



INSIDE
Turkey & Dumpling
Soup

YOUR HEALTH PLAN NEWSLETTER TO HELP YOU GET AND STAY HEALTHY! • WINTER 2017

Stay Well All Winter

6 SIMPLE WAYS TO PREVENT COLD, FLU, SNIFFLES, AND MORE

It's not unusual to come down with two or three colds during the winter season. It doesn't have to happen, though. Use these tips to improve your chances of avoiding cold, flu, pneumonia, and the complications they can cause.

Scrub your hands often

1 Washing your hands frequently can help you avoid getting sick or spreading germs to others. The Centers for Disease Control and Prevention recommends scrubbing your hands with soap and water for at least 20 seconds, or long enough to sing the "Happy Birthday" song twice. Remind kids to wash their hands before eating.

Keep hands away

2 One easy way to get a cold or the flu is to touch a surface contaminated by germs—a doorknob or kitchen counter, for example—and then later touching your eyes, nose, or mouth. Those are three places where germs easily enter the body. Make it a habit to avoid touching your face.

Get your flu shot

3 The flu vaccine reduces your risk of getting the flu. If you still get sick, the vaccine can make your symptoms less severe. Luckily, it's not too late. Get your vaccine today and you'll be ready for peak flu season.

Prepare for pneumonia

4 As a result of having the flu, some people develop pneumonia. The flu is

a common cause of pneumonia among:

- Children 5 years and younger
- Adults 65 years and older
- People with asthma, lung disease, heart disease, diabetes, or other chronic condition
- People who smoke

If you or someone you care for is at higher risk of pneumonia, ask your doctor about getting the pneumonia vaccine.

Rest and stay home

5 For many winter illnesses, the best treatment is rest, drinking clear fluids like water and tea, and taking over-the-counter (OTC) medications to relieve symptoms. Talk to your doctor or pharmacist about the right OTC medications, especially if you have a chronic condition. In general, it's a good idea to stay home



People who exercise
four days a week
tend to take fewer days off
work due to sickness.

until you've recovered so you feel better faster and avoid spreading illness.

Take a walk

6 You may feel like curling up under a blanket on some wintry days, but remember it's good for your health to be physically active. Do something to get your heart pumping and your muscles moving. Studies show that people who exercise four days a week tend to take fewer days off work due to sickness.

Our Website Now Has a Mobile App

Our mobile app includes iOS and Android applications. You can download the app from the Apple iTunes Store or Google Play. Search for MHS Health Wisconsin.

There is also a lot you can learn from your Member Handbook and our website, mhswi.com.

If you need a paper copy of anything on our website, call us at 888-713-6180.



These Tests Can Help You Stay Healthy

A small investment in time today could help you stay healthy in the years ahead. Make an appointment with your healthcare



provider to get the preventive care you need. This includes periodic check-ups or wellness visits, tests and screenings, and immunizations. Some of these

services are covered by your health plan.

Preventive care can help you learn if you have any health risks or if you need to make lifestyle changes. Your healthcare provider will be better able to see any signs of disease and begin treatment early. Getting regular care will also help you develop a partnership with your provider.

The screenings you need depends on your age, gender, family medical history, and any risk factors you may have for health conditions. The most common screenings check for: high blood pressure, high cholesterol, diabetes, obesity, breast cancer, cervical cancer, colorectal cancer, and skin cancer. Get a periodic checkup as recommended by

STAY AHEAD OF HEALTH PROBLEMS

Preventive care is covered. It does not cost you anything. Make an appointment today!

Screening	ADULT WELLNESS GUIDELINES	Timeline
Physical/wellness exam		Once a year
Flu shot		Once a year
Weight, Body Mass Index (BMI)		Every 1–3 years
Blood pressure		Every 2 years
Hearing and vision assessment		As needed
Colorectal cancer screening (ages 50–74)		Frequency depends on method
Breast cancer screening (ages 50–74)	... Monthly self-exam, mammogram every 1–2 years	
Cervical cancer screening (ages 21–64)		Discuss with your doctor
Chlamydia screening (ages 16–26)		Discuss with your doctor
Prostate cancer screening (age 50+)		Discuss with your doctor
Testicular cancer screening (age 18+)		Monthly self exam, exam once a year
Skin cancer screening		Total skin exams as needed
Osteoporosis screening (age 65+)		Discuss with your doctor
Depression screening		As needed
Dental exam		Once a year

your healthcare provider—even if you feel fine. Ask your doctor or nurse if you are due for any screenings. If you have questions about what your plan covers, call a member service representative at the number on your member ID card.

Up to Date? Talk with your doctor about vaccines and screenings that your child or teen may need.

Get Glasses or Contacts and Upgrades!

Get your covered yearly eye exam and you will get your lenses and frames covered as well. But do you like to upgrade? We give you MORE. We offer an additional \$100 allowance for better frames or an \$80 allowance for contact lenses.

We Like to Hear from You

Your well-being is important to us, and we want to make sure you are getting the care you need. That's why we conduct a survey each year to ask if you are satisfied with your healthcare. See page 6 for the latest results. We want to hear from you about any improvements we can make.

If you have questions about your plan, 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

Expanding to New Counties!

We are expanding our services to new areas of Wisconsin.



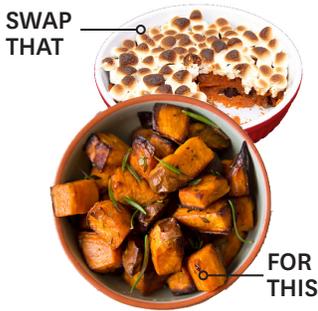
Welcome to our new members in Adams, Barron, Burnett, Crawford, Dane, Grant, Iowa, Jackson, Monroe, Sauk, Trempealeau, and Vernon Counties.

We are so happy you joined our health plan.

Better Choices

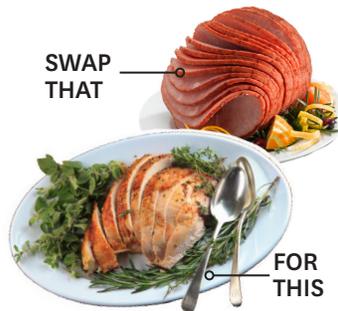
4 OPTIONS THAT MAKE A HOLIDAY MEAL A LITTLE HEALTHIER

Holiday meals are all about celebrating food. You don't have to deprive yourself to eat healthy, but if you're keeping an eye on calories, fat, or carbs, make a few tweaks to your menu.



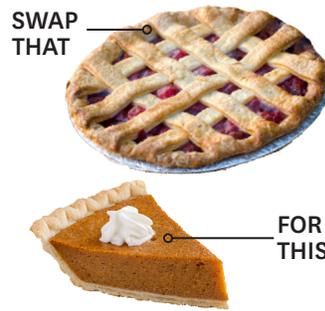
Roasted sweet potatoes

- In place of candied yams or mom's traditional sweet potato casserole, serve oven-roasted sweet potatoes.
- You'll save at least 150 calories, and get a helping of vitamins and nutrients.
- Drizzle sweet potatoes with olive oil and roast in a pre-heated 425° F oven for about 30–35 minutes.



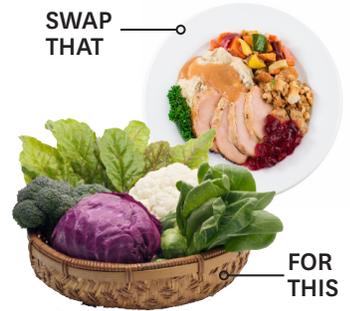
Turkey breast

- Roasted turkey breast is lower in calories and fat than other traditional main dishes like ham and particularly roast beef. (Remove the turkey skin to cut more calories.)
- Turkey provides essential B vitamins and also omega-3s. It's a good source of zinc and other key minerals. Remember, though: Adding gravy changes the equation.



Pumpkin pie

- If you have a choice of pies, pumpkin is usually your better bet. Lack of a top crust automatically saves calories and saturated fat.
- Pumpkin is low in calories and high in vitamin A, which is good for your eyes and skin. It's also a very good source of fiber, which keeps you full and makes a second helping less tempting.



Lower-carb vegetables

- It's smart to fill half your plate with vegetables, any vegetables, but if you're counting carbs or calories, it's even better to go with broccoli, cauliflower, beets, cabbage, and spinach.
- They contain little starch and are high in antioxidants that protect your body during cold season. They're also a source of fiber.

Use your CentAccount Card at Walmart, Meijer, CVS, Dollar General or Family Dollar!

Complete one of the eligible healthy behaviors at right. You will receive a CentAccount Card from us, or reward dollars will be added to the CentAccount card that you already have. You can purchase healthy items at Walmart, Meijer, CVS, Dollar General and/or Family Dollar stores.

For more details, visit the CentAccount Rewards Program at mhswi.com/rewards.

The CentAccount program is for Medicaid members only and rewards cannot be earned by members who are dually eligible for Medicare and Medicaid.

HEALTHY ACTIVITY

REWARD AMOUNT

- Smoking cessation coaching (once per calendar year) \$20
- Annual breast cancer screening mammogram (females age 50–74) \$20
- Diabetes care: Complete all of the following (age 18–75): \$50
HbA1c blood test, kidney screen, retinopathy dilated eye exam
- Chlamydia test (once per calendar year, women age 16–24) \$20
- Cervical cancer screening (women age 21–64) \$20
- Notify us you are pregnant with Notification of Pregnancy form \$20
- For going to one prenatal doctor visit in the 1st trimester* \$25
- For going to five prenatal doctor visits in the 3rd trimester* \$25
AND a postpartum doctor visit between 21–56 days after delivery

*To be eligible for the pregnancy related rewards, you must notify us you are pregnant prior to having your baby by submitting a Notification of Pregnancy form. Prenatal visit count begins after we are notified you are pregnant.

Get More from Your Next Checkup

TRY THESE TIPS TO TAKE ADVANTAGE OF YOUR TIME WITH YOUR DOCTOR

Your annual health checkup helps you live better. And if you have high blood pressure or diabetes or another condition, it's especially important to check in regularly with your doctor. It's your chance to talk about how you're doing, how your medication plan is working, and if there are things you can do to improve your overall health.

Do a little homework and go in with a plan. You'll leave the doctor's office with a better understanding of how to live your best life and manage any health problems you might have.



If you are worried about affording your medication, share this with your doctor. He or she may know of lower-cost alternatives or special savings programs.

TALK ABOUT LIFE

If you have questions about your diet, eating habits, or exercise, ask your doctor. It may be difficult to talk about personal matters, but don't be shy about discussing mental or sexual health. There is nothing you can ask that will embarrass your doctor.

THINGS TO BRING WITH YOU

- A list of any medications, vitamins, and supplements you are taking

BRING YOUR QUESTIONS

Take an active role in your care.

Before your visit, make a list of questions. If you aren't sure what to ask, try these suggested by the National Patient Safety Foundation:

- What is my main medical problem?
- What do I need to do about it?
- Why is it important for me to do this?

MEDICATION MATTERS

If your doctor prescribes a new medication, ask why. Understand what the medication does for you. Your visit is a good opportunity to review any medications you are taking. Have you been feeling different side effects? Does the dosage work as well as it used to?

- A list of any other therapies or alternative medicines you are using
- A friend or family member for any discussion about diagnosis or treatment
- A notebook and pen to jot down any key treatment details or medical terms you want to learn about

Diabetes Checklist

Managing diabetes takes work. But if you do it well, you can live a healthy and active life.

Use this tip list to help you manage your diabetes every day:

- Check your blood sugar levels.
- Brush and floss your teeth.
- Look at your feet for blisters or sores.

You should see your doctor every 3 to 6 months. Your doctor will give you tests to check your overall health, including:

- HbA1c blood test
- Kidney screening
- Dilated eye exam



As our member who has diabetes, if you get these tests, you will receive \$50 to buy healthy items. We can help you manage your diabetes. Call 888-713-6180 to learn more.

Falling Is Serious

Be sure you are safe and protect yourself from falling. To prevent falls:

- Get rid of throw rugs or tape them down.
- Rise slowly from seated or prone positions.
- Wear shoes. Slippers make you walk funny and trip easily.



 Stay safe outdoors! See page 6.

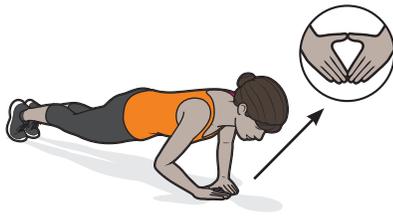
Take a Workout Break

A TOTAL BODY ROUTINE YOU CAN DO IN 10 MINUTES OR LESS



Strengthen!

You don't need dumbbells or fancy machines to build stronger bones and muscles. Simple body weight exercises like these can serve just as well. Add squats, jumps, lifts, and kicks to target different areas of your body.



TRIANGLE PUSH-UP

1. Place hands on floor. Put index fingers and thumbs together to form a triangle. To make the move easier, place hands on a sturdy table that's 2½ feet high. Balance on toes.
2. Bend elbows, and lower chest toward floor. Pause, then push back up to starting position. Do as many reps as you can in 1 minute.



OVERHEAD LUNGE

1. Stand with feet together. Lift arms toward ceiling, with palms facing each other.
2. Step forward with left foot until left thigh is parallel with floor.
3. Pause, then push back up to starting position. Do 8 to 12 times, then switch sides. Continue for 1 minute.

Stretch!

Begin and end your routine with 2 to 3 minutes of gentle stretching. Here's just one example of a simple stretch. Walking in place also works.



KNEE-TO-CHEST STRETCH

1. Lie on back with knees bent and feet flat on ground. Lift right knee, clasp hands below knee, and gently bring knee toward chest. You should feel a stretch in your back and legs.
2. For a deeper stretch, straighten left leg so it rests on the ground. Hold for 30 seconds, then switch sides by lifting your left knee.

Move!

Do these body weight exercises at a fast pace for the aerobic portion of your workout. Get your heart and lungs pumping and you'll burn calories, reduce feelings of stress, and feel a boost of energy.



MOUNTAIN CLIMBERS

1. Start in push-up position, balancing on hands and toes. Your body should be in a straight line from head to heels. Hold your arms strong and straight, but do not lock your elbows.
2. Pull your right knee up toward your chest in one smooth motion. Switch legs quickly by pushing right leg back to starting position and bringing left knee up. Continue for 1 minute.



HIGH KNEES

1. Stand with feet hip distance apart.
2. Lift up your right knee as high as it will go while raising your left arm, then switch quickly—raising your left knee before your right foot lands. Increase speed, lifting legs faster each time.
3. Continue pulling knees up as quickly as possible. Slow down as you near the end of 1 minute.



JUMPING JACKS

1. Stand with arms by sides and feet together.
2. Quickly raise your arms overhead and jump out so your body forms an X with your arms and legs. Jump back in to starting position. Repeat for 1 minute.

Prepare for Winter Safety

TRY WALKING LIKE A PENGUIN

It's a most remarkable time of the year. Take a few simple precautions to make sure you really enjoy it.

STAY INDOORS WHEN ADVISED

Check weather advisories and the wind chill before going out. Heat leaves your body faster when it's windy. Keep in mind that young children, older adults, and people who are outdoors for long periods of time are at higher risk of hypothermia. Shivering is a sign to go indoors.

DRESS IN LAYERS

To avoid losing body heat, start with light layers like a T-shirt, long-sleeve shirt, and sweater. Add a water-resistant coat or one made of tightly woven fabric. Waterproof boots or shoes with tough tread are best. When the temperatures dip, top with a hat, scarf, and gloves. If your clothes get damp from rain, snow, or perspiration, change into dry ones as soon as you can.

WALK THIS WAY

Point your feet outward like a penguin. Keep them about 12 inches apart and walk flat-footed. Take short steps or shuffle. Keep your arms at your sides and slightly extended for balance. Don't put your



hands in your pockets. Also: apply rock salt to outdoor surfaces, especially steps and driveways. Indoors, dry shoes on a mat, and wipe up wet spots.

PREVENT HOME FIRES

Most home fires occur in winter. Have a professional check your heating system, and test your smoke and carbon monoxide alarms. If you burn wood, have your chimney cleaned. Never use generators indoors or leave candles unattended.

TRAVEL WISELY

Follow road advisories. Avoid travel when conditions are bad. If you must travel, drive slowly and stay alert. Pack emergency items like blankets, first aid kit, battery-powered flashlight, and bottled water. Always keep jumper cables in your car. Carry a charged cell phone.

SLED

Sledding is a fun and healthy family activity. To prevent head injuries, children should wear a helmet and sit facing forward on the sled. Never lie down or go headfirst on a sled. Avoid areas with cars, trees, and utility poles.

CHRONIC CONDITION?

The weather can make symptoms worse for people with some health conditions. If you have:

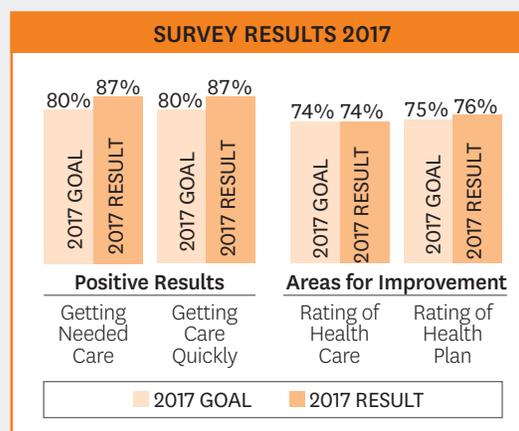
- **Heart disease:** Ask your doctor if shoveling snow is safe for you.
- **Diabetes:** Keep your skin dry, and check your feet for signs of infection.
- **Asthma:** Cover your mouth and nose when going outdoors.

If you experience any changes in your symptoms, call your doctor.

We Are Listening to You

Every year, we use a survey to ask our members how we're doing. If you filled out the survey, thank you! The chart at right shows some key results.

Please take the time to answer surveys about us. Your input shows us where we are doing well. It also shows us where we need to improve.



Turkey & Dumpling Soup

A BETTER-FOR-YOU VERSION OF A COMFORT CLASSIC

INGREDIENTS

Soup

- 2 Tbsp olive oil
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrots
- 2 cups fat-free, low-sodium turkey or chicken broth
- 3 cups water
- 2 cups cooked turkey breast, shredded
- 1 tsp black pepper
- 1 tsp dried thyme
- 1 bay leaf
- 1 cup chopped spinach (thaw if frozen)

Dumplings

- 1 cup whole wheat pastry flour
- ¼ cup all-purpose flour
- ¼ tsp salt
- ¼ cup low-fat milk
- 1 medium egg

DIRECTIONS

1. Heat oil in a soup pot over medium heat. Sauté onion, celery, and carrots for about 5 minutes, stirring occasionally.
2. Add broth, water, turkey, pepper, thyme, and bay leaf. Stir and reduce heat to low. Cover pot partially with lid, and simmer soup for about 20 minutes.
3. While soup simmers, mix dumpling ingredients in a bowl. Shape mixture into spoon-sized dumplings. Add a little water or flour to thin or thicken mixture. One by one, drop dumplings into soup. Cover pot and let dumplings cook for 15 to 20 minutes.
4. Remove bay leaf. Stir in spinach. Simmer the soup over low heat for 5 minutes and serve warm.



SERVINGS: 4

Per serving: 360 calories, 9 g fat, 2 g saturated fat, 38 g carbs, 7 g fiber, 8 g protein, 385 mg sodium

Need Healthy Dinner Ideas?

FIND RECIPES AND MORE AT MHSSAVE.COM



- Eat well and feel your best every day with a little help from recipes plus fitness and health articles. Visit MHSSave.com for tips.

New Technology



Did you know that we have a clinical policy committee? The committee is made up of doctors. They evaluate new technologies and new uses for technology. This is done as a review for possible inclusion in your benefit plan. We know it is important to stay up to date and we want our members to have access to safe and effective care.

Have questions?

We are here for you. You can reach us anytime at mhswi.com. Or call Customer Service at 888-713-6180.

Find Us  

On Facebook: Managed Health Services (MHS) – Wisconsin

On Twitter: @MHS_Wisconsin



10700 Research Dr.
Milwaukee, WI 53226

mhswi.com

PRSR STANDARD
U.S. POSTAGE
PAID
N. READING, MA
PERMIT NO. 314

Earn rewards for taking
care of your health!

SEE PAGE 3.

LW-MHS-Q417

Statement of Nondiscrimination

MHS Health Wisconsin 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 another language, language assistance services, free of charge, are available to you. Call **1-888-713-6180**. TTY to Voice for the hearing impaired 7-1-1 or **1-800-947-3529**.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-888-713-6180**. TTY to Voice 7-1-1 or **1-800-947-3529**.

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 to Voice 7-1-1 or **1-800-947-3529**.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-888-713-6180**. TTY to Voice 7-1-1 or **1-800-947-3529**.

