



INSIDE
Sweet-Potato-Turkey Chili

BETTER *for* YOU

YOUR HEALTH PLAN NEWSLETTER TO HELP YOU GET AND STAY HEALTHY! • SPRING 2019

Spring Ahead to a Healthier You

MAKE THESE SMALL CHANGES FOR BIG RESULTS

Ready for a fresh start? During the winter months, many of us tend to add a few pounds or be less active. Try this: add one healthy habit every week. You might be surprised at how much better you'll feel.

CATCH UP ON SCREENINGS

Start your improvement plan by making sure you're up to date on important screenings, like blood pressure and cholesterol. If you're not, set up an appointment.

WAKE UP EARLIER

Give yourself time to eat breakfast, exercise, or just enjoy some peace and quiet. Research says that people who get up early are more productive, feel more optimistic, and sleep better. Ease into it. Tomorrow, try getting up 10 minutes earlier.

EAT BREAKFAST

It will help you get past that mid-morning slump. Plus, it can help you maintain a healthy weight. Go for good carbs, protein, and fiber. An egg-white omelet with veggies is great if you have time, but oatmeal with almonds or low-fat yogurt with fruit will also do the trick.

WALK OUTSIDE

Celebrate warmer weather, and kick off your plan to get in better shape. Walking is the easiest way to burn calories, and walking outdoors has been linked to lower blood pressure and less stress. Go for at least 20 minutes a day. Set a goal to increase your steps and speed each week.



TRY A NEW FRUIT OR VEGETABLE

Bored with apples or don't like Brussels sprouts? No problem. There are plenty of other choices. Pick a fruit or vegetable you've never had or one you didn't like when you were younger. Aim to fill half your plate with a variety of produce for a good mix of nutrients. You can choose from fresh, frozen, or canned.

MAKE A SMART TRADE

Think about the least healthy thing you eat or drink. Now, swap it out for something that's healthier. Love pizza? Replace half the pepperoni with mushrooms for fewer calories and less fat.

STRETCH MORE

Doing a few simple stretches can get your blood flowing and improve flexibility. Take a

few minutes each day to loosen up. Warm up by walking in place for 5 minutes, then try this: stand tall with feet shoulder-width apart. Lift your right knee, gently grasp your right shin with both hands, and bring your knee toward your chest. Release your shin, and lower your foot. Repeat on left side. To make this move easier, try it lying on your back.

SET A BEDTIME

It's not just good for kids. Going to bed at a set time allows you to get the 7 to 8 hours of sleep you need. Plus, sticking to a schedule helps your body "remember" to wind down. Turn off screens (computers, smartphones, TV's) 2 hours prior to going to bed to give your mind time to relax. Do a quiet, relaxing activity 30 minutes before bed.

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 do not 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.

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 many 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."

Spring Into a Healthier You!

Warmer weather is finally here! Take advantage of the season to build lasting, healthy habits. Learn how spending time outdoors boosts your health on page 1.

Find out some simple ways to add exercise to busy days on page 5, and how your local pharmacy could save you a trip to the doctor's office on page 8.

If you have questions about how your health plan can help, 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

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 eye glass 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 web at www.mhswi.com under resources.

Need a paper copy of our handbook or directory? Call Member Services at **888-713-6180**.

Did You Get a Survey?

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

Sweet-Savory Roasted Nuts



INGREDIENTS

- 1 egg white
- 2 teaspoons water
- 1 tablespoon ginger stir-fry sauce
- 4 cups raw whole nuts, such as almonds, cashews, pecans, or peanuts
- 3 tablespoons packed brown sugar
- 2 teaspoons cumin
- 1 teaspoon turmeric
- 2 teaspoons chili powder
- ¾ teaspoon garlic salt
- ½ teaspoon kosher salt
- ⅛ teaspoon cayenne

SERVINGS: 32

Serving size: 2 ounces
Per serving: 109 calories, 9 g fat, 3 g protein, 6 g carbs, 162 mg sodium

DIRECTIONS

1. Heat the oven to 300 F. Line a 9-inch-by-13-inch baking pan with foil; spray with cooking spray.
2. In a large bowl, combine the egg white and water; whisk with a fork until frothy.
3. Add the stir-fry sauce; whisk to combine. Add the nuts; toss to coat.
4. In a small bowl, combine the brown sugar, cumin, turmeric, chili powder, garlic salt, salt, and cayenne. Add the spice mixture to the nut mixture; toss to thoroughly combine. Spread the nuts evenly on the prepared pan.
5. Bake, stirring twice, for about 40 minutes, or until the nuts are toasted and the coating is dry. When nuts are no longer wet to the touch, remove the pan from the oven and pour the nuts onto a large sheet of foil to cool completely.

5 Healthy Nuts That Aren't Just For Health Nuts!

ALMONDS: A daily serving of 1.5 ounces (about 1/3 cup) has the power to reduce fat in the belly and legs, as well as improve insulin use in people with prediabetes and lower the bad kinds of cholesterol.



BRAZIL NUTS: These nuts can give you better "grades" on your next test for cholesterol, blood fats, and triglycerides.



PISTACHIOS: Eating a handful of pistachios each day, along with a heart-healthy diet, has been found to help lower LDL "bad" cholesterol levels.



WALNUTS: Walnuts are an excellent source of omega-3 fatty acids, which can reduce inflammation and delay or prevent diseases, including Alzheimer's and diabetes.



CASHEWS: Cashews are good source of healthy fats, including monounsaturated and polyunsaturated fatty acids, plus a stunning array of other nutrients and a heaping helping of fiber.



Sweet-Potato-Turkey Chili

INGREDIENTS

- 2 tablespoons olive oil
- 1 diced white onion
- 1 minced (remove the seeds for a less spicy chili) jalapeño
- 4 minced cloves garlic
- 1 pound ground turkey
- ½ teaspoon kosher salt
- 1 large diced sweet potato
- 1 zest grated and juiced lime
- 1 14.5-ounce can diced tomatoes
- 1 15.5-ounce can black beans
- 1 teaspoon cumin
- ¾ teaspoon chile powder
- ½ teaspoon ground black pepper
- 1 cilantro, for garnish (optional)
- 1 Grated Mexican cheese blend, for garnish (optional)

DIRECTIONS

1. In a large skillet with high sides over medium-high, heat the olive oil until shimmering. Add the onion and cook, stirring frequently, for about 8 minutes, or until translucent. Add the jalapeño and garlic and cook for about 1 minute, or until fragrant.
2. Reduce the heat to medium and add the turkey and salt. Cook, stirring occasionally to break up the meat, for about 8 minutes, or until the turkey is no longer pink.
3. Add the sweet potato and cover. Cook, stirring occasionally, for about 10 minutes, or until the sweet potato begins to soften. Add the lime zest, tomatoes, beans, cumin, chile powder, and black pepper and cook, stirring frequently, for about 10 minutes, or until the sweet potatoes are tender.
4. Immediately before serving, stir in the lime juice. Serve with cilantro and cheese, if using.



SERVINGS: 6

Per serving: 287 calories, 11 g fat, 20 g protein, 31 g carbs, 929 mg sodium

4. Immediately before serving, stir in the lime juice. Serve with cilantro and cheese, if using.

5 Stress Management Tips for COPD

SIMPLE TECHNIQUES TO HELP KEEP STRESS AT A MINIMUM

You probably know to avoid secondhand smoke and pollen to help avoid COPD flare-ups, but managing stress is another important part of helping you breathe easier with COPD.

1 IDENTIFY STRESS

Research connects stress to many health problems, including sleep issues and less physical energy. For those with COPD it can also cause rapid, panicked breathing, or even a full flare up. Perhaps COPD is keeping you from doing activities you love, and that's weighing on your mind.

2 BREAK THE CYCLE

Taking care of your emotions is just as important as taking care of your body, especially when you have COPD. Feeling down about managing COPD can trigger a flare-up, which brings more stress.

3 ASK FOR HELP

Start by being realistic about the tasks you can take on while managing your symptoms. Don't feel guilty about asking for help. In fact, you will be able to do more if you take care and control COPD.



4 JUST SAY NO

Just as you avoid a smoky room, keep away from people, places and situations that have upset you in the past. Instead, turn your focus to friends and family who are genuinely supportive of what you are going through.

5 FOLLOW YOUR PLAN

Taking control of COPD can reduce the stress you feel about having the condition. Follow the plan you make with your doctor. Let your doctor know if your symptoms interfere with eating, sleeping or exercising.

Brush Up for a Healthy Mouth

3 SIMPLE WAYS TO MAINTAIN ORAL HEALTH AND HELP PREVENT GUM DISEASE

Healthy teeth and gums are important for total body health. You know that regular brushing and flossing are the best ways to keep your teeth and gums in good shape. But there are other things you can do as part of your personal dental plan.

Keep your toothbrush clean. After using, rinse your brush with warm water. Tap it against the edge of the sink a few times to flick off water and any food particles. Leave your



brush in an upright position to air-dry. Don't cover it up. That can cause germs to grow.

Snack on crunchy foods that help clean your teeth, such as apples, celery, and carrots. They stimulate your gums, which helps keep them healthy. Studies show that people who eat high-fiber foods are less likely to develop gum disease.

Enjoy foods rich in calcium, like low-fat dairy products. Calcium makes teeth stronger. Snack on low-fat yogurt or cottage cheese. Dark leafy greens, like spinach, kale, and collards, are also a good source of calcium. So are white beans, soy beans, salmon, and sardines.

Easy Ways to Exercise on a Busy Schedule

EASY WAYS TO STAY FIT WHILE PUTTING IN AN EIGHT-HOUR DAY

The American Diabetes Association (ADA) updated its exercise guidelines last year to include this recommendation: Stand up and move around for at least three minutes every half hour. Why? Studies show that breaking up prolonged periods of sitting with light-intensity activity can improve blood-sugar management in people with diabetes. But you don't need high blood sugar to benefit. Other research has also linked too much sitting to obesity and other health risks.

"Standing workstations are the best thing since sliced bread," says Kyle Stull, D.H.Sc., a personal trainer, licensed massage therapist, and senior manager of research at TriggerPoint Performance Therapy. "Standing will improve circulation in the legs and reduce impact on your back." Add some movement or stretching, and you can improve your mood, lower stress levels, and even take a step toward weight loss. Stull suggests starting with a 10-minute stint and building up to two hours total, broken up throughout the day.

GET ON A ROLL.

Ever heard of foam rolling? This type of self-massage is growing in popularity.

- Keep a handheld foam roller in your desk and "roll out" your leg and hip muscles.
- Or use a massage ball, tennis ball, or your own hands to work on tight muscles in your arms, upper back, or feet.

Stull advises choosing two body parts and rolling each for at least two minutes

TRY A NEW TWIST.

It takes just 30 seconds to do one simple stretch.

- Stretch your neck first to one side as you push toward the floor with the opposite hand, then switch.

Other suggestions for light-intensity activities also include overhead arm stretches and twisting side to side. Or do a few stretches from your favorite workout video, yoga routine, or group exercise class .



Stand up and move around for at least three minutes every half hour.

BELLY BREATHING.

Breathe in and out through your nose, taking five to seven seconds for each inhalation and exhalation. Your abdomen, not your chest, should expand when you breathe in.

- To test this, lie on the floor and place your hands flat on your belly, then see if they rise and fall as you breathe.

MAKE WALL ANGELS.

They're like snow angels, but you won't leave a trace of your presence unless there's wet paint.

- Stand with your back against a wall and your arms relaxed at your sides, then sweep your arms all the way overhead and back down. Repeat 15 times.

DO WALL PUSH-UPS.

If you can do regular push-ups, Stull says to go for it. But if not (or if you don't want to get down on the floor),

- stand an arm's length from a sturdy wall and place your hands on it.
- Rise up on the balls of your feet, then slowly lower your chest toward the wall.
- Return slowly to your starting position.
- Repeat 15 times.

Here Are Stull's Tips To Get Moving

SET A REMINDER.

Get a fitness tracker that buzzes to remind you to get up and move.



Or set an alarm on your phone to spur you into action every hour or two.

Use the opportunity to go refill your water bottle or walk up and down the stairs.

Do laps while you chat on a mobile phone, or hold a walking meeting to catch up on project details.

A brisk (10-minute) walk will not only burn calories and get the blood flowing, it will also help reinvigorate the mind. Keep a pair of walking shoes at your office.

Should You Try a Weighted Blanket?

A CLOSER LOOK AT THE BENEFITS OF THIS UNCONVENTIONAL TREATMENT FOR ANXIETY AND OTHER STRESS DISORDERS



Weighted blankets have been used for years to help comfort and calm children

terms like “swaddling” and “cocooning” and “gentle hugs” and “getting a massage” to describe the experience.

WHY IT’S WORTH A SHOT

Participants in a 2015 study that was published in the *Journal of Sleep Medicine and Disorders* reported falling asleep faster and

staying asleep longer when using weighted blankets rather than regular blankets. And in the 2006 study, which appeared in *Occupational Therapy in Mental Health*, 63 percent of participants reported lower anxiety after using a weighted blanket as opposed to lying down with no blanket, and 78 percent said they felt more relaxed with the blanket than without. There isn’t enough evidence to show any benefits for those with depression.

WHAT WEIGHT SHOULD YOU CHOOSE?

A 2006 study found participants who used weighted blankets preferred ones that weighed about 10 percent of their body weight. It’s important that children and older adults are able to push the blanket off with ease.

What if instead of hearing advice like “face your fears,” “engage with the world,” or “stop worrying so much,” people coping with anxiety heard phrases like “hit the sack” or “snuggle up”? Turns out, you can do just that with a weighted blanket. This natural remedy is exactly what it sounds like—a cozy blanket that weighs between 15 and 30 pounds, which is just enough pressure to help your body and mind relax.

Weighted blankets have been used for years to help comfort and calm children with autism, ADHD, or sensory issues. More recent research has prompted health experts to recommend the blankets for adults with anxiety issues, insomnia, or post-traumatic stress disorder. Should you give the buzzy anxiety-reducer a try? Here’s a closer look at the science behind weighted blankets.

WHAT THEY ARE

Weighted blankets have compartments with plastic poly pellets sewn into them to give the blanket more mass (they’re usually between 15 and 20 pounds but can be as light as four pounds or as heavy as 30).

HOW THEY WORK

Using the same principles as deep touch therapy, the blanket’s weight targets pressure points throughout the body, relaxing the nervous system. Studies show that when these pressure points are stimulated, the brain releases more serotonin, which is the body’s natural mood stabilizer. An imbalance of serotonin has been associated with depression and anxiety. Users who wore the blankets in various studies tended to report a sense of calm and comfort, using

CHECK IN WITH YOUR DOCTOR

Even though weighted blankets are considered safe for most, check with your doctor or an occupational therapist before buying one. These blankets should not be used as a replacement for any existing treatment. Also, weighted blankets are not recommended for anyone recovering from surgery or anyone with a respiratory or circulatory problem.

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.

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

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. Maybe you've even settled into a blood pressure kiosk to check your numbers while your prescription is being filled. What you may not know, however, is that many pharmacies are now set up to offer a host of other preventive health care services too—everything from traveler's vaccines to wellness events.

"People are beginning to realize that their local pharmacist is trained to meet many health care 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 California College of Pharmacy and spokesperson for the American Pharmacists Association. "Our goal in adding these services is to make the patient's life better."

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. Remember to also check your insurance plan to make sure it covers the cost of services handled at your pharmacy.

and pertussis), and varicella (chicken pox). Additionally, many pharmacies will offer travel immunizations for meningitis, yellow fever, typhoid, and other diseases.



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. "A pharmacist is trained to recommend the best nicotine-replacement products for individuals, especially if it's a pharmacist who knows your history," says Jalloh. For example, certain products are better than others for those with allergies or skin sensitivities.

Wellness events. One or more times a year, many pharmacies

invite outside health experts and related partners to in-store health care events. Here, customers can learn about disease prevention and management, get their blood pressure checked, and find out their cholesterol and blood glucose levels.

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. Women may be required to fill out a health questionnaire.

Naloxone (or Narcan). With the rise of opioid addiction, state legislatures have made it easier for pharmacists to provide naloxone, or Narcan, without a prescription. The medication reverses an opioid overdose.

Vaccines. Flu shots got the trend started in the early 2000s, says Jalloh, and they are now commonplace. Many local pharmacies also administer other recommended vaccinations including pneumonia, polio, shingles, Tdap (tetanus, diphtheria

It Is All About Quality

Our Quality Improvement Program is designed to help you improve your health. The 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.
- Diabetes under control for at least 55% of our members with diabetes.
- Breast cancer screenings for at least 65% of women over 50.





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Ready To
Quit Smoking?
SEE PAGE 2.

LW-MHS-Q119

STATEMENT OF NONDISCRIMINATION: This health plan 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 English, language assistance services, free of charge, are available to you. Call **1-888-713-6180**. (TTY: **1-800-947-3529**).

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

Hmoob: 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: **1-800-947-3529**).

Русский: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-888-713-6180** (телетайп: **1-800-947-3529**)

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Photo: Getty Images