

Wellness Today

Summer 2021

TIPS FOR
**TESTING BLOOD
PRESSURE** AT HOME

HAVE YOU TRIED
TELEHEALTH?

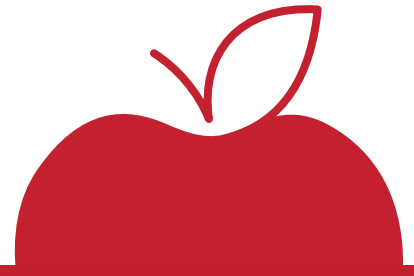
**STRONGER
BONES**
AT ANY AGE



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This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis or treatment. Consult your healthcare provider if you have questions or concerns. Please consult your doctor before beginning any new diet or exercise regimen.

REMINDER:

It may be time for your Annual Wellness Visit

Your Annual Wellness Visit is an important chance to partner with your doctor to learn how to live a healthier, happier life.

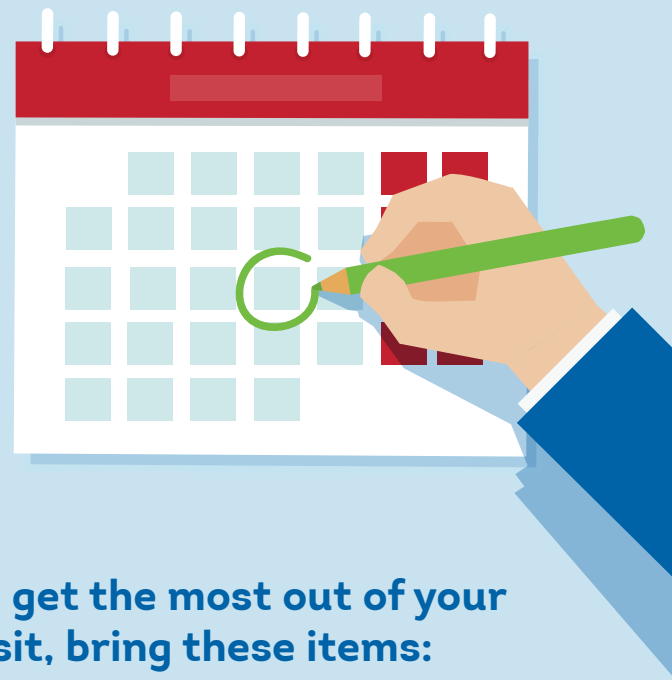
✓ It's different than a checkup.

A wellness visit is like a planning session where you and your doctor can spend time talking about your health and your life. The goal is to create a plan for your health that's just for you.

Your personal wellness plan may help you avoid or reduce the effects of conditions like diabetes, heart disease, and obesity. It may also help educate you on how to reduce dangerous fall hazards and visits to the emergency room.¹

✓ There is no additional cost to you.

If you're a CarePlus member, your annual wellness visit is covered under your plan.



✓ To get the most out of your visit, bring these items:

- List of screenings and shots you've had in the past year
- Family health history
- List of all medicines and supplements you take
- List of all doctors and pharmacists you use
- Any information you have on recent visits with your specialists

Schedule your wellness visit early in the year, if possible. That way you can get started right away on the plan you and your doctor create. Your doctor will recommend which preventive activities you should complete, such as screenings and vaccines, throughout the year.

CarePlus Rewards

Completing your annual wellness visit may count toward earning a **\$50 gift card reward.**

New this year, you can track your **CarePlus Rewards** and eligible activities online.

Access CarePlus Rewards online through MyCarePlus, your member portal. [Click here to log in or register.](#)

In accordance with the federal requirements of the Centers for Medicaid & Medicare Services (CMS), no amount on this card can be redeemed for cash and no amount on this card may be applied toward the purchase of any prescription drug under your CarePlus Medicare plan.

Source: 1. [Medicare.gov](https://www.medicare.gov).

BUILD STRONGER BONES AT ANY AGE

Choices you make may strengthen your bones and help prevent fractures. Bones may shrink over time, but taking action now could make a difference.

HERE ARE A FEW WAYS TO HELP YOUR BONES BE HEALTHY

CALCIUM

Your body constantly rebuilds your bones. Calcium is an essential nutrient for building strong bones. But your blood needs calcium, too. If your calcium levels are low, your body takes calcium from your bones and gives it to your blood.¹

Your doctor can help you learn if you're getting enough calcium — and may suggest a calcium supplement or refer you to a nutritionist. A nutritionist may help you add calcium to a daily diet that's right for you.

CALCIUM-RICH FOODS INCLUDE¹:

- milk
- yogurt
- figs
- broccoli
- kale
- cashews
- collard greens
- bok choy
- salmon
- soy beans
- almond butter

Some beverages and cereals are calcium-fortified, meaning calcium has been added.



VITAMIN D

Vitamin D may help you absorb calcium.¹

Sunlight produces Vitamin D, but you may need to limit sun exposure or wear sunscreen to protect your skin.²

OTHER SOURCES OF VITAMIN D INCLUDE²:

- salmon
- egg yolks
- liver
- fortified milk
- supplements

Sources: 1. [Academy of Nutrition and Dietetics: Calcium](#). 2. [Academy of Nutrition and Dietetics: What is Vitamin D?](#)

BUILD STRONGER BONES AT ANY AGE

PHYSICAL ACTIVITY

Bone is living tissue that reacts to exercise. Weight-bearing resistance activities can help make your bones stronger.¹

Exercise can also improve coordination and balance, which may help prevent falling and accidentally breaking a bone.²

Ask a doctor before beginning a new exercise regimen. If you have low bone mass, ask your doctor which exercises are safe.

In weight-bearing exercises, your body works against gravity.

Examples include:

- walking
- hiking
- jogging
- dancing
- climbing stairs
- playing tennis

Resistance exercises include lifting weights or activities with weighted objects.²

AVOID SMOKING AND EXCESSIVE DRINKING

Smoking is a risk factor for low bone density and bone fracture. Excessive alcohol may also harm bone density.³ Minimizing intake may eliminate many health risks.

BONE SCREENING AND MEDICATION

Ask your doctor if you should get a bone density test. Your CarePlus plan covers this yearly preventive screening, and it may even count toward [**CarePlus Rewards**](#).

This test can help your doctor identify steps to help your body be strong. Diet and exercise may help, and your doctor may also prescribe medication.



Sources: 1. [Academy of Nutrition and Dietetics: Calcium](#). 2. [National Institutes of Health: Exercise for Your Bone Health](#).
3. [National Institutes of Health: Smoking and Bone Health](#).

SAUTÉED BABY BOK CHOY



**Looking for more ways to add calcium to your diet?
Bok choy may be an option.**

It is related to cabbage but is mild and sweet when cooked.
Make this simple and flavorful side dish in 15 minutes.

INGREDIENTS

12 oz baby bok choy, thoroughly rinsed,
dried, and halved lengthwise

2 tablespoons avocado oil

1 tablespoon sesame oil

2 tablespoons reduced-sodium soy sauce

1 tablespoon rice vinegar

1 tablespoon minced garlic

salt to taste

*optional:
freshly grated ginger,
red pepper flakes*



PREPARATION

Heat sesame oil in a large sauté pan
on medium-high heat.

Add garlic, and add ginger if desired.

Cook for 30 seconds, stirring.

Add single layer of bok choy,
cut side down.

Add soy sauce and rice vinegar on top.

Cover pan and cook for approximately
3-5 minutes, until fork-tender. Add a
tablespoon of water if pan becomes
dry. It will wilt down like cooked
spinach. Remove pan from heat and
arrange bok choy on plate.

Pour juices from pan over bok choy,
sprinkle red pepper flakes on top,
if desired, and serve.

Source: Based on [Healthy Recipes](#).

REFRESH

YOUR HEALTH ROUTINE

To refresh your healthy mental and physical habits, consider adding these activities to your to-do list:



Get Moving

Aim for 150+ minutes of moderate-intensity aerobic activity per week. Incorporate muscle-strengthening activities 2+ days per week.¹

Declutter

Get rid of items you don't use: a broken bicycle, mismatched china, clothes that don't fit, stained furniture, and expired medications. Devote 3–4 hours a week instead of going through everything all at once.²



Journal

Writing may help you stay mentally sharp over the years.³ Write a memoir or story. Record your experience as you try healthy foods, exercises, or measure blood pressure.

Review Finances

Review your credit card purchases.⁴ For some people, less credit cards may mean less stress.



Sources: 1. [Centers for Disease Control and Prevention](#). 2. [SilverSneakers®](#). 3. [Radiological Society of America](#). 4. [Consumer Financial Protection Bureau](#).



Go to the Dentist

Gum and tooth hygiene is important.
Don't put it off! Your smile is beautiful.

Eat and Drink Right

Drink more water instead of alcohol and sugary drinks like soda.
Fill half your plate with fruits and vegetables – and half with whole grains.¹



Start a Garden

Gardening gets you active, gets you outside, and can provide
a satisfying feeling of fulfillment.² Maybe you can grow
an herb or vegetable to try in a new recipe.

Check Your Sunglasses

Do you need prescription sunglasses? Are you wearing an expired pair?
For sun protection, choose shades that block UVA and UVB rays.¹



Sleep Tight

Adults need 7+ hours of sleep each night.¹

Sources: 1. [Centers for Disease Control and Prevention: 8 Strategies for a Healthy Spring](#). 2. [Centers for Disease Control and Prevention: Community Gardens](#).



HOW TO SELF-MONITOR YOUR BLOOD PRESSURE



CHOOSING A BLOOD PRESSURE MONITOR

The American Heart Association recommends an automatic, cuff-style monitor that fits around your upper arm. Choose a device that has been validated for your age or any conditions you may have.

Bring your heart rate monitor with you to the doctor once a year to make sure it gives the same readings as your doctor's equipment. If you have questions about the right device, please ask your doctor or pharmacist.

Checking blood pressure at home may help you and your doctor better understand your health.

Although it shouldn't replace regular checkups, self-monitoring may:¹

- Help you detect changes to discuss with your doctor before a problem arises.
- Help your doctor choose or change your treatment.
- Give a clearer reading and fuller history. Your blood pressure might rise in a medical setting.

Source: 1. [American Heart Association](#).



30 MINUTES BEFORE TESTING

Don't exercise, smoke, or drink caffeinated beverages such as coffee. All of these can cause a temporary spike.¹



5 MINUTES BEFORE TESTING

Use the bathroom if needed, to empty your bladder. A full bladder can affect measurements. Try to get at least 5 minutes of quiet rest before starting.¹



Your CarePlus plan includes a monthly or quarterly over-the-counter allowance.

If desired, you may use that allowance toward the purchase of approved blood pressure monitors.

[LEARN MORE HERE](#)

STARTING YOUR TEST

Sit in a firm chair that supports your back. Keep your feet flat on the floor, and don't cross your legs. Support your arm on a table or flat surface. Your upper arm should be a heart level. Roll up your sleeve and place the cuff above your elbow. Don't measure over clothing. Read the device's directions.¹

TRACKING RESULTS

Measure your blood pressure two or three times in a row and record all results. Measure at the same time every day, such as each morning when you wake up and just before going to bed.¹ You may use an online platform like [Sharecare](#) to log your measurements. Or you can keep a handwritten journal.

READING RESULTS

The following chart from the American Heart Association may help you identify elevated blood pressure so you can consult your doctor.

BLOOD PRESSURE CATEGORY	SYSTOLIC mmHg (upper number)		DIASTOLIC mmHg (lower number)
Normal	Less than 120	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130–139	or	80–89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120

Bring your recorded measurements with you to your doctor or telehealth appointment. A blood pressure diagnosis can only be confirmed by a medical professional. Do not make changes to your medicine unless instructed to do so.

If your systolic (top number) is 180+ or diastolic (bottom number) is 120+, contact your doctor immediately. **Please call 911 if you also experience shortness of breath, chest pain, back pain, numbness, weakness, change in vision, difficulty speaking, or other alarming symptoms.**¹

Source: 1. [American Heart Association](#).

Overhead Side Stretch

1

Stand tall,
with your feet
hip-width apart.

2

Raise your arms overhead.
You may interlace your
fingers if you'd like.

3

Keep your torso long.
Lean gently to the left, and
hold for 10 to 30 seconds.

4

Return to center for a moment.
Lean gently to the right, and
hold for 10 to 30 seconds.



IT MAY BE EASIER TO SIT IN A CHAIR FOR THIS STRETCH.

Be sure to keep your hips, knees, and toes forward. If it's uncomfortable to lift your arms, put your hands on your hips or rest your arms by your sides as you gently lean your torso to the left and then to the right.

Want more? Your CarePlus plan includes SilverSneakers®. You can access fitness classes and workshops through online SilverSneakers LIVE. [Log in here to see the schedule and RSVP.](#)

Breathing Meditation

1

Turn off noisy devices and find a quiet space where you can sit upright.

3

For the next 10 breaths, notice your body. Focus on how your nostrils, chest, and belly feel with each breath.

2

Start by counting your breaths.

Inhale, exhale. One.
Inhale, exhale. Two.
Count to 10 breaths.

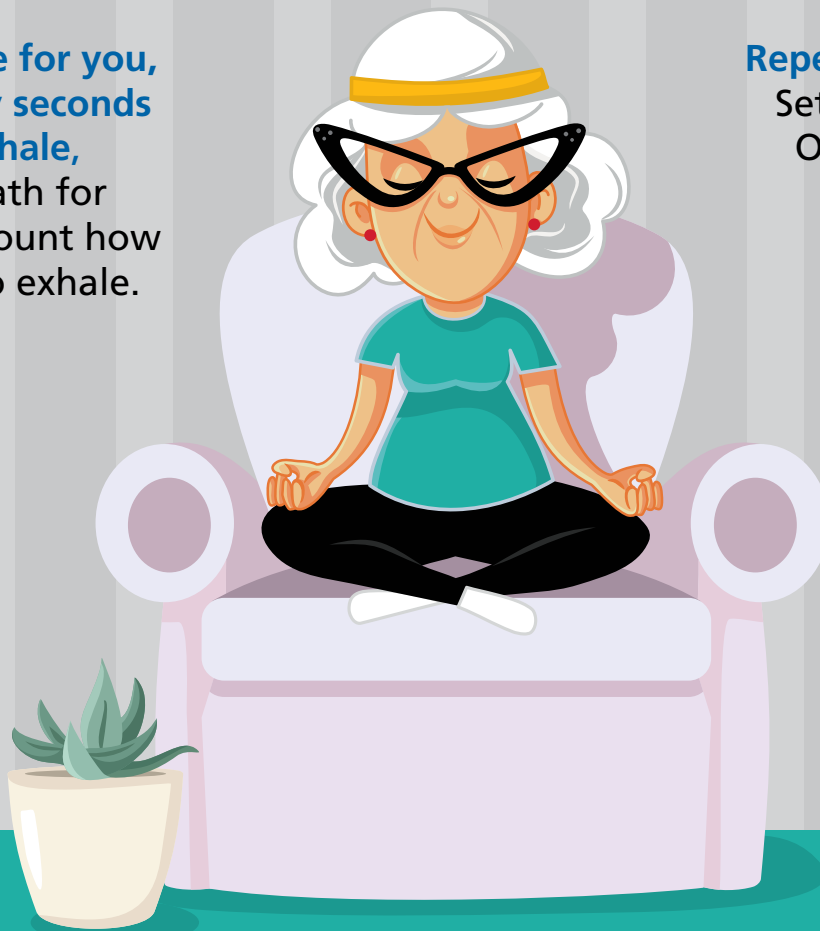
4

If it's comfortable for you, count how many seconds it takes to inhale, hold your breath for 2 seconds, then count how many seconds to exhale.

5

Repeat for 5 minutes or so.

Set a timer if you'd like.
Or just repeat as long as it feels good.



BE ATTENTIVE BUT RELAXED.

Be aware of the mind wandering and bring your focus back to your breath.
Listen to your exhale to redirect your focus.

Source: Based on [University of California Berkeley's Greater Good Science Center](#).



Telehealth:

A New Way to Get Care From Home



What are telehealth visits?

Telehealth visits are video or phone visits with a doctor or clinician for nonemergency medical needs. It requires a device with internet connection, such as a phone, tablet, or computer.

You may be able to:¹

- Talk to your doctor in real-time
- See your doctor on video chat
- Securely send and receive messages or files
- Use remote monitoring so your doctor can check your vitals or gather other information about your health

Why use telehealth?

Telehealth may help reduce exposure to viruses like COVID-19 since you can get care from home and minimize contact with people outside of your household.

Here are some more reasons virtual doctor visits may be gaining popularity:²

- No driving in bad weather or traffic to your appointment
- You may save on transportation costs
- You may be able to see your doctor faster or even the same day
- There may be less waiting time for your appointment
- It may give you access to specialists who aren't within driving distance

What type of illnesses and conditions can be treated in a telehealth visit?

Some of the most common telehealth visits are for:^{1,2}

- ☒ Chronic condition management
- ☒ Follow-up care after an in-office visit
- ☒ Medication reviews and refills
- ☒ Review of some lab and test results
- ☒ Constipation
- ☒ Cough, sore throat, fever, or flu
- ☒ Respiratory problems
- ☒ Nausea/vomiting
- ☒ Rash
- ☒ Regular check-ups for chronic conditions

If it's an emergency, please call 911.

Sources: 1. [Centers for Disease Control and Prevention](#). 2. [U.S. Department of Health & Human Services](#).

How can my doctor treat me if I am not in the room with him/her?

Your doctor uses a number of techniques to determine a diagnosis or manage your health. Interviewing and observation can be done through telephone or video.

What happens if the doctor can't treat my condition?

Your doctor will identify if they can assist with your condition at the beginning of the call. If not, they may direct you to come into the office or seek care at another location. In some instances, your doctor may set you up with in-home care.

Can I get a prescription if I use telehealth?

In many situations, prescriptions may be electronically sent to your pharmacy of choice as soon as your consultation is over.

Will my health plan pay for a telehealth visit?

All CarePlus plans provide telehealth coverage.* There may be a copay. Please check your Evidence of Coverage for details.

How can I get started using telehealth visits?

Call your primary care physician to talk about setting up your telehealth visit service. Let your doctor know you're new to telehealth, and ask for instructions. They will be happy to help.

*This benefit may not be offered by all in-network plan providers. Check directly with your provider about the availability of telehealth services, or you can also visit our website at www.careplushealthplans.com/physician-finder to access our online, searchable directory.

If you haven't tried a telehealth appointment, you may want to consider it.



INTRODUCING YOUR NEW MEMBER PORTAL

At CarePlus, we are always looking for ways to improve your experience. We're happy to let you know that the new and improved MyCarePlus member portal is now available for you!

MYCAREPLUS WILL NOW LET YOU:

View plan coverage details

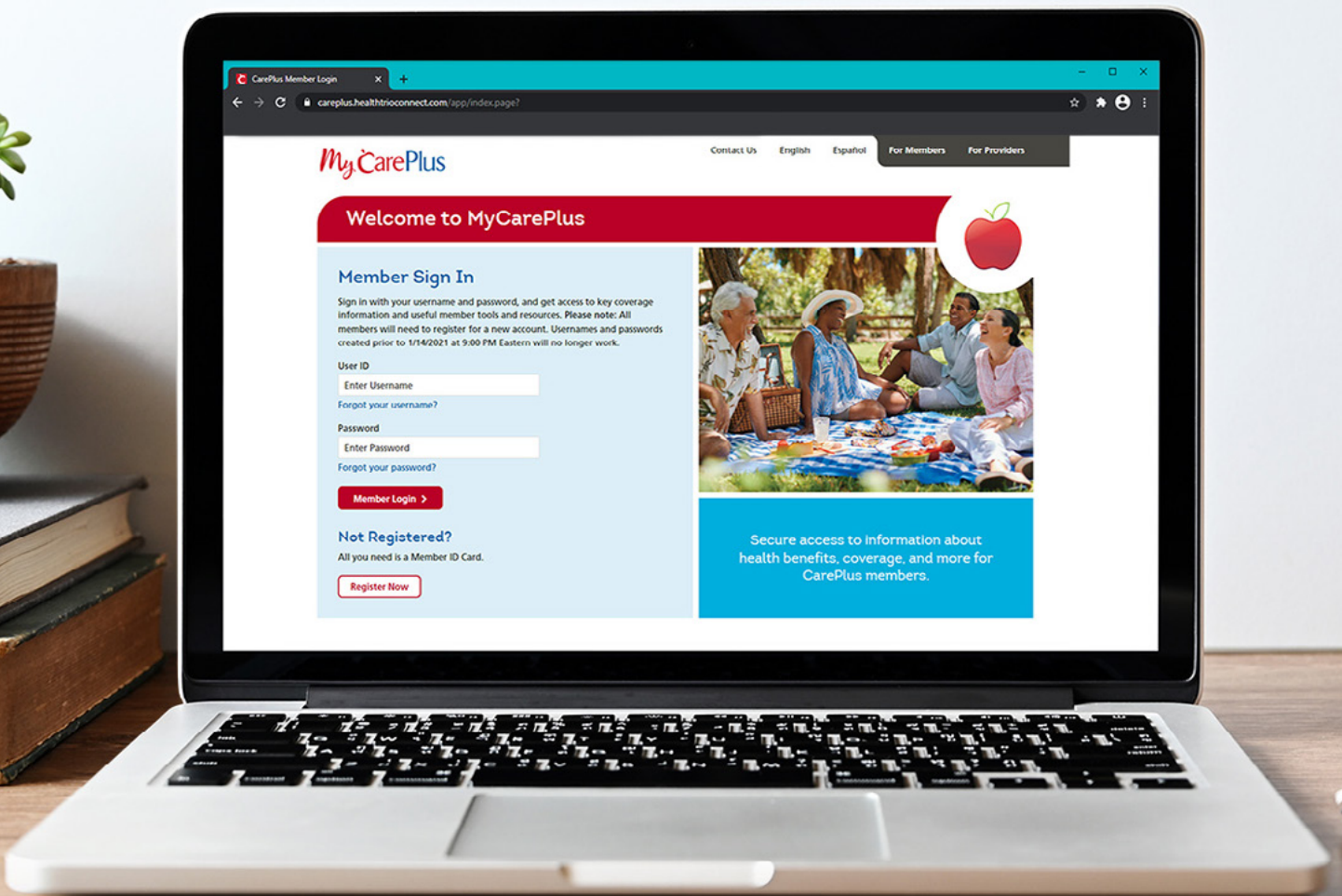
Learn about your benefits

Review claims information

Print your Member ID Card

Access resources for your health, such as CarePlus Rewards.

If you haven't registered yet, or if you registered before January 14th, please go to [CarePlusHealthPlans.com/logon](https://careplushealthplans.com/logon) and follow the prompts to create an account.





CarePlus Link is a series of educational presentations you can join by phone or online. Presentation topics are designed to help you learn about physical, mental, social, and lifestyle choices that promote health and wellness.



HERE ARE A FEW OF OUR UPCOMING SESSIONS:

HIGH BLOOD PRESSURE

Wednesday, August 11
9:30 - 10:00 A.M.

ALZHEIMER'S

Thursday, August 19
9:30 - 10:00 A.M.

COVID-19

Thursday, September 16
4:30 - 5:00 P.M.

To learn how to join, or to see all available sessions, [click here](#).

The CarePlus **Wellness Education Program (WE Program)** brings you educational information in a social setting meant to inspire you to live your healthiest lifestyle. [Click here to learn more](#), or look for an upcoming CarePlus Link session about the 7 Dimensions of Wellness.



In a **Patient Experience Circle (PXCircle)**, a specially trained CarePlus advisor meets with you to discuss topics such as your annual flu vaccine, bladder control, and fall prevention. You will have an opportunity to voice your opinion and identify healthy habits. These sessions are currently available through [CarePlus Link](#).

Word Search!

Find the words below in the grid. Words can go horizontally or vertically, forward or backward.



BLOOD
PRESSURE

BONE
STRENGTH

CALCIUM

CHECKUP

GARDEN

H	T	E	L	E	H	E	A	L	T	H	V	X	B
E	B	O	N	E	S	T	R	E	N	G	T	H	L
A	G	E	J	R	B	H	H	N	K	I	C	Z	O
L	S	Q	A	I	P	O	F	W	H	P	G	O	O
T	K	B	K	V	X	H	J	Z	I	U	M	J	D
H	S	S	I	M	C	A	L	C	I	U	M	W	P
Y	S	G	A	R	D	E	N	B	R	J	T	D	R
H	P	P	E	M	D	K	X	A	R	E	V	X	E
A	V	I	T	A	M	I	N	D	C	Y	L	D	S
B	H	K	C	H	E	C	K	U	P	E	I	D	S
I	S	U	N	G	L	A	S	S	E	S	Y	L	U
T	G	A	D	Z	B	W	J	R	Q	P	V	R	R
S	W	U	C	A	E	S	T	F	V	U	Y	R	E
Z	J	S	I	D	E	S	T	R	E	T	C	H	H

SIDE
STRETCH

HEALTHY
HABITS

SUNGLASSES

TELEHEALTH

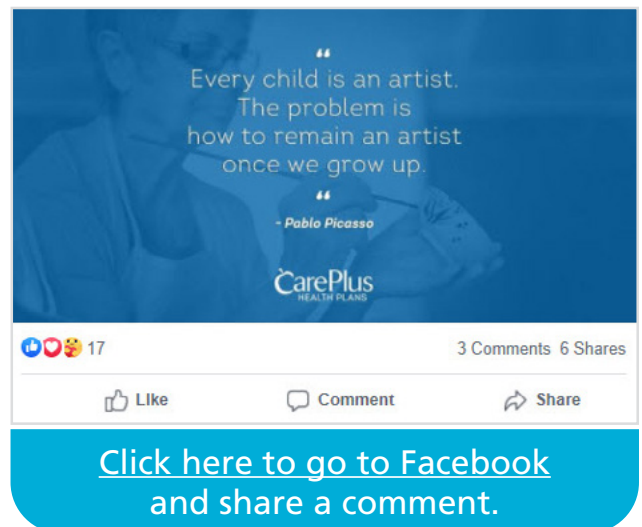
VITAMIN D

LET'S GET SOCIAL

Social media can be a fun way to get to know your community.

You might enjoy staying in touch with your fellow CarePlus members and the CarePlus team.

Did you respond to our Facebook post about learning new things?



YOUR OPINION MATTERS

At CarePlus, our goal is for you to have positive experiences with the services provided by your health plan and doctors.

THAT MEANS HELPING YOU WITH THINGS LIKE:

- Customer service
- Prescription drug information
- Access to helpful doctors and specialists
- Chronic condition management
- Preventive screenings and vaccines
- Resolving any issues you may have



From time to time,
you may receive surveys
about your experience

.....

BY MAIL

- OR -

OVER THE PHONE

These surveys help us learn if we're doing a good job for you. If you receive a survey, please complete it. You may ask a family member or friend to help you, if needed.

**Thank you for being a member
and trusting us with your health.**

If you have a question or issue, we want to help!

Please don't hesitate to call your Member Services team at 1-800-794-5907 (TTY: 711). From October 1 - March 31, we are open 7 days a week, 8 a.m. to 8 p.m. From April 1 - September 30, we are open Monday - Friday, 8 a.m. to 8 p.m. You may always leave a voicemail after hours, Saturdays, Sundays, and holidays and we will return your call within one business day.

Word Search Solution!

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GARDEN

H	T	E	L	E	H	E	A	L	T	H	V	X	B
E	B	O	N	E	S	T	R	E	N	G	T	H	L
A	G	E	J	R	B	H	H	N	K	I	C	Z	O
L	S	Q	A	I	P	O	F	W	H	P	G	O	O
T	K	B	K	V	X	H	J	Z	I	U	M	J	D
H	S	S	I	M	C	A	L	C	I	U	M	W	P
Y	S	G	A	R	D	E	N	B	R	J	T	D	R
H	P	P	E	M	D	K	X	A	R	E	V	X	E
A	V	I	T	A	M	I	N	D	C	Y	L	D	S
B	H	K	C	H	E	C	K	U	P	E	I	D	S
I	S	U	N	G	L	A	S	S	E	S	Y	L	U
T	G	A	D	Z	B	W	J	R	Q	P	V	R	R
S	W	U	C	A	E	S	T	F	V	U	Y	R	E
Z	J	S	I	D	E	S	T	R	E	T	C	H	H

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This document provides health-related educational information and does not ensure that services will be covered by your plan. Please refer to your Evidence of Coverage for detailed information. CarePlus is an HMO plan with a Medicare contract. Enrollment in CarePlus depends on contract renewal. CarePlus Health Plans, Inc. complies with applicable Federal Civil Rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status, or religion in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities. Any inquiries regarding CarePlus' non-discrimination policies and/or to file a complaint, also known as a grievance, please contact Member Services at 1-800-794-5907 (TTY: 711). Español (Spanish): Esta información está disponible de forma gratuita en otros idiomas. Favor de llamar a Servicios para Afiliados al número que aparece anteriormente. Kreyòl Ayisyen (French Creole): Enfòmasyon sa a disponib gratis nan lòt lang. Tanpri rele nimewo Sèvis pou Manm nou yo ki nan lis anwo an.