

A MEMBERSHIP SERVICE FROM
THE US FAMILY HEALTH PLAN

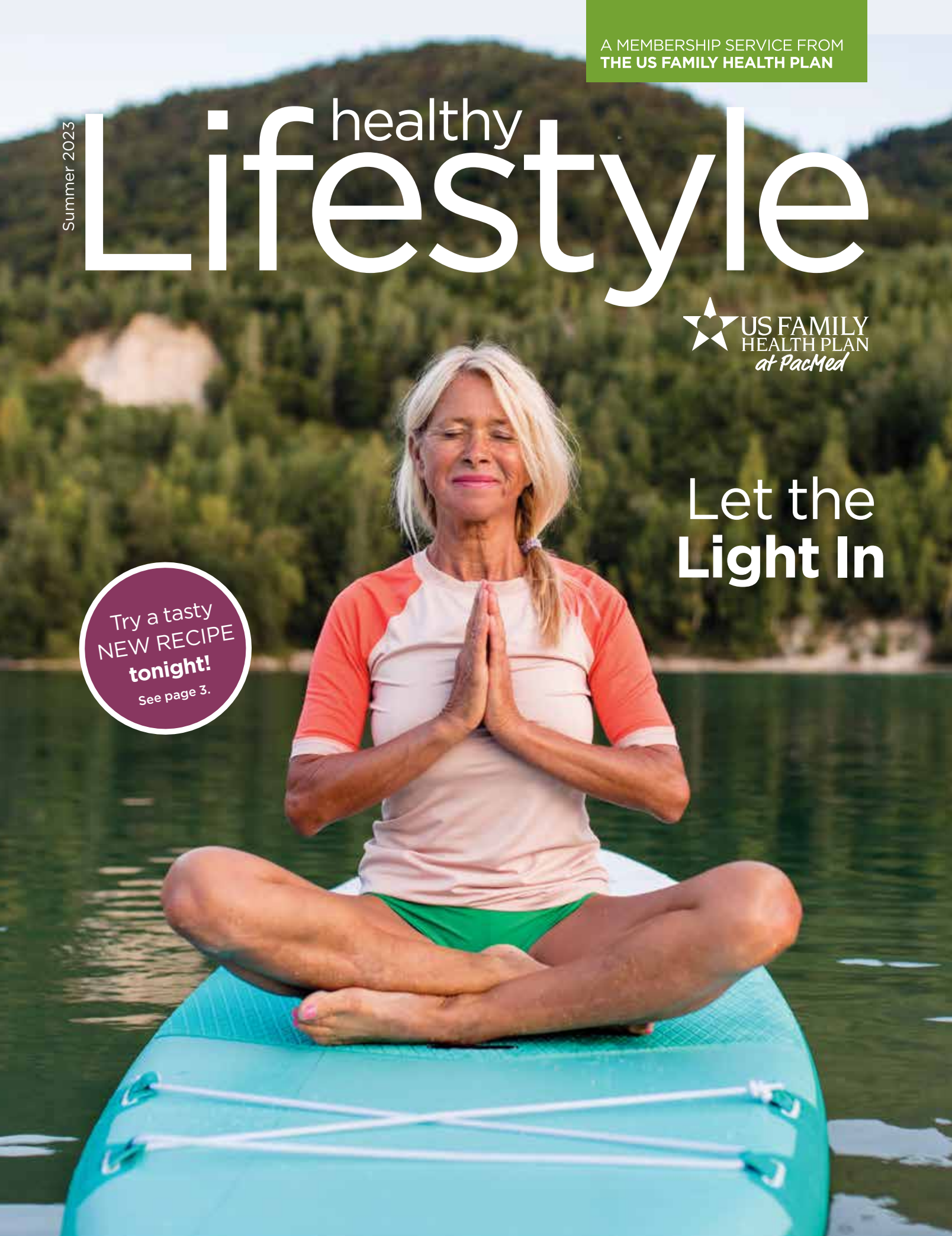
Summer 2023

healthy Lifestyle

 US FAMILY
HEALTH PLAN
at PacMed

Let the Light In

Try a tasty
NEW RECIPE
tonight!
See page 3.





Regular Checkups

Keep Health in Check

Don't wait until you're ill to visit your health care provider. Scheduling a regular wellness exam is key to keeping you healthier.

Your wellness visit is designed to keep you healthy and plan your care. Your health care provider (or a nurse) will:

- Give you a health risk assessment questionnaire to fill out and then review the answers with you
- Record your blood pressure, weight, and height
- Ask about your medical and family history, which medications you're taking, and if you're seeing any other providers

- Offer advice for making lifestyle changes to help prevent disease and improve your health
- Discuss which preventive screenings, tests, and shots you should arrange. These could include:
 - Breast cancer and cervical cancer (in women)
 - Colorectal cancer
 - Diabetes
 - High blood pressure
 - High cholesterol
 - Osteoporosis
 - Overweight and obesity
 - Prostate cancer (in men)

Talk with your provider to find out which screenings are right for you and when you need them.

Give Outpatient Care a Try

Are you looking for a way to make your health care and treatment a bit more convenient? Outpatient care might be your answer. Outpatient clinics are able to provide many services you might not expect. Their services can include:

- Lab work and blood tests
- Imaging and other assessment services
- Some surgeries, pain management, and chemotherapy

- Physical therapy
- Cardiac rehab
- Drug or alcohol rehab
- Routine medical care and screening exams
- Flu and COVID-19 shots

There are also some specialty outpatient clinics that offer care for:

- Diabetes
- Digestive disorders
- Spine assessment

- Sleep disorders
- Wound management
- Kidney dialysis
- Mental health

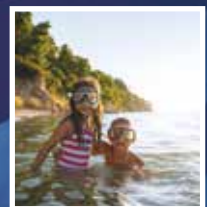
Outpatient centers may be closer to your home than the hospital, which can save you time as well.

Talk with your provider about how you can make the most of outpatient care services.

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Chicken Bruschetta

Ingredients

- 1 lb. Roma tomatoes, cored, seeded, and diced (about 8 small tomatoes)
- $\frac{1}{2}$ cup diced red onion
- 3 large garlic cloves, minced, about 1 tbsp.
- 2 tbsp. fresh basil, minced
- 2 tbsp. balsamic vinegar
- 1 tbsp. extra-virgin olive oil
- 1 tbsp. honey (optional)
- $\frac{1}{2}$ tsp. sea salt
- 1 tsp. freshly ground black pepper
- $1\frac{1}{2}$ lbs. boneless, skinless chicken breasts (about 4 6-oz. chicken breasts)
- 1 tsp. garlic powder (or to taste)
- 1 tsp. Italian seasoning blend

Directions

1. In a large bowl, stir together the first eight ingredients and $\frac{1}{2}$ teaspoon black pepper.
2. Preheat indoor or outdoor grill to high. Season chicken breasts with remaining black pepper, garlic powder, and Italian seasoning blend.
3. Grill four to five minutes per side or until cooked through.
4. To serve, pour $\frac{3}{4}$ cup of fresh tomato mixture over each chicken breast. Serve with toasted whole wheat bread, whole wheat pasta, or brown rice.

Note: If the tomatoes are fresh and in season, you do not need to use the honey. If you prefer a warm sauce, simply heat tomato mixture over medium-high heat for about five to six minutes, until just warmed up. If you would like less salt, cut the amount down to $\frac{1}{4}$ teaspoon.

Per serving: Makes four servings of one chicken breast and $\frac{3}{4}$ cup sauce each. Each serving provides about: 271 calories, 6 g total fat (1 g saturated fat, 0 g trans fat), 97 mg cholesterol, 410 mg sodium, 13 g total carbohydrate, 9 g sugar, 2 g fiber, and 40 g protein.



Finding a Culturally Aware Mental Health Counselor

Anyone can have mental health issues. Yet people of color often have many challenges getting mental health support.

Sometimes finding care is hard when you come from a different cultural background. However, mental health providers can get special training that helps them work well with people from different cultural groups. Those who have this training learn how to include your cultural identity in your care to make you feel understood.

To find a provider, try these resources:

- Behavioral Health Treatment Services Locator www.findtreatment.gov
- American Foundation for Suicide Prevention <https://afsp.org/mental-health-resources-for-underrepresented-communities>
- National Alliance on Mental Illness www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions
- Your provider, a trusted friend, or an agency in your community may know a culturally aware counselor in your area

An Unexpected Cause of COPD Flare-Ups

When you aren't sleeping well, you can face higher odds for stroke, heart disease, and dementia. What's more, researchers recently found a worrying trend among people with chronic obstructive pulmonary disease (COPD).

Nighttime Troubles

Sleep disturbances hurt your immune system. This can open the door for infections—a trigger for COPD flare-ups. Now, a new study found that poor sleep could also raise the risk for COPD flare-ups.

When your symptoms get worse than usual, you are having a flare-up. You may cough more, notice an increase in mucus, and even struggle to breathe. Flare-ups are serious and may send you to the emergency room.

Z's in 1, 2, 3

Good, sound sleep helps protect your health. If you are having trouble sleeping, try these tips:

- 1. Stack the pillows.** Arrange the pillows so that your head and back are about 30 degrees higher than the rest of your body.
- 2. Set a routine.** Follow a sleep schedule by waking up at the same time every morning and going to bed at the same time.
- 3. Say no to cigarettes.** Quitting smoking can help lower the risk for insomnia and keep COPD symptoms from progressing.

Breathe Better

The symptoms of COPD are similar to those of other conditions, such as asthma and heart failure. Visit your health care provider to get a proper COPD diagnosis. You will likely do a breathing test called spirometry. This measures how much air you can breathe out and how fast you can do it.

If you do have COPD, work with your provider to manage it and to help you get a better night's sleep.



LET THE LIGHT IN

4 WAYS TO LIGHTEN UP

Try these tricks for inviting more natural light in:

1

Sit strategically.

Rearrange furniture if needed to spend time near a window that faces the sun. This is helpful even on cloudy days.



2

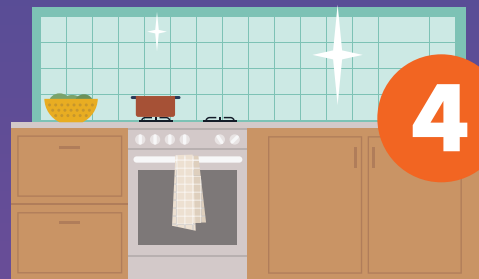
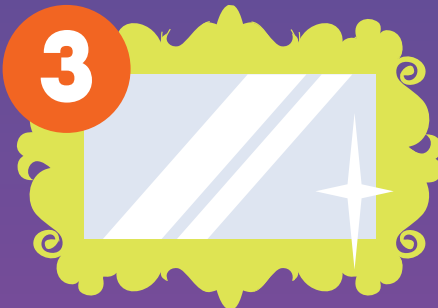


Pick powerful paints.

Lighter, brighter paint shades will bounce light around the room. Think white and pastels—these paints have a higher light reflectance value (LRV) and reflect more light. Choose paint with an eggshell finish for extra brightness.

Decorate with mirrors.

Put them in the path of the sun's rays for maximum effect. Metallic accents are also good for distributing light throughout a space.



4

Get tiles that glisten.

A kitchen or bathroom backsplash of glossy ceramic or glass tiles will reflect lots of light. On a budget? Look for easy peel-and-stick options.

Exposure to natural light in your home:



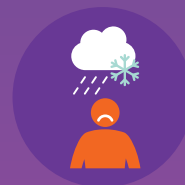
BOOSTS YOUR MOOD



LESSENS YOUR RISK OF FALLING



IMPROVES YOUR SLEEP BY HELPING TO SET YOUR SLEEP-WAKE CYCLE



REDUCES YOUR RISK FOR DEPRESSION



Lighting improvements can be helpful in all areas of your home, but research says you get the biggest benefit from focusing on the living and dining rooms.

LACK OF LIGHT STILL MAKING YOU FEEL DOWN? If you struggle during the darker days of the year, talk with your health care provider.

Well-Child Visits

Matter More Than You Think

Wondering why regular well-child visits are so important? They are designed to keep your child on a healthy track physically, emotionally, and socially.

The goal is to make sure things are going as expected with your child's development. Here's a quick guide to your child's wellness and vaccine needs as they get older.

Newborn to 30 Months

Schedule your child's first well-child visit when they're 3 to 5 days old. By 15 months, they should have had eight checkups. Formal autism spectrum disorder screenings will take place at 18 and 24

months. Your child may also need these vaccines:

Birth:

- HepB

1 Month:

- HepB (at 1-2 months)

2 Months:

- RV

- DTaP
- Hib
- PCV
- IPV

4 Months:

- RV
- DTaP
- Hib
- PCV
- IPV

6 Months:

- HepB (at 6-18 months)
- RV (if third dose needed)
- DTaP
- Hib (if third dose needed)
- PCV
- IPV (at 6-18 months)
- Influenza (2nd dose 4 weeks later, if needed)

Screening for Lead

Lead exposure doesn't often cause obvious symptoms. Talk with your child's provider about lead screening tests, which are often done at ages 12 and 24 months.



6 Months–21 Years:

- COVID-19*

12 Months:

- Hib (booster at 12–15 months)
- PCV (at 12–15 months)
- MMR (at 12–15 months)
- VAR (at 12–15 months)
- HepA (at 12–23 months, 2 doses 6 months apart)

15 Months:

- DTaP (at 15–18 months)

18 Months:

- Influenza (2nd dose 4 weeks later, if needed)

2 Years:

- Influenza (yearly, 1 to 2 doses)

Older Kids and Teens (Ages 3 to 21)

As your child turns 3 years old, they will have well-child visits once a year through age 21.

During the visit, your child's provider will check your child's developmental milestones and check for any delays. They will talk with you and your child about topics geared to your child's age. They will also offer tips and tools for issues such as mental health, sexual activity, and avoiding tobacco and alcohol.

WHAT ELSE CAN YOU EXPECT?

Age 3: Vision and blood pressure screenings begin

Age 4: A hearing test

Age 5: A review of your child's immunization record to meet school requirements

Ages 9 to 11: Cholesterol screenings begin

Ages 11 to 12: First dose of human papillomavirus (HPV) vaccination for girls and boys and second dose 12 months later (This helps prevent infections that could cause cancers of the cervix, penis, throat, and anus.)

Ages 7 to 21: A discussion about physical activity, healthy eating, sleep, and how things are going at school, at home, and in extracurricular activities



VACCINES YOUR CHILD MAY ALSO NEED

4–6 Years:

- DTaP
- IPV
- Influenza (yearly)
- MMR
- VAR

7–10 Years:

- Influenza (yearly)

11–12 Years:

- Influenza (yearly)
- Tdap
- HPV
- MenACWY

13–15 Years:

- Influenza (yearly)

16 Years:

- Influenza (yearly)
- MenACWY (booster)

17–20 Years:

- Influenza (yearly)

21 Years:

- Influenza (yearly)
- Tdap or Td (depending on prior Tdap)

*Visit www.cdc.gov/coronavirus for COVID-19 vaccine recommendations.

Building Strong Teeth

Set your child up for healthy teeth with proper dental care. Young children should:

- See a dentist within six months of getting their first tooth or by age 1
- Have their teeth cleaned twice a day with a tiny smear of fluoride

toothpaste; at age 3, switch to using a pea-sized amount of fluoride toothpaste

- Not go to sleep with a bottle
- Attend regular dental checkups
- Have a fluoride varnish put on their teeth starting at age 6 months



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Ask Member Services

Q: What do I do if I receive a bill?

A: Please contact the provider's office that is billing you and ask if they have your insurance information. Provide your member ID number and the billing claim address information on the back of your member ID. If you need additional assistance after calling the provider's office, please reach out to Member Services.

Q: Does my newborn baby or adopted child have coverage?

A: If your family has a birth or legal adoption, you must complete a new application for the addition. You must apply within 90 days of the addition. You can enroll the newborn by phone or submit an enrollment form. Just call **1-800-585-5883**.

Newborns are conditionally covered under the Plan. New babies must be reported to the Enrollment Department within 90 days of birth. They must also be enrolled in DEERS within 90 days of birth. If this does not happen, coverage will be terminated; the termination will be effective on the ninety-first (91st) day.

Q: Can I get care at Madigan Army Medical Center or another military facility?

A: As a condition of membership, your use of military treatment facilities is limited. You may not use these facilities for nonemergency care. You also may not get prescriptions filled there. However, if you experience an emergency that threatens your life or a limb, you may use the nearest emergency facility. It can be a civilian or military facility. You must notify your primary care provider within 24 hours of receiving care. Claims for emergency treatment should be submitted to the Plan for payment.

