

2023



MISSOURI CONSOLIDATED HEALTH CARE PLAN

WELLNESS QUARTERLY

newsletter



July: UV Safety Month

Skin cancer is the most common type of cancer in the United States; but did you know most skin cancers can be prevented? Most skin cancers are caused by too much exposure to ultraviolet (UV) light that can damage skin cells. Keep yourself and your family safe outdoors this summer by following these three easy steps:

- ✓ Seek shade under an umbrella, tree or other shelter.
- ✓ Wear a hat, sunglasses and protective clothing.
- ✓ Use a broad-spectrum sunscreen with at least SPF 15 (and don't forget to re-apply every two hours, or if you get wet, sweat or towel off).

Spending time outside is a great way to get active, reduce stress and get vitamin D. You can enjoy time outside without raising your skin cancer risk by protecting your skin from UV rays.

Source: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm



August: Immunization Awareness Month

It's always better to prevent a disease than to treat it. That's why vaccines are so vital to protecting ourselves, our families and our communities.

According to the National Foundation for Infectious Diseases, here are some reasons you should get vaccinated:

- ✓ Vaccines are safe and effective.
- ✓ Vaccines are as important to your overall health as diet and exercise.
- ✓ Vaccines will not give you the disease. They are designed to prevent it.
- ✓ Vaccines protect not only you, but your family.
- ✓ Vaccines can help prevent children and parents from missing school and work.

Vaccinations recommended by the Advisory Committee for Immunization Practices (ACIP) are covered at 100% under MCHCP's preventive services benefit when received through a network provider.

Source: <https://www.nfid.org/immunization/10-reasons-to-get-vaccinated/>



September: Healthy Aging

Aging is a natural part of life, and gradual changes over time are to be expected. You can enjoy aging if you take steps to maintain your health. Here are some helpful tips for healthy aging:

- ✓ Keep moving.
- ✓ Eat well.
- ✓ Sharpen your mind.
- ✓ Keep in touch with friends and family.
- ✓ Get quality sleep.
- ✓ Utilize preventive care.
- ✓ Care for your mental health.
- ✓ Volunteer or join a club.
- ✓ Complete your Advance Directive.

Even making small changes in your daily life can help you live longer and better.

Source: <https://www.nia.nih.gov/health/what-do-we-know-about-healthy-aging>



HEALTH CARE



MISSOURI CONSOLIDATED HEALTH CARE PLAN

WELLNESS QUARTERLY

newsletter



Right Place for Care

It can be confusing trying to figure out when to visit your primary care provider (PCP), convenience care clinic, urgent care clinic or the emergency room. Knowing where to go and planning ahead can help you get the right care, at the right time, at the right place.

- Primary care office visits include annual preventive exams, vaccinations and management of any chronic conditions. Most provider offices offer same day appointments when you are sick.
- Anthem's LiveHealth Online provides convenient and affordable access to doctors anytime, anywhere! Connect with a doctor by video, through their mobile app or online, to receive treatment for non-emergency medical needs.
- Convenience care clinics are generally easy places to go on short notice and can take care of similar medical issues as your PCP.
- Urgent care clinics can help if your condition is more serious, but non-life-threatening. Conditions like stomach pain, sprains, broken bones or minor cuts can often be taken care of here, and are usually more cost-effective than if treated in the emergency room.
- Emergency room (ER) visits are for serious medical issues. These issues will result in permanent harm or death if not treated immediately. If you have a true medical emergency, the ER is the best place to go.



MISSOURI CONSOLIDATED HEALTH CARE PLAN

WELLNESS QUARTERLY *newsletter*

Programs Available to MCHCP State Employee Members and Dependents

ANTHEM PROGRAMS



Peace of mind is important. If you are struggling with your medical coverage, you expect someone to answer your questions, right? Log in to the Sydney Health app to get help with those questions from an Anthem Health Guide.



SmartShopper makes it easy to compare cost information about some health procedures like mammograms, colonoscopies and more. You can even earn cash rewards when you choose the SmartShopper suggested providers! You can learn more and access SmartShopper through the Sydney Health app.



Through LiveHealth Online, you can visit with a doctor or behavioral health provider using your smartphone, tablet or computer. In 2023, HSA and PPO members pay \$0 for visits. Log in to your myMCHCP account or the Sydney Health app to learn more.

ADDITIONAL PROGRAMS



New for MCHCP members this year! Lower your prescription drug costs with Rx Savings Solutions — a resource that gives members the ability to save money quickly and easily. Log in to your myMCHCP account or go to myrxss.com for more information and to sign up!



Personal problems, planning for big life events or dealing with daily stress can affect your overall wellbeing. The Strive Employee Life & Family (SELF) program (offered through ComPsych) is here to help. Log in to myMCHCP to access the SELF program.



Sydney Health makes it easy to research nearby care providers, so members can find the right one for them. Select the “Care” icon in your Sydney Health account, then select “Find Care and Costs”. Enter the type of care provider you are looking for in the search bar, and a list of network providers will be at your fingertips!



Slow Cooker BBQ Chicken and Coleslaw Sandwich

Calories: 543, Total Fat: 19g, Carbohydrates: 38g, Fiber: 5g, Protein: 55g, Iron: 23%



Check the MCHCP website's Health Library for more healthy recipe videos and printable recipes.

Prep Time: 20 minutes

Cook Time: 4 hours

Servings: 6

Ingredients:

For chicken

2 pounds chicken breasts (about 4 large)
1 1/2 cups barbecue sauce (Use your favorite!)
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1 teaspoon chili powder
1 tablespoon Worcestershire sauce
1 tablespoon brown sugar
6 hamburger buns

For coleslaw

1/2 cup light mayonnaise
1/2 cup plain Greek yogurt
1 teaspoon sugar
1 teaspoon white vinegar
1/4 teaspoon onion powder (optional)
Salt & pepper to taste
1 pound coleslaw mix

Instructions:

1. Place chicken breasts in slow cooker.
2. In a bowl, add barbecue sauce, onion powder, garlic powder, chili powder, Worcestershire sauce and brown sugar. Stir together until smooth.
3. Pour sauce over chicken and coat well. Cover and cook 3-4 hours on high or 6-7 hours on low.
4. For the coleslaw, add the mayonnaise, Greek yogurt, sugar, vinegar, onion powder, salt and pepper to a small bowl and whisk together until smooth. Taste and adjust ingredients if needed to suit your preference.
5. Add the coleslaw mix to a large bowl. Pour the dressing over top and toss until combined.
6. Coleslaw can be served immediately or chilled for a few hours first.
7. When chicken is finished cooking, shred with two forks, then stir so it's coated in sauce.
8. Serve chicken on a bun topped with coleslaw.

Recipe from: <https://www.saltandlavender.com/crockpot-bbq-chicken/> & <https://www.saltandlavender.com/simple-creamy-coleslaw-recipe/>