MCHCP
my health. my choice. myMCHCP

WELLNESS QUARTERLY
NEWSLETTER
MISSOURI CONSOLIDATED HEALTH CARE PLAN

Navigating Healthcare

Navigating Healthcare

Navigating healthcare can feel overwhelming, but at MCHCP, we're committed to providing tools and programs that help you manage your health with more confidence and peace of mind.

Understanding your benefits and using available resources can help you:

- Save money and time
- Improve health outcomes
- Increase satisfaction with your care
- Reduce stress

Take charge of your well-being and make the most of your healthcare benefits today!

Source: Navigate the Healthcare System | Taking Charge of Your Wellbeing

Sydney Health App — Your Benefits, Simplified

Healthcare navigation is easier with Anthem's Sydney Health app. Access your benefits, connect with a family advocate and get support anytime. With this digital tool you can:

- Find providers for primary care or urgent care visits
- Take advantage of virtual visits for medical and behavioral health issues
- Compare treatment options and costs
- Track claims and find information about benefits and resources

https://sydneyhealth.com

Save on Prescriptions with RxSS

With Rx Savings Solutions, easily check your prescription prices and find savings available to you for all types of medications, including those prescribed for behavioral health:

https://myMCHCP.org

Strive for Wellness® Incentives

If you don't already participate, you can lower your monthly premiums and help improve your health through the *Strive for Wellness®* Partnership and Tobacco-Free Incentives! Learn more about the incentives and requirements here:

https://myMCHCP.org

Food and Mood

Food choices can affect your mood, and your mood can affect your food choices. To help balance your mood, stick to a well-balanced diet that includes:

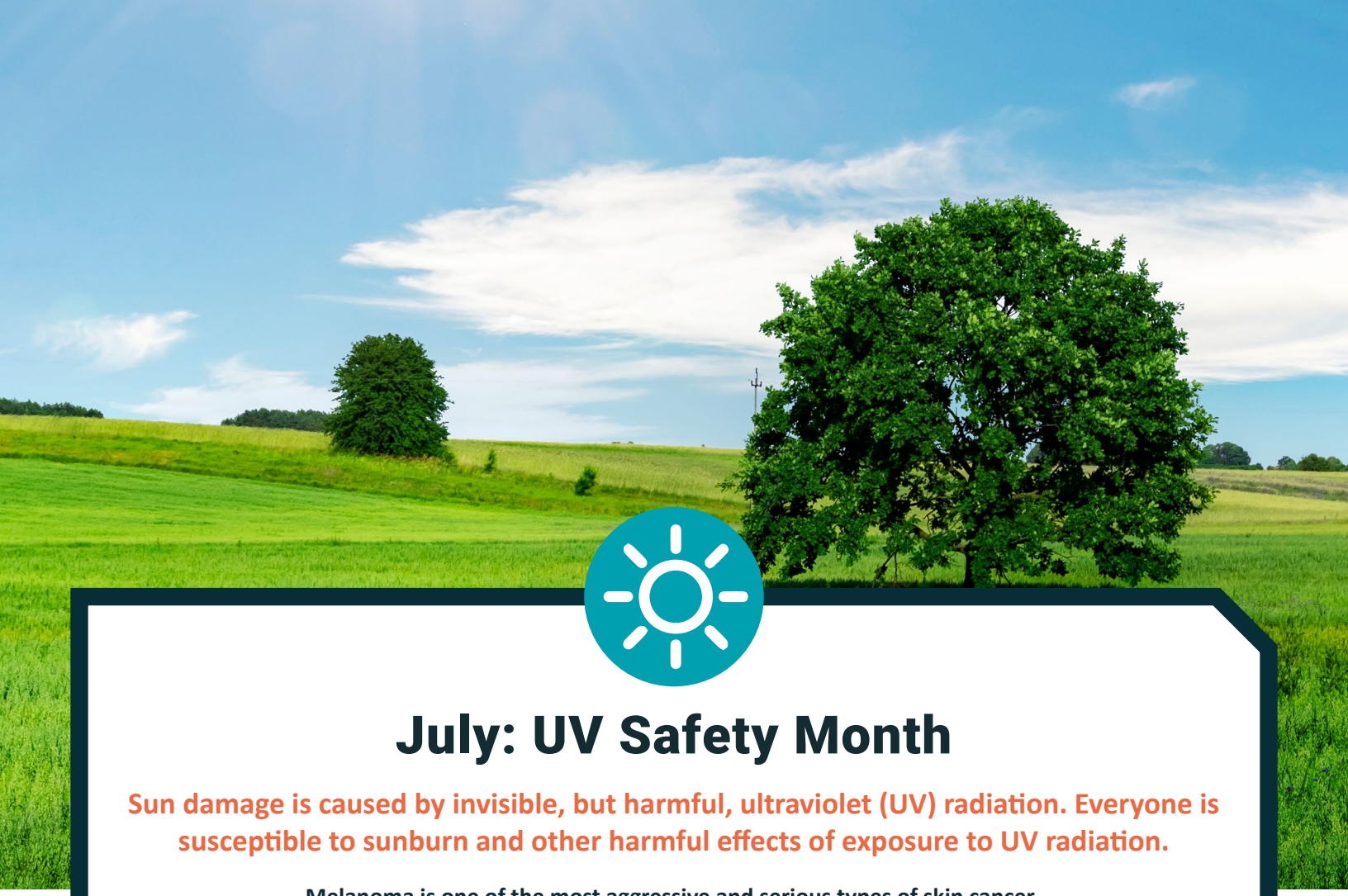
Fruits and vegetables: Studies show that increasing fruit and vegetable consumption can increase happiness, life satisfaction and well-being.

Omega-3 fatty acids: Low levels of omega-3 fatty acids have been associated with several mood disorders, so it is important to keep omega-3 levels high. Omega-3s can be found in foods like fish, flaxseed, walnuts and canola oil.

Dark chocolate: Yep, you heard that right! Dark chocolate has properties that stimulate the brain and result in a good mood. Just remember, moderation is always important.

Research has shown that a healthy diet can produce long-term effects. A diet full of fruits, vegetables, whole grains and lean proteins can help decrease depression and stabilize mood.

Sources: https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/food-and-mood



July: UV Safety Month

Sun damage is caused by invisible, but harmful, ultraviolet (UV) radiation. Everyone is susceptible to sunburn and other harmful effects of exposure to UV radiation.

Melanoma is one of the most aggressive and serious types of skin cancer.
Monitor skin changes in moles, brown spots or growths using the ABCDE's:

- **A** — **Asymmetry:** one half is unlike the other half
- **B** — **Border:** irregular, scalloped or poorly defined border
- **C** — **Color:** varied from one area to another; shades of tan, brown, black, white, red or blue
- **D** — **Diameter:** while melanomas are usually greater than 6 mm (the size of a pencil eraser) when diagnosed, they can be smaller
- **E** — **Evolving:** a mole or skin lesion that looks different from the rest or is changing in size, shape or color

Protect yourself from the sun by wearing clothes and hats that cover your skin, use sunscreen and avoid peak sun hours, typically from 10 a.m. to 4 p.m.

Source: Melanoma Symptoms & Diagnosis | Herbert Irving Comprehensive Cancer Center (HICCC) - New York

August: Immunization Awareness Month

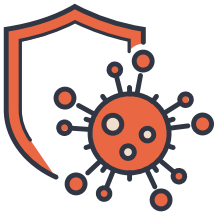
UNDERSTANDING VACCINES

WHAT IS A VACCINE?

Vaccines help your body to become partially or fully immune to specific diseases. They work by imitating an infection and helping the body to learn how to defend itself without the dangers of having the actual illness. The active ingredient in vaccines is an antigen. An antigen is the substance that alerts the immune system to begin producing antibodies.

HOW DO VACCINES WORK?

When your body identifies an infection, it produces antibodies. Antibodies are proteins produced by white blood cells to attack unknown cells. When a vaccine is given, the body attacks the antigen just like it would the real infection. Basically, vaccines help the body learn how to defend itself against a disease without the dangers of a full-blown infection.



ARE VACCINES SAFE?

Vaccines have been shown to be the safest, most effective way to protect yourself and your family from many diseases. It is advised that everyone receive all recommended vaccines, and are especially important for children, adolescents and high-risk adults.

CAN SOMEONE STILL GET SICK AFTER GETTING A VACCINE?

It is still possible for someone to get sick after they have had a vaccine. However, the illness is usually milder than it would be for someone who did not get the vaccine.

HOW MANY DOSES ARE MOST VACCINES?

Most vaccines require more than one dose to be fully effective. The number of doses depends on whether the vaccine is live or non-live. Live vaccines usually require two doses and will provide lifetime protection. Non-live vaccines usually require three or more doses, along with additional booster doses later in life.

MCHCP covers preventive vaccinations at 100% as recommended by the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention when using a network provider.
To learn more, visit *www.mchcp.org.*

Source: Explaining How Vaccines Work | Vaccines & Immunizations | CDC

September: Healthy Aging

Staying Active as You Age

Getting older doesn't mean you have to stop being active. Research shows older adults who remain active:

- Are less likely to develop certain diseases
- Have a longer lifespan
- Are happier and less depressed
- Are better prepared to cope
- May be able to improve their thinking abilities

Staying mentally and physically engaged can also help you stay connected to your friends and community. Activities to consider are:

- Travel with a group of friends
- Play cards
- Read regularly or join a book club
- Try new restaurants
- Volunteer at a community center, hospital or library
- Sing in a choral group
- Teach a favorite hobby or skill
- Learn something new, take piano lessons, a cooking class, or learn a language or another skill
- Join a gym or exercise class

Source: NIH - Participating in Activities You Enjoy As You Age

Recipe:
Turkey Pesto Meatballs

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 6

Ingredients:
1 ½ pounds ground turkey
1 cup panko breadcrumbs
½ cup basil pesto
1 cup spinach, finely chopped
2 tablespoons grated Parmesan cheese
1 egg
½ teaspoon garlic powder
½ teaspoon salt
¼ teaspoon ground black pepper

Instructions:

1. Preheat the oven to 375° F. Lightly grease a sheet pan.
2. In a large bowl, combine turkey, breadcrumbs, pesto, spinach, Parmesan cheese, egg, garlic powder, salt and pepper. Mix until well combined.
3. Roll mixture into small, 1-inch meatballs and place on the sheet pan.
4. Bake until the center is 165° F, about 20 to 25 minutes.

Calories: 348, Total Fat: 24g, Carbohydrates: 8g, Protein: 26g

Recipe adapted from: *https://www.allrecipes.com/recipe/276453/pesto-turkey-meatballs/*