



INSIDE: Tips for Summer Grilling

YOUR HEALTH PLAN NEWSLETTER TO HELP YOU GET AND STAY HEALTHY! • SUMMER 2015

6 Tips for a Great Summer

TRY THESE SIMPLE CHANGES THAT MAKE A BIG DIFFERENCE

1 Rise and shine. People exposed to bright sunlight early in the day tend to be slimmer, according to a recent study. Scientists aren't sure why, but they say morning light may have positive effects on hormones that regulate appetite. It's also possible that early risers are more active. In the morning, do light stretches outside or sip your coffee by a window. Before going outdoors, remember to apply broad-spectrum, waterproof sunscreen of SPF 30 or higher, even if it's cloudy.

Adding something social to your day is one of the easiest ways to boost your mood.



2 Skip the gym, play outside. "Get outside and move your body from point A to point B," says Jeff Archibald, a personal trainer in Los Angeles. You'll work different muscles when you move around than you will use on a treadmill. Plus, getting your exercise outside leads to more positive thinking, according to a report in *Environmental Science and Technology*. After a 30-minute walk outside, most people in the study said their stress levels were reduced.

3 Eat bigger flakes. If you swap oatmeal for cold cereal in the summer, pay attention to flake size. New research shows that people eat more cereal by weight when the flakes are smaller, even when they pour less by volume. Choosing cereals with bigger flakes can fool you into eating fewer calories.

4 Boost your sun protection. Did you know that certain foods can help protect your skin in the summer? "Certain fruits and vegetables have SPF qualities like sunscreen thanks to the chemicals that give them their bright colors," says Lara Dalch, a health coach in Seattle. For example, tomatoes, carrots, berries and dark leafy greens improve your skin's natural sun protection. Don't skip the sunscreen, though. Think of this as extra protection.

5 Get social. Research shows that when people do something outgoing, even if that's unusual for them, they feel more positive. Have a barbecue, head to the park or pool with friends or take a walk with someone you haven't spent time with in a while.

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6 Keep things cool. Outdoor dining is one of the best parts of summer, but keep it safe. Pack your picnic foods in an insulated cooler, and add ice to maintain the temperature below 40°F. Wrap red meats, poultry and seafood tightly in plastic, and make sure the cooler stays closed until you're ready to cook. Pack cold beverages in a separate cooler. As people reach for cold drinks, the cooler gets opened more, letting the cold air out. A separate cooler will help prevent food from spoiling.

> Beat summer thirst. Do you really need that sugary sports drink to stay hydrated? Find out at MHsave.com/thirst.

Get the Most Out of Your Next Checkup

FOLLOW THIS ADVICE FROM DOCTORS TO MAKE SURE YOU GET THE ANSWERS YOU NEED

On average, patients only get about 10 minutes with their doctor. It's easy to leave the office feeling confused or unsatisfied. But a bit of prep before your visit can help. Try these insider strategies, recommended by physicians, to get the information and attention you need at your next visit.



Schedule smartly. When you make an appointment, mention any specific concerns to discuss with your doctor and tests you need.

Consider a female physician. Visits with female doctors tend to last 2 minutes longer than appointments with male doctors, according to a Johns Hopkins study.

List medications. If you take any medications, vitamins or supplements, make a list to show your doctor. This is important, especially if your doctor has to prescribe new medicine. For new prescriptions, ask for directions or any special instructions.

Prep while waiting. The average time in the doctor's waiting room is 20 minutes. Use that time to think about questions or

concerns, and write them down. Put your most serious questions at the top. Make a note of any symptoms you're feeling and when they started.

Ask away. Write questions to take with you so you don't forget them. If the doctor says something you don't understand, ask him or her to explain it in plain language. Don't think your question is silly. You can be sure your doctor has heard it before.

Take notes. Write down the things your doctor tells you. It's easy to forget, especially when you don't feel well or have health concerns on your mind.

Answer honestly. Your doctor may ask personal questions that make you feel uneasy, but details about alcohol use or sexual history can be important. Try not to feel embarrassed. Nothing you say will shock your doctor. Even financial concerns can be worth mentioning.

Share tests. If you've had any lab tests since your last visit, tell your doctor or

nurse. Your primary care doctor needs a copy of the results. Also let them know if you've seen another doctor or specialist.

Hold the phone. Turn off your phone when the doctor is with you. Chances are any calls can wait until you finish talking with your doctor.



Is Your Child Seeing the Right Doctor?

Your child's needs may change as he or she grows. If your child is seeing a pediatrician now, it may be time to change to an adult doctor.

Talk with your child's current doctor, who can help you decide. He or she can help make sure there are no breaks in your child's care. We can also help members find the right doctor for their care.

It is important for kids to see the doctor at least once a year. If you need help finding a doctor or making an appointment, call Member Services or check our website.

We are here to help you with your child's health needs.

We're Here to Help You Stay Healthy

Don't take a vacation from good health this summer. In fact, healthy living comes easier in the summer with fresh produce, lighter schedules and more fitness options. Make this summer your best yet by eating well and finding exercise that works for you. See the next page for a workout that beats the heat.

We care about you and the healthcare you get. This newsletter has healthy recipes and ideas for better health. If you have questions about our services or your care, visit our website at mhswi.com, or call Member Services at **(888) 713-6180**.

Robert Lyon, MD
Chief Medical Officer, MHS Health Wisconsin

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Stay Cool, Stay Fit

DIVE INTO A FULL-BODY WORKOUT THAT TONES AND ENERGIZES

When temperatures soar, it's easy to avoid working out. But don't let the weather stop you from staying in shape. A water workout keeps you cool and fit.

Swimming is great exercise any time of year, but getting into the cool, refreshing water in the summer also gives you a break from the heat and restores your energy. And the best part is, it strengthens your whole body. "Water provides resistance, so moving in the pool is like lifting weights. When you move, you're engaging and building muscle," says Ellen Barrett, a personal trainer in New Preston, CT.

And swimming is easier on your body than running or lifting weights. Swimming workouts are great for people who have joint or back pain. Don't worry if you need to start your swimming workout slowly. Swimming is a full-body operation. Your arms and legs have to work together in ways they usually don't. Your heart and lungs work harder than usual.

To get started: Check with your healthcare provider before starting a new

Look for a free
or low-cost
swimming pool.



exercise. Look for a free or low-cost pool with a lifeguard on duty. Your community center or park may have good options, such as free swimming lessons or low-cost water aerobics classes. Check your local newspaper or online. If you're able to swim on your own, start by using a kickboard to swim across the pool for a few laps. As you get more comfortable, swim without a kickboard for 20 to 30 minutes.

➤ Make the most of your outdoor workout. Whether you're doing laps in the pool or taking a walk, take steps to stay safe in hot weather at [MHSSave.com/outdoor](https://www.mhssave.com/outdoor).

More Ways to Get Moving This Summer

- Walk 30 minutes in the early morning or near sundown.
- Play catch, tag or soccer with your kids in the yard.
- Do body-weight exercises.
- Work on your garden.
- Ride your bike in the park or around your neighborhood.
- Take a free or low-cost fitness class.

A Checklist for Parents

Help your child's health. Talk with your child's doctor about:

LEAD SCREENING: Lead is a dangerous poison. Children aged 2 should have a test for lead.

IMMUNIZATIONS: These shots protect kids from serious disease such as measles and mumps.

WELL-CHILD HEALTH CHECKS: Healthy children and teens need a health check every year.

Immunizations for Children Through Age 6

Birth	1 mo.	2 mos.	4 mos.	6 mos.	12 mos.	15 mos.	18 mos.	19 to 23 mos.	2 to 3 years	4 to 6 years	
HepB	HepB			HepB							
		RV	RV	RV							
		DTaP	DTaP	DTaP		DTaP				DTaP	
		Hib	Hib	Hib	Hib						
		PCV	PCV	PCV	PCV						
		Polio	Polio	Polio						Polio	
				Influenza (yearly)							
					MMR					MMR	
					Varicella					Varicella	
					HepA						

For more details, visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines) or call (800) CDC-INFO (232-4636).

Your Guide to Keeping Your Heart Healthy

SIMPLE STEPS YOU CAN TAKE NOW TO LOWER YOUR RISK FOR HEART DISEASE

Keep your mind busy

Stress can make us forget to do the things that are good for the heart, such as eating well, exercising and getting enough rest. But how can we avoid stress? The fact is, we can't avoid it. Accept stress, then cancel its effects by taking your mind elsewhere. Activities such as knitting, woodworking, playing chess and doing crossword puzzles focus thoughts on a task rather than on a worry. Try spending 15 minutes each day involved in a hobby or a project that you really enjoy.



Get it pumping

The heart is a muscle, and working out makes it stronger. "Do something that gets your heart rate up for at least 20 minutes at a time," says Stephanie Coulter, MD, a cardiologist at the Texas Heart Institute in Houston. Try aerobic activities such as walking at a brisk pace, running or biking. "It's really hard for everyone, especially mothers,



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to fit this into the day. Try to exercise with your children," Dr. Coulter says. "Go bike riding or swimming. It teaches children that exercise is part of a good life."

Check your cholesterol

Your cholesterol numbers help you and your doctor better understand your risk for heart disease. Most adults should have their

cholesterol checked every five years, or more often depending on risk factors. What's most important to know is that healthy cholesterol levels help prevent heart attack and stroke.

Pace your calories

It's easy to eat more than our bodies need. "Be aware of what you eat and drink, but portion out your calories so you feel good,"

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Tell Us If You're Unhappy

Grievances and appeals are two ways to tell us if you are not happy. It's good to tell us as soon as possible.

We want to help you. A grievance is a complaint you make with us because you are unhappy with something about this health plan or one of our providers. Appeals are when you ask us to change a decision to stop or deny a service.

Call us at **(888) 713-6180** to learn more about these options.



Getting a Second Opinion

You may seek a second opinion on treatments at no additional cost beyond the usual copay amounts.

You may go to one of our network providers. Or you can seek a second opinion from an out-of-network provider. We can help you with this. Give us a call for help.

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Dr. Coulter says. “Every once in a while the pecan pie for 500 calories is worth it. But you have to do something to balance it and avoid gaining weight. Skip the appetizer or have less of the main course.”

Subtract sugar

We all know eating sugar adds calories. But sweeteners might also cause an increase in blood pressure. Added sugars in many packaged foods may play a bigger role in high blood pressure than salt, according to new research. If sugary sodas are your favorite, try swapping one for seltzer with a bit of fruit juice.



Sleep, sleep, sleep

“Sleep is so important for heart health,” says JoAnne Foody, MD, medical director of the Pollin Cardiovascular Wellness Center at Brigham and Women’s Hospital in Boston. “People who get the right amount of sleep tend to have lower blood pressure, a steadier heart rate and healthier weight. With less sleep, we tend to snack more and crave more carbs.” Plan for 7 to 8 hours each night.

Develop good habits

If you’re under 30, adopt healthy habits now to prevent heart disease when you’re older. “Make exercise a part of your daily routine now when you probably have more


time in your day,” Dr. Coulter says. “Get in the habit of eating five to seven servings of vegetables and fruit every day, and try to limit red meat to once a week.” That’s good advice for people in their 40s and 50s too, she says. But as we get older, we need fewer calories because our metabolism slows down and we tend to be less active.

Stop smoking

Cigarette users are twice as likely to have a heart attack. The good news is that a smoker’s body starts repairing itself soon after the final puff. Drinking milk might help cut cravings. Smokers in one study said having a cigarette after a glass of milk tasted so bad, they were less likely to light up. For free counseling, call the Wisconsin Tobacco Quitline at **(800) QUIT-NOW** (784-8669).

Fill up on fiber

Eating foods with fiber helps lower your risk of heart disease. High-fiber foods also tend to be more filling, so you eat less. This helps control weight gain. Fruits, vegetables, beans and whole grains are the best sources of fiber. Women should eat 21 to 25 grams of fiber per day. Men should get 30 to 38 grams of fiber per day.

 **Reach for fiber-rich produce.** Be sure to wash your fruits and veggies before you eat them. Learn how at [MHSsave.com/produce](https://mhs.save.com/produce).

Don’t Overlook Your Eyes

One third of Americans will suffer a form of eye disease by age 65, but certain habits help protect your vision as you age. An overall healthy lifestyle is the best for your eyes, says Jay Duker, MD, director of the New England Eye Center in Boston. Here are the best ways to protect your eye health.

See your eye doctor. Even if your vision is sharp, get a thorough eye exam. Eye doctors check your vision and your risk for future problems.

Wear the right gear. Using the right prescription contact lenses, glasses and sunglasses helps you see better and ease discomfort. They also block UV rays that can be harmful to eyes. If you wear contact lenses, follow cleaning instructions to prevent irritation.

Eat for your eyes. Orange vegetables, such as carrots and orange bell peppers, are high in vision-boosting vitamin A. Be sure to include them in your diet regularly.



Your Member Handbook

Call us if you need a paper copy of your Member Handbook and Provider Directory or anything on our website. We can also help you find a doctor or answer any questions.

Call **(888) 713-6180**. Our website is mhs.wi.com.



Extra Benefits: Pump Up Your Vision!

REMINDER: As a member of this health plan you get extra benefits.

- **\$100** allowance for better eye glass frames. Or an **\$80** allowance for contact lenses.
- **\$0** office visit, equipment and hospital copays.



Easy Risotto with Asparagus and Peas

A HEALTHIER VERSION OF A CLASSIC ITALIAN DISH



Ingredients

- 5 cups low-sodium chicken broth
- 1½ cups short-grain rice
- 1 package (9 oz) frozen peas
- 1 bunch fresh asparagus, cut into 1-inch pieces
- 3 Tbsp unsalted butter
- ⅓ cup white wine vinegar
- 1 cup freshly grated Parmesan cheese

Directions

1. Preheat oven to 350°F.
2. On stove, heat 4 cups of chicken broth in ovenproof soup pot over medium heat for 1 minute. Add rice and stir.
3. Cover pot, and place in oven. Bake rice and broth mixture 40 minutes or until most

liquid is absorbed.

4. While rice cooks, prepare peas according to package directions. Steam asparagus for 5 minutes. Drain and set vegetables aside.
5. Remove rice from oven. Mix in remaining broth, butter, vinegar and Parmesan cheese. Stir until rice thickens, about 3 minutes.
6. Add peas and asparagus to mixture and stir to heat through. Season with salt and pepper to taste.

MAKES 4 SERVINGS

PER SERVING: 360 calories, 7 g fat, 3 g saturated fat, 45 mg cholesterol, 36 g carbohydrates, 3 g fiber, 21 g protein, 345 mg sodium

Guide to Grilling Summer Veggies

ESCAPE THE KITCHEN AND ENJOY FARMSTAND FAVORITES

ZUCCHINI, SUMMER SQUASH

- Cut into ½-inch slices.
- Marinate in olive oil, garlic and basil.
- Grill 10 minutes, turning occasionally.

GREEN BEANS

- Trim ends and place on large foil sheet.
- Sprinkle with pepper and minced garlic.
- Fold foil into packet and seal tightly.
- Grill 10 minutes.

EGGPLANT

- Cut into ½-inch slices.
- Marinate in olive oil and balsamic vinegar.
- Grill 15 minutes, turning once.

CORN ON THE COB

- Soak in cold water for 15 minutes.
- Remove silk and husk.
- Brush corn lightly with oil.
- Grill 12 to 15 minutes, turning occasionally.
- Sprinkle lightly with salt, paprika or chives.

ASPARAGUS

- Trim ends. Coat with oil, salt and pepper.
- Grill 7 minutes, turning often.
- Sprinkle with lemon juice.

TOMATOES

- Cut in half.
- Brush cut sides with olive oil.
- Grill, cut side down, for 5 minutes.
- Flip, and grill another 5 minutes.
- Sprinkle with cilantro, pepper or pesto.

BABY RED POTATOES

- Parboil about 15 minutes, let cool.
- Toss with oil, salt, pepper and thyme.
- Thread potatoes onto skewers.
- Grill 10 minutes, turning every 3 minutes.



BELL PEPPERS

- Cut into quarters.
- Brush lightly with oil.
- Grill 10 minutes per side.

 **Want more summer recipes?**
Try frozen berry yogurt bites and other cool snacks at [MHSsave.com](https://www.MHSsave.com).

Fix It With Food

You are what you eat, and what you eat can ease some common summer problems. Take a look at these simple summer fixes.

Sunburn

Sunscreen on the outside, pomegranate on the inside. The ruby-red fruit is rich with a substance that helps protect your skin from the sun's harmful UV rays. Research suggests pomegranates are also good for heart health. **Enjoy the seeds, or make a spritzer:** Mix 3 ounces of pomegranate juice, 5 ounces of seltzer water and a slice of lime.



Summer Cold

There's still no cure, but some foods can help shorten a cold. Go for vegetables that contain lots of vitamin C, like broccoli, cauliflower and red bell peppers. They'll strengthen your body's defenses. **Steam them lightly, or serve raw with a hummus dip.**

High Sodium

If your doctor says your blood pressure is getting high and recommends cutting back on salt, ask about increasing your potassium intake. Eating foods loaded with this mineral has been shown to help control blood pressure by reducing the effects of sodium. **Make a fruit salad** with bananas, cantaloupe, honeydew, raisins and dates.



Hay Fever

Try popping a handful of red grapes. They contain an antioxidant that helps ease congestion and stuffy sinuses.

For a cool treat on a hot summer day:

Wash and pat dry a bunch of seedless grapes, put them in a plastic bag, and freeze for at least 3 hours. Eat them straight from the freezer.


Insomnia

Getting enough sleep is one of the best things for your health. When counting sheep doesn't work, tryptophan might work. Don't worry, you don't need to cook up a turkey dinner. **Have a banana** about 2 hours before bedtime. As in turkey, the tryptophan in bananas helps your brain produce sleep-inducing serotonin. Even better, bananas are rich in carbohydrates, which enhance the effects.



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What Is Utilization Management?

Utilization management is how we make decisions about paying for care and services. We inform our network providers about services that need authorization. Your healthcare provider can ask us for authorization on services you need.

What are our decisions based on?

- If the service is needed
- If the service works well
- If the service is right for you

How do we make these choices? We use information from many doctors. We do not reward doctors or staff for saying no to care.

Facts About Your Privacy

Your privacy is important to this health plan. We do all we can to guard your protected health information (PHI). By law, we must protect your health records.

You can read the complete privacy notice in your Member Handbook or under member resources on our website, mhswi.com.

Have questions?

We are here for you. You can reach us anytime at mhswi.com. Or call Member Services at (888) 713-6180.





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