



INSIDE
Roasted Cheesy
Cauliflower

BETTER *for* YOU

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

Start Walking for Better Health

TAKE THESE SIMPLE STEPS TO GET FIT AND FEEL YOUR BEST

If you decided today is the day you're going to start exercising—Congratulations! Just deciding to work out is more than half the challenge. You can get started right now with nothing more than a good pair of shoes. Just start walking.

"Anyone can walk. If you can't make it around the block just yet, walking can be a way of building up strength and fitness," says Michele Stanten, author of *Walk Off Weight* and an ACE-certified fitness instructor. You can do it on your own time, no need to adhere to gym schedules. If you already have a fitness routine, add walking into your mix.



If you need help
getting motivated,
make a walking group
with friends or
coworkers.

"Get out there every day so you get into that habit and it becomes something you want to do," she says. Start with 5 to 10 minutes a day, at a time you can stick with. Each week, add another 5 minutes until you reach your goal of 30 minutes. It doesn't matter if you do it in 5-minute blocks or all at once.

If you need help getting motivated, or fitting

a walk into your schedule, break up your walking time—10 minutes in the morning, 10 in the evening—or make a walking group with friends or coworkers.

STEP IT UP

Once your walking routine feels comfortable, it's time to take it up a notch with intervals. "Intervals" may sound like you'll be sprinting around a track, but it's actually

beginner-friendly. When you do intervals, you switch between going faster and going slower. Use the "1:2" rule, which means one set of increased intensity to every two sets of easier. Stanten suggests planning your interval training around either time or distance challenges (see "Intervals" above).

To boost your speed, take short, quick steps. Pretend you're really late for an appointment. Walk as fast as you can to make that appointment, or pick a person ahead of you and try to catch up with them.

If you live in a hilly area, use the hills for your challenge intervals. Stairs work, too. Anything that challenges your breathing helps increase your fitness levels.

INTERVALS

TIME

Warm-up: 5 minutes at an easy, comfortable pace
Challenge: 30 seconds as fast as you can
Rest: 60 seconds at your starting pace
Continue: for 30 minutes or until the end of your walk

DISTANCE

Warm-up: 5 minutes at an easy, comfortable pace
Challenge: 1 block as fast as you can
Rest: 2 blocks at your starting pace
Continue: for 30 minutes or until the end of your walk

Did You Get a Survey?

We use a survey to ask our members how we're doing. This will come in the mail from a company called Morpace.

Please help us learn how to improve our services or tell us if you are happy. Fill out the survey if you get one. Rate customer service and your doctors if you are pleased with the service!



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 them at www.mhswi.com.

Spring Toward Better Health

Springtime is a time of new beginnings. It's the perfect time to begin making small changes to live a healthier life. Start tomorrow by going out for a nice walk. Enjoy the spring air as well as the good feeling that comes from being active. Make sure you're also getting the preventive care you need to stay well.

If you have questions about how your health plan can help, visit our website mhswi.com, or call Customer Service at 1-888-713-6180. We're here to help.

Robert Lyon, MD
Chief Medical Officer, MHS Health Wisconsin

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 advanced 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.

Network Update! Aurora Health Care

MHS Health Wisconsin has some great news. We are happy to tell you that we have a new provider as of January 1, 2018. Aurora Health Care hospitals and physicians are joining our existing network of health care providers!

You asked—we listened. Aurora is a well-known and respected medical system, and

many of our members have requested Aurora as a preferred provider.

Please feel free to contact them for your medical needs. You are, of course, free to remain with your current doctors and hospitals. A full list of all of our providers can be found on our website directory at mhswi.com/find-a-doctor.html.



Yes, Cheese!

HEALTHIER WAYS TO ENJOY IN MODERATION

We love cheese: The average American eats about 35 pounds of cheese a year! (And much of it is produced by Wisconsin's 1.2 million cows.) Cheese can be high in saturated fat, calories, and sodium, but if eaten in limited amounts, it can also be a delicious part of a healthy diet.

On the plus side, cheese is a good source of calcium, needed for strong bones, and potassium. It's also good for protein: An ounce of Wisconsin cheddar provides about 7 grams.

"Eat mindfully. Enjoy cheese in moderation," says Rosalyn Haase, RD, a nutrition expert in Green Bay. "Sit down, focus on



Stick to the serving size!

1 serving of cheese is 1½ ounces, or about as much as four dice.

the eating experience, and savor every delicious bite."

Follow these other suggestions, too:

- Choose stronger cheeses, which can be used in smaller quantities. Use ¼ cup of extra sharp cheddar for 1 cup of mild cheddar in recipes.
- Experiment with reduced-fat versions. They're 25% lower in fat than regular versions, but some are quite flavorful.
- Put small cheese cubes on a plate rather than slicing and

eating directly from the brick.

- Eat cheese at room temperature for maximum flavor. Allow 30 minutes for cheese to warm up.



- Sprinkle hard cheeses on soups and salads. Real Parmesan, Romano, and Asiago bring more flavor for less fat.
- Use a cheese slicer to cut extra-thin pieces for sandwiches or crackers.

Roasted Cauliflower with Cheddar

A HEALTHY SIDE DISH EVEN PEOPLE WHO AVOID VEGGIES WILL ENJOY



INGREDIENTS

- 1 head cauliflower
- 1 Tbsp olive oil
- ½ cup shredded Cheddar cheese
- paprika or pepper

SERVINGS: 4

Per serving: 190 calories, 12 g fat, 4 g sat. fat, 22 mg cholesterol, 10 g carbs, 3 g fiber, 8 g protein, 176 mg sodium

DIRECTIONS

1. Preheat oven to 425°F.
2. Cut 1 head cauliflower into florets. Toss in a large bowl with olive oil until cauliflower is well coated. Arrange florets on a large rimmed baking sheet.
3. Roast cauliflower 35 to 40 minutes, turning occasionally.
4. Top cauliflower with cheese, sprinkle with paprika or pepper, and roast 3 to 5 minutes more.



Enjoy Healthy Meals—and Save on Healthy Foods!

Eat well and feel your best every day with a little help from recipes and nutrition advice at [MHSSave.com](https://www.mhssave.com).

Plus: You can download coupons to save money on healthy foods!

Take Stress Off Your To-Do List

DO THINGS A LITTLE DIFFERENTLY FOR A CALM, PRODUCTIVE DAY

You start every day with the best intentions to get through your to-do list. But if your list seems to keep growing every day, try these smart strategies to get things done without frayed nerves.

See the positive. It may sound strange, but try to feel grateful for that long to-do list. “Consider yourself lucky that you have quality tasks to do today and the next day,” says Amy Brann, author of *Make Your Brain Work*. “Those tasks make up your life.”

Get organized. “Some people look at their long to-do list and feel defeated before they even begin,” Brann says. Make one list for today, one for the week, and one for beyond. Prioritize tasks that you can do in the time you have, and bump down tasks that aren’t critical right now.

Say hello to stress. “If you can name it, you can tame it,” says Elisha Goldstein,



PhD, a psychologist in Los Angeles. Rather than pretending you feel calm, acknowledge you’re overwhelmed. You’ll be able to redirect your mind to what’s in front of you.

Stop multitasking. Trying to do too many things at once may not actually help you

get more done. “Think of the brain like a computer with a limited amount of memory,” Goldstein says. “If you open up too many windows, it stresses the computer, and it begins to slow down.” Focus on your most pressing to-do.

Train your brain. Try this daily exercise to help improve your ability to concentrate: Set certain times of day to check your email or do another task. During those times, focus only on that particular task. “From time to time, your mind will wander off to other tasks,” Goldstein says. “When you are aware of this, gently guide your attention back to the task at hand. As you do this over and over again, you’ll get better at focusing.”

Be okay with less. “Realize you can’t and will not do it all,” Brann says. “It sounds harsh, but the best thing you can do for yourself today and every day is to have more realistic expectations.”

Shop with your CentAccount Card at Walmart, Meijer, CVS, Dollar General or Family Dollar!

Complete one of the eligible healthy behaviors below.

- Breast cancer screens
- Cervical and chlamydia tests
- Diabetes testing
- Quitting smoking
- Pregnancy-related rewards

Reward dollars are put on your CentAccount card. See details on our website or call us at **888-713-6180**.

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



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.”

Shake the Salt Habit

USE HERBS AND SPICES TO HELP KEEP YOUR BLOOD PRESSURE STEADY

Do you automatically reach for the salt? We put it in or on everything. Sadly, too much of it can raise your blood pressure as well as your risk of heart disease. This is true for everyone—even people in good health. A recent study found that reducing salt intake in those with normal blood pressure can improve the ability of their blood vessels to widen and narrow, important for a healthy heart. Just because your blood pressure numbers are good doesn't mean that you don't have to pay attention to your salt intake.

How much is too much?

Healthy adults should eat no more than 1 teaspoon (2,300 mg) of salt each day. Studies show most Americans consume twice that. Wonder where it all comes from? Here's a hint: The saltshaker on the table isn't the main source. Processed foods and restaurant meals are the biggest culprits.

Learn to Love Other Flavors

Try these heart-healthy alternatives to the salt shaker



HERBS

Use fresh or dried herbs. Basil, oregano, and thyme add intense flavor.



SPICES

Boost dishes with zing from fresh black pepper, paprika, cinnamon, or turmeric.



GARLIC AND GINGER

Add strong flavor—and antioxidants—to stir-fries and soups.



CITRUS

Squeeze a little fresh lemon or lime onto fish or chicken dishes before serving.



ONIONS

They may bring tears, but they're flavorful and a source of healthy chemicals, too.

Try these tips to cut down

- Read food labels in order to choose items with lower sodium.
- Select canned foods labeled “no salt added” or “reduced sodium.”
- Rinse canned vegetables and beans to reduce the sodium up to 50 percent.
- Ask for restaurant meals without sauces and dressings, or request them on the side and use them sparingly.

Cholesterol: How's Yours?

USE THESE TIPS TO KEEP IT IN CONTROL

One in three Americans has a high level of LDL or “bad” cholesterol. Too much cholesterol can raise your risk for heart disease, heart attacks, and stroke. Here's the good news: It's a risk factor you can partly control. In fact, research shows you may be able to cut your risk for heart disease by up to 50% by lowering high cholesterol and high blood pressure.

When you have too much LDL cholesterol in your blood, it can build up in the arteries and make it easier for blood clots that can cause a heart attack or stroke. Here are some ways to reduce that risk.

FILL UP ON FIBER

Start by eating more heart-healthy oatmeal, beans, lentils, nuts, and seeds. These foods

are high in soluble fiber, which can help lower LDL cholesterol.

LIMIT SATURATED FATS

Meat and dairy products contain saturated fat, which raises LDL. A healthy diet can include saturated fat, but you shouldn't eat too much of it. Choose skinless chicken, 96% lean ground beef, and low-fat or no-fat milk. Swap meat for fish a few times a week.

SNACK SMARTLY

Packaged cookies, crackers, and pastries, as well as fried foods, often contain trans fats. Trans fats raise your LDL cholesterol and lower your HDL (or “good”) cholesterol. Munch on a small piece of fruit or carrot sticks instead. Fruits and veggies are a tasty source of fiber.



HOW'S YOUR BLOOD PRESSURE?

If your doctor says you have high blood pressure at your next visit—and you've never heard that before—don't be surprised. Experts now define high blood pressure, or hypertension, as a reading of 130 over 80 instead of 140 over 90. High BP can lead to heart attack and stroke. It's important to have yours checked regularly because high blood pressure shows no symptoms.

DON'T SMOKE

Giving up smoking is the most effective thing you can do to boost good cholesterol, according to the American College of Cardiology. Your health plan provider can help (see page 4).

What You Can Do After a Diagnosis

FIVE STEPS FOR TAKING CHARGE AND MANAGING YOUR HEALTH CONDITION

It can be scary to hear that you have heart disease, diabetes, COPD, or some other chronic condition. But don't let despair take over. Follow these steps to remain in charge of your health after you've been diagnosed.

Understand the diagnosis

1 Talk to your doctor about how the diagnosis is going to affect you and the changes you should make to gain control. Find out what's causing your condition and what day-to-day things you'll need to do to manage your health. If you're not sure what something means, don't be afraid to ask for an explanation. As a member of our health plan, you may also have access to a nurse or other means of support.



also make diet, exercise, or sleep recommendations. Bring a pen and paper with you to all of your appointments so you can jot down any notes from your doctor.

- Are there any side effects, and what should I do if I experience any?
- Are there any potential interactions with foods, beverages, or other drugs?

To help make sure you're taking your medications at the right times, you may want to set an alarm.

Make little changes

4 Small improvements in daily habits can help you feel better. Ask your doctor or nurse about a diet plan if you've been diagnosed with high blood pressure, high cholesterol, heart disease, or diabetes. Go on walks or bike rides to stay active. Make it fun by taking a friend or family member along.

Get support from others

5 Don't be afraid to ask loved ones to go with you to appointments or for encouragement. You may also want to search online for local support groups. And it's normal to feel down about your diagnosis. But if you lose interest in things you enjoy, talk to your doctor or care provider about how you're feeling.

Make an action plan

2 Once you understand your diagnosis, work with your doctor or care provider to create an action plan. An action plan will list the signs or symptoms you should know, any immediate steps to take, and when to seek medical attention. Your doctor may

Take medicine as directed

3 If you've been given a prescription, it's important you understand why and how you need to take it. Ask your doctor, nurse, pharmacist, or care manager:

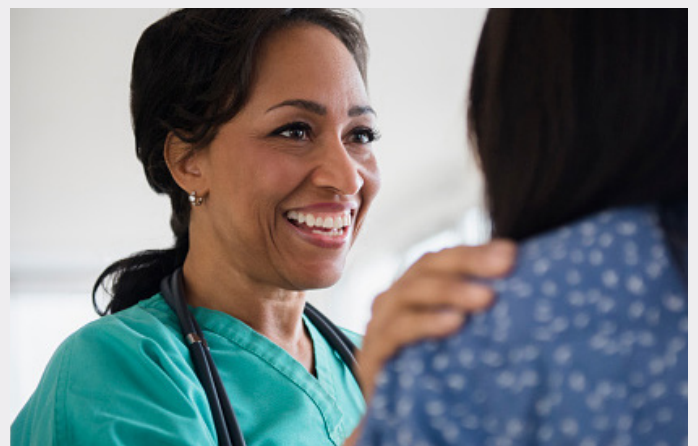
- When should I take my medicine, and how long will I need to take it?

Quality Service

We want to provide quality healthcare for you and your family. Our Quality Improvement Program looks at the quality and safety of our services. It reviews the care we provide for members. This includes medical and behavioral health, as well as vision care. We also set standards and goals. Some of our quality goals are:

- 80% of children should be up-to-date on immunizations
- Diabetic care for at least 87% of our members with diabetes
- Breast cancer screenings for at least 64% of women over 50

We believe that having programs like these will help you. MHS also welcomes suggestions for new programs. Call us at **1-888-713-6180** for more information about our QI programs.



Be Prepared for Allergy Season

KEEP SYMPTOMS UNDER CONTROL WITH THESE SIMPLE STRATEGIES

Lighter days, flowers blooming and leafy trees are a sure sign that spring is just around the corner. But while most people will be looking forward to spending time outdoors, many of us are preparing for allergy season with a box of tissues at the ready. If you're looking for ways to banish sneezing, itchy eyes, and blocked nose, try these tips.

Use a pollen tracker

Monitor pollen forecasts daily. Try to stay indoors when the count is high. Rain helps to wash away pollen, so pollen counts should be lower on wet or cooler days. Free apps such as AllergyManager provide daily pollen and allergy forecasts, tools to help you track symptoms and severity, and tips for how to deal with symptoms.

Follow the Mediterranean Diet

A study published in the medical journal *Thorax* found that people who followed a Mediterranean-style diet—rich in fruits, vegetables, and whole grains—reported fewer allergy symptoms. Look for foods that contain quercetin, a natural antihistamine, such as apples, peppers, and onions. Eating foods rich in omega-3 and omega-6 fats such as oily fish, nuts, and seeds may help lessen symptoms because they may

possess anti-inflammatory properties.

Avoid alcohol

Researchers from Denmark found that drinking alcohol may slightly increase the chance of an allergy attack. Some beverages contain histamines and sulphites, which often provoke allergy symptoms. If you do want a drink, choose a low-sulphite wine or clear liquor such as gin or vodka.

Keep your windows closed

Closing your windows is the first line of defense against wind-blown pollen. This is most important around midday when pollen levels tend to peak. Also, try not to drive with the car windows open.

Shower at night

If you usually shower or wash your hair in the morning, try to do it in the evening instead. This will get rid of any pollen that may have gotten in your hair during the day, and prevent it from transferring to your pillow.



BE SURE TO COVER UP

- Wear wraparound sunglasses to help prevent pollen entering your eyes when you are out and about.
- Wear a wide-brimmed hat, which helps prevent pollen from getting in your hair.

Use the dryer

Avoid hanging washing out on the line to dry when pollen counts are high. The pollen will collect on your clothes, towels, and bedding and could aggravate symptoms.

Take your medication early

Many people with allergies wait until symptoms start before they start taking medications. But for nasal sprays it's best to get started one or two weeks before you think symptoms will begin because they can take a few days to begin working.

Consider acupuncture

Some people may find that complementary therapies can help with symptoms. A 2013 study published in the *Annals of Internal Medicine* found that people who received 12 acupuncture sessions showed an improvement in allergy symptoms. They were also less reliant on antihistamines.

Do You Know Your Benefits?

There is a lot you can learn from your Member Handbook and our website, www.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

Your Handbook is on our website at www.mhswi.com under Member Resources.

Need a paper copy? Call us and ask us to mail one out to you. **1-888-713-6180**.



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Have Questions?

We are here for you. You can reach us anytime at mhswi.com. Or call Customer Service at **1-888-713-6180**.



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Statement of Nondiscrimination

MHS Health Wisconsin complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak another language, language assistance services, free of charge, are available to you. Call 1-888-713-6180. TTY to Voice for the hearing impaired 7-1-1 or 1-800-947-3529.

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.

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-888-713-6180. TTY to Voice 7-1-1 or 1-800-947-3529.

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.

