



**INSIDE**  
Anything Pumpkin

# BETTER *for* YOU

YOUR HEALTH PLAN NEWSLETTER TO HELP YOU GET AND STAY HEALTHY! • FALL 2018

## 8 Tips for a Healthier Fall

### SIMPLE WAYS TO STAY WELL AND FEEL YOUR BEST

For many of us, fall feels like the start of a new year. Vacations are over, the kids head back to school and the days are shorter. It was OK to slack off a bit, but now's a good opportunity to get back to healthier living. Try making these habits part of your daily routine.

**1 HAVE BREAKFAST EARLY**  
People who eat breakfast within an hour of rising tend to maintain a healthy weight and steady blood sugar. Go for whole grains, fruit or veggies, lean protein and a bit of healthy fat. It can be as simple as whole grain cereal with low-fat milk and banana slices.

**2 ORGANIZE TO STAY CALM**  
Stress levels can rise when we feel rushed or out of control. Make a list at the beginning of the week of things you need to do. Use the list to prioritize. Maybe there are things you don't have to do today. Set up places to put keys, school forms, bills and anything else that gets lost easily.

**3 EXERCISE WHEN YOU CAN**  
Life is busy. It's hard to carve out gym time, but you can make fitness fit your day. Walk around the field during your child's sports practice. Do body-weight exercises like squats and lunges during TV ads. Think of exercise as something you can do



in 10-minute blocks. Just three 10-minute chunks of exercise each day are all you need to improve your health.

**4 GO OUTSIDE**  
Folks who exercise outside are more likely to exercise longer, according to a study in the *International Journal of Environmental Research*. Take a hike, ride a bike or do yard work. Just get your body moving and your heart pumping harder.

Anything that gets  
your body moving and  
your heart pumping harder  
is good for you.

**5 KEEP KIDS MOVING**  
Children need exercise just as much as grown-ups. It helps them maintain a healthy weight and sharpens their ability to pay attention. Short bursts of activity are good for kids. Researchers found that when teens take four breaks each day for just 2 minutes of high-intensity exercise, their blood sugar levels, blood pressure and fat metabolism all begin to improve.

**6 MAKE UP FOR LACK OF ACTIVITY**  
On days when you're less active, make smart food choices. Limit or avoid starchy carbs, sugar and alcohol to keep your body from producing fat. Track calories so you don't eat more than you'll use.

**7 BE PREPARED**  
Keep healthy snacks handy. You'll be less likely to grab a candy bar or chips. Wash and cut fruits and veggies in advance. Serve them with low-fat yogurt, almond butter or hummus. Save the candy bar for the occasional splurge.

**8 SCHEDULE A CHECKUP**  
Regular doctor visits can help prevent or treat conditions that might otherwise go unnoticed. Make sure screenings and vaccinations are up to date.

## Fall into Healthy Habits

It can be hard to return to schedules after lazy summer afternoons and carefree days. But there's also a comfort in getting back to routines. Take some time on the weekend to plan your meals for the week and get your groceries. Those hectic weekday nights are easier if you have a plan and the ingredients you need.

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

**Robert Lyon, MD**  
*Chief Medical Officer, MHS Health Wisconsin*



## Resources for You

The Member Handbook is available on our website, [www.mhswi.com](http://www.mhswi.com).

You also can log on to our secure member portal and look up your authorizations and claims.



If you want a paper copy of anything on our website, we will send one.

Our participating providers are shown on our website's Find a Doctor or Provider feature. Check it out at [mhswi.com](http://mhswi.com). If you want a printed list of doctors and providers, we are happy to send one to you. Just call us at 888-713-6180 or send us a message through the Contact Us button at [mhswi.com](http://mhswi.com).

## Care Management

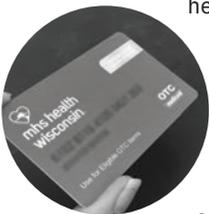
If you have several health problems, you may see several doctors for treatment. It can be hard to understand and keep track of those conditions and what to do to care for them. We can help.

We offer care management for our members. One of our nurses or social workers can help you understand your health problems. They will work with you and your doctor to help you get the care you need. Our care managers can even set up home health services. Call us if you think you need a care manager.



## Use Your CentAccount Card at Walmart, Meijer, Dollar General or Family Dollar!

Complete one of the eligible healthy behaviors on the right. Reward dollars are put on your CentAccount card and you can use them to buy healthy items.



For more details, visit the **Rewards Program** page on our website at [mhswi.com/rewards](http://mhswi.com/rewards).

CentAccount program is for Medicaid members only and rewards cannot be earned by members who are dually eligible for Medicare and Medicaid.

HEALTHY ACTIVITY	REWARD AMOUNT
• Smoking cessation coaching (once per calendar year) .....	\$20
• Annual breast cancer screening mammogram (females age 50–74) .....	\$20
• Diabetes care: Complete both of the following (age 18–75): .....	\$50
HbA1c blood test, retinopathy dilated eye exam	
• Chlamydia test (once per calendar year, women age 16–24) .....	\$20
• Cervical cancer screening (women age 21–64) .....	\$20
• Notify us that 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* .....	\$25
AND a postpartum doctor visit between 21–56 days after delivery	

\*To be eligible for the pregnancy-related rewards, you must notify us that you are pregnant prior to having your baby by submitting a Notification of Pregnancy form. Prenatal visit count begins after we are notified that you are pregnant.

# Pumpkin spice and everything nice for your waistline

Blustery days and colorful foliage mark the return of pumpkin spice coffee drinks and comfort foods that keep you warm. Summer has its own overeating events, but you're probably more physically active in warmer weather than in the fall, says Kristie Finnan, a registered dietitian. "You're always going to have temptations no matter where you go," Finnan says. "[And] people definitely eat to get warm."

To keep things healthy, use these tips to satisfy your cravings without the loaded calories.

## THE CRAVING: Anything Apple

Apple is a favorite autumn flavor, but rather than apple pie a la mode, go for a baked apple topped with cinnamon. Serve it with  $\frac{1}{4}$  cup of granola as your crust and whipped evaporated milk (Whip  $\frac{1}{2}$  cup evaporated milk in a large glass bowl with a hand blender until it's



fluffy). Warm apple cider to wash it down, anyone?

## THE CRAVING: Comfort Food

Swapping salads for creamy soups? "You can definitely make fuller fat recipes healthier," Finnan says.

Try these options on cold days that send you looking for comfort.

- cream of mushroom soup
- loaded baked sweet potato
- roasted veggie Cobb salad



## THE CRAVING: Hot Drinks

Think about café drinks as a treat or reward, not something you buy every day, she says. Ran two miles? Treat yourself to a green tea latte, or save some money when you make your own at home. For a super seasonal coffee, add pumpkin



spice seasoning or cinnamon to your coffee grounds, Finnan suggests. It'll taste as flavorful as the store-made kind, but will save you calories since it won't include sugary syrups.

## THE CRAVING: Anything Pumpkin

Sadly, pumpkin pie isn't the healthiest way to enjoy the antioxidant-rich winter squash.

Try lighter takes:

- pumpkin quick bread
  - pumpkin spice smoothie
  - spiced Honduran yucca cake, a fun alternative to pumpkin desserts
- Or try replacing up to half the potatoes in any recipe with pumpkin, rutabaga, turnips, or any in-season squash or root veggie to add bulk and nutrients to meals.



## Slow Cooker Pumpkin Oatmeal

### INGREDIENTS:

- |                                 |   |
|---------------------------------|---|
| 1 cup steel-cut oats            | $\frac{1}{4}$ teaspoon ground ginger                  |
| 1 cup canned pumpkin puree      | $\frac{1}{8}$ teaspoon ground nutmeg                  |
| 3 cups water                    | $\frac{1}{4}$ teaspoon salt                           |
| 1 cup unsweetened almond milk   | $\frac{1}{2}$ cup chopped toasted pecans, for serving |
| 2 tablespoons maple syrup       | $\frac{1}{2}$ cup dried cranberries, for serving      |
| 1 teaspoon vanilla extract      |   |
| $\frac{3}{4}$ teaspoon cinnamon |   |

### DIRECTIONS

1. In a large bowl, mix oats, pumpkin puree, water, almond milk, maple syrup, vanilla extract, cinnamon, ginger, nutmeg, and salt.
2. Stir until thoroughly combined.
3. Spray slow cooker with nonstick cooking spray.
4. Pour oat mixture into slow cooker. Cover slow cooker and turn to low setting for 7 hours or overnight.
5. Stir mixture before serving. Top each serving with pecans and cranberries.



### SERVINGS: 4

**Per serving:** 269 calories, 13 g fat, 6 g protein, 36 g carbs, 150 mg sodium

# Is Your Smartphone Making You Anxious?

WHAT YOU NEED TO KNOW ABOUT THE CONNECTION BETWEEN TECHNOLOGY AND ANXIETY



Instead of reaching for the phone when you're bored, fill the time with more meaningful activities such as reading a book.

You know the feeling: You reach into your bag or pocket to grab your smartphone and it's not there. That anxious feeling has a name: nomophobia or "no mobile-phone phobia."

America is a smartphone society. More than three quarters of Americans, 77 percent, now own a smartphone. The average adult spends about 2 hours and 51 minutes on a device each day. And while there is not a large amount of research available, psychologists have found evidence that links heavy smartphones use with higher rates of anxiety and depression.

## HOW MUCH SCREEN TIME IS HEALTHY?

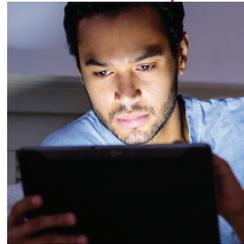
Here are some signs that mental health experts say might mean it's time to ditch the phone and reconnect with the real world.

- **It's been a while since you saw friends or family face to face.**  
This basic social skill is like a muscle—use it or lose it. In a 2015 survey of 100 college students, 92 percent said technology had a negative impact on face-to-face communication. Next time you text, make plans to do something fun together.

- **You think you can multitask.**  
Do you answer emails or text while binge-watching Netflix? Stanford researchers note that "high-tech jugglers are everywhere." But it turns out the brain isn't designed to process multiple streams of information at once. In fact, the multitasker's performance decreases. A better way: Assign each task a specific amount of time to completely focus.
- **You can't handle boredom.**  
Did you get frustrated the last time you forgot to charge your phone or when there was a power outage? Smartphones have put the world at our fingertips, but one of the unintended consequences is that many of us are no longer comfortable with our own thoughts. Next time you're bored, try meditation or reading a book.
- **Social-media is making you miserable.**  
Whether it's your neighbor's vacation posts or photos of your friends' cherubic children, social media makes everyone else's life look perfect. Remember: People only share what they want others to see. Rest assured that they have grumpy kids and laundry piling up, too.

## Power Down for Better Sleep

Your smartphone might be harming your sleep. Some things that cause insomnia are out of our hands, including medical conditions such as arthritis, menopause, chronic pain, sleep apnea, and depression. One factor you can control: your technology habits.



Using a tech device keeps you in wake mode

- The screen's blue light interferes with your sleep-wake cycle. It slows the release of melatonin, a hormone that helps you sleep.
- It may seem harmless to watch a funny YouTube video or relax with a movie before bed, but it keeps your mind from unwinding and your body from resting.

Switch up your nightly routine and power down all devices at least 30 minutes before you turn in.

## STOP SMOKING:

- If you've tried to quit smoking, try again.
- Research shows it takes 4-7 tries before total success.
- For help, call the Quit Line at 1-800-QUIT NOW.



*Jill (pictured above) is a Care Coordinator here at the health plan. Jill tried many times before she was able to quit. She knows you can do it too.*

# Diabetes 101: Fast Facts for Everyone

## FREQUENTLY ASKED QUESTIONS ABOUT THIS COMPLEX CONDITION

If you or a loved one has recently been diagnosed with diabetes or prediabetes, one thing is certain: You've got questions! Certified diabetes educator Karen Kemmis\* answers some of the top questions.

### I was just diagnosed with type 2 diabetes, and I'm overwhelmed. Where do I begin?

Picture a triangle. At the three points are healthy eating, physical activity and diabetes medicine. At the center is checking blood glucose. Those four things are the big areas that you need to manage for good health. A really easy place to start? Find a change you can manage right away, such as cutting out soda or other sugary drinks.

### What should I do if I have prediabetes?

The term prediabetes means blood sugar is higher than it should be. If your doctor has diagnosed you with prediabetes, it's time to start working on ways to improve your health. Find a local diabetes prevention program—many are covered, at least in part, by insurance plans. You can learn lifestyle behavior changes, such as increasing your physical activity or tweaking your grocery list, to make positive adjustments.

### Where should I go for more info on diabetes medications?

For in-depth, unbiased information about diabetes medications and treatment, a great place to check first is the "Living with Diabetes" section at [diabetes.org](http://diabetes.org), which is the website of the American Diabetes Association. And talk to your pharmacist about questions you forgot to ask your doctor.

### What is the diabetes diet?

If I could get preprinted sheets of a "diabetes diet," I would! But there is no such thing. Everyone eats differently, and there are a lot of variables to consider. A registered dietitian who has experience with diabetes can help you make adjustments to your normal eating habits that make sense for you. For instance, I'm not going to eat chicken no matter what, so they wouldn't tell me to! Your meal plan should be tailored to suit your personal preferences and lifestyle. Otherwise you can't stick with it long-term.

### How can I help a loved one with diabetes?

Ask what you can do for them. Don't tell them what to do. Be supportive, and know that they don't have to be perfect to be on the right track. It may help if you offer



to come with them to a diabetes class or appointment. Take notes so they can listen and talk—and they'll have a record of the discussion to refer to later. If you generally cook for them, you'll want to learn the most effective way to prepare meals in order to help them manage their condition.

**\*Meet the expert:** Karen Kemmis, DPT, MS, GCS, CDE, FADE, is a spokesperson for the American Association of Diabetes Educators and a diabetes educator at SUNY Upstate Medical University in Syracuse, New York.

## Watch Your Numbers

The cholesterol blood test measures your LDL cholesterol ("the bad"), HDL cholesterol ("the good"), and total cholesterol. Get a cholesterol blood test once a year and ask your doctor to check your blood pressure.

If your doctor tells you that your numbers are too high, you can help lower your results. Follow these four tips to help your heart:

1. Take your prescription medication, even if you feel fine.
2. Eat a healthy diet, high in fiber, low in salt and fats.
3. Don't smoke.
4. Exercise a few times a week. Ask your doctor for ideas to get started.



# What's the Right Workout for You?

FIND THE RIGHT WORKOUTS BASED ON YOUR HEALTH AND PERSONALITY



## FOR ARTHRITIS

“Avoid overstressing the joint, which causes further inflammation,” says Crockford, “Jumping or heavy weight-bearing activities may be discouraged, depending on the joints involved.”

### On your own:

- Walk in pool, on treadmill, or outdoors on flat surface
- Gentle lap swimming

### With a friend:

- Cycling in easy gears

### In a group:

- Take an aquatic exercise class

## FOR HEART

Healthy eating habits and regular physical activity can save your life. Even so, get the doctor's OK first. Watch the intensity and avoid exercising in extremes like high heat, cold, or high altitudes. Also monitor your heart rate.

### On your own:

- Gardening and lower-intensity yard work

### With a friend:

- Walking
- Gentle lap swimming

### In a group:

- Taking a yoga (but not hot yoga) class

## FOR OBESITY

People with an obesity diagnosis can exercise as much as those who don't, says Crockford. Full-body movements burn calories and improve heart function. Keep cardio low-impact and avoid jumping or running.

### On your own:

- Indoor cycling
- Using a rowing machine

### With a friend:

- Boxing or sparring
- Walking or hiking

### In a group:

- Taking a low-impact group fitness class

Workouts don't work out if you don't like them. That's why American Council on Exercise (ACE) fitness professionals get to know their clients. “Developing a rapport helps the trainer understand what's important to them and the best ways to help them reach their goals,” says ACE exercise

physiologist Jacque Crockford. ACE starts at the right point for you, which depends on your health and fitness levels.

Of course, you need to get the OK from your healthcare team before starting a new fitness routine. Ask if any moves are

off-limits—especially if you have any extra health challenges. There are plenty of options available that appeal to all sorts of workout personalities. In addition to doing some stretching and strength training, include some cardiovascular activities like the ones described above.

## When You Can Expect Care

Waiting is no fun. We have set the following standards as a guideline for appointments. You should not be asked to wait longer than what is listed. Call us. Our Member Advocates can help you if you feel you are waiting too long.

SPECIALIST APPOINTMENTS	
APPOINTMENT CATEGORY:	ACCESS STANDARD:
Routine referral visit	Within 60 calendar days
After-hours coverage	24 hours per day, 7 days per week
Office wait times	Within 30 minutes of scheduled appointment

PRIMARY CARE PROVIDER (PCP) APPOINTMENTS	
APPOINTMENT TYPE:	ACCESS STANDARD:
Routine visit	Within 30 calendar days
Non-Urgent visit	Within 7 calendar days
Urgent Care visit	Within 24 hours
Emergency visit	Immediately, 24/7 without prior authorization
Initial high-risk prenatal care	Within 2-3 weeks
After-hours coverage	24 hours per day, 7 days per week
Office wait times	Within 30 minutes of scheduled appointment

# 5 Questions for a Germ Guru

CHARLES P. GERBA, PH.D., PROFESSOR OF MICROBIOLOGY AT THE UNIVERSITY OF ARIZONA, SHARES TIPS FOR REALLY CLEANING UP

## What's the germiest part of the house?

The kitchen, largely due to the cutting board, sponge, and sink. It's worse than a restroom because of the *E. coli* and salmonella that might be there. Use bleach to clean cutting boards or put them in a dishwasher. Use one plate for salad and another plate for raw meat. Wash your kitchen sponge in the dishwasher or use a cloth that you can wash in hot water. Disinfect the sink more often. Everything gets thrown in there.

## How can I avoid workplace germs?

When someone goes to work sick, the first place that gets contaminated is the break room. Then other workers pick up the germs from there and bring them back to their desks. You can pick up these same germs over and over during the day. The whole idea is to keep the odds in your favor. Using disinfectant wipes and hand sanitizers once or twice a day can disrupt the cycle of germ movement and reduce your chances of getting sick. This also helps at school. Send kids in with sanitizer and disinfectant wipes.

## How often should I change the hand towels at home?

Every two or three days. By then hand towels are likely to have *E. coli* growing on them. I often use paper towels instead. Blood-borne diseases can move between family members through towel use. Wash all towels, bedding, and underwear in hot, not cold, water to kill germs.

## Which is better: Disinfectant wipes or spray and paper towels?

I prefer the wipes. You get the right disinfectant in the right dose. You wipe them around and it gets enough contact with the surface. They work really well. I carry pocket wipes, especially on airplanes. The tray table is one of the germiest parts of a plane.

## What should I know about reusable grocery bags?

The least you can do is use separate bags for raw meat and other foods. I use cotton bags so I can wash them in hot water. Reusable grocery bags seem to be the



least washed thing people have. These bags have a lot more *E. coli* than people's underwear. Many people use their grocery bags to carry other things, including dirty laundry and gym gear. Keep in mind that the bottoms of shoes often carry coliforms, including *E. coli*. Washing shoes with detergent gets rid of 90 percent or more of bacteria. Leave your shoes at the door.

## Thinking of Having a Baby?

Start Smart for Your Baby is a program that we offer at no cost to you. We can help you manage your pregnancy and the baby through his or her first year of life. Just let us know when you are pregnant.

### Find out about:

- Eating healthy for your baby
- The importance of prenatal care
- Postpartum depression
- CentAccount Rewards during your pregnancy

### Visit:

[centene.com/programs/start-smart-for-your-baby.html](http://centene.com/programs/start-smart-for-your-baby.html)



## Get Your Flu Shot

Everybody 6 months and older should get the flu shot. It helps you, your family, and our community to stay healthy. New research shows that when healthy people get vaccinated, it reduces the spread of the flu. Here are some other things that help you avoid colds and flu.



- Wash your hands often
- Don't touch your face
- Avoid big crowds and sick people
- Eat healthy foods
- Get enough sleep



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Photo: Getty Images