good for You

## BEING TOGETHER HELPS IMPROVE HEALTH AND WELLNESS

Here's something you can do to boost your chances of being healthy: Spend time with your family and friends. Scientific studies show that people who have good relationships with family, friends, and neighbors are happier, have fewer health problems, and may even live longer. Here are just some of the positive results.

### STRONG SUPPORT

"Your family acts as your bedrock," says Jeff Guenther, LPC, a therapist in Portland, Oregon. "Often they are our emotional safety net." Knowing that you have family there for you when times are tough allows you to focus on other things besides emotional needs.

### CLOSER TIES

Meals may be the easiest time to get people together. That's great, because eating together is one of the most healthful things we can do. Several studies show that families and friends who eat together tend to have not only closer relationships but also healthier weights.

### BETTER GRADES

Here's another reason to enjoy a family meal. Children who eat dinner with their families at least several times a week tend to do better in school and are less likely to experiment with alcohol and tobacco.

### LESS STRESS

This may not seem true after arguing with your brother-in-law, but time with family can help reduce feelings of stress. One group of researchers found that talking on the phone with Mom can lower the hormones that cause stress.

### LONGER LIFE

Studies have shown that social connections can lengthen one's life as much as not smoking can. A strong network of friends and relatives may also reduce the risks of dementia.

Meals may be the easiest time to get the whole family together.



## Make Physical Activity Part of Your Family Health Plan

Want to do something really good for your family?

It doesn't cost a thing and doesn't take too much time. Encourage your loved ones to be physically active at least 30 minutes a day. Exercise together, or set an example to teach them the importance of being fit. Gently remind everyone of the benefits, including:

- Feeling more energetic
- Sleeping better
- Avoiding weight gain
- Managing stress
- Improving concentration



### POSITIVE INFLUENCE

People who hang out with people who eat healthy foods or who exercise regularly tend to adopt those same good habits. Buddying up with a fit friend may encourage you to stay in shape.

### HOW TO FIND TIME

Family or friend time can be tricky when everyone is busy with work, school, and other important activities, but even a few minutes together is good for you. Here are a few ways to carve out some time during your busy day:

- Invite kids to help you prepare meals and help with cleanup.
- Do chores and errands as a team.
- Take a short walk after dinner.
- Schedule "game night" to play games or cards.
- Save kitchen time by doubling-up recipes and freezing meals for later.
- Turn off the TV, computer, or other electronic distractions.



# Southwestern Stuffed Peppers

COMFORT FOOD THAT'S LOW IN FAT AND HIGH IN NUTRIENTS



## Ingredients

- |                              |   |
|------------------------------|---|
| ½ lb 90% lean ground turkey  | 1 15 oz can black beans, rinsed and drained     |
| 1 onion, diced               | 1 cup cooked brown rice                         |
| 2 cloves garlic, minced      | 4 large bell peppers                            |
| 1 tomato, chopped            | ⅓ cup reduced-sodium chicken broth              |
| 2 Tbsp tomato paste          | 1 cup reduced-fat cheddar or pepper jack cheese |
| 1 tsp chili powder           |   |
| 1 cup frozen corn, defrosted |   |

## Directions

1. Preheat oven to 350°. In a large skillet, cook turkey and onion over medium heat until turkey is browned and nearly cooked through. Drain fat.
2. Add garlic, tomato, tomato paste, and chili powder; stir well. Cook 5 minutes more.
3. Stir in corn, beans, and rice. Cover and simmer on low for about 20 minutes. Check after 10 minutes and add a few tablespoons of water if liquid has cooked off.
4. Remove pepper tops and inside membrane and seeds. Fill each pepper with turkey-bean-rice mixture and place in a baking dish. Pour broth into dish. Cover dish with foil and bake about 30 minutes, or until peppers are tender and beginning to brown.
5. Remove foil, top each pepper with cheese, return to oven and bake 5 minutes more. Serve topped with nonfat yogurt, salsa, or avocado.

## SERVES 4 | PER SERVING:

310 calories, 9 g fat, 3 g saturated fat, 36 g carbs, 6 g fiber, 16 g protein, 390 mg sodium



# Crunchy Slaw Salad

A LIGHT AND SLIGHTLY SPICY SIDE DISH

## Ingredients

### DRESSING:

- 3 Tbsp olive oil
- 3 Tbsp sesame oil
- 1 Tbsp low-sodium soy sauce
- 1 tsp cider vinegar
- ½ tsp powdered ginger
- 1 tsp red pepper flakes

### SALAD:

- 2 cups shredded red or green cabbage
- 2 carrots, shredded
- 1 zucchini, sliced into thin strips
- 1 bunch scallions, trimmed and chopped

## Directions

1. Combine dressing ingredients in a medium bowl. Whisk until well blended.
  2. Combine salad ingredients in a large bowl. Add enough dressing to coat vegetables and toss well.
- OPTION: Top with shredded chicken to add protein and make it a meal.

## SERVES 4 | PER SERVING:

120 calories, 6 g fat, 1 g saturated fat, 10 g carbs, 5 g fiber, 190 mg sodium

# Best Foods for Balanced Blood Sugar

**Steady blood sugar is good for everyone.** It's an important part of being healthy, and not just for people with diabetes. Eating foods that help maintain healthy blood sugar levels can help

maintain a healthy weight, which is key to controlling or preventing diabetes. These foods can also help keep your fuel levels steady and avoid energy spikes and dips.



## NON-STARCHY VEGETABLES

They deliver vitamins and minerals your body needs, plus they're very low in carbs and calories. Aim for at least 2 to 3 servings a day. One cup of cooked veggies is typically 1 serving.

Examples:

- Broccoli
- Green beans
- Carrots
- Peppers
- Squash
- Mushrooms
- Greens
- Cabbage



## LEAN PROTEIN

Your body needs protein to repair cells and build new ones. Meats are carb-free protein, so they won't raise blood sugar. Most plant proteins like beans are low-carb, but check nutrition labels to keep track.

Examples:

- Beans and legumes
- Fish
- Skinless chicken and turkey
- Green peas
- Low-fat dairy
- Hummus



## LOW-FAT DAIRY

Dairy is a good source of calcium for strong bones and tends to be low in carbs. Go for no-fat or low-fat dairy to cut calories and saturated fat.

Examples:

- Fat-free or 1% milk
- Reduced-fat cheese
- Plain nonfat yogurt
- Low-fat cottage cheese
- Unflavored soy milk



## WHOLE GRAINS

These complex carbs are high in fiber and help keep blood sugar steady. Make sure the nutrition label lists a "whole grain" as the first ingredient.

Examples:

- Whole oats/oatmeal
- Whole wheat bread
- Whole wheat pasta
- Whole grain corn meal
- Brown rice
- Bulgur
- Popcorn



## FRUIT

Satisfy your sweet tooth and get the bonus of fiber and key nutrients. Pay attention to serving sizes, though, and avoid fruits packed in syrup or dried fruits with added sugar.

Examples:

- Raspberries
- Blueberries
- Tart cherries
- Peaches
- Oranges
- Pears

## Cook for Your Good Health!

FIND RECIPES AND MORE AT [MHSSAVE.COM](https://mhs.save.com)



➤ You can find ways to eat well and feel great every day with recipes plus fitness and health articles online. Go to [MHSSave.com](https://mhs.save.com) for more ideas.

## Diabetes Checklist



Managing diabetes takes work. But if you do it well, you can live a healthy and active life.

Use this tip list to help you manage your diabetes every day:

- Check your blood sugar levels.
- Brush and floss your teeth.
- Look at your feet for blisters or sores.

You should see your doctor every 3 to 6 months. Your doctor will give you tests to check your overall health, including:

- HbA1c blood test
- Kidney screening
- Dilated eye exam

Our members with diabetes will get \$50 added to their CentAccount if they get these three tests. We can help you manage your diabetes. Call 1-888-713-6180 to learn more.





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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-888-713-6180**. TTY to Voice 7-1-1 or **1-800-947-3529**.

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ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-888-713-6180**. TTY to Voice 7-1-1 or **1-800-947-3529**.

