



6 Summer Health Problems, Solved!

EASY WAYS TO HANDLE EVERYTHING FROM BEE STINGS TO SWIMMER'S EAR

Bug bites, sunburn, and other seasonal health woes can put a damper on fun. Luckily, most of these minor problems can be fixed with easy solutions, says Daniel Spogen, M.D., of the American Academy of Family Physicians.

TICKS AND BUG BITES

Bug repellent and protective clothing (like long sleeves) are your best defense against ticks and mosquitoes. If you find a tick on your body, pull it out with tweezers and clean the area. See your doctor right away if you develop a fever or rash. If a mosquito bite is bothering you, rub antihistamine cream on it. The bite should heal after three or four days. If days pass and it looks worse, check with your doctor.

SWIMMER'S EAR

Splashing around in a pool is fun, but water that becomes trapped in your ear isn't. In fact, it can lead to infection. To keep your ears dry, dilute one part rubbing alcohol with one part white vinegar, and put a drop or two in each ear after swimming and let it drain back out.

SUNBURN

You need sunscreen anytime you're out in the sun. Choose a broad-spectrum sunscreen of at least SPF 30. Apply it 15 minutes before going out and reapply every 90 minutes. If you start looking red, head indoors and apply a cooling lotion to soothe skin.



Leaves of three, let them be!

Learn to spot poison ivy (top)

and poison oak (bottom).

POISON IVY OR OAK RASHES

The best way to avoid these common rashes is to be on alert for "leaves of three" groupings: poison ivy has pointed leaves and poison oak has rounded leaves. If you develop a rash, resist the urge to scratch. That spreads the rash. Apply an ice pack, and take an antihistamine or rub on a hydrocortisone cream. If the rash doesn't improve after three days, see a doctor.

INJURIES

Many summertime injuries that land patients in the emergency room are easily avoidable with the proper precautions. Wear a helmet when biking, a life jacket when boating, and safety glasses when

mowing the lawn. Spending a day at the beach? Mind warnings about swimming conditions. When it comes to fireworks, let the pros handle them while you enjoy the view from a safe distance.

BEE STINGS

Keep food and trash covered to keep bees away. If you're not allergic, a single sting should be only a minor problem: The affected area may be red, swollen, or mildly painful. Remove the stinger quickly, wash the area, and apply a cold compress and hydrocortisone cream. But if you have difficulty breathing, a swelling of the throat, or other severe symptoms, get medical treatment right away.

Kids with Asthma + Exercise = Go for It!

HELP YOUR CHILD STAY ACTIVE AND SAFE WITH THESE FIVE STRATEGIES



If you’ve been steering clear of the play-ground because you’re worried about trig-gering your child’s asthma, we have good news for you: It’s okay to let your child run and play. In fact, being active is a great way to get fit and help improve your child’s symptoms, says Albert A. Rizzo, M.D., a senior medical advisor to the American Lung Association. Just follow these steps:

CHECK IN WITH THE DOCTOR. Your child’s doctor can walk you through simple steps to prevent coughing or chest tight-ening during exercise. For example, have your child use a quick-relief inhaler prior to exercising to avoid asthma symptoms. Or have your child practice breathing exer-cises at home to prepare the respiratory muscles for strenuous activities.

LOOK FOR STOP-AND-START SPORTS. Activities with built-in rest periods, like baseball, softball, or martial arts, are ideal for kids with asthma. The frequent breaks give airways needed relief. At the playground, remind your child to take breaks every few minutes.

START OUT EASY. It’s a good idea to start with a brief warm-up before exercising to help open up your child’s airways. If you have younger kids, use games like Simon Says to gradually ramp up the pace.

KNOW YOUR CHILD’S TRIGGERS. You may need to time your child’s outdoor fun to avoid high pollen counts or excessive heat. Also, if your child loves to swim, be aware that pool chemicals may exacerbate symptoms (outdoor pools and open water are generally better than indoor pools).

GET YOUR CHILD’S COACH ON BOARD. Make sure the adults in charge are aware that your child has asthma and that they know what to do if your child starts to experience a flare-up. Generally speaking, the child should stop, use a rescue medication, and rest.

YOUR HEALTHIEST SUMMER EVER!

What would this time of year be without a dip in the water, an afternoon at the park, or time enjoying the great outdoors? Lucky you, summer’s pleasures provide a direct line to boosting your overall health and well-being. Any time spent relaxing means your stress levels drop, your outlook improves, and your heart health gets some much-needed TLC. In this issue, you’ll find important summer health strate-gies, plus easy ideas for staying active and eating right.

If you have questions about your health plan, visit our website mhswi.com, or call us at **888-713-6180**.

Ken Schellhase, M.D., M.P.H.
Chief Medical Officer, MHS Health Wisconsin

**Child Wellness**

Have you scheduled your child’s HealthCheck appointment? This preventive health checkup program for our members under age 21 is important for a couple of reasons:

- Your child may look and feel well, yet they may have a health problem
- Children need immunizations and screenings throughout their formative years

Book an appointment today by calling **888-713-6180**.

4 Yard Work Mistakes That Are Killing Your Back

MAKE THIS SUMMERTIME CHORE EASIER ON YOUR BODY


The upside of tackling yard work is that it counts as exercise. Spending time outside in the fresh air is also good for your mood, as well as your overall well-being. But, man, is it tough on your back!

The repetitive movements and long periods of standing can really strain your muscles—especially if this isn’t something you do on a regular basis, or if it’s your only exercise for the week, says physical therapist Mary-Catherine Fraser Saxena. Follow her suggestions to avoid injury:


- 1. WARM UP FIRST**
It might sound silly, but you need to prep your body for all of those bends and twists. Start and end with some simple head-to-toe stretches.
- 2. TAKE REGULAR BREAKS**
Planning to spend several hours in the yard? Rest or stretch every 30 minutes. “We would never go out as a non-runner and run 10 miles and expect to feel good afterward,” Fraser Saxena says. The same logic applies to yard work.

- 3. LET YOUR LEGS DO THE HEAVY WORK**
Your legs have more strength than your back or arms and will better support your whole body. The best way to lift something heavy? Keep your back straight and bend your knees—not at your waist or hips—to raise and lower yourself to the ground.
- 4. CHECK YOUR POSTURE**
When you’re mowing or raking, stand as straight as possible, with your head upright—this posture protects your back and neck. Weeding the garden? Bend at the knees, not the waist—the latter risks straining the lower back. With repetitive tasks like raking, switch your stance every few minutes to redistribute your weight and effort to the other side.



**Transition from Pediatric Care**

Switching from pediatric care to adult care isn’t always easy. We can help you work with the pediatric practitioner to make sure the change goes smoothly. Members may continue to see their pediatric practitioner after they become adults—but it’s important to make the move to a PCP that treats adults eventually. If you’d like help making the switch, call **888-713-6180** and ask for an advocate.

**Do You Need a Second Opinion?**

Members can get a second medical opinion on treatments from other physicians—including non-network providers—at no additional cost. Second opinions will be subject to all of the terms, conditions, exclusions, and limitations of the health plan coverage. For help getting a second opinion, you can call us at **888-713-6180**.

Hot vs. Cold Brew: Which is Better for Your Health?

HERE’S WHAT THE SCIENCE SAYS ABOUT YOUR FAVORITE MORNING OR MIDDAY PICK-ME-UP

Scientists are waking up to the health benefits of coffee, which is rich in disease-fighting antioxidants. Large studies suggest it can be a tool in the prevention of heart disease, diabetes, and some cancers. A cup of joe may even promote

longer life. But what about the increasingly popular cold-brewed kind—is that just as healthy as hot?

Maybe not. When researchers at Thomas Jefferson University in Philadelphia

compared the chemical compositions of the two, they found that the hot brew contained 11 to 35 percent more disease-fighting antioxidants than the cold brew.

The reason: Hot water may be more effective at extracting acidic compounds (including antioxidants) from the grounds. Increasing the water’s temperature boosts its kinetic energy. And the more energy that goes into the water, the more compounds it can remove from the grounds.

“It’s a bit like tug-of-war,” says study coauthor Megan Fuller, Ph.D. “That coffee grind, that physical matrix, wants to hold on to those compounds, and the water wants those compounds, too. Hot water can win that tug-of-war more often than cold water can.”

This doesn’t mean you have to stop drinking cold brew. Chances are, you’re mainly drinking it for the flavor and the caffeine boost anyway, not the health benefits. Just be sure you’re eating plenty of antioxidant-rich fruits and vegetables, too.



3 MORE WAYS TO POUR A HEALTHIER CUP OF JOE

The humble coffee bean is packed with disease-fighting antioxidants—the same power nutrients in fruits and vegetables. To maximize your coffee’s health potential:

DRINK A LIGHTER ROAST	DRINK IT RIGHT AWAY	KEEP IT UNDER SIX CUPS
Darker roasts, which cook longer than light or medium roasts, tend to have less caffeine and lower antioxidant levels. “The difference between a light roast and a dark roast,” says Fuller, “could be just as big as the difference between hot and cold brew.”	Good things don’t always come to those who wait. Brewed coffee that sits may lose antioxidants over time. That’s another reason why hot brew may be preferable to cold brew—people tend to drink hot coffee fresh, while cold-brewed coffee is made in larger batches and stored for days or weeks.	You may think more is better, but studies linking coffee to lower cancer risk suggest there may be a point of diminishing returns. It turns out “you can have too much or too little,” says Fuller. The sweet spot seems to be between three and six 8-ounce cups.



Cod with Zucchini and Tomatoes

THIS FOIL-PACKET FISH DISH MAKES FOR EASY COOKING AND CLEANING—PLUS, IT’S PACKED WITH PROTEIN, POTASSIUM, AND FIBER

SERVINGS: 4
Prep time: 10 min
Cook time: 15 min
Per serving: 380 calories, 2 g saturated fat, 11 mg sodium, 43.5 g carbs, 20 g protein, 6 g fiber, 56 mg calcium

INGREDIENTS
2 medium zucchini, sliced into ½-inch thick rounds
4 cod fillets (fresh or frozen and defrosted)
8 oz grape or cherry tomatoes, quartered
¼ cup vegetable or chicken broth
¼ cup olive oil
Salt and pepper to taste
¼ cup fresh mint leaves, cut into ribbons

DIRECTIONS
1. Preheat oven to 450°F. Cut four 24-inch lengths of aluminum foil.

2. Place a length of foil on your workspace, with the short side closest to you. Starting a few inches from the edge closest to you, arrange about one-quarter of zucchini slices in two rows to make a bed for the fish. Tile slices so they overlap a bit.
3. Top zucchini slices with a fish fillet and about one-quarter of the tomatoes. Drizzle with 1 Tbsp vegetable or chicken broth and 1 Tbsp olive oil. Season to taste with salt and pepper. Fold aluminum foil over fish to make a packet, and crimp so edges are sealed. Repeat with remaining ingredients to make four foil packets total.
4. Arrange packets on a rimmed baking sheet and bake for 15 minutes or until fish is opaque. (Another option: grill for 10 to 12 minutes.) Carefully open packets, slide onto four serving plates, and top with any juice from packets. Garnish with mint leaves and serve immediately.

Use of Services
Do you have a question about whether a medical service is covered? Our Utilization Management department (UM) can let you know. UM may look at your health records and talk with your doctor. 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 also do not reward doctors or staff for saying no to care. If you have questions or would like a copy of the clinical practice guidelines that we use to make decisions about coverage, call **888-713-6180**.

Resources for You
Questions about benefits or need to find a doctor? Head to **mhswi.com** to view the Member Handbook and provider directory. Or log in to our secure member portal to view authorizations and claims. For a copy of anything on the site, call **888-713-6180**.

Provider Network
For the most part, your health care must come from our network of providers. If you can’t get a covered service from one of our in-plan providers, we may allow the use of a non-plan provider, at no additional cost to you. Call **888-713-6180** for help.

Our participating providers are listed at **mhswi.com** in the “Find a Doctor or Provider” feature. For a printed provider list, send us a message through the “Contact Us” button on our website, or call **888-713-6180**.

Have Diabetes? Being Active Is Key

DIFFERENT TYPES OF WORKOUTS HELP IN DIFFERENT WAYS

You already know that regular exercise helps with weight control and is good for keeping daily stress in check. But if you have diabetes, staying physically active takes on even more important roles: blood sugar control, insulin resistance, improved A1C, and a lower risk of heart disease.

Learn how different types of exercise can help you stay in control of your diabetes.

CARDIO
Activities that get your heart pumping and your lungs working harder than they normally would (think swimming, riding a bike, dancing) improve the shift of glucose (aka sugar) from the blood to the muscles, and lowers the insulin response—all of which lowers your heart disease risk.

STRENGTH TRAINING
Whether you choose to use your own bodyweight for resistance or like the idea

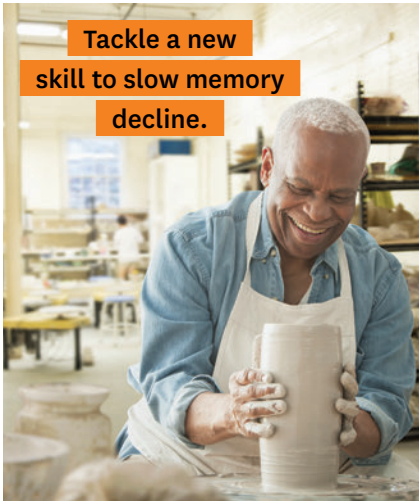
of pumping iron, strength training is great for helping you control your blood sugar levels. Muscle health can determine how easily your body processes insulin. The weaker your muscles are, the more insulin resistant you may be.

COMBO TRAINING
Doing a mix of cardio and strength training seems to be the most beneficial. By doing the two together in one workout, you’re getting the cardiovascular benefits needed to prevent heart disease complications. At the same time, you’re increasing the amount of healthy muscle in your body. Win-win!

YOUR PHYSICAL ACTIVITY GOAL
Aim for 30 to 60 minutes of moderate-intensity exercise on most days of the week. Keep in mind that it doesn’t have to be all at once—as little as 10 minutes at a time will have a positive impact.



Strength training is good for blood sugar control.



Tackle a new skill to slow memory decline.

What Really Helps Protect Your Memory

Three things you can do today to safeguard your brain health

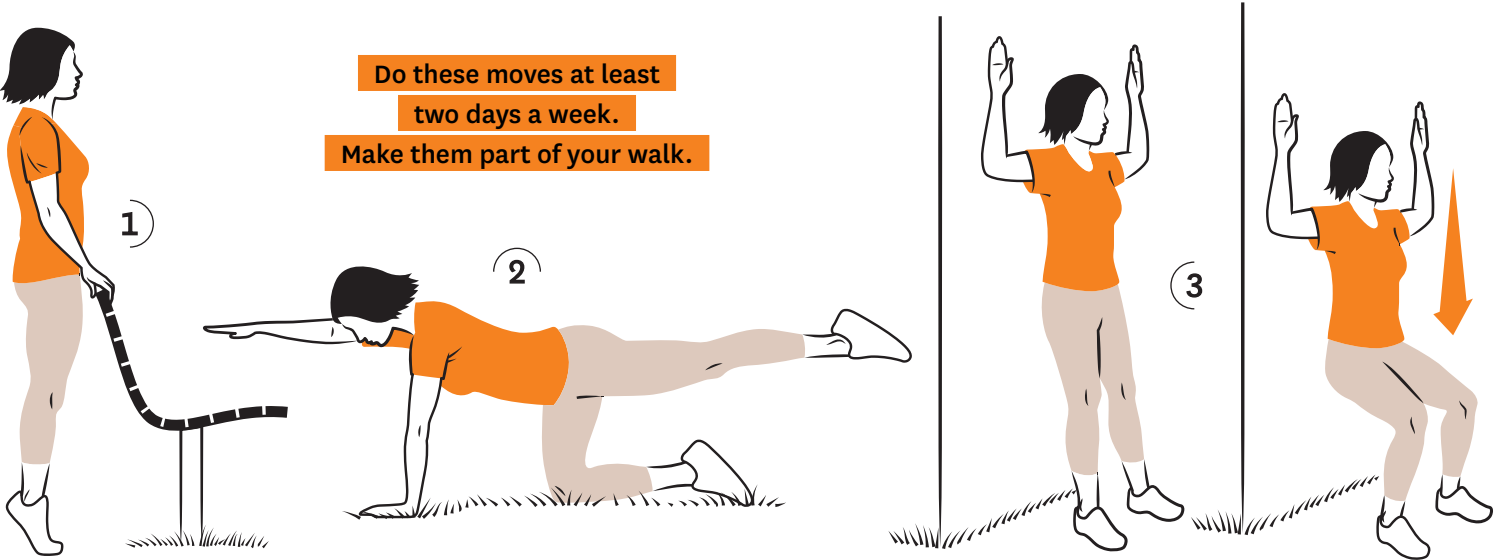
Eat for your mind. Good news: Many of your favorite foods—chocolate, tea and coffee, fruit, nuts, and more—may slow the kind of mental decline that’s tied to normal aging. They all have compounds that protect against cell damage in the brain. But the trick is including them in a well-rounded diet that’s overall rich in nutrients.

Pay attention! Focusing on what’s happening around you can help you retain stronger memories. One study revealed that people who snapped photos while walking through a museum remembered less information the next day than those who simply observed the items.

Challenge your mind. While no one has identified a single mental task that is most effective, staying mentally active (with math or word problems, puzzles, or learning a new skill) helps slow down natural memory decline.

3 Bodyweight Exercises That Strengthen Your Hips

TAKE ADVANTAGE OF THE NICE WEATHER AND FIT IN THESE SIMPLE MOVES TO KEEP YOU STRONG AND STABLE



Do these moves at least two days a week. Make them part of your walk.

Stronger hips can help you stay mobile, maintain your balance, and lower your risk of falling. One way to strengthen your hips is to build up the muscles around them. That’s what these exercises will do.

1. Heel-Toe Raise
Strengthen your ankles

1. Standing, hold onto the back of a bench (or a sturdy chair indoors). Raise up on your toes and hold for up to 10 seconds. Slowly lower down. You can also try this while standing on only one leg.
 2. Raise just your toes off the ground, so that your weight is on your heels. Hold for up to 10 seconds, then slowly lower down.
- Tip:** You can do this move sitting on a bench. Press your toes into the ground and lift up your heels. Then with your heels flat on the ground, raise your toes.

2. Bird Dog
Strengthen your core, arms, and legs

1. Start on your hands and knees on the floor. Lift your right leg and stretch it behind you while at the same time lifting and straightening your left arm. Hold for a few seconds and lower.
 2. Lift your left leg and right arm and hold. Switch back and forth and do the moves 3 to 5 times.
- Tip:** Find a patch of soft grass when doing this move outdoors.

3. Wall Slide
Strengthen your legs and core

1. Stand straight with your back against a wall and your feet shoulder-width apart. Position your arms against the wall like goal posts.
 2. Slowly bend your knees, sliding downward while keeping your back against the wall. Start with gradual knee bends but aim for a position of about 45 degrees.
 3. Hold for a few seconds, then slowly push back up. Gradually increase the hold time. Repeat 5 times.
- Tip:** Slide down only as far as you feel comfortable.



Your Health Assessment
Within the first 60 days of your enrollment, we may contact you to talk about your medical history and the care you need. This conversation is important to make sure you get the right care and services. If you have questions or would like to schedule your health assessment, call **888-713-6180**.



Your Vision Matters
As a member, you’re entitled to a routine eye exam and one pair of complete eyeglasses (lenses and frames) every year. Choose from our standard collection of frames, or receive a \$100 stipend toward the retail value of different frames. If the value of the frames is more than \$100, you will have to pay the difference.



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Is hot- or cold-brewed
coffee better for you?
FIND OUT ON PAGE 4.

LW-NHP-Q220

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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**)

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 **1-888-713-6180** (TTY: **1-800-947-3529**)

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