



INSIDE
Veggie and
Herb Frittata

YOUR HEALTH PLAN NEWSLETTER TO HELP YOU GET AND STAY HEALTHY! • **SPRING 2020**

3 Simple Steps to a Healthier Heart

TRY THESE PREVENTION STRATEGIES
TO KEEP YOU FEELING YOUR BEST

Taking better care of your heart doesn't necessarily mean your lifestyle needs a huge makeover. In fact, sometimes the smallest changes have the most impact—because they're doable! Here are three small steps that can do your heart health a world of good.

STEP #1: WATCH YOUR SUGAR AND SALT

Unfortunately, two of the things our taste buds crave—sweet and salty flavors—can lead to high blood pressure. In turn, high blood pressure can lead to irregular heartbeat, heart attack, and stroke.

What can you do? Start by limiting foods with added sugar—think table sugar and sweeteners. Check the nutrition facts label on your favorite foods for the “added



sugar” category. U.S. Dietary Guidelines call for an added sugar cut-off at 10 percent of your daily calories.

Also, look for products labeled “low” or “reduced” sodium. It's recommended that most healthy adults limit their sodium intake to less than 2,300 milligrams a day, but if you have heart disease, your doctor may set an even lower limit for you.

STEP #2: TAKE A DAILY WALK

Regular physical activity does more than keep your heart strong. It helps keep blood sugar steady, which lowers your risk of diabetes. Make a brisk walk part of your daily routine. Your goal for the week should be to get about 30 minutes of moderate-intensity exercise five days each week.

To lower your blood pressure or cholesterol, aim for 40-minute sessions. Moderate intensity-aerobic exercise gets your heart and lungs working. The effort should be somewhat hard. Along with walking, bicycling and dancing are good examples.

STEP #3: REVIEW YOUR MEDICATIONS

Make a list of all of the prescription and over-the-counter medications you take on a regular basis. Don't forget to include pain relievers, allergy medicine, vitamins, supplements, and sleep aids. Review the list with your doctor or pharmacist every year. In some cases, you may be able to stop medicines you no longer need, or switch to a lower dose.

4 HEART-HEALTHY FOOD SWAPS

Start your day with oatmeal and fruit instead of sweetened cereal.

Swap the cheese slice on a sandwich for a slice of avocado.

Go with whole-grain versions of waffles, bread, and pasta.

Snack on dry-roasted unsalted nuts instead of salted nuts.

The Anti-Inflammation Diet Made Easy

CONCERNED ABOUT INFLAMMATION? THESE 5 MEAL STRATEGIES MAY HELP



Surprise! Many of your favorite foods may be keeping inflammation in check.

TOP ANTI-INFLAMMATORY FOODS
BEANS
FISH
BERRIES
HERBS
LEAFY GREENS
SEEDS
SQUASH
SWEET POTATOES
HERBAL TEA
WHOLE GRAINS

Diet has a powerful effect on personal health, says Deborah Klein, M.S., R.D., author of *The 200 SuperFoods That Will Save Your Life*. On the one hand, there are foods that contribute to inflammation in the body. And on the other, there are foods that tame inflammation.

WHAT IS INFLAMMATION?

Inflammation is your body’s natural response to harmful stimuli such as bacteria, ongoing stress, or high cholesterol. Food plays a role, too. Sliced bread and white potatoes, for example, may increase inflammation, while whole grains and veg-

gies like yams help keep it in check. Filling your plate with more anti-inflammatory foods may help reduce your risk of many common diseases.

WHY IT’S IMPORTANT

High inflammation levels are linked to a higher risk of heart disease, dementia, immune disorders, and type 2 diabetes. Klein says she’s also noticed an upswing in diet-related health problems that may be caused by inflammation, including bloating, fatigue, and gastrointestinal problems. To help reduce these symptoms, Klein has put many of her

clients on an anti-inflammatory diet and urges them to follow these strategies:

1 DITCH THE SAD

That is, the Standard American Diet. Open your diet to real whole foods with a minimal ingredients list that you can pronounce, Klein suggests. You don’t have to overhaul your diet. Aim to gradually cut out refined ingredients like white flour and get more vegetables onto your plate.

2 EAT EVERY 4 HOURS

“It’s a stress on the body when we wait so long between eating,” Klein says. “Eating smaller meals more often helps de-stress the body and promote an anti-inflammatory response.”

3 EAT MORE HEALTHY FATS

Eating more foods that contain omega-3 fatty acids—and less foods high in omega-6 fats—can keep inflammation low. Omega-6 actually promotes inflammation, Klein says. Black beans, fish, nuts, and green leafy veggies are good omega-3 sources. Foods that are high in refined vegetable oils—like fried food and spreads—tend to be high in omega-6 fats.

4 GO HERBAL

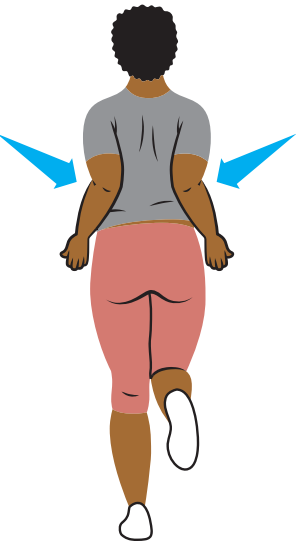
Sip tea and experiment with spices to help fight inflammation. Try white, ginger, or green teas. Add garlic, parsley, cinnamon, or turmeric to meals.

5 STOP FEARING STARCHES

The right kind of carbs aren’t fattening—they’re fuel. “People are so scared of the word ‘carb,’ but we need carbs to burn fat. Protein and veggies aren’t enough on their own. Our brains and muscles need glucose, and keeping glucose levels stabilized is a key part of staying healthy,” Klein says. Choose good carbs that are also high in fiber, like whole grains, beans and legumes, and fruit.

3 Moves to Strengthen Your Heart

YOUR HEART IS A MUSCLE. MAKE IT STRONGER WITH THESE TOTAL-BODY CARDIO MOVES. BEST OF ALL, YOU CAN DO THEM ANYTIME, ANYWHERE



MARCH WITH SHOULDER-BLADE PINCH

1. Stand tall with your feet hip-width apart and elbows bent at the sides as if running. Do not swing arms.
2. Slowly march in place, pinching shoulder blades together as each knee rises to hip height.
3. Release pinch as foot returns to the floor. That’s one rep.

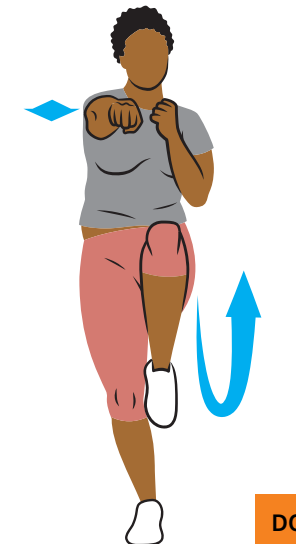
Reps: Do 3 sets of 10 reps on each side.
Tip: Resist the urge to scrunch your shoulders to your ears. Focus on squeezing the shoulder blades down and back with each pinch.



CHAIR SQUAT

1. Stand with your feet hip- or shoulder-width apart in front of a sturdy chair, your back facing the seat and arms in front of you.
2. Push your hips back and bend at the knees to lower your torso until your hips graze the chair.
3. Without relaxing onto the chair (allow a slight rest if you need one), press through your heels to raise back to standing. That’s one rep.

Reps: Do 3 sets of 10 reps.
Tip: If you feel knee pain or lose balance, use a taller chair. As you get stronger, you can progress to shorter chairs.



PUNCH-KICK COMBO

1. Stand tall with your feet hip-width apart and elbows bent at sides as if running.
2. Transfer all of your body weight to one foot. Simultaneously kick the unweighted foot in front of you at waist height while punching your opposite arm straight forward at shoulder height.
3. Return to start. That’s one rep.

Reps: Do 3 sets of 10 reps on each side.
Tip: Perform each move with control, going slow. Flinging your limbs can be harmful to your joints and connective tissues.

DO THESE MOVES 3 DAYS PER WEEK, BUILDING UP TO 5 DAYS

Friendly safety reminder: If you suffer from a chronic illness, talk to your doctor before beginning a new type of exercise.



Your 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:

- Receiving 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
- Requesting 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 mhswi.com.



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. Take a few moments to fill out the survey if you get one.

Why You Should Schedule a Colonoscopy Screening ASAP

THIS ESSENTIAL TEST COULD END UP SAVING YOUR LIFE

If you knew you could prevent a certain type of cancer with a single, simple test, would you do it?

For the vast majority of us, the answer to this question would be an overwhelming yes. But when it comes to colorectal cancer—the third most commonly diagnosed cancer and second leading cause of death from cancer in the United States—this truth can fall on deaf ears.

In fact, “there’s strong evidence that these tests can reduce cancer deaths,” says John M. Inadomi, M.D., a gastroenterologist at the University of Washington School of Medicine. But only 60 percent of Americans are up to date with their screening.

“We understand that people don’t get screened because they’re embarrassed or fearful of the test,” he says. “Have an open discussion with your doctor about why this is so important to your health.”



WHEN SHOULD I GET SCREENED?

If you’re between the ages of 50 and 75, it’s important to schedule a screening as soon as possible. But if you’re under 50 and have a family history of colorectal cancer or have inflammatory bowel disease, you should probably look into the testing sooner rather than later.

If you’re older than 75, ask your doctor if the screening is right for you.

IS THE SCREENING PAINFUL?

Colorectal cancer screenings are safe and easy. While there are multiple types, you’ll likely and most frequently hear about these two screenings from your doctor:

- 1. FIT (fecal immunochemical test):**
What it is: An at-home test that doesn’t require a doctor’s procedure or any special preparations.
How it’s done: You collect a small stool sample and send it via mail to a lab, where it’s checked for small amounts of blood.
- 2. Colonoscopy**
What it is: A medical procedure performed every 10 years, or as recommended by a doctor.
How it’s done: The doctor examines the rectum and colon with a flexible, lighted tube while the patient is sedated. It’s helpful in removing polyps on the spot and diagnosing other problems.



READY TO QUIT SMOKING?

Pick a date. Give yourself about two 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 the 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.” You’ve got this!



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? An advance directive is a form that can help you state your wishes.

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, and will keep a copy. Store your copy in a safe place, and share the spot with a trusted family member.

6 Ways to Protect Your Child from Diabetes

SIMPLE DIET AND LIFESTYLE CHANGES CAN HELP REDUCE DIABETES RISK

Type 2 diabetes used to be thought of as an adult health problem. It was even called “adult-onset diabetes” because it was usually diagnosed in adults. But now, type 2 diabetes and prediabetes are becoming more common in children and teens.

A quick refresher: Diabetes begins when the body can’t make or use insulin properly. Insulin is a hormone that helps break down the food you eat so your body can use it for energy. Sugar, also known as glucose, then builds up in the blood. Over time, too much blood sugar can lead to low energy, infections, and even damage your heart and other organs and tissues throughout the body.

The onset of type 2 diabetes is often slow, and there aren’t always warning signs that something’s not right. Still, there are a few red flags parents should look out for: An unquenchable thirst; more frequent trips to the bathroom; and unusual tiredness.

The good news is that healthy eating and staying active are top ways to lower the risk of diabetes. To help your child make healthy habits for a lifetime, start with these small changes:

- 1. Serve a fruit and vegetable at each meal.** You can save money by buying produce that’s on sale. Frozen and canned varieties are also wallet-friendly options, but pick ones without sauces or syrup.
- 2. Make dessert an occasional treat.** Serve dessert every day? Switch to every other day, then a few times a week, and ultimately only once a week and on special occasions. One trick: Bring fruit out at the end of family meals for a sweet finish.
- 3. Don’t drink your sugar.** Eating too much added sugar can lead to weight gain—and sodas, juices, and sports drinks



make up almost half the amount of added sugar in the average American’s diet. The best drink to quench thirst? Water.

4. Be active at least 1 hour a day. It doesn’t have to be all at once: It can be walking to school in the morning, active playing in the afternoon, and riding bikes with the family after dinner.

5. Set a 2 hour daily screen-time limit. Sitting too much can lead to weight gain. Encourage stretch breaks after 20 minutes of gaming or watching TV.

6. Stick to a sleep routine. Getting enough rest is important for a healthy weight. Plus, it will help your child be alert for school and activities.

GIVE YOUR BRAIN A WORKOUT

Each picture below contains a hidden phrase about the mind. Can you decode them? Hint: Think about how the words (and symbols) are placed in relation to one another.



ANSWERS (FROM TOP) : Bear in mind • Refresh your memory • You’re the brains behind the operation • Think big

Food Safety: 4 Key Prep and Handling Tips

SMART WAYS TO LIMIT FOODBORNE ILLNESSES SO YOU AND YOUR FAMILY STAY WELL



Every year, it seems like different types of produce and meats are stricken with bacterial pathogens because of poor handling practices—one year it’s alfalfa sprouts, the next year it’s peanut butter—it’s always changing! Not surprisingly, one out of six Americans contracts a foodborne illness each year, but it is something you can usually prevent.

In fact, “almost 20 percent of all foodborne illness occurs during the preparation at home,” says Robert Gravani, Ph.D., a professor at Cornell University and director of the National Good Agricultural Practices Program.

To avoid telltale signs of a foodborne illness—vomiting, diarrhea, cramping, and more—Gravani suggests four simple steps: clean, separate, cook, and chill.

“Keep the foods clean, separate them appropriately, cook them thoroughly, and chill them rapidly,” he explains.

1. CLEAN: For fresh foods, exposure to pathogens is possible during handling. Produce should be thoroughly washed and dried. Poultry and meats should be wrapped in plastic bags to prevent leaking. Use separate cutting boards for raw meats and produce, and wash cutting surfaces thoroughly with hot water, soap, and a disinfectant between uses.

2. SEPARATE: When you’re grocery shopping, keep raw items like produce and meats in different parts of the grocery cart—and use plastic bags to double-wrap raw meats. At home, designate parts of the fridge for certain foods, like keeping meats separate from anything that you may eat raw (so no beef next to your salad greens). Keep the fridge temperature at 40 degrees or lower—but not below freezing, as that can degrade produce quality.

3. COOK: Techniques like cutting open a piece of chicken, testing for doneness with your fingers, and then taking a

test bite don’t measure up in terms of safety. “The only way to determine if food is thoroughly cooked is with a meat thermometer,” Gravani says. For example, a hamburger is done at 160 degrees, but one out of every four hamburgers that is cooked turns brown before it reaches the safe temperature, he notes. Meat thermometers will have a chart listing safe cooking temperatures.

4. CHILL: Be wary of food that’s been sitting out for a picnic or party. The maximum amount of time that cooked food should be left out without refrigeration is two hours (one hour if the temperature is over 90 degrees). If you’re traveling—even taking leftovers to go—put food in insulated bags or in a cooler with ice or reusable ice packs. If a car trip is going to be longer than two hours in the summer, remember that the car will heat up. Consider buying food on the road instead, or bring extra ice packs to keep the food cold for the long haul.



Do You Know Your Benefits?

There is a lot you can learn from your

Member Handbook and our website, 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

It is important to learn about your benefits so you can make the most of your health insurance. Your handbook is on our website at mhswi.com under Member Resources.

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



Cauliflower Cream Mac and Cheese

A HEALTHY AND DELICIOUS TWIST ON MAC AND CHEESE

SERVINGS: 8

Prep time: 10 min
Cook Time: 20 min
Per serving: 350 calories, 9 g fat, 1 g saturated fat, 12 g protein, 8 g fiber

INGREDIENTS

- 1 Tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, chopped
- 2 large cauliflower heads
- 4 cups vegetable broth
- 2 tsp Dijon mustard
- ½ to 1 cup of any type of milk
- Salt and pepper, to taste
- 1 12 oz box elbow or rotini macaroni, cooked (whole wheat or added-fiber pasta recommended)
- 1 ¼ cups any cheese, like cheddar cheese

DIRECTIONS

- 1.** Make cauliflower cream: Add oil to a skillet and sauté onion and garlic until cooked. Meanwhile, add cauliflower and broth to a pot and boil 7-10 minutes. Do not drain.
- 2.** To a blender: Add cauliflower, 1 cup cooking liquid, onion-garlic mix, mustard, milk, and salt and pepper. Blend until smooth.
- 3.** Place cooked pasta and cream into a baking dish. Stir well, then top with cheese.
- 4.** Bake at 375°F for 15-20 mins, or until cheese is melted and dish is bubbling.

Veggie and Herb Frittata

This quick, fuss-free recipe is an excellent way to use up leftover vegetables

SERVINGS: 6

Prep and cook time: 35 minutes

INGREDIENTS

- 8 large eggs
- ½ tsp salt
- ¼ tsp black pepper
- 2 Tbsp olive oil
- 1 green bell pepper, chopped
- 1 onion, chopped
- 2 cups packed baby spinach leaves
- 1 cup of fresh herbs, chopped
- 2 oz goat cheese crumbles

DIRECTIONS

- 1.** In a large bowl, whisk together eggs, salt, and black pepper. Set aside.



- 2.** Heat oil in 10-inch skillet over medium heat. Add pepper and onion and cook, stirring occasionally, 8 minutes. Add spinach and herbs; stir until spinach wilts.
- 3.** Pour eggs over the vegetables and sprinkle goat cheese. Cook, undisturbed, until the edges are set, about 3 minutes. Transfer to the oven and bake at 350°F until center is cooked through, 10 to 12 minutes. Let rest 5 minutes before serving.



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We also set standards and quality goals. Some of our quality goals are:

- 80 percent of children should be up to date on immunizations
- Diabetes under control for at least 55 percent of our members who have diabetes
- Breast cancer screenings for at least 65 percent of women over 50.



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SEE PAGE 3.

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