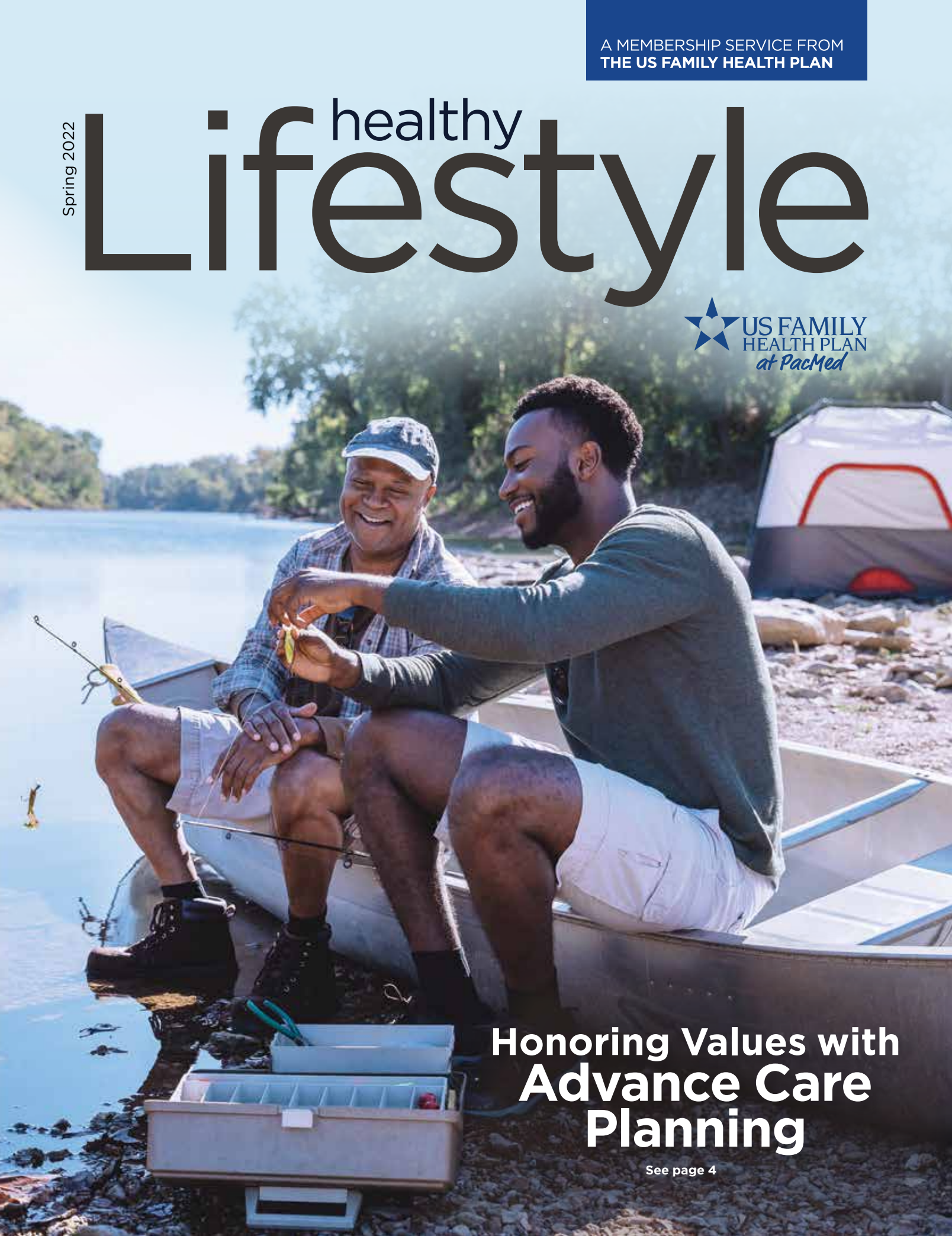


A MEMBERSHIP SERVICE FROM
THE US FAMILY HEALTH PLAN

Spring 2022

healthy Lifestyle



**Honoring Values with
Advance Care
Planning**

See page 4

The Road to Recovery

If you've been in the hospital for a mental illness, such as depression, anxiety, or addiction, heading home can come with mixed, even overwhelming, emotions. But take a deep breath. Today is a new day. Remember: Your condition is not your fault, and it's as real as any other medical condition, like diabetes or heart disease.

Whether you are coping with mental illness yourself, or caring for someone with mental illness, there is good news. Thanks to advances in treatment and care services, people with mental illness can get better, and many make a full recovery. A hospital stay can be the first step on that journey, but it can't take you all the way.

Your Next Step

An important first step you can take after leaving the hospital is to begin follow-up care right away. Seeing a mental health professional as soon as possible after discharge can ease the stress of transitioning back to home and work. Your provider can also make sure you're responding to treatment and make adjustments, if needed.

Depending on your needs, your health care provider may recommend ongoing treatment with medication, therapy, or a combination of both. Medication helps relieve symptoms and prevent relapse. In therapy, you'll have a chance to discuss feelings and solve problems that stand in the way of your recovery.

A Team Effort

Planning for recovery begins while you're still in the hospital. Your care team will work with you and your loved ones to plan next steps and schedule follow-up appointments.

If you're already seeing a mental health professional, tell your team. Follow-up is a lot easier with someone who knows you and your history.

You might feel comfortable speaking with your family doctor. Though not a replacement for a psychologist or psychiatrist, your doctor can help you coordinate your care and provide support.

Finally, if no one's talking to you about next steps, don't be afraid to speak up. Or ask a loved one to do so. Your health is important, and you have a right to be a part of the decisions about it.

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Caffeine: Beyond the Cup

Some people find their pick-me-up in a cup of coffee. Others pick up a pill for their jolt. And athletes sometimes seek their spark in gum, chews, and supplements.

No matter how you choose to consume caffeine, you're not alone. Nearly eight in 10 adults drink, eat, or otherwise ingest a caffeinated product daily.

Caffeine's benefits go beyond a quick buzz. But like any drug or supplement, it has risks and downsides. Here's the knowledge you need to take it with eyes wide open.

The Perks of Caffeine

Caffeine is a natural substance found in more than 60 types of plants, including tea leaves, coffee beans, and cacao pods.

Throughout the day, your body builds up levels of a chemical called adenosine, which prompts your brain to rest. Caffeine works by blocking the effects of adenosine on neurons, warding off sleepy feelings.

In addition, caffeine might help:

- Increase your ability to pay attention and, over time, your cognitive function.
- Improve performance in running, cycling, or other endurance sports, as well as brief, high-intensity exercise.
- Decrease risk for some serious health conditions, including cancer, diabetes, and cardiovascular disease.
- Reduce risk for Parkinson's disease, and also treat some of its symptoms.
- Promote weight loss.
- Ease migraine headaches, although in some cases, it may serve as a trigger. Keep your caffeine intake consistent to avoid withdrawal headaches.

Safe Ways to Seek Stamina

Most healthy adults can safely consume up to 400 milligrams of caffeine daily. That's the amount in three to five 8-ounce cups of coffee or two maximum-strength caffeine pills.

However, others should be cautious. Pregnant or breastfeeding women, people with high blood pressure or heart problems, and those with anxiety should check with their health care providers about limiting caffeine. Kids should

avoid caffeine before age 12, and teens should limit intake to 100 milligrams per day.

Plus, some people are simply more sensitive to caffeine's effects. Signs you're overdoing it include:

- Trouble falling or staying asleep
- Jitters, restlessness, or dizziness
- Fast or abnormal heartbeat
- Anxiety
- Nausea or an upset stomach
- Needing to ingest more to get the same results

In addition, to use caffeine wisely:

- **Drink carefully.** Don't combine caffeine with alcohol; it can increase your impairment. And exercise caution with energy drinks. Some of their ingredients, like guarana, can make you feel even more wired.
- **Keep count.** Caffeine can crop up in pain relievers, cold medicines, and over-the-counter alertness remedies. Check labels to make sure you're not overdoing it.
- **Time it right.** Caffeine reaches peak levels in your blood about an hour after you take it. However, its effects may linger for four to six hours. So sipping coffee or tea in the evening could disrupt your sleep at night.



Honoring Values with Advance Care Planning

By Theresa Berecz, R.N., USFHP Case Manager

We try to get ready for life's unexpected challenges—with, for example, auto insurance, kitchen fire extinguishers and spare tires. But how many of us are prepared for unexpected health issues? There's no opportunity to prepare right before suffering a heart attack or stroke, or before being severely injured in an auto accident. What if we were not able to speak for ourselves or make decisions that would direct the type of medical care we receive? How would someone else know our values and how we would want to be treated? Would we know what treatment a loved one would want in this situation, and would we be prepared to carry out their wishes?

These questions all tie into the idea of advance care planning. The coronavirus pandemic has brought these to light for many people and their families. They are not easy questions to answer, and conversations on these topics may be difficult to initiate with loved ones. However, imagine how difficult it is for a family member who faces making these decisions when no conversation regarding your wishes has occurred.

Working with a USFHP Case Manager

The US Family Health Plan case management team has completed facilitator training to assist patients and their families in creating a personal Advance Care Plan and nominating a health care proxy/agent. This training was done through Honoring Choices Pacific Northwest, a joint initiative of the Washington State Hospital Association and the Washington State Medical Association, which is working to raise awareness of the need for advance care planning.

USFHP case managers engage with patients following three tenets: talk about it, write it down, share it around.

We work with patients to:

- Provide information regarding advance care planning
- Define how advance care planning differs from the Physician Orders for Life Sustaining Treatment (POLST) form
- Discuss their ideal quality of life and values
- Explore what medical care they would want to receive if they were not going to be themselves again or be able to recognize loved ones
- Identify who they would want to speak for them in this event
- Discuss considerations for choosing a health care proxy/agent
- Facilitate a meeting with the patient and the person they have nominated to ensure that person is aware of the patient's values and is willing and able to carry out their wishes
- Share the WA State Decision Hierarchy, which dictates who will make care decisions if there is no designated proxy
- Ensure completed documentation is entered into their medical record

The goal of these conversations is to ensure that the USFHP patient has documented their wishes and elected a health care proxy/agent who will know, understand, and be able to honor their health care wishes if the need arises.

For more information, please contact a USFHP care manager at **(206) 774-5650**, option 2, or visit **www.honoringchoicespnw.org**.



Healthy Breakfast Casserole

Ingredients

- Olive oil spray
- 2 15 oz. cans sliced potatoes, drained
- 2 cups frozen spinach (no salt added), thawed
- 1 cup egg whites
- 2 tbsp. minced dehydrated onion
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/2 tsp. paprika
- 1/2 tsp. sea salt
- 1/4 cup low-fat cheddar cheese



Directions

1. Preheat oven to 375 degrees. Spray an 11-by-7 1/2-inch pan with olive oil spray.
2. Spread sliced potatoes across the bottom of the pan.
3. In a large bowl, stir together spinach, egg whites, dehydrated onion, onion powder, garlic powder, paprika and sea salt. Pour over potatoes. Sprinkle cheese on top.
4. Bake for 20 minutes.

Per Serving

Serves eight; a serving is 1/8 of casserole. Each serving provides: 100 calories, 1.5 g total fat (0.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 470 mg sodium, 17 g carbohydrate, 4 g fiber, 1 g sugar, 8 g protein.

Fun Oatmeal Bowls

Ingredients

- | | | | |
|---|---|--|---|
| <ul style="list-style-type: none"> 4 cups nonfat milk or nondairy milk* 2 cups quick-cooking rolled oats 2 tbsp. honey | <ul style="list-style-type: none"> 1 tsp. vanilla extract 1/2 cup fresh blueberries 1 sliced strawberry —sliced into circles, plus 4 | <ul style="list-style-type: none"> whole strawberries, tops removed 4 raspberries 1 banana sliced, medium thickness 1 kiwi, peeled, cut in | <ul style="list-style-type: none"> half lengthwise, then 1 half cut into half circles, 1 half cut into sticks 1 medium apple, cut into slices |
|---|---|--|---|

Directions

1. In a large bowl, whisk together milk, honey, and vanilla extract. Put 1/2 cup oats each into four bowls, then pour 1 cup of milk mixture over each.
2. Microwave each bowl for one to two minutes, until oatmeal is cooked.
3. Demonstrate cat and flowers on plates so kids can follow along.
4. For cat, lay 2 banana slices, top each with blueberry for eyes, with kiwi half circles for eyebrows. Lay strawberry circle down, top with raspberry for nose, with 3 slices of kiwi on each side for whiskers.
5. For flower, lay strawberry down, then place apple slices around. Use 2 kiwi sticks as stem, and use about 10 to 12 blueberries to represent dirt. Let kids make one face, then another on oatmeal. Makes 4 servings.

You may substitute kiwi strips with pretzels, especially for whiskers. You also may not use all the fruit you cut up, but your kids can have fun snacking on it as they make their bowls.

Per Serving

Serves four; a serving is 1 bowl plus two faces. Each serving provides: 350 calories, 3.5 g fat (.5 g sat fat, 0 g trans fat), 5 mg cholesterol, 105 mg sodium, 69 g carbohydrates, 7 g fiber, 38 g sugars, 13 g protein.

**The nutrition information listed with this recipe is based on using nonfat milk. If you use nondairy milk, the nutrition information will be different.*



Understanding the New Colorectal Cancer Screening Guidelines

Most cancer screening tests help health care providers find and treat the disease early. Some tests for colorectal cancer, including colonoscopies, go further by removing abnormal growths in your colon and rectum. These tests don't just spot cancer—they may prevent it.

Now, a group of experts is recommending people get these tests at younger ages. Here's why, and what to do about it.

A Question of Age

Colorectal cancer occurs when abnormal cells grow and divide in the lower part of your digestive tract. As with most cancers, your risk of colorectal cancer increases with age. People ages 65 to 74 are most likely to develop the disease.

However, in recent years, more younger adults are being diagnosed. Now, about one in 10 cases of colorectal cancer occurs in those ages 50 and younger.

Armed with this evidence, the U.S. Preventive Services Task Force changed its recommendations. In the past, they recommended starting colonoscopies or other tests at age 50. But now, they say, adults ages 45 to 50 can benefit, too.

Understanding Your Options

The colonoscopy and a related test, the

sigmoidoscopy, both prevent cancer. In both, a flexible, lighted tube is used to see inside your colon. Abnormal growths can be removed in part of your colon with a sigmoidoscopy, or from the entire colon with a colonoscopy.

For both these tests, you'll probably take medicine to clean out your bowel beforehand. This can be uncomfortable and give you diarrhea for a few hours. While this causes some people to avoid them, the tests come with big benefits for your health.

You do have other choices, though. There are less invasive screening tests for colorectal cancer, including:

- Stool-based tests. These check for blood or DNA in your poop, or stool.
- Virtual colonoscopy. A special X-ray produces pictures of your colon and rectum.

The new guidelines say adults ages 45 to 75 should get one of the following:

- Stool-based tests every one to three years
- Virtual colonoscopy or flexible sigmoidoscopy every five years
- Colonoscopy every 10 years
- A combination of these

Talk with your provider about your risks and the best tests for you.

Could Video Games Be Good for You?

Video games usually get linked to strained eyes, poor sleep, and lack of physical activity. But researchers have begun uncovering new benefits to video games. Here are three ways they can improve health and well-being at every age.

Kids and Teens: Focusing Attention

The U.S. Food and Drug Administration has approved the video game EndeavorRx to help kids with attention-deficit/hyperactivity disorder (ADHD). Video games keep people with ADHD engaged and motivated, so they stick with therapy. And they have relatively few side effects.

Talk with your child's pediatrician if you have concerns about video game addiction.

Middle-Aged Adults: Easing stress

Most gamers are actually adults averaging between ages 35 to 44. Many play as a way to set aside the stress and anxiety of daily life.

Research suggests the strategy works. Often, playing games boosts levels of dopamine, a brain chemical linked to pleasure. Feelings like happiness, surprise, and enjoyment result.

Older Adults: Boosting Memory

As we get older, we can have trouble with thinking, learning, and memory. Trying new things

offsets this decline. But if your mobility is limited, options for novel experiences might be, too.

Video games offer immersive new worlds that don't require leaving your living room. In one study, people ages 60 to 80 who played 3-D games daily for four weeks did better on memory tests than those who simply played solitaire.



This Spring's Health Observances

This spring presents many opportunities to learn more about serious health conditions and how to live healthier.

National Blood Donor Month

Every January reminds us of the importance of donating lifesaving blood. The winter months are also the ones when the demand for blood increases. Contact the American Red Cross to find a blood drive near you. redcrossblood.org

Cervical Health Awareness Month

The National Cervical Cancer Coalition focuses on cervical cancer prevention and education every January in observance of

Cervical Health Awareness Month. Cervical cancer is preventable. Learn more about HPV vaccines and how to help spread the word. www.nccc-online.org/cervical-health-awareness-month

American Heart Month

The CDC is highlighting high blood pressure for February's American Heart Month. Reduce your risk for heart disease and stroke and start protecting your heart today. www.cdc.gov/heartdisease/american_heart_month.htm

National Colon Cancer Awareness Month

March brings a reminder that screenings for colorectal cancer are vital to early detection, when cancer is easier to treat, during National Colon Cancer Awareness Month. www.aacr.org/patients-caregivers/awareness-months/colorectal-cancer-awareness-month



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Ask Member Services

Q: Does US Family Health Plan cover COVID-19 at-home test kits?

A: Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. These tests are completely free and can be ordered at www.covidtests.gov. TRICARE will also cover COVID-19 at-home test kits at no cost to the beneficiary, if they are FDA approved and ordered by a TRICARE authorized provider. The test must be for a medically necessary

purpose, such as exhibition of symptoms. Member cost will be reimbursed by submitting proof of purchase to Member Services.

Q: What additional benefits does US Family Health Plan offer?

A: Through the More Benefits Discount Program, USFHP members can get discounts on a host of lifestyle-enhancing activities and health services not covered by TRICARE. Discounts on gym memberships can be obtained through the GlobalFit 360 program. GlobalFit 360 also offers discounts for travel, hotels, car rentals, and more. Members can compare these discounts to those offered through the LifeBalance program. LifeBalance offers discounts in 70 different categories, including arts and culture, sports events, and tourist attractions. Also, discounts on complementary and alternative medicine services, like chiropractic care, acupuncture, and massage therapy, are available through the WholeHealth Living Choices program. To learn more about these benefits, go to www.usfhpnw.org/member-services/more-benefits-discount-program.

