

A MEMBERSHIP SERVICE FROM
THE US FAMILY HEALTH PLAN

Spring 2021

healthy Lifestyle



How to Become
**Your
Own Best
Advocate**

See page 3

Build a Kid-Friendly Workspace for Home Learning

With remote learning more common—and homework in full force—kids are prone to fatigue and pain from haphazard home workspaces.

Set your young student up for success by constructing a kid-sized kiosk. Dedicated, well-designed spaces not only reduce strain and injuries, but they also promote focus and learning. Here's how to assemble one.

Make it theirs. Offer your child a desk or bit of counter that's designated for learning only. A trifold poster board can add privacy.

Clear clutter. You can decorate the desk to make it personal and welcoming. But keep the area free from piles and distractions.

Light it right. If possible, set up 90 degrees from a window. Facing or backing up to outside light can cause eyestrain or glare. Add a lamp to illuminate tasks.

Grab a seat. Choose a comfy, supportive chair. Elbows should rest lightly on armrests, bent between 90 and 120 degrees. The edge of the seat should hit about 3 to 4 inches from the back of your child's knees.

Find the right fit. Don't have a child-sized chair? No problem. Adjust a grown-up model with rolled towels, pillows, or other padding on the arms, back, and seat. Add a footrest if your child's feet don't touch the ground.

Move the monitor. Place computers so that kids' eyes align with the top of the screen. If they're using a laptop, add an external keyboard and mouse. Prop the laptop on boxes, books, or another platform till it's at the right height.

Break it up. The right setup is important, but so is using it wisely. Let kids get up and move at least every 30 to 60 minutes. This refreshes their bodies—and their brains.



Our Contact Information Has Changed

The good news is our main contact information is not changing. If you contact USFHP using the toll-free number **1-800-585-5883**, you can continue to do so. Nothing will change for you.

If you ever call USFHP using a direct line (with the 206 area code), send faxes, or email us, that contact information changed as of Feb. 22, 2021. For 30 days after Feb. 22, if you try to contact an old phone number or email, you will hear a voicemail or autoreply with the new information. After March 24, you can always call USFHP Member Services at **1-800-585-5883, option 2**, to get the contact information you are looking for.

Thank you for your patience during these updates! We are here to serve you.

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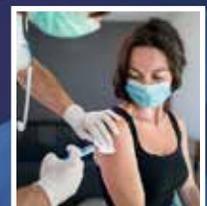
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How to Become Your Own Best Advocate

Remember, health care providers know medicine, but no one knows you better than yourself. Don't be afraid to speak up on your own behalf. Here's how to advocate for yourself:

1. Prepare for appointments. Before you see a provider, put some thought into what you'd like to discuss. Here's some information that is helpful to have:

- Questions you want to ask
- Changes to your physical, mental, or emotional health since your last appointment
- A current list of your prescriptions (including dosages), along with any over-the-counter supplements, vitamins, and medicines

2. Be honest. Part of being a self-advocate is giving complete information about your health history and daily habits. This is how you will get the best care. Don't worry—they've heard it all before!

3. Ask for clarification. If you don't understand what a provider is telling you, don't be afraid to ask them to explain it again.

4. Get a second opinion. After any serious diagnosis, it's a good idea to get a second opinion. Don't worry about hurting your provider's feelings—most medical professionals understand that patients need to have confidence in their health care plan.

5. Understand the plan. At the end of each appointment, write down anything required for follow-up. That way, you can remember to do things like schedule your next appointment or make changes to your current routine.

Hobbies Are Good for Your Health and Happiness

Hobbies are fun, relaxing pastimes—but they have a serious side, too. There's growing evidence that hobbies can boost your health and well-being. Who says becoming healthier has to be all work and no play?

Doing something you enjoy—whether that means striking a yoga pose, playing a board game, or building a birdhouse—is a great stress reliever. Depending on the activity, you may receive a good workout, too.

Your brain needs exercise just like the rest of your body. Activities that challenge your intellect or creativity can fit the bill. A recent study found that older adults who took part in arts, crafts, and social activities were less likely to develop the kind of thinking and memory problems that often lead to dementia. Try these tips to get started:

- Solve crossword, sudoku, or other puzzles.
- Play cards, checkers, or chess.
- Take a painting or pottery class.
- Craft handmade gifts for others.



Be Prepared for Emergencies With a Home Health Kit

Get the most out of a phone or video visit with your doctor with just a few items. Check your vital signs, give your care team data they need, and even administer basic remedies they might recommend. Remember extra batteries.

1. Tylenol. Unlike ibuprofen or Aleve, Tylenol doesn't cause GI upset or bleeding, and it's OK for those 65+. Choose extra strength/500 mg. If you are allergic to Tylenol or have liver disease, talk with your provider before taking.

2. Scale. Keep it basic, nothing fancy needed.

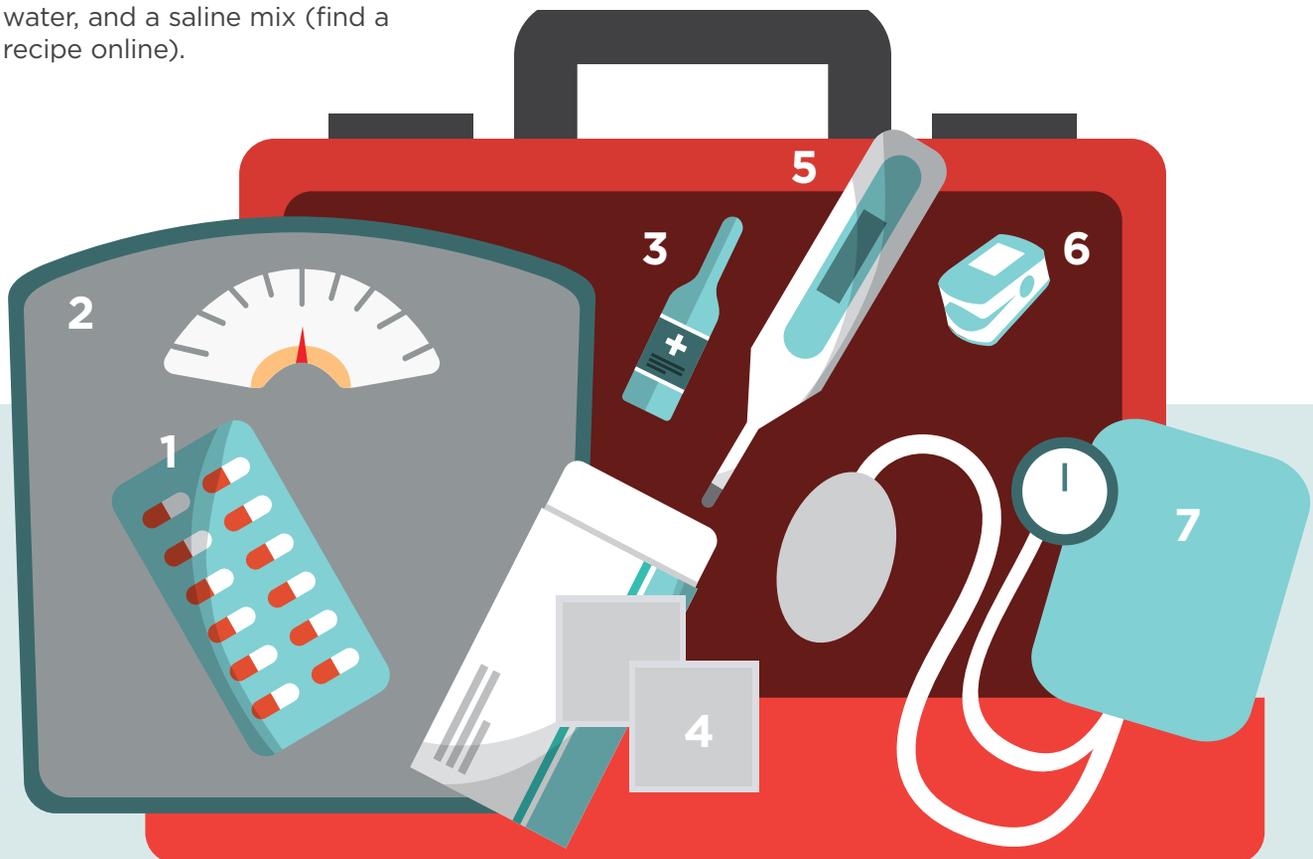
3. Nasal rinse. Irrigating the nasal passages helps to relieve congestion. You'll need a neti pot or a special squeeze bottle, distilled water, and a saline mix (find a recipe online).

4. Buy saline packets at drug stores, or make your own solution: 8 ounces of distilled water + ¼ teaspoon non-iodized salt + ¼ teaspoon baking soda. If you use tap water, it must be boiled (and then cooled) to prevent infections. Rinse the bottle/neti pot after each use with sterile water and air dry.

5. Thermometer. Get a digital model that goes in the mouth. They are more accurate than skin readings.

6. Oxygen saturation/pulse monitor/oximeter. You can have alarmingly low oxygen saturation and not feel it. Slip your finger in this small device for a quick reading that can point to respiratory illnesses like COVID-19.

7. Blood pressure cuff. Get a cuff for the upper arm with an easy-to-read display. Body posture is important—follow the cuff instructions.



Don't delay! Some of these items may be on back order. Keep these along with your first aid kit to stay healthy from the safety of home.

Lemon-Sage-Rosemary Chicken

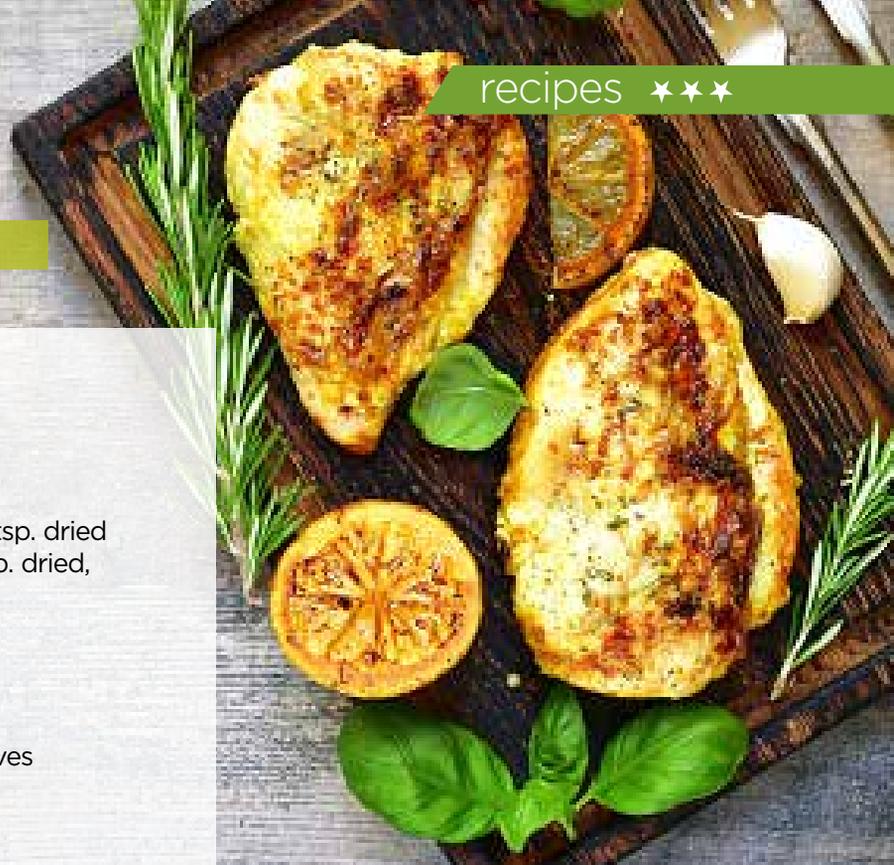
Ingredients

Marinade

- 1 tsp. olive oil
- 1 tsp. grated lemon zest
- ¼ cup fresh lemon juice
- ¼ cup chopped fresh sage leaves or 1 tsp. dried
- 1 tbsp. chopped fresh rosemary or 1 tsp. dried, crushed
- 2 or 3 medium garlic cloves, minced
- 1 tsp. black peppercorns, cracked
- ½ tsp. salt

Grill ingredients

- 6 boneless, skinless chicken breast halves
- 6 lemon slices, cut in half
- Fresh sage leaves (optional)



Directions

Combine the marinade ingredients in a large, resealable plastic bag. Cut all the visible fat from the chicken breasts and put them between two sheets of plastic wrap with the smooth side up. Using a tortilla press, the smooth side of a meat mallet, or a rolling pin, lightly flatten the chicken to a thickness of ⅛ inch. Add to the marinade. Seal the bag and turn to coat. Refrigerate

for 30 minutes to eight hours, turning occasionally. Discard the marinade. Preheat outdoor or indoor grill to medium heat. Grill the chicken for six to seven minutes on each side, or until no longer pink in the center. To serve, garnish with the lemon slices and sage leaves. Serves six.

PER SERVING: Calories—125, fat—1.5 g, cholesterol—66 mg, sodium—268 mg, carbohydrates—0 g

April Fool Dessert

Ingredients

- 1 cup strawberries
- ¼ cup granulated sugar substitute
- 2 tsp. fresh lemon juice
- ¾ cup fresh or frozen raspberries
- 1 cup heavy cream
- Whole berries for garnish

Directions

Put strawberries in a small saucepan. Add 1½ tablespoons of granulated sugar substitute

and 1½ teaspoons of lemon juice. Cook on high just until the mixture starts to boil. Turn heat to medium and stir frequently, mashing berries with a spatula, to keep from burning or sticking to the bottom of the pan. After about 15 minutes, most of the liquid should be cooked off. When you reach your desired consistency, let it cool and pour into a container to refrigerate.

To make raspberry sauce, combine raspberries, 1½ tablespoons of sugar substitute and ½ teaspoon of lemon juice to a boil. Let thicken and cool slightly. Press mixture through a fine strainer. This will take patience and

about 20 minutes of mashing, but you will be rewarded with a rich, seedless sauce. Discard seeds.

For each fool: Put 2 tablespoons of cooked strawberries at the bottom of a cocktail glass. Whip the cream with the remaining sweetener. Put 2 tablespoons of whipped cream in each glass. Add 1 tablespoon of the seedless raspberry sauce. Top with more whipped cream. Garnish with whole berries. Makes four servings.

PER SERVING: Calories—228, fat—22 g, cholesterol—82 mg, sodium—23 mg, carbohydrates—8 g, dietary fiber—1 g, sugars—3 g, protein—2 g.



About COVID-19



spread and the disease becomes uncommon. Polio and smallpox are examples of diseases that have been eliminated since so many people were vaccinated. Choosing to get the vaccine protects you, your loved ones, your neighbors, and people across the globe as we can all do our part to control the spread of COVID-19.

How effective is the vaccine?

The Moderna and Pfizer vaccines are both 95% effective. What does that mean? It means that 95% fewer people exposed to COVID-19 will get sick. What about the other 5% that did catch COVID-19? They ended up having milder symptoms rather than becoming more critically ill.

What are the side effects of the COVID-19 vaccine?

There are a couple of mild side effects. First is injection pain and a sore muscle the day after the injection. This is similar to the flu shot and many other injections. Second, some people can feel like they're getting sick the day after the shot. This is NOT because they are getting COVID, this is because their body is "reading the recipe" and creating antibodies against COVID-19. These symptoms last no longer than a couple of days and indicate that your body is building up the defenses it will need when it is exposed to the real COVID-19 virus.

When can I get the vaccine?

The Washington State Department of Health is prioritizing higher-risk individuals first. At the time of this writing, individuals ages 65

COVID-19 has changed everyone's life. However, the more people who vaccinate, the more our lives can get closer to what we used to enjoy. We at USFHP would like to see as many beneficiaries as possible become vaccinated. To ensure you have the best information on the COVID-19 vaccines, we wanted to answer some commonly asked questions.

What are the COVID-19 vaccines?

Both vaccines available in the U.S. at this time (Moderna and Pfizer) are what we call "mRNA vaccines." One benefit of mRNA vaccines is that the body "reads an mRNA recipe" to create antibodies. The mRNA "recipe" from the vaccine is quickly destroyed and eliminated from

the body. Because the body quickly and efficiently clears the vaccines in a short period of time, a second dose is needed 3-4 weeks later to trigger the body to make enough antibodies to prevent COVID-19. The vaccines do NOT contain the virus, so you can't get COVID-19 from the vaccine.

Why should I get the vaccine?

The vaccine allows the body to build up a defense against COVID-19 before you're exposed. In addition to protecting you from getting COVID-19, vaccines can slow the spread of COVID-19 in the community. When around 70% or more are vaccinated, something called "herd immunity" occurs. At this level of defense, the virus often doesn't have the ability to thrive and

Vaccine

and older, those in assisted living facilities, and first-line responders are eligible. As more vaccine becomes available, more groups will be given the opportunity to vaccine. Keeping current with the local news or checking the Department of Health website (doh.wa.gov), can help you know when you are eligible. Keep in mind that different states will have slightly different rollout time frames, so what you hear from a friend out of state may not be the same in Washington.

Will USFHP cover the vaccine?

The COVID-19 vaccine, like all vaccinations, is covered 100% under your USFHP benefit. However, the COVID vaccine is supplied at no cost by the federal government.

Where can I get the vaccine?

Vaccines are available at multiple locations in the Puget Sound area. These range from clinics to pharmacies. A complete listing of locations is available at the Department of Health website.

If I received the first shot, do I need to get the second shot?

YES. The second shot is a necessary “booster” that allows the body to build up more antibodies and to create a memory so that the positive effects of the vaccine are not short lived. You will not have the full benefits of the vaccine until 3-4 weeks AFTER the SECOND dose. However, some vaccines that may be approved

in the coming months may only require one dose. As if you need a second dose when you get your first vaccination.

What are good sources for information about the vaccine?

The CDC (cdc.gov) and the Washington State Department of Health (doh.wa.gov) should be on the top of your list. Avoid getting your information from social media and blog sites. If you have questions, ask health care professionals who are being updated continually on the newest and best information on the vaccine.

Will I need to continue to mask and social distance after getting the vaccine?

For a certain period of time, the answer is “yes.” Until enough people are vaccinated to have “herd immunity,” it is likely that masks will still need to be worn and social distancing will need to be maintained. Even though it is less likely for you to become sick after getting the vaccine, it doesn’t mean you can’t still spread COVID to someone else if you were exposed recently.

Online Provider Search Tool Now Available

We are pleased to announce USFHP now offers an online provider search tool. USFHP members can go to usfhp.azurewebsites.net to locate a primary care provider in the USFHP network.

You can search for a provider by name, city, or zip code. In searching by zip code you can enter a mileage radius to find a provider near you. A search can also be done for ambulatory surgery centers, DME providers, home health, hospice, hospitals, and skilled nursing facilities through a drop-down menu.

This new search tool allows members to get directions to their selected provider and print their search results.

The online provider directory promises to be a valuable tool in assisting members with connecting with the providers and services they need. Please contact USFHP Marketing at **1-866-418-7346** if you have questions or feedback you would like to share.



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Ask Member Services

Q: What are my options to get prescriptions filled if I want to pick them up locally?

A: Getting prescriptions filled through US Family Health Plan (USFHP) is convenient and easy. USFHP has an excellent network of retail pharmacies. Members can get a 30-day supply at the pharmacy in your clinic or at these locations:

- Safeway
- Bartell Drugs
- Rite Aid
- Haggen Food & Pharmacy
- Hawk's Prairie Health Mart Pharmacy
- Island Drug (Oak Harbor)
- Tim's Pharmacy (Yelm)

Also remember that PMC pharmacies provide refills at the same copay and quantity as mail order.

Q: I recently received a new USFHP Member Identification card in the mail. What does the group number code mean?

A: The group number code indicates your enrollment status for copays. If the first three letters of your code begin with ADF, you are enrolled in USFHP as an Active-Duty Family Member. Active-Duty Family Members do not have copays for medical services.

Codes beginning in T-3 indicate you are a retiree who joined the plan after Oct. 1, 2012. Retirees who joined the plan after this date must disenroll and take TRICARE for Life when they reach age 65. If your code ends in ALL, you have copays for all services. If your code ends in RX-Only, you do not have medical copays. That's because our



records show you also carry Medicare Part B coverage.

If your code begins in NAD, it means you are a retiree who joined the plan prior to Oct. 1, 2012 and you are grandfathered into the plan. Grandfathered members are not required to disenroll at age 65. If you have Medicare, your code will end in RX-Only. This means you do not have medical copays or pay an enrollment fee. Otherwise, your code will end in ALL, which means that you do.

CCNCP codes indicate you have reached the catastrophic cap for your enrollment status and no medical copays or enrollment fees are due for the rest of the year.

We Are Growing

The TRICARE Open Enrollment Season ended on Dec. 14, 2020, and USFHP saw significant enrollment changes. Two thousand new members joined the plan during the last quarter of 2020. Enrollment now stands at 20,119 members. This was 5.1% growth for 2020. Also, the plan has received approval to expand its service area to parts of Spokane County, Stevens County, and Northern Idaho in 2021. These areas will be open to new members by the third quarter of this year.