



INSIDE
Grilled Sun-Dried
Tomato Chicken Breast

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

7 Essential Tips for Good Summer Health

FROM HOW TO STAY HYDRATED TO KEEPING SAFE IN THE WATER, HERE'S 7 ESSENTIAL TIPS TO ENSURE YOU HAVE THE BEST SUMMER POSSIBLE

Whether you're in the pool, at the beach, camping, hiking, or just hanging with friends or family in the backyard, be aware and prepared to avoid these seven common summer health problems:

HEAT EXHAUSTION In very hot temps, heat exhaustion is a danger, says Benjamin Barlow, MD, chief medical officer of American Family Care. Signs of heat exhaustion include dizziness, a rapid pulse, nausea, headache, and/or cool, moist skin. Get to a shady or air-conditioned room, lie down, elevate your feet, and drink cool water. If symptoms do not improve or if the body temperature is over 104° F, seek emergency attention.

DEHYDRATION Dehydration symptoms include obvious thirst, dry mouth, irritability, fatigue, and a weak pulse. Pinch your skin: if it doesn't return to place quickly, you may be dehydrated. Get indoors and drink cool liquids (water is fine and sports drinks or an electrolyte gel can also help), and be sure to eat to replace salt lost by sweating.

LYME DISEASE Signs of possible Lyme disease include a circular, "bull's-eye" rash anywhere on the body, and flu-like symptoms. See a doctor immediately if you suspect Lyme disease, as it's best to treat it quickly with antibiotics.



DROWNING RISK Swim in groups, only where there's a lifeguard or other close supervision and, in the ocean, heed undertow warnings. Be aware of water being inhaled into the lungs while swimming, which can cause aspiration pneumonia, says Dr. Barlow. If you notice persistent coughing, stressed breathing, and vomiting within 24 hours after swimming, get emergency medical help.

POISON IVY/OAK If you encounter these rash-and-itch-inducing plants, immediately wash skin with plenty of soap and water. Calamine lotion or hydrocortisone cream can ease itching and blistering. Antihistamine pills can also reduce itching. See a doctor if the rash is severe, looks infected, shows up on your face, or if you experience swelling.

SUNBURN If you overdid it in the sun, "drink plenty of water, take a cool bath, and/or apply aloe vera gel to the burned area, and take ibuprofen or acetaminophen to ease any pain," says Dr. Barlow. Seek medical help for sunburn that covers more than 15% of your body for a fever over 101° F.

RECREATIONAL WATER ILLNESS Water in lakes, ponds, streams, and even the ocean may contain germs or chemicals that, if swallowed, may cause diarrhea, rashes, ear infections, and respiratory infections, says Dr. Barlow. Shower before and after swimming in public places, avoid iffy water if you're older, pregnant, or have a compromised immune system, and tell the kids to swim with their mouths closed.

Buying 101: Summer Fruits and Vegetables

SUMMER IS THE SEASON FOR BOUNTIFUL PRODUCE OPTIONS. USE THIS A-TO-Z GUIDE TO BUYING POPULAR SUMMER PRODUCE TO MAKE SURE YOU GET THE BEST FLAVOR AND THE GREATEST VALUE



Check out these fruits and vegetables you should be stocking up on right now.

APRICOTS don't travel well and tend to bruise easily, so look for them at a local farmers market.

BERRIES should be shiny and plump (except for blueberries, which have a dull, matte finish). Avoid any packs with mushy or moldy berries, since the

damage spreads fast and rots the whole bunch faster. Rinse berries just before eating or using them, never in advance, as otherwise they will become soggy and rot faster.

CHERRY stems can tell you how fresh the fruit is. An intact green stem is a good

sign. If there isn't a stem, look at the fruit. It should be shiny and feel firm and plump, not wrinkly or bruised.

CORN husks should be green, tight, and moist. The brown ends that poke out should feel silky. Also, check the husks for little holes, and put the corn back if you find any—these are wormholes. The husk should feel solid and firm.

EGGPLANTS should have smooth, shiny skin with uniform color. The vegetable should feel heavy for its size. For a sweeter, less bitter eggplant, choose smaller ones with thin skin. A ripe eggplant will not have much give when pressed with your finger—it should be firm but not hard.

FIGS with a soft feel and smooth, unbroken skin deserve a place in your grocery basket. Avoid figs that are mushy, wet, or broken.

MELONS should always feel heavy for their size; most should have a bit of a sweet smell, too.

NECTARINES are, essentially, fuzzless peaches. They should have a bold color, feel heavy for their size, and give just a bit when held firmly.

OKRA should be firm and plump. Look for smooth, tender, blemish-free, bright-green pods. Avoid pods with brown spots or dry ends.

PEACHES should feel heavy for their size and give a little when pressed. Avoid ones that have green near the stem.

WATERMELONS should feel heavy for their size. Unlike other melons, watermelons don't tend to emit a smell, even when they're ripe and ready to eat.

Photos: Getty Images

Photos: Getty Images

Stay Safe in Summer Sun

FOLLOW OUR HANDY GUIDE TO CHOOSE THE RIGHT SUNSCREEN FOR YOU

Standing in the sunscreen aisle and feeling bewildered? You know keeping your skin protected from the harmful rays of the sun is important, but what product—and which package claims—should you be looking for? We help you sort out the info so you can frolic in the sun, safely.

TERMS TO LOOK FOR Look for the words “broad spectrum,” which indicates the sunscreen has been tested to protect against both ultraviolet B (UVB) and ultraviolet A (UVA) rays, says Lauren Taglia, MD, PhD, a dermatologist at Northwestern Medicine Regional Medical Group in Naperville, Indiana. Other key terms to look out for: “water resistant,” which means it should protect for 40 minutes of sweating or swimming, and “very water resistant,” which doubles that time frame, she says.

SUNSCREEN TYPES Sunscreens can be chemical, meaning they contain chemicals that are absorbed by the skin and work to reduce the penetration of ultraviolet (UV) rays into your skin. Or they can be physical, meaning they stay atop your skin and act as a barrier. Chemical ingredients include avobenzone and oxybenzone. Physical sunscreens contain zinc oxide or titanium dioxide. “Physical sunscreens are best for babies or those with sensitive skin, because they won't irritate the skin,” says Dr. Taglia.

UNDERSTAND SUN PROTECTION FACTOR (SPF) This refers to the level of



Look for words like 'broad spectrum' and 'water resistant' when picking your sunscreen.

protection a product has against UVB rays. A higher number means greater protection, but the difference is small. SPF 15 filters out 93% of UVB rays, SPF 30 blocks 97%, and SPF 50 shields 98%. The American Cancer Society recommends using sunscreen with an SPF 30 or higher, noting that SPF 15, while it may prevent a sunburn if used properly, does not block enough harmful rays to offer protection against skin cancer.

APPLY SMART Sunscreen should be applied 30 minutes before sun exposure to allow time for it to fully bind to skin, says Dr. Taglia. How diligently you apply and how often you reapply is more important than the SPF you use, so be sure you don't miss areas like your ears and eyelids, the tops of your feet, and around your bathing suit's edges. And reapply after swimming or sweating.

WEAR SUN-PROTECTIVE CLOTHING Sunscreen can't do all the work for you. Consider protective gear like swim shirts and be sure you have a cover-up and a wide-brimmed hat.

BEWARE MEDICATION ISSUES Some medications can make skin more photosensitive, or vulnerable to burning, says the Skin Cancer Foundation. Examples include some antibiotics and retinoids.



Transition From Pediatric Care

We can help you or your child transition from pediatric care to adult care. We will work with the pediatric practitioner to make sure the change goes smoothly. Members may continue to see their pediatric practitioner after they are adults, but it is important to move to a PCP that treats adults eventually. If you need help making this shift, just call us and ask for an advocate.

Enjoy the Season!

Summer is finally here, and many of us are looking forward to spending time outdoors in the warm weather. It's a great way to relax, and research suggests that being in nature helps boost well-being. Check out our essential summer health tips on page 1. Inside you'll also find important information to help you protect your skin, ideas for taking your workout outdoors, and five excellent reasons to include berries in your diet.

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

5 Reasons Why Berries Are the Ultimate Superfood

CHECK OUT THESE BRAIN-BOOSTING, HEART-HELPING, SLEEP-IMPROVING, IMMUNITY-STRENGTHENING, HUNGER-SQUELCHING JEWELS



Discover the health benefits berries can bring to your diet.

Turns out berries have potent payoff beyond their delicious flavors. Researchers continue to find health benefits, including some that may surprise you.

DRIED CRANBERRIES PREVENT ILLNESS

We've heard plenty about dried cranberries helping to prevent urinary tract infections. It turns out they can also improve gut health. A recent study showed that a handful each day can improve the balance of healthy bacteria in the digestive tract, which may boost the body's ability to build immunity and fight off diseases. Just two weeks of this snack habit was

enough to make a difference—in urinary tract infection research and studies on the gut microbiome.

Berry Good Tip: Store dried cranberries in an airtight container at room temp for up to three months. One serving is about half a cup. Eat them out of hand, or toss them into salads.

RED RASPBERRIES REDUCE HUNGER

A cup of these sweet fruits has just 80 calories, plus 50 percent of your daily allowance of vitamin C and more fiber than any other berry. Some people aren't a fan of the seeds, but they contain plenty of

belly-filling fiber, which may protect the heart and brain and deter cancer as well.

Berry Good Tip: Fresh red raspberries have a short growing season, but you can buy them frozen at peak ripeness year-round. They're perfect on salads or oatmeal.

STRAWBERRIES HELP YOUR HEART

About eight of these juicy berries contain just 45 calories, along with more vitamin C than an orange. An 18-year study of more than 93,000 women found that the group who ate the most strawberries and blueberries were 34 percent less likely to have a heart attack than those who

ate the least. Both berries contain lots of anthocyanins, which are natural chemical compounds that work in the body to lower blood pressure and cholesterol. Recent research also found that strawberries may help reduce inflammation. Aim for 1½ to 1¾ cups per week.

Berry Good Tip: Remember that berries don't continue to ripen after they've been picked, so what you see is what you get.

BLUEBERRIES OFFER A BRAIN BOOST

Along with their heart-healthy benefits, these snackable fruits were recently found to offer impressive brain benefits. In a recent study, older adults ate the equivalent of 1 cup of blueberries per day for 90 day—or they didn't. Those in the blueberry group did better on the tests of balance, walking and brain function than they did before the test began.

Berry Good Tip: The white haze on blueberries is actually a good thing. It's called

“bloom” and it helps keep the berries fresh. In this case, bluer isn't better! They should also be plump and dry. If you're going to freeze them, wash them after thawing. Rinsing beforehand can toughen their skins.

GOJI BERRIES HELP WITH GOING TO SLEEP

Melatonin is known as the body's sleep hormone, but it's also found in goji berries and tart cherries. In recent studies, people who drank tart cherry juice fell asleep faster, and if they did wake up in the night, they fell back asleep faster. Goji berries are a bit sweeter—and they may work even better. Just 1 ounce (about ¼ cup) has 30 times as much melatonin as the same amount of tart cherries!

Berry Good Tip: Use dried gojis in place of raisins for a before-bed tea. One ¼ cup serving also offers 4 grams of protein, so they're a good choice for people on a vegetarian or vegan diet.



Frozen Berries and Yogurt Treats

SERVINGS: 4

SERVING SIZE: ½ cup

PREP TIME: 5 minutes

COOK TIME: 6 hours

PER SERVING: 85.9 calories, 0.3 g fat, 21.5 mg sodium, 15.8 g carbs, 3.8 g fiber, 6.3 g protein

INGREDIENTS

- ½ cup non-fat Greek yogurt
- ½ tablespoon honey
- 1 cup mixed berries

DIRECTIONS

1. Whisk together Greek yogurt and honey in a large bowl. Individually dip the berries into the yogurt and transfer to a baking sheet lined with wax paper. Arrange the berries in a single layer. Once they're fully frozen, you can put them in any container you like and they won't stick together. Freeze the dipped fruit for six hours, or until frozen.
2. Handy Hint: If you want to add more flavor and crunch, take ½ cup chopped nuts (like unsalted roasted pistachios) and dip the fruit in the nuts after the yogurt and before freezing. You'll get a little extra fiber and protein!

Vision Care

As a member of this health plan, you are entitled to a routine eye exam and one pair of lenses and frames every year. We also offer a little extra.

- You can either choose from our standard line of frames or you can use a \$100 stipend toward the retail value of better frames. If the value of frames is above \$100, you will have to pay the difference.
- Or you can choose to get \$80 worth of contacts instead of glasses. The fitting fee is fully covered. If the value of your contacts is more than \$80, you must pay the difference. You must use an in-network vision provider. To find a vision provider, just call us (888) 713-6180 or see our 'Find a Provider' page at www.mhswi.com.

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.

Resources for You

The Member Handbook and our provider directory is available on our website. www.mhswi.com. You can also logon to our secure member portal and look up your authorizations and claims. If you want a paper copy of anything on our web, we will gladly send it to you. Call us at **888.713.6180**. We can even help you make appointments with your doctor or nurse.



Grilled Sun-Dried Tomato Chicken Breast

SERVINGS: 4

Serving size: 1 chicken cutlet and about 1 tablespoon pesto mixture
 Per serving: 137 calories, 3.3 g fat, 23.4 g protein, 1.8 g carbs, 279 mg sodium

- 4 (4-ounce) chicken breast cutlets
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- Cooking spray

DIRECTIONS

1. Prepare grill.
2. Combine first 3 ingredients. Sprinkle chicken with salt and pepper; coat with cooking spray.
3. Place chicken on a grill rack coated with cooking spray. Grill 3 minutes on each side or until done. Spoon pesto mixture evenly over chicken.



INGREDIENTS

- 2 tablespoons sun-dried tomato pesto (such as Classico)
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh oregano



Provider Network

For the most part, you must get care from our network of health-care providers. If you cannot get a covered service from one of our in-plan providers, we can allow the use of a non-plan provider for as long as needed. There will be no additional cost to you. Call us if you need help getting services.

Our participating providers are shown on our website's "Find a Doctor or Provider" feature. Check it out at www.mhswi.com. If you want a paper 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 on the website.



Second Opinion

You may seek a second medical opinion or consultation from other physicians on recommended treatments at no additional cost beyond usual co-pay amounts. You may also seek a second opinion from a provider outside of our network. We can help with this if you need it. Give us a call.

Child Wellness

HealthCheck is a preventive health checkup program for our members under age 21. These checkups are very important for children's health. Your child may look and feel well, yet may have a health problem. Your child needs immunizations and screenings all through their formative years. Make an appointment today.



Tell us how we are doing

Grievances and appeals are two ways to tell us if you have a problem.



If you contact us because you are unhappy about the way we are doing something or you have a complaint about one of our providers, this is called a grievance. We have Member Advocates and Quality Improvement Nurses that investigate and resolve these issues. If we decide to deny or stop a service, you can ask that we change the decision. This is called an appeal. Call us to learn more about these options and for help in filing a complaint or grievance.

Photos: Getty Images

3 Fun Summer Workouts to Try

DIVE IN, START PEDALING, OR JUST LET LOOSE AND REBOOT SUMMER



Summertime is all about cookouts, vacations, and family fun. But it's also a great time to mix up your exercise routine. Try some new options this season.

1 COOL WATER WORKOUTS

Beat the heat by working out in the water. But it's not just about cooling off. Water workouts can improve muscle strength and stamina. People with back problems or joint pain often find they can exercise longer in water.

Swimming isn't your only choice. Take a water aerobics class, which moves traditional exercise into the pool. Or do your own workout. Mix leg kicks, squats, lunges, and jumping jacks. Walk or jog in waist-high water.

Put safety first. Always swim with a life-guard nearby. It's also a good idea to take a lesson before diving right in, so you can learn the proper techniques for staying safe and getting the most out of your new workout. According to the Aquatic Exercise Association, you can expect to burn between 400-500 calories per class.

2 BIKING OR SPINNING

Hop on your bike and take advantage of after-work daylight. Biking can be a great cardiovascular workout that also improves strength while burning body fat. You'll reduce your stress level. Plus, many people find biking to be easier on their legs, ankles, knees, and feet than running. **Exercise with a group** to help you stay motivated and meet others with the same goal. An indoor cycling class at your gym or local Y may be the way to go.

3 BARRE OR DANCING

Let ballet inspire you. Barre classes won't train you to dance *Swan Lake*,

but you can expect to feel the burn in muscles you didn't know you had. These calm and graceful workouts focus more on the strengthening and toning aspects of ballet.

Keep it loose with a dance fitness class that fits your style. From Latin to hip-hop to fusion, there's a class for every kind of dance fan. Want to try it but worried you can't dance? No problem! Just show up willing to learn and results will follow, says Jennifer Cepeda, a dance fitness instructor in Seattle. You might have to try a few styles before finding a class you enjoy, she says. Look for a teacher who inspires you to move.

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 health care needs, please call us and ask for a health assessment. **888.713.6180**



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What Are
Berries Good For?
SEE PAGE 5.

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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**).

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

繁體中文: 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1- (TTY: **1-800-947-3529**)

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