



Fall Superfoods You Should Be Eating

A DIETITIAN SHARES HOW TO MAKE THE MOST OF THE LAST FRUITS AND VEGETABLES OF FALL.

One of the first things that comes to mind when we think of fall is color. But it's not just the trees that are loaded with pretty pigments. Plant foods, too, offer a rainbow of eye-pleasing options for your plate. Did you know that different colors mean different nutrients are present? That's why it's important to choose foods of various hues each day. For instance, orange and yellow produce gets its color from beta-carotene (vitamin A), and red tomatoes get their blush from lycopene.

Here are fall favorites from Emily Bailey, a certified sports dietitian and eating disorder specialist in Columbus, Ohio—and creative ways to use these foods now and make them last.

TUBERS AND ROOT VEGETABLES

Use them now. Sweet potatoes—as well as the less-familiar parsnips, rutabaga, and turnips—are delicious when cubed and roasted with a little olive oil, salt, pepper, and herbs and spices.

Make them last. Blanch chunks by plunging them in boiling water for a short time, then into an ice bath. Freeze as is, or puree and freeze in 1-cup servings.

BRUSSELS SPROUTS

Use them now. Roast a big batch: They reheat well in the oven, regaining their crispy texture. Add grated sprouts or individual leaves to salads and stir fries.



Pick fruits and veggies of different colors for a wide variety of nutrients.

Make them last. Blanch them quickly, then plunge them into an ice bath. Remove, drain well, and place in freezer bags. Store in the freezer as quickly as possible.

PUMPKINS AND ORANGE SQUASH

Use them now. Roast chunks to add to salads, chilies, or stews, or serve as a side dish. Puree cooked cubes and use in oatmeal or parfaits or as an oil substitute in baked goods. Toast seeds for a savory snack.

Make them last. If kept in a cool, dark

place, pumpkins and hard-shelled winter squash store well for up to a few months. Freeze blanched or roasted cubes.

APPLES

Use them now. Apple picking and eating them fresh (after washing) is a great autumn activity. Leave the skin on for extra fiber, and pair apple slices with nut butter or yogurt for a filling snack.

Make them last. Puree cooked apples for unsweetened applesauce; add it to smoothies or use it in baked goods in place of oil.

Why the Term “Bad Posture” Needs to Be Rethought

IS THERE REALLY SUCH A THING AS BAD POSTURE?



Do you hunch over your computer screen for hours at a time? Do you recall being told by your parents or teachers, “Don’t slouch—sit up straight and maintain good posture”? Years later, many of us may still

be pondering our posture, especially as it relates to neck, back, or shoulder pain. But instead of focusing on so-called “bad” posture, why not reframe the conversation around spine health as something positive?

FALL INTO GOOD HABITS

Believe it or not, summer is coming to an end, and it’s time to start getting ready for fall. Fall is a time for new beginnings and the perfect opportunity to develop good habits. Making positive decisions about what you eat and drink, getting more exercise and sleep, quitting smoking, and trying to reduce stress is a good place to start.

We care about you and your health. If you have questions about our services or your care, visit our website at mhswi.com, or call Customer Service at 888-713-6180.

Ken Schellhase, MD, MPH
Chief Medical Officer, MHS Health Wisconsin

“We are trying to get away from the idea of bad posture,” explains physical therapist Mary-Catherine Fraser Saxena, clinic director at Toronto-based fitness club Totum. Life Science. “No posture is bad in and of itself. Rather, there are postures that we stay in too long or too often. Even if you’re sitting very straight and tall, you can’t hold that for seven hours—doing that, you would be in pain, too,” she notes. Human bodies are made to move, she says, and the more we move, the better we are going to feel. Here are a few ways to add some movement breaks to your day.

If your office offers a standing-desk option, try it out. You can stand for a while, sit for a while, or even lean for a while.

If you have an ergonomic chair at your workspace, remember that it’s adjustable. “Play around with it,—tilt it back, move it forward,” Fraser Saxena says. “It doesn’t have to be static, like, ‘This is my chair and that’s it.’ It can move around depending on what you do during your day.”

If you’re lying on a couch—reading or watching TV, for example—flip over. Lie on your stomach with your head resting in your hands for a few minutes, Fraser Saxena suggests, or switch it up in other ways.

If you can’t go out to lunch, at least get up for it. If you sit most of the day, stand and eat. If you have a phone call you can take while walking, or at least while standing, do it.

Move your garbage can outside of your desk area, so that if you have to dispose of something, you’re forced to get up and take a few steps to do so. Hydrate regularly throughout the day, which will lead to more frequent trips—aka more mobility breaks—to the bathroom.

Ways to Train Your Brain to Lose Weight

HOW PRACTICING MINDFULNESS WHILE EATING CAN HELP YOU SHED POUNDS

“Mindfulness” is a buzzword these days, but an awareness of what you’re eating will help you stay healthy. Eating mindfully means exactly as it sounds: fully paying attention to every sense while you’re eating.

When eating mindfully, “people find that they don’t need as much,” says social psychologist Ronna Kabatznick, PhD, a board member of the Center for Mindful Eating. Inject a little mindfulness into eating, and you’ve got a recipe for weight loss. Small daily practices add up to long-term success since healthy weight loss happens over time.

1 USE A SMALLER PLATE
Grab a salad plate for your main course the next time you hit the buffet, and you’ll likely eat less. Dish size and color affect the amount of food people serve, report researchers from Cornell University’s Food and Brand Lab. A smaller dish leads to underserving, while a larger dish prompts overserving, says study author Koert Van Ittersum, PhD.

2 SKIP TV WATCHING WHILE EATING
Watching your favorite show during your lunch break has been shown to increase afternoon snacking because it is associated with reduced lunch memory. “Watching TV distracts us from what we are eating, which means we have a poorer memory of the lunch, and this [is] factored into decisions about eating,” says Suzanne Higgs, PhD, a research psychologist and author of the study. It’s time to click off before digging in.

3 GIVE YOURSELF VISUAL CUES
When you’re eating at home, leave clues on the plate to help remind you of what you’ve eaten. When you snack, try a nut with shells, like pistachios, and leave the shells in a dish on the counter. Eat bone-in proteins, like a chicken breast, so that there is visual evidence on the plate that you’ve eaten a sufficient portion.

Photos: Getty Images



4 HAVE AN ATTITUDE OF GRATITUDE
One reason people experience bottomless hunger is an emotional, insatiable need for more. Consider how your food was grown, how it was prepared, and how it was transported through different means to the table. When you regard food as something more than just fuel, says Kabatznick, you’ll be more inclined

to slow down and appreciate what you have without wanting more.

5 EAT SLOWLY
It sounds simple, but making an effort to fully chew your food, take smaller bites, and eat slower can make you feel full quicker and eat less. Next time you have a good meal, take the time to really enjoy it.

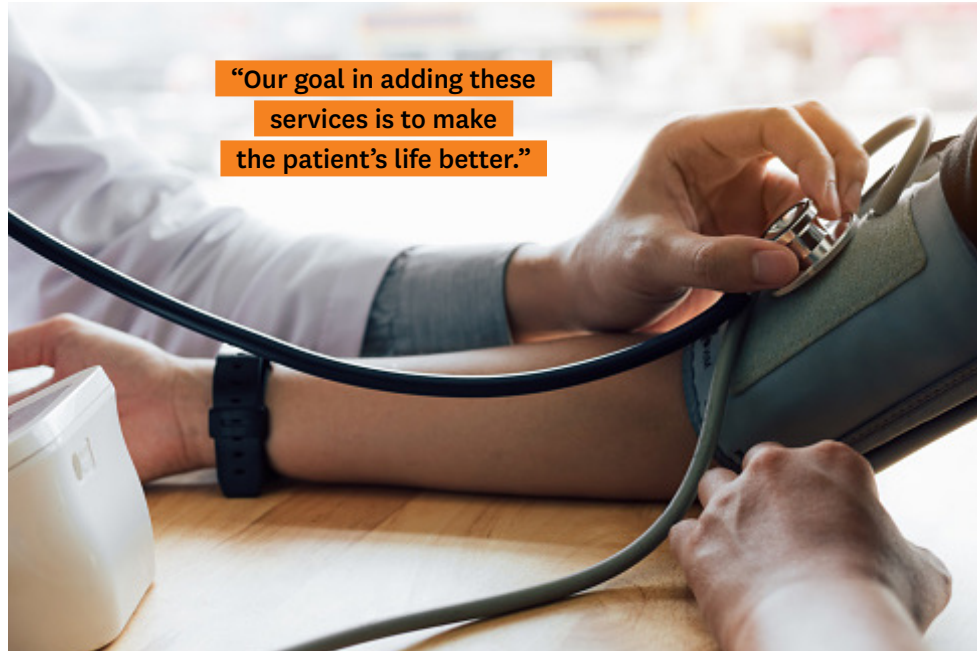


Assessments and Evaluations

As many of you know, we might contact you within the first 60 days of your being enrolled to talk about your medical history and the care you need. It is very important that you talk with us so that you can get the care and services you need. If you have questions or would like to contact us directly to schedule a time to talk about your needs, please call us and ask for a health assessment. 1.844.545.6326

How Your Pharmacist Can Help You

MORE THAN JUST A PLACE TO FILL PRESCRIPTIONS, TODAY'S PHARMACIES CAN SAVE YOU A TRIP TO THE DOCTOR'S OFFICE



“Our goal in adding these services is to make the patient's life better.”

Chances are you've seen signs at your local pharmacy letting you know that you can get your annual flu shot while you're picking up pain relievers and shampoo. What you may not know, however, is that many pharmacies are now set up to offer a host of other preventive healthcare services, too—everything from traveler's vaccines to wellness events.

“People are beginning to realize that their local pharmacist is trained to meet many healthcare needs, which can save a trip to the doctor, freeing up their office times as well,” says Mohamed A. Jalloh, Pharm.D., assistant professor at Touro University Califor-

nia College of Pharmacy and spokesperson for the American Pharmacists Association.

Here's a snapshot of some of the top services being offered at pharmacies. Laws vary by state, so check with your local pharmacist to find out what's allowed where you live. Also check your insurance plan to make sure it covers the cost of services handled at your pharmacy.

WELLNESS EVENTS

Many pharmacies invite outside health experts and related partners to in-store healthcare events. Here, customers can learn about disease prevention and

management, get their blood pressure checked, and find out their cholesterol and blood glucose levels.

VACCINES

Flu shots got the trend started in the early 2000s, says Jalloh, and they are now commonplace. Also widely available are the recommended vaccines for people traveling overseas.

NICOTINE REPLACEMENT THERAPY

Some pharmacies offer smoking cessation education materials, and pharmacists can be trained as certified tobacco treatment specialists, which means they can counsel people who are trying to stop smoking.

CONTRACEPTION

Contraception is considered preventive care and does not require a diagnosis, explains Jalloh, so certain states, including Oregon, Colorado, New Mexico, and California, allow pharmacists to dispense these drugs without a doctor's prescription.



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.

Use of Services

Do you have a question about whether a service is covered? Our Utilization Management department (UM) can tell you if a medical service is covered. UM may look at your health records and talk with your doctor. UM decisions are based on whether the service is needed, works well, and is right for you. UM does not make choices based on financial reasons. We do not reward doctors or staff for saying no to care. You are entitled to copies of the clinical practice guidelines that we use to make decisions about coverage. Call us with any questions or to ask for copies of our criteria.

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.

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

SPECIALIST APPOINTMENTS

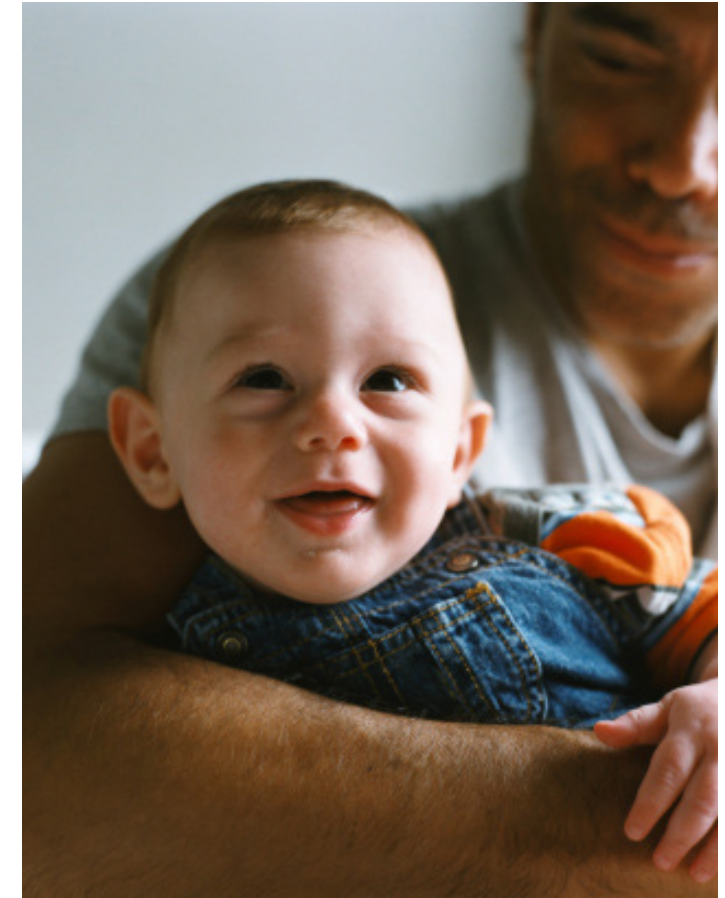
APPOINTMENT CATEGORY	ACCESS STANDARD
Routine referral visit	Within 60 calendar days
After-hours coverage	24 hours per day, 7 days per week
Office wait times	Within 30 minutes of scheduled appointment



Resources for You

The Member Handbook is available on our website, 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 feature. Check it out at 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.



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:

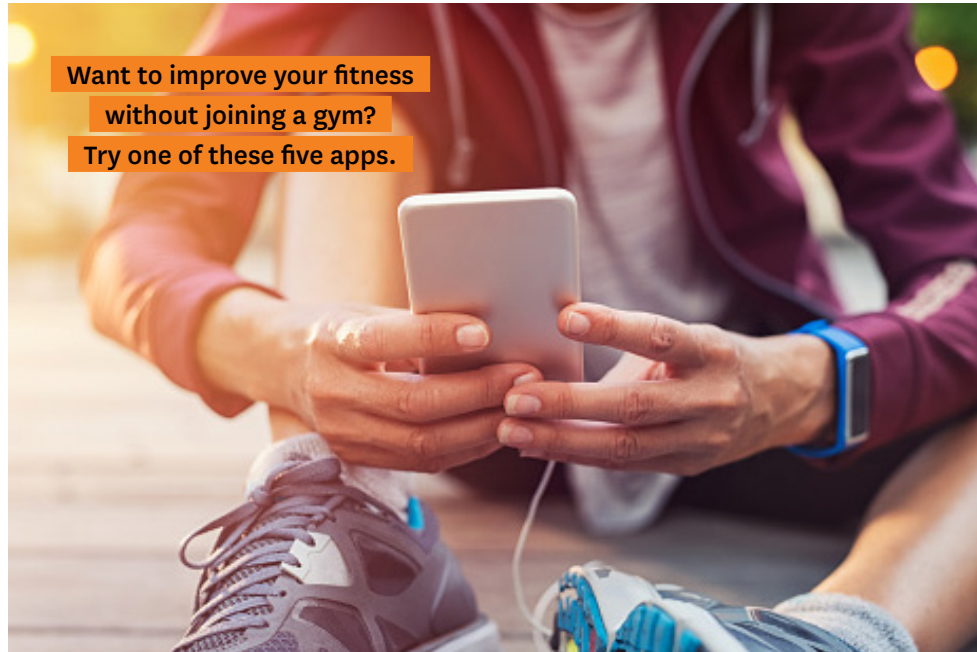
- Eating healthy for your baby
- The importance of prenatal care
- Postpartum depression
- Rewards during your pregnancy

VISIT

www.centene.com/programs/start-smart-for-your-baby.html

Which Fitness App Is Best for You?

THESE FIVE SMARTPHONE APPS WILL HELP YOU GET MOTIVATED — AND SEE RESULTS



Want to improve your fitness without joining a gym? Try one of these five apps.

Research shows that people who use exercise apps are more likely to work out during their leisure time, and more likely to have a lower body mass index than those who don't use workout apps. If that's not incentive enough, there are also apps that apply to fitness more broadly — helping you track nutrition, sleep habits, and mental well-being. The main benefit of these aids is that you'll up your awareness level and tune in to your body more, which can have big health benefits.

SLEEP BETTER

The name says it all, right? This app tracks how long you sleep each night, and it partners that information with what you tell it about your daily life. How much (and what) you eat, as well as any alcohol or caffeine

you're consuming, can affect the quantity and quality of your snoozing hours. A level deeper than apps that simply track slumber, Sleep Better helps you figure out how to connect your daily habits to your sleep quality, which is hugely valuable information, because everybody is different.

QINETIC

With video classes that run the gamut from yoga to Zumba to intense HIIT workouts, Qinetic lets users work out exactly when and how they choose. You can join live classes with a favorite instructor if that's your thing, or view on-demand videos on your own time. "People love it because they love the emotion that these coaches are bringing into it; you get the same motivating and energizing experi-

ence that you would from actually being in the room with the instructor," says Qinetic co-founder Eric Brody.

MYFITNESSPAL

Counting steps and calories, this app has a clear interface that makes it easy to keep track of your daily habits. Use the bar code nutrition scanner to take inventory of what you're eating per a database of more than five million foods, and let the recipe importer save information on your favorite go-to dishes.

LOSE IT!

With this classic app, you can set a goal, track your food and movement on an easy-to-view graph, and connect with others who support your journey and have goals of their own. Renata Shiloah, MS, RD, CDN, advises all her clients to download this one. "It helps them get better results," she says. Part of the beauty of Lose It! is its simplicity: To reach your goal, just stay at or below your daily calorie allowance. In addition to manually entering meal info or scanning bar codes, Lose It! users can now snap photos of their food to let the app determine what it is and its caloric value.

INSIGHT TIMER

There are many studies on meditation, and researchers from Johns Hopkins University looked through nearly 19,000 of them and found that there is evidence that mindful meditation does indeed help ease anxiety, depression, and pain. Insight Timer is a free meditation and mindfulness app that offers lots of choices that both beginners and seasoned practitioners will appreciate. With 8,000-plus guided meditations and more than 1,000 musical meditation tracks, every user can find a voice that speaks to them or a tune that resonates. Alternatively, you can use the timer to meditate silently, and you'll be roused from your deep state by the chiming of a gentle bell.



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.

Classic Shepherd's Pie

ADD CAULIFLOWER FOR A CONTEMPORARY TWIST

SERVINGS: 4

Serving size: 1 plate

Prep time: 12-16 min

Cook Time: 30 min

Per serving: 241 calories, 3.9 g fat, 0.9 g saturated fat, 0.4 g polyunsaturated fat, 0.9 g monounsaturated fat, 40.6 mg cholesterol, 256.6 mg sodium, 27.1 g carbs, 8.8 g fiber, 26.1 g protein

INGREDIENTS

- 2 teaspoons olive oil
- ½ medium white onion, chopped
- 10 ounces ground extra-lean turkey
- 4 carrots
- 1 cup fresh or frozen peas
- 1 medium head cauliflower
- 2 garlic cloves, chopped
- ½ cup non-fat plain Greek yogurt
- 2 tablespoons water, or skim, or non-dairy milk
- Snipped chives, for garnish

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Drizzle olive oil in a large skillet and sauté onion on medium-low heat until translucent. Add turkey, carrots, and peas and cook until meat is no longer pink, approximately 6-10 minutes. Season with black pepper and desired spices.
3. Trim and chop cauliflower into florets. Steam for 6 minutes in a covered saucepan with 2 cups boiling water. Transfer to a food processor with olive oil, garlic, water or milk, and Greek yogurt and blend until creamy.
4. Transfer ground turkey mixture to a 9" glass pie dish and cover with mashed cauliflower. Bake for 25 minutes at 400 degrees, and broil on low for 5 minutes (or until topping is lightly browned). Garnish with chives and serve.

HANDY HINT Before baking, create a wavy design with a fork for authentic-looking cottage pie.



Pumpkin Pie with Gingersnaps

SERVINGS: 8

Prep time: 12 minutes

Cook time: 50 minutes, plus 28 for pie crust.

Per serving: 327 calories, 14 g fat, 6 g protein, 48 g carbs, 335 mg sodium

INGREDIENTS

- 8- or 9-inch unbaked frozen pie crust
- 10 to 16 (enough for ¾ cup crumbs) gingersnaps
- 15-ounce can pumpkin puree
- 1¼ cup heavy cream
- 3 large eggs
- 2 teaspoons vanilla extract
- ¾ cup packed dark brown sugar
- ½ inch fresh ginger, grated
- 1 teaspoon ground cinnamon
- Pinch of ground cloves
- ⅛ teaspoon ground nutmeg
- ¼ teaspoon kosher salt

DIRECTIONS

1. Heat the oven to 375 degrees F. Remove the frozen pie crust from the freezer and let it sit at room temperature for 15 minutes. Prick

- the dough all over with a fork, line the inside of the pie crust with crumpled parchment paper, and place pie weights or dry beans on top of the liner. Bake for 20 minutes. Remove the weights and parchment paper, and return the pie crust to the oven for about 8 minutes, or until lightly browned. Let cool on a wire rack.
2. Use a food processor to crush the gingersnaps into crumbs, making sure to have enough to thoroughly cover the bottom of the pie crust. Scatter the crumbs over the bottom of the cooled pie crust.
3. In a medium bowl, combine the pumpkin, cream, eggs, vanilla, brown sugar, ginger, cinnamon, cloves, nutmeg, and salt. Whisk until thoroughly combined. Pour into the gingersnap-lined pie crust.
4. Bake in the middle of the oven for about 50 minutes, or until the filling is set but the center retains a slight jiggle. Transfer to a wire rack and cool completely.



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