



## The Right Place for (Virtual) Care

**MCHCP offers virtual care options through Sydney Health. Virtual visits through Sydney Health are available at no cost, and include the following services:**

### **Virtual Primary Care**

Can't make it to your primary care provider's office? Don't have a primary care provider? No problem! Make a virtual primary care visit through Sydney Health.

### **Mercy Express Care**

Mercy Express Care is a way for members to seek and get care quickly for minor health issues. Patients answer a few questions digitally, get a care plan and (if needed) can get a prescription sent to their pharmacy.

### **Hinge Health**

Hinge Health is a virtual joint and muscle clinic for physical therapy. It includes access to a personalized exercise program and care team to help members relieve pain from neck to foot.

### **Lark**

Lark is a digital diabetes prevention program offered at no cost. It helps eligible members lower their risk of developing type 2 diabetes via coaching and lesson plans that follow guidelines from the Centers for Disease Control and Prevention (CDC).

**Log in to your account on [www.anthem.com](http://www.anthem.com), or download the Sydney Health app to access these services!**



## July: UV Safety Month

**Sun safety is never out-of-season. Whether you're going to the beach, enjoying an autumn hike or building a snowman, protect your overall health and avoid sun damage.**



Stay in the shade as much as possible, especially mid-day when the UV rays are strongest.



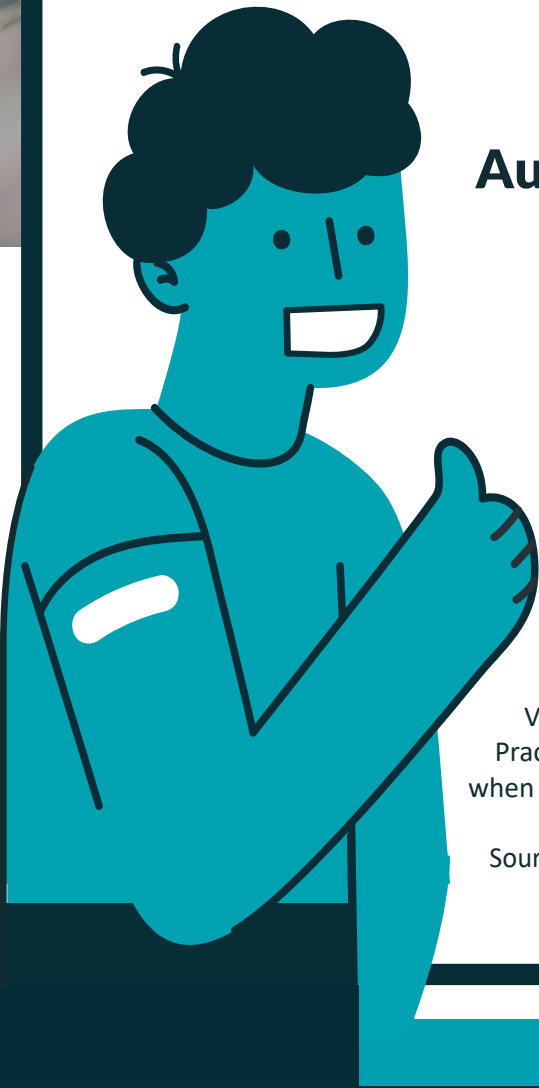
Wear protective clothing like long sleeves, hats and sunglasses.



Apply sunscreen with a sun protection factor (SPF) of at least 15 before going outside for any activity, and reapply every 90 minutes or after swimming or sweating.

Studies show that exposure to the sun can cause skin cancer, the most common form of cancer in the United States. If you find any spots on your skin that are different from others or are changing, itching or bleeding, make an appointment with your health care provider.

Source: <https://www.cdc.gov/skin-cancer/sun-safety/>



## August: Immunization Awareness Month

**Vaccines are important for both children and adults.**

Some vaccines should be administered on a routine, ongoing basis, such as:

- influenza

Other vaccines are not needed until later in life or an additional dose is needed, such as:

- shingles,
- Tdap

Talk with your primary care provider to see which vaccinations are right for you.

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: *Recommended Adult Immunization Schedule for ages 19 years or older (cdc.gov)*



## September: Healthy Aging

**While memory loss cannot be completely prevented, there are a number of steps that may help reduce the risk of developing memory problems, including:**

- keeping the brain active with activities and games,
- using memory tools like calendars and to-do lists,
- maintaining social interaction,
- getting enough sleep,
- eating a healthy diet including green leafy vegetables that may help slow the rate of mental decline,
- getting regular exercise to help maintain blood flow to the brain,
- not using tobacco or abusing alcohol,
- managing stress and
- lowering cholesterol and high blood pressure.

*Source: ComPsych — Preventing Memory Loss*

# Recipe: Protein Pancakes

Prep Time: 15 minutes

Cook Time: 15 minutes

Serving size: 3 pancakes

Servings: 2

## Ingredients:

½ cup Greek yogurt

½ cup milk

2 large eggs

1 ¼ cups oats

1 tablespoon maple syrup

2 teaspoons baking powder

¼ teaspoon salt

1 teaspoon vanilla extract



## Instructions:

1. In a blender, add all the ingredients: Greek yogurt, milk, eggs, oats, maple syrup, baking powder, salt and vanilla extract. Blend until the batter is smooth.
2. Set batter aside and warm a pancake griddle or non-stick skillet over medium heat and grease the surface with cooking spray.
3. Use 1/4 cup of batter per pancake and cook 2-3 minutes, until bubbles form on top of the pancakes. Flip and cook another minute on the other side.
4. Serve with toppings of your choice.

Calories: 355, Total Fat: 8g, Carbohydrates: 48g, Fiber: 5g, Protein: 21g, Calcium 46%, Iron 21%

Recipe from: <https://www.sweetashoney.co/protein-pancakes-without-protein-powder/#recipe-card>