



INSIDE
Winter Vegetable
Frittata

BETTER *for* YOU

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

Holiday Stress Management Mantras

GIVE YOURSELF THE GIFT OF REALISTIC EXPECTATIONS THIS SEASON

Holiday cards and songs convey seasonal bliss, but not everyone looks forward to the inevitable stresses of this time of year. Even amid your shopping lists and parties, it's important to take steps to manage stress. Try these strategies to bring a little bliss back to your holidays.

GO IT ALONE

No, we don't mean spend the holiday alone. If you're with family for a long period of time, you may need "me time." If you want to go for a walk or see a movie by yourself, know that you don't have to constantly do things as a group. You're entitled to take a break and have your own space.

MAKE A CONNECTION

Maybe there's a family relationship you'd like to improve. This is an ideal time to reflect on that. It could be the right opportunity to invite that relative to spend some quality time on a walk or at a movie, just the two of you.

BE UNSOCIAL

It's not about being a Grinch. If you're prone to sadness during the holidays—which can be normal—avoid social media. Otherwise, you're going to see other people's gorgeous



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self-confidence. What's important is that you think about the things that make you a good person. Use positive mantras such as "I am caring" and "I am empathetic" to reinforce your stronger sense of self.

RESOLVE TO NOT RESOLVE

New Year's resolutions create pressure, and why would you want to start a new year with all that stress? If you fail, that just creates even more pressure. The date you decide to make a positive change doesn't really matter, because you're the same person on January 1 that

you are on March 15. It is healthy to say, "Last year wasn't so great, and I know what I can do better this year."

Christmas trees, perfectly cooked turkey, or kids playing harmoniously in the backyard after a Hanukkah gathering.

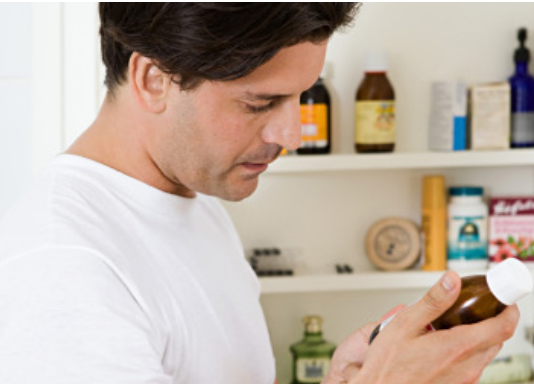
LOVE YOURSELF

Not everyone's holiday story is perfect. The season is different for each person, and it's important to respect that. If you're around family members who are critical, it's a great time to build up your own

Consider life resolutions and don't watch the calendar. Say, "If this doesn't happen in 2019, and I'm still working on it in 2020, that's just fine." That beats unrealistic expectations such as, "I'd better get this done this year or else!"

Take Your Meds as Directed

STICKING TO THE PLAN PROTECTS YOUR HEALTH



Studies show that nearly half of people who take medicine for chronic conditions don't take it as prescribed. Some take it at the wrong time, skip doses, or stop taking it before the prescription runs out. Not taking medicine as directed can make conditions worse, lead to hospital visits, and can even be fatal in some cases. Taking medications as prescribed can keep symptoms under control and help people with chronic conditions enjoy regular, well-balanced lives.

But it isn't always easy. People often struggle to remember to take medicine. Others worry about side effects or that the medicine won't work. Talk with your doctor or pharmacist to understand why you're taking particular medicines. Ask about possible

side effects and interactions with other drugs and foods. Make sure your doctor knows about all of the medications you're taking. If cost is a concern, talk with your healthcare provider about your coverage.

TIPS TO HELP YOU REMEMBER

- Mark times and doses on a calendar in a spot you can't miss seeing.
- Make it part of something you do every day, like brushing your teeth or eating lunch.

- Leave yourself written reminders where you're likely to see them.
- Keep track with a medicine chart (like the one at heart.org).
- Use a days-of-the-week pillbox, with sticky notes for special directions.
- Set alarms on your watch or phone.
- Download a smartphone app you can program to remind you.
- Ask for help from a friend or loved one who is good at reminding people.

ADULTS SHOULD HAVE THESE SCREENINGS

These preventive services are covered at no cost to you. Make an appointment today!

SCREENING	ADULT WELLNESS GUIDELINES	TIMELINE
Physical/wellness exam		Once a year
Flu shot		Once a year
Weight, Body Mass Index (BMI)		Every 1-3 years
Blood pressure		Every 2 years
Hearing and vision assessment		As needed
Colorectal cancer screening (ages 50-74)	Frequency depends on method	
Breast cancer screening (ages 50-74)	Monthly self-exam, mammogram every 1-2 years	
Cervical cancer screening (ages 21-64)	Discuss with your doctor	
Chlamydia screening (ages 16-26)	Discuss with your doctor	
Prostate cancer screening (age 50+)	Discuss with your doctor	
Testicular cancer screening (age 18+)	Monthly self exam, exam once a year	
Skin cancer screening	Total skin exams as needed	
Osteoporosis screening (age 65+)	Discuss with your doctor	
Depression screening	As needed	
Dental exam		Once a year

'Tis the Season

As the hustle and bustle of the holidays creeps in, it's more important than ever to keep self-care on your to-do list. It often feels easier to push off healthy habits. This year, do more than just survive the holiday. Try our holiday tips to truly enjoy time with family and friends and avoid ending up run-down and overwhelmed.

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

Robert Lyon, MD
Chief Medical Officer, MHS Health Wisconsin

Medication Safety

- Remember, it's a good idea to store medicine in its original container, where the label identifies it and gives directions.
- Dispose of outdated or expired medications safely.
- Don't ever take medicine that was prescribed for someone else.



Cold or the Flu?

HOW TO TELL THE DIFFERENCE

It's cold and flu season, and both can make you miserable. But it can be difficult to tell the two apart. Both are respiratory illnesses, but they are caused by different viruses, according to the Centers for Disease Control and Prevention.

Here are a few facts about colds and flu:

- Antibiotics usually don't help with either cold or flu, but they may help prevent bacterial infections.
- A dry, hacking cough can be a symptom of the flu, but generally not a cold.
- Nausea and vomiting most frequently occur in children who have the flu virus.
- A runny, stuffy nose, sneezing, and a sore throat are indicative of a cold.

If you think you have the flu, get a flu test early. If you are tested within 24 to 48 hours and it turns out to be the flu, your doctor can prescribe medicine that can help shorten the length of your illness.

- A fever can indicate either a cold or the



flu. Body temperatures are usually higher with the flu.

Here are a few simple tricks to prevent both colds and flu:

- 1. Stay away from people who are sick.** If you are with them, keep your distance and avoid touching them.
- 2. Wash your hands.** Especially during the winter months. You'll also want to clean

and disinfect surfaces and objects at home when someone is ill.

- 3. Avoid touching your eyes, nose or mouth.** Viruses can be spread by touching objects that have been previously touched by someone who is carrying a virus. For example, when you touch a doorknob, coffee pot, or phone, try not to touch your eyes, nose, or mouth afterward in order to prevent a virus from entering your body.

Winter Vegetable Frittata

INGREDIENTS

- 1½ cups fresh Brussels sprouts
- 1 small leek
- 1 bunch kale, chopped
- 2 tbsp plus 1 teaspoon olive oil
- 1 large sweet potato
- 12 eggs
- sea salt, to taste
- freshly ground black pepper, to taste
- ½ tsp rosemary, minced
- ½ cup goat cheese crumbles

DIRECTIONS

1. Heat oven to 400° F. Line baking sheet with foil. Slice Brussels sprouts into thirds. Thinly slice leek. Toss in medium bowl with 1 tablespoon olive oil. Scatter vegetables onto prepared baking sheet. Roast until deep golden brown, around 30 minutes. When vegetables are done, turn oven heat down to 375° F.

2. While Brussels sprouts and leek roast, heat 2 teaspoons olive oil in 10-inch nonstick oven-safe sauté pan over medium heat. Add kale and sauté until tender, around 6 minutes. Remove kale from pan and set aside. Wipe pan with paper towel.

3. Slice sweet potato very thinly. Toss slices with 2 teaspoons olive oil to coat. Arrange sweet potato slices in pan one at a time, fanning over each other to completely cover bottom of pan.

4. Place another pan of the same size, or a pie plate, on top of sweet potatoes to weigh them down. Cook for 5 minutes on medium-high heat, then turn to medium heat and cook about 15 minutes, until soft.

5. While sweet potato crust cooks, lightly beat eggs in large bowl. Season with salt and pepper. Stir in rosemary, kale, Brussels sprouts, and leek.



SERVINGS: 4

Per serving: 432 calories, 28 g fat, 26 g protein, 20 g carbs, 364 mg sodium

6. Remove top pan from potatoes and pour in egg mixture. Scatter goat cheese on top.

7. Bake in oven until slightly puffed, golden, and center is slightly set, about 18 to 20 minutes. Gently run a spatula around edges and bottom of frittata to loosen. Slice into wedges and serve.

Stay in Shape While You Travel

HOW TO KEEP UP WITH FITNESS ON THE ROAD

Even expert packers often leave their exercise routine at home. Truth is, fitting in fitness can be hard after sitting on a long flight, changing time zones, dealing with jet lag, and trying to eat healthy. But even if your routine is different away from home, there are simple ways to keep on moving.

Try these hacks for travel fitness from Neal Pire, MA, EP-C, CHC, CSCS, FACSM, the national director of Wellness Services for Castle Connolly Private Health Partners in New York City. Pire says the first step is committing to making time in your schedule for travel fitness.

PACK YOUR SHOES

- Don't forget to bring your running or walking shoes. Lacing up and heading out is a terrific way to see a new place and meet new people.
- If you're staying with friends or family, ask them about their favorite parks and trails for walking or biking. Visitors can throw hosts off of their routine as well, so they may welcome the idea of spending some of your visit getting some physical activity.
- If it's cold at your destination, find a nearby mall and window-shop as you walk to get your circulation going—it's cardio. "It's also a great form of entertainment," Pire says.

USE YOURSELF

It is nice to have lots of machines at the gym, but your own body weight is one of the best workout tools. In fact, keeping exercise simple can keep you motivated. You don't need a very big space in your hotel or guest room to do some squats, lunges, push-ups, burpees, crunches, mountain climbers, planks, or jumping jacks. These moves have stood the test of time, especially in the military, and they are considered mainstays in most higher-level group fitness classes. You can also pack a jump rope and use a towel as a yoga mat to round out your DIY travel gym.



Seize the moment
during time away to
try something new—
your body will
thank you.

ASK FOR A PASS

If you're staying at a hotel, it likely has a gym or is close to a major workout facility—call in advance and ask the concierge. For those who are staying with friends and family, local gyms and studios usually offer a free trial. It's a great opportunity to try something new. The gym may offer classes you haven't experienced, or it may have a large pool with available lanes.

BRANCH OUT

Seize the moment during time away to try something new—your body will thank you.

"Think of it like cross-training," says Pire. "You're doing something different, which is good for your body and for muscles that are used to doing the same movements. Even if it's not as challenging, you're not going to lose the tone you've gained over the past years or months."

Being on the road doesn't mean you have to disrupt a good routine. Instead of letting it be an excuse to jump off your plan, think of it as an opportunity to get a little creative. With some planning, your vacation doesn't need to break your healthy habits.

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 check your overall health, including:

- HbA1c blood test
- Dilated eye exam

Members with diabetes who get these tests will receive \$50 to buy healthy items.

We can help you manage your diabetes. Call us at **888-713-6180** to learn more.

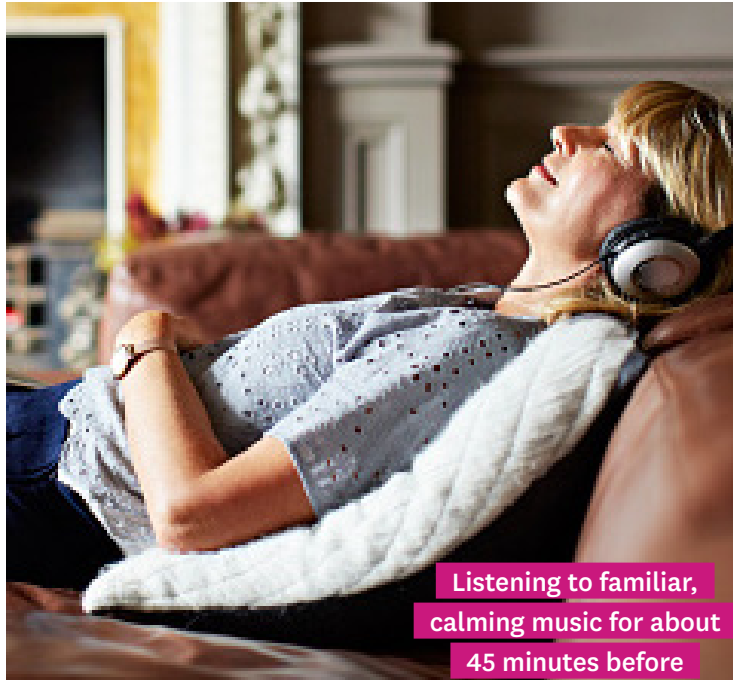
The Power of Music

READY TO BE HAPPIER, HEALTHIER, AND WISER? TURN UP YOUR FAVORITE SONG TO TUNE INTO HEALTH BENEFITS

Anyone who has cranked the tunes while driving knows that a good song can be an instant mood booster. But studies show those car sing-alongs also benefit your health. From easing pain to improving your memory, music can help both your physical and mental health. “Music is good for the body in so many ways,” says Lisa Kynvi, MA, a music therapist with Care Dimensions in Danvers, Mass. “Just think about how you respond to a favorite song after you’ve had a difficult day, or how certain songs motivate you to get up and dance or go work out. What you’re experiencing is more than an emotional response. The music triggers key areas in your brain that set off a chain of events with real health impacts.”

Music can help ease pain and stress.

Through her work, Kynvi has seen music help people better manage physical pain and stress. “When the music starts,” she says, “the body relaxes, breathing and heart rate slow down, and this sense of calm takes over. It’s a nonpharmaceutical way to promote healing.”



Listening to familiar, calming music for about 45 minutes before you go to bed can help you fall asleep faster.

Researchers found that when we listen to music, our brains release dopamine, a neurotransmitter that plays a role in controlling the brain’s reward center. In one study of people living with fibromyalgia, for example, the group assigned to listen to tunes

that were slower than 120 beats per minute every day for 4 weeks reported experiencing less pain than the group assigned pink noise (similar to ocean waves). Likewise, another study found that when patients listened to music of their choosing the night before a scheduled surgery and for two days afterward, they reported “significantly less pain” than a control group.

Music can help you fight loneliness.

Barbara Carlsen, director of the Kountze Memorial Lutheran Church choir in Omaha, Neb., has found that group singing helps members form strong bonds. “In each choir,” she says, “I’ve had people in their 20s through their 80s; I even had one gal who sang with us until she was 97 (she lived to be 102).

Music is a great way for older folks to connect with younger people.”

Carlsen’s choir is onto something: 43 percent of people over age 60 report feelings of loneliness, according to a University of San Francisco study. Chronic loneliness has been linked to a number of health problems, including an increased risk of developing dementia, depression, and high blood pressure.

Want to learn a language?

One recent study found that singing phrases in an unfamiliar language could help people remember new words. Another study asked participants recovering from a stroke to either listen to music of their choosing every day, put on an audio book, or follow only their medical treatment plan. The group listening to music showed the greatest improvements in verbal memory skills and ability to focus, compared with the other groups.

Music helps individuals living with dementia or showing signs of the disease.

Researchers found that when patients who suffer from dementia sang or listened to music, they were better able to recall memories, and they experienced positive mood changes.

Music can help you sleep better.

Several studies have connected music to improved sleep quality. Listening to familiar, calming music for about 45 minutes before you go to bed can help you fall asleep faster and sleep more soundly. The researchers found that choosing music with a soothing melody and slow rhythm triggers the release of sleep-friendly hormones.

New Technology

Did you know that we have a clinical policy committee?



The committee is made up of doctors. They evaluate new technologies and new uses for technology. This is done as a review for possible inclusion in your benefit plan. We know it is important to stay up to date and we want our members to have access to safe and effective care.

The 5 Best Fruits for People with Diabetes

SWEET TREATS DELIVER FIBER THAT HELPS KEEP BLOOD SUGAR STEADY

People learning to live with diabetes may wonder if it's OK to eat fruit. After all, it's sweet like candy.

Yes, you can. Fruits are packed with vitamins, minerals, and fiber, and the American Diabetes Association says they should be a part of meals and snacks. Remember, though, that fruits contain

carbohydrates and, of course, sugars. It's very important to keep track of the fruit you eat and to watch your serving sizes. Go for fresh fruits or fruits that are frozen or packed without added sugars.

Some people with diabetes find that certain fruits affect their blood sugar more than they expected. You may want to try

half a serving when sampling a new fruit. Ask your doctor for recommendations.

The following fruits are low in carbohydrates and sugar. They also contain soluble fiber, which slows the absorption of sugar into the bloodstream, so you avoid spikes. Nutrition data is for a medium-size fruit or ½ cup serving.



STRAWBERRIES

7 grams of carbs and
5 grams of sugar

All berries are known for their disease-battling antioxidants, fiber, and vitamins.

Researchers have seen better blood sugar control in people who eat strawberries, in particular, after a meal.

They're also one of the best sources of vitamin C.

Try: Enjoy them in a smoothie or on top of a salad. A few crushed strawberries add zing to homemade vinaigrette.



PEACHES

15 grams of carbs and
13 grams of sugar

Eat a peach and you'll get a dose of two minerals that are important for healthy blood pressure:

- potassium
- magnesium

Peaches are a good source of vitamins A and C. The 1 gram of fiber in a ½ cup serving will help keep your blood sugar steady.

Try: A peach smoothie. Combine all of the ingredients in a blender and blend until smooth.

- 1 cup sliced fresh peaches
- 1 cup nonfat plain yogurt
- ½ cup nonfat milk
- ⅓ teaspoon cinnamon
- 1 pinch ground ginger



PEARS

23 grams of carbs and
15 grams of sugar

Pears are underappreciated. Researchers now think that the flavonoids in pears are linked to a lower risk of type 2 diabetes.

Pears are higher in carbs than some other fruits, but they're also higher in fiber, which helps keep blood sugar steady.

One pear with skin provides you with 6 grams of fiber—about 20 percent of your daily need.

Try: Slices on top of a spinach salad.



APRICOTS

4 grams of carbs and
15 grams of sugar

Apricots are rich in fiber and vitamin A. Just one serving contains half of your daily vitamin A needs.

They're low in carbs, at only 4 grams each.

Research suggests that apricots may be good for eyesight.

Try: Chop them into your cereal or plain nonfat yogurt.



KIWIFRUIT

13 grams of carbs and
16 grams of sugar

Fuzzy on the outside, creamy on the inside, kiwifruit provides 140 percent of your daily vitamin C needs.

Kiwifruit also offers two essential nutrients not found in many foods:

- vitamin K
- folate

Plus, they are a good source of fiber, which steadies blood sugar.

Researchers continue to study certain antioxidants in kiwifruit that may protect cells and DNA.

Try: Peel a few and dice them as part of a fruit salad.

Avoid Health Scams Online

ASK THESE 5 QUESTIONS FIRST

When you spot a strange rash or feel feverish chills, what's the first thing you usually do?

If you said, "Google my symptoms," you're not alone. A 2013 Pew Research study found that 35 percent of U.S. adults search for information about possible medical conditions online, either for themselves or a loved one. But as you've probably been told before, not everything you read online is true. Some of that info could even be harmful.

But how can you spot bad information? Answer these five questions.

1 What does the website URL look like? In most cases, a URL that ends with ".gov," ".org," or ".edu" means that the site is run by a government agency, nonprofit, or educational institution. These sources tend to be more reliable when you're looking for important info about your health. A ".com" at the end of a URL means that the site is run by a business and was possibly created to make money.

Should you distrust a site because of its URL? Not necessarily. But for a ".com" website you'll need to be more critical.

Stick to sites such as the Centers for Disease Control and Prevention (cdc.gov), the National Institutes for Health (nih.gov), the American Heart Association (health.org), or the American Diabetes Association (ada.org).



BEWARE OF chat rooms and discussion groups. This information isn't always monitored or medically reviewed, so it might be inaccurate.

2 Who wrote it? Is there a doctor (MD), nurse (RN), nurse practitioner, or other medical professional listed on the page? On healthcare sites, one of these types of people should have written or reviewed the content. Scientific references and academic journals and networks, like JAMA, can also be trustworthy sources.

3 When was it written? Medical research and technology changes constantly. So if you're reading something that's more than one or two years old, it may be incorrect.

In a news article, you'll usually find a date at the top of the page. If it's not an article, scan the very bottom of the page for copyright information—which almost always shows a year. If there is no copyright info, assume that the info you're reading is inaccurate—or at least out of date.



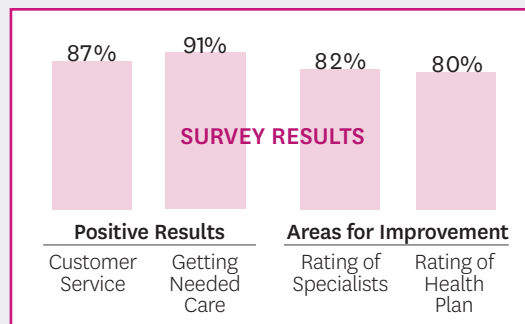
4 Are they trying to sell you something? If a site is trying to sell you something, like a medical supplement or device, it's not a trustworthy site. Also, if they ask for your Social Security number or credit card information right off the bat, close the window on your computer ASAP—that's a surefire red flag.

5 Have you talked with your health-care provider first? Always discuss health-related information you find online with your healthcare provider. In fact, there are benefits to both. A 2017 review of studies found that discussing online health info with your physician in person can improve patient-physician relationships.

Member Satisfaction Results

Every year, we use a survey to ask our members how we're doing. If you filled out the survey, thank you! The chart shows some key results.

Please take the time to answer surveys about us. Your input shows us where we are doing well. It also shows us where we need to improve.



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