



# BETTER *for* YOU

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

## Best School Year Ever!

6 EASY STEPS TO HELP STUDENTS GET OFF TO A GOOD START

### ENJOY GOOD FOOD

**1** Healthy foods help kids stay well during the school year, but healthy eating habits tend to slip a bit in the summertime. Get your young learners back on track with meals at regular times. Make sure breakfast is part of the morning routine. Children need fuel to stay focused in the classroom.

### PREPARE FOR GERMS

**2** Kids love to share cold and flu germs. Remind yours about three healthy habits.

- 1.** Wash your hands often, especially before eating.
- 2.** Don't touch your eyes or mouth.
- 3.** Cough or sneeze into the inside of your elbow.

### GET SLEEP

**3** Make sleep a priority. Two weeks before the first day of school, reset your child's sleeping hours. This will help get your student back on a regular sleep track. For children between the ages of 6 and 12 years old, that means 9 to 12 hours a night, says the American Academy of Pediatrics. For older kids (13 to 18 years old), sleeping between 8 to 10 hours is best. Children need sleep for proper growth and to focus in school, so setting a routine before the year begins can give your child an edge. Encourage kids to read a book at bedtime.



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about a sports physical. Make sure medical records are up to date, especially if your child has asthma, allergies, or another condition.

### WATCH SCREEN TIME

**5** Kids shouldn't spend more than 2 hours a day watching TV, using a computer or smartphone, or playing videogames, experts say. Encourage them to be active.

### ORGANIZE TO STAY CALM

**6** Have a goodnight checklist of everything that needs to be ready in the morning: Books in backpack, clothing ready, permission slips signed. Fewer tasks in the morning can prevent stressful scrambling.

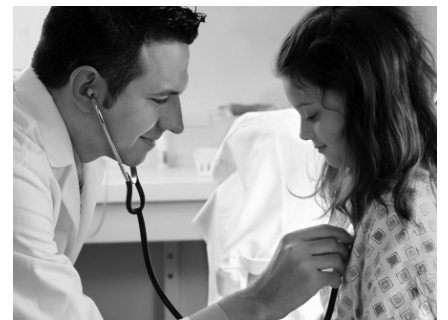
### GO FOR A WELLNESS VISIT

**4** Now's the perfect time for a health checkup and to get any vaccinations if needed. If your child plays sports, ask

### Child Wellness

HealthCheck is a preventive health check-up program for our members under age 21. These checkups are very important for children's health. Your child may look and feel well, yet may have a health problem.

Your doctor wants to see your children for regular checkups, not just when they are sick. Make an appointment today.



# Fun Ways to Fall Back into Fitness

## TAKE ADVANTAGE OF THE SEASON TO GET A GOOD WORKOUT OUTDOORS

With cool temps and beautiful scenery, autumn is a great time of year to get outdoors for fresh air and exercise. Studies show that outdoor activity provides more than physical benefits.

People report that they feel less stressed and more positive after spending time in nature. Try one of these ideas to burn some calories and have some fun at the same time.

### TAKE A HIKE

Hit the trail to enjoy colorful fall foliage close up, strengthen your entire lower body, improve your agility and balance—all while enjoying the stress-reducing benefits of spending time in nature. You have 2,730 miles of trails throughout the state to choose from. The Hiawatha-Bearskin Trail offers mostly flat, solid stretches. Old Settlers Trail at Wildcat State Park is more of a challenge but rewards you with scenic overlooks. Find your ideal hike at the State Parks website: [dnr.wi.gov/topic/parks/activities/hike.html](http://dnr.wi.gov/topic/parks/activities/hike.html).



#### Tips for a Good Day Out

- Apply “broad-spectrum” sunscreen 30 minutes before going out.
- Wear long sleeves and pants. Check for ticks when you get home.
- Carry water on long hikes.



### RIDE A BIKE

Bike riding strengthens your legs, increases your heart rate, and tones your middle. Luckily, Wisconsin is rated one of the top 10 states for biking by the League of American Bicyclists. You can find a route that matches your fitness level, from paved flat bikeways to steep hills to tough mountain

trails. Pedal through tunnels, farmlands, wetlands, and prairies on the Elroy-Sparta State Trail and discover why it’s one of the most popular rail-to-trails in the country. Some locations offer bike rentals. The department of tourism provides a free statewide biking guide at [travelwisconsin.com](http://travelwisconsin.com) or call 1-800-432-8747.

### PADDLE A KAYAK OR CANOE

Paddling a kayak or canoe is an amazing workout for core muscles, back, and shoulders. Because you’re sitting down, you have to use your abdominal muscles to propel through water. Paddling strengthens the arms, too, and burns a lot of calories. With more than 15,000 lakes and 43,000 miles of rivers, the state provides plenty of waterways to roam. Visit [dnr.wi.gov/topic/parks/watertrails](http://dnr.wi.gov/topic/parks/watertrails) or call 1-888-936-7463 for information.

### TRY THESE OTHER IDEAS

- Walk the dog or a neighbor’s dog for 30 minutes, and walk fast part of the way.
- Gather family and neighbors for a game of flag football.
- Rake leaves or mow the lawn.
- Check your local rec department for free fitness activities at the park or playground.

## What Would You Change?

Autumn is a season of change. As the leaves turn, take a few minutes to think about one change you’d like to make—one small thing you can do to be healthier. Promise yourself to take a brisk walk every day, or eat another serving of fruits or vegetables. Minor tweaks to your daily routine really can make a difference in how you feel.

If you have questions about your care, visit our website [mhswi.com](http://mhswi.com), or call Customer Service at 1-888-713-6180. We’re here to help.

Robert Lyon, MD  
Chief Medical Officer, MHS Health Wisconsin

## Resources for You

The Member Handbook is available on our website, [www.mhswi.com](http://www.mhswi.com). You can also log on to our secure member portal and look up your authorizations and claims.

If you want a paper copy of anything on our web, we will send one.

Call us at 1-888-713-6180 or reach us at [mhswi.com](http://mhswi.com).



# Take Care of Your Hard-Working Joints

## BUILD UP MUSCLE TO HELP KEEP YOUR KNEES STRONG

Your joints work hard for you. Movable parts like your knees, hips, and shoulders allow you to walk, run, dance, play sports, and work. Take care of your joints today and you can help prevent injury and pain in the future.

### WHAT CAUSES JOINT PAIN

A joint is any place where two bones come together. Different types of joints allow your body to move in a range of ways. Standing, walking, lifting, and other everyday activities can cause normal wear and tear on your joints. “Knee pain is the most common complaint,” says Leah Sarago, fitness expert and developer of the Ballet Body method. Many people experience hip pain from sitting all day. Joint pain can also be caused by injury, or by a health condition like arthritis.

### TWO WAYS TO KEEP JOINTS HEALTHY

Being physically active strengthens the muscles surrounding and protecting your joints. Sarago says try body-weight exercises

like lunges, planks, and squats. Exercise also helps keep off extra pounds that make your joints have to work harder.

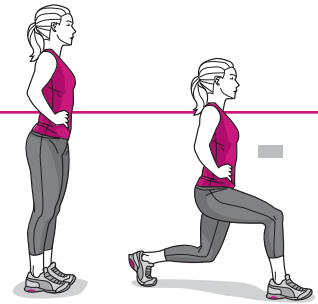
Eating a balanced diet also helps prevent weight gain, of course, but certain foods may be good for your joints and bones. The Arthritis Foundation recommends

- fish with omega-3 fatty acids like tuna and mackerel
- olive oil
- cherries
- low-fat milk, cheese, yogurt
- pinto beans

### LUNGE FOR SUPPORT

Protect your joints from normal wear and tear by strengthening the muscles surrounding them. To help your knees, do the beginner-friendly pulsing lunge (at right) two to three times a week. Start with three to five repetitions, and add more reps as the move gets easier.

Learn exercises to toughen other joints,



### PULSING LUNGE

1. Stand with right foot forward and left foot 3 to 4 feet behind right foot. Make sure both feet are pointed forward.
2. Place hands gently on hips. Bend right knee, and lower hips until right thigh is parallel with floor. Shift right knee forward and backward gently over right ankle 8 to 16 times.
3. Switch and repeat with left leg in front. To make it easier, rest your hands on a sturdy chair or wall for support.

such as lying hip extensions, bridges, side planks, and leg lifts. As always, check with your doctor before beginning a new exercise program.

## How to Tell Us If You're Unhappy

Grievances and appeals are two ways to tell us if you are not happy. If you contact us because you are unhappy about the way we are doing something or you have a complaint about one of our providers, this is called a grievance.

If we decide to deny or stop a service, you can ask that we change the decision. This is called an appeal.

Call us at 1-888-713-6180 to learn more about these options.



## Do You Have a Question About Whether a Service Is Covered?

*We will get an answer for you*

Our Utilization Management department (UM) can tell you if a medical service is covered. UM may look at your health records and talk with your doctor.

UM decisions are based on whether the service is needed, works well, and is right for you. UM does not make choices based on financial reasons. We do not reward doctors or staff for saying no to care.

Call us at 1-888-713-6180 if you have any questions.

## Assessments and Evaluations

As many of you know, we might contact you within the first 60 days of your being enrolled to talk about your medical history and the care you need. It is very important that you talk with us so that you can get the care and services you need. If you have questions or would like to contact us directly to schedule a time to talk about your healthcare needs, please call us at 1-888-713-6180 and ask for a health assessment.

# Fast Facts About Strokes

## LEARN SYMPTOMS, RISK FACTORS, AND PREVENTION TIPS

### WHAT HAPPENS DURING A STROKE

A stroke occurs when blood flow to the brain is stopped or interrupted by a blocked artery or broken blood vessel. Without the oxygen and nutrients that blood delivers, brain cells can die.

### IT'S A MEDICAL EMERGENCY

Seek immediate attention. The sooner a stroke is treated, the better the chances of brain function returning to normal. "Every minute that passes, brain cells are being lost," says David Thaler, MD, director of the Comprehensive Stroke Center at Tufts Medical Center in Boston.

### WHO IS AT MOST RISK

If you have any of the following risk factors for stroke, be sure to talk to your doctor. Together you can make a plan to manage these risks:

- high blood pressure
- irregular heartbeat
- high cholesterol
- diabetes
- hardening of the arteries



- circulation problems
- obesity
- excessive alcohol use

### STROKE SYMPTOMS ARE SUDDEN

The most important word in each of these following phrases is *sudden*.

- Sudden blurred or decreased vision in one or both eyes

Meals consisting mainly of vegetables, beans, fish, grains, and a bit of olive oil can reduce the likelihood of heart attack and stroke.

- Sudden numbness, weakness, or paralysis of the face or arm or leg on one or both sides of the body
- Sudden difficulty speaking or understanding
- Sudden dizziness
- Sudden unexplained headache

### YOU CAN LOWER RISK

Stop smoking. That's the most important thing someone can do to prevent stroke conditions.

Eat meals consisting mainly of vegetables, beans, fish, whole grains, and a bit of olive oil. Cut back on salt, which can raise blood pressure and thus risk of heart attack.

Physical activity helps control blood pressure and maintain a healthy weight. Aim to take a brisk 10-minute walk morning, noon, and after dinner.

## Use Your CentAccount Card at Walmart, Meijer's, Dollar General, or Family Dollar!

Complete one of the eligible healthy behaviors at right. Reward dollars are put on your CentAccount card and you can use them to buy healthy items.

For more details, visit the Rewards Program page on our website at [www.mhswi.com/rewards](http://www.mhswi.com/rewards).

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

### EARN REWARDS FOR YOUR HEALTHY ACTIONS

#### HEALTHY ACTIVITY

#### REWARD AMOUNT

- Smoking cessation counseling ..... \$20
- Mammogram ..... \$20
- Diabetes blood test, kidney screening, and dilated eye exam ..... \$50
- Chlamydia test ..... \$20
- Cervical screen ..... \$20
- Notify us if you are pregnant ..... \$20
- Prenatal visit in the 1st trimester ..... \$25
- Prenatal visits (five) in the 3rd trimester and postpartum visit ..... \$25

\*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.

# 8 Ways to Relieve Fall Allergies

## TAKE STEPS TO EASE YOUR SYMPTOMS AND BREATHE EASIER

Itchy eyes, runny nose, wheezy breathing. For many of us, it's that time of year when ragweed and mold cause allergies to flare up. These tips can help.

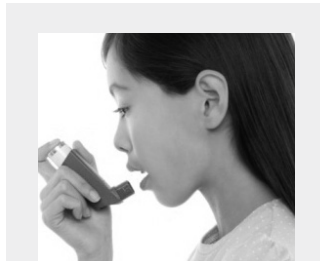
**Take allergy meds sooner rather than later.** Don't wait until you have allergy symptoms. Taking over-the-counter and prescription medicines, such as antihistamines, "pre-season" can help you avoid or limit symptoms later. Ask your doctor about how soon to begin before the season starts.

**Stay indoors when pollen is high.** Pollen comes from trees, flowers, and weeds. Check local news reports or online trackers for pollen counts every day. Pollen is generally highest in mid-morning and starts to dip mid-afternoon. Get your exercise in the early morning or evening.

**Put on a hat and sunglasses.** Wind-blown pollen can trigger allergies. On windy days, pollen can travel to your neighborhood from up to 500 miles away. Wear a hat and sunglasses to create a barrier of protection. The larger, the better. Wipe glasses clean when you go indoors.

### Keep your hair clean and pollen-free.

Pollen can cling to hair gels, sprays, and waxes. When you lie down at night, you'll then transfer any pollen from your hair to your pillow. Take a shower after you've spent time outdoors, or limit your use of hair products during pollen season.



### Asthma? Take Action!

Pollen and other triggers of allergy attacks can also set off asthma attacks. If you or your child has asthma, be sure to make a written action plan with your doctor. Include medication information. Share your child's plan with teachers, coaches, and caregivers.

### Tackle indoor triggers.

Dust mites, pet dander, and mold are the worst. Staying on top of household chores can reduce triggers. Wash bedding in hot water weekly, and consider using mattress and pillow covers. Keep pets out of the bedroom and off furniture. Seal leaky pipes and radiators. Clean bathrooms regularly to limit indoor mold, especially tub and shower curtain.

**Drink and eat well.** Drink plenty of water and unsweetened tea or low-sugar

beverages. Liquids help thin mucus and relieve congestion. Unfortunately, there is no proven anti-allergy diet, but apples, onions, and berries contain quercetin, an antioxidant that may have anti-allergy properties, early studies show. Eating nutritious foods can help you stay well overall.



**Wash bedding in hot water weekly, and consider using mattress and pillow covers.**

**Identify your personal allergy triggers.** Some people are bothered

most by pollen, and others by dust mites or pet dander. Learn your triggers by recording your symptoms and activities. Then take steps to avoid your triggers. If you just can't find relief, talk to your doctor or an allergist.

**Be prepared with a response kit.** Keep a bag of allergy flare-up essentials at your home, at your job, and in your car. Stock it with tissues, saline nasal spray, over-the-counter allergy medicine, a hat, sunglasses, and face wash or cleansing wipes. If your doctor has prescribed any emergency allergy medicine, be especially sure to carry it and use it as directed.

## Transition from Pediatric Care

We can help you or your child transition from pediatric care to adult care. We will work with the pediatric practitioner to make sure the change goes smoothly. Members may continue to see their pediatric practitioner after they are adults, but it is important to move to a PCP that treats adults eventually.

If you need help making this shift, just call us and ask for an advocate. Call 1-888-713-6180 or contact us at [mhswi.com](http://mhswi.com).



# Pick Apples for Good Health!

THE ORIGINAL SUPERFOOD IS RIPE WITH BENEFITS



It's apple season! Take advantage of early fall to enjoy this healthy fruit at its freshest. Shop your farmers' market for local apples. Visit one of Wisconsin's many orchards, pick your own, and try a variety you've never crunched before. Look for an orchard near you at [www.waga.org/apples](http://www.waga.org/apples) and make it a fun outing on a crisp autumn day.

Research has found that the health benefits of adding apples to your diet include:

## GOOD FOR YOUR HEART

Eating apples lowers levels of cholesterol that build up inside arteries and lead to heart disease. The fiber also helps fill you up. A medium-size apple provides 5 grams.

## GOOD FOR YOUR LUNGS

Several research teams have found that people who eat apples regularly show reduced risk of asthma and lung cancer. A study by the National Institutes of Health found that eating apples may improve chronic cough and other symptoms related to lung health.

## GOOD FOR YOUR BLOOD SUGAR

Chemicals in apples slow down digestion of carbohydrates. This helps keep blood sugar levels steady. The American Diabetes Association says it's okay for most people with diabetes to eat apples but recommends eating only small ones (2½ inches in diameter) and to eat the peel for the fiber.



## Better-for-You Apple Oatmeal Cookies

### Ingredients

- 2 cups old fashioned oats
- 1 cup all-purpose flour
- 1 tsp baking powder
- ½ tsp salt
- 1 tsp cinnamon
- 3 Tbsp unsalted butter
- ½ Tbsp non-sugar sweetener
- 1 large egg
- ¼ tsp vanilla extract
- 1 cup applesauce, unsweetened
- 1 large apple, peeled, cored, diced into ½-inch cubes

### Directions

1. In a small bowl, combine oats, flour, baking powder, salt, and cinnamon.
2. Melt butter and add to a large bowl with sweetener. Whisk until well mixed. Add the egg and vanilla, whisking until combined. Stir in applesauce and then apple cubes. Cover bowl with plastic wrap and refrigerate for 1 hour.
3. Preheat oven to 350° F. Lightly grease a baking sheet.
4. Drop tablespoons of dough on sheet and flatten gently with the back of a tablespoon. Bake cookies for 10 minutes, or until bottoms begin to brown. Let cool on sheet for 10 minutes before removing to a cooling rack.

**MAKES ABOUT:** 30 cookies

**PER SERVING** (1 cookie): 100 calories, 3 g fat, 1 g saturated fat, 18 g carbs, 2 g protein, 2 g fiber, 70 mg sodium

### 6 Ways to Keep the Doctor Away

- Top your green salad with apple chunks. (Sprinkle apples with a bit of lemon juice to prevent browning.)
- Braise chopped apple with cabbage and onion.
- Dip apple "chips" into hummus.
- Stir apple cubes into plain nonfat yogurt or cottage cheese.
- Add diced apples to pancake batter.
- Put a slice on your grilled cheese sandwich.



# Easy One-Pan Chicken Dinner

A HEALTHY COMBO OF SEASONAL VEGETABLES AND LEAN PROTEIN

## Ingredients

- 4 (4 oz) bone-in chicken thighs
- 4 Tbsp olive oil, divided
- 1 Tbsp red wine vinegar
- 3 cloves garlic, minced
- 1 tsp each minced thyme and rosemary
- 1 large onion, chopped
- 1 cup chopped carrots
- 1 large sweet potato, chopped into ¾-inch cubes
- 2 stalks celery, cut into 1-inch pieces
- 1 apple, cored and sliced into chunks

## Directions

1. Pour 2 Tbsp oil, vinegar, garlic, and herbs into a large resealable bag. Add chicken, seal bag, and tip bag back and forth to cover chicken with marinade. Refrigerate overnight or at least 2 hours.
2. Preheat oven to 425° F. Place onion, carrots, sweet potato, celery, and apple on a large rimmed baking sheet. Coat with remaining 2 Tbsp oil. Spread into an even layer.



3. Remove chicken from marinade. Discard marinade. Set chicken pieces on top of vegetables on the baking sheet.
4. Roast in preheated oven until chicken and vegetables are golden brown, or about 30 minutes. (A meat thermometer inserted into the thickest part of the chicken should read at least 165° F.) Broil during

last few minutes for a crispier finish.

Serve on top of a whole grain like brown rice, quinoa, or barley for more nutrients.

## SERVES: 4 | PER SERVING:

460 calories, 10 g fat, 3 g saturated fat, 56 g carbs, 8 g fiber, 6 g protein, 370 mg sodium

## Need Healthy Dinner Ideas?

FIND RECIPES AND MORE AT [MHSSAVE.COM](https://www.mhssave.com)



Eat well and feel your best every day with a little help from recipes plus fitness and health articles. Visit [MHSSave.com](https://www.mhssave.com) for tips.

## Provider Network



For the most part, you must get care from our network of healthcare providers. If you cannot get a covered service from one of our in-plan providers, we can allow the use of a non-plan provider for as long as needed. There will be no additional cost to you. Call us if you need help getting services.

## Second Opinion

You may seek a second medical opinion or consultation from other physicians on recommended treatments at no additional cost beyond usual co-pay amounts. You may also seek a second opinion from a provider outside of our network.

We can help with this if you need it. Give us a call at **1-888-713-6180**.



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### 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.

