

Wellness Today

Winter 2022

MANAGING
FIBROMYALGIA

HEALTHY HOLIDAY
CHALLENGE

GIVING
THANKS



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Wait! Before you read...



Is it time to hydrate?

You may want to pour a glass of water to enjoy as you read this edition of Wellness Today. According to Mayo Clinic, drinking enough water has lots of health benefits. Water helps lubricate and cushion your joints. Being even a little dehydrated can drain your energy and make you feel tired.¹

Source: 1. [Mayo Clinic](#)

Veterans are Heroes

Veterans Day was Nov. 11. But we're thankful to veterans every day.

CarePlus
HEALTH PLANS



We hosted a **"Coffee for Veterans" Meet & Greet** at the CarePlus Community Center in Winter Haven, Florida. We look forward to hosting similar events soon at our new center in Orlando.

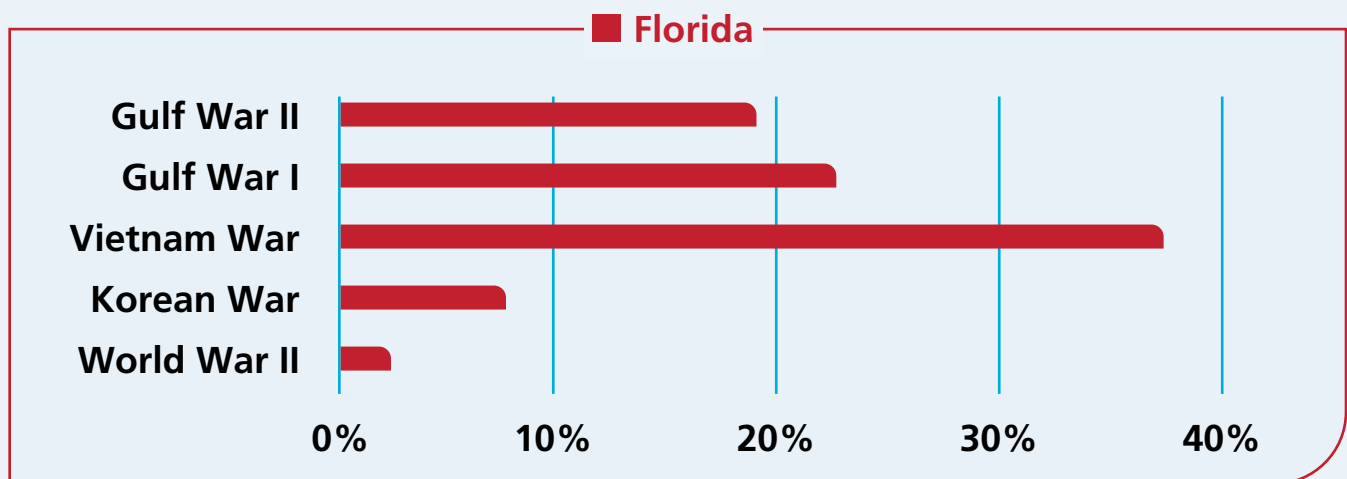


Did you know?

In Florida there are...¹

1,542,770 veterans | 780,845 are ages 65+

And they served in...



Source: 1. [U.S. Department of Veterans Affairs](#).

Early Detection is Important!

October was Breast Cancer Awareness Month.

It was a time to bring attention to the importance of getting a mammogram.

According to the American Cancer Society, regular mammograms are the most reliable way to find breast cancer when it may be easier to treat.¹ Mammograms are also an important screening for overall breast health.

Have you put off your mammogram or other preventive screenings this year? There's still time! Schedule your screening today.



Earn your \$50 gift card before the end of the year.



It's time!

Go to Sharecare to see points, activities, and rewards.

[CarePlus.sharecare.com](https://careplus.sharecare.com)

Or scan the code:



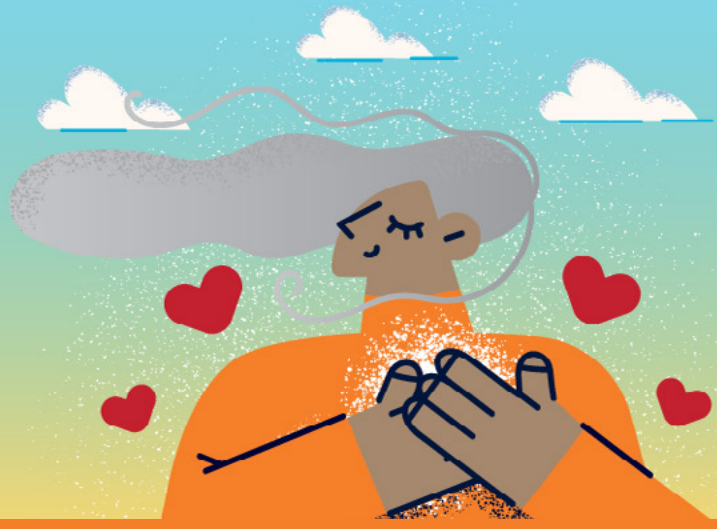
Preventive screenings like a mammogram count toward rewards.

Source: 1. [American Cancer Society](#)

Practice giving thanks

Taking a few minutes each day to practice gratitude may be good for your mental well-being and overall health.

Here is an exercise to think about what you're thankful for. It is adapted from the University of Berkeley.¹



Get comfortable. Set a timer for five minutes.

Focus on your breaths in and out. Let your thoughts come and go.
As you relax, start to think about what you're thankful for:

The gift of life.

You were born. You are here today.

Things that make life easier.

Utilities and appliances. Clean drinking water.
Communicating by phone and email.

People who make life better.

Your favorite athletes, musicians, and authors.
Farmers and other workers who make food available.

Activities you enjoy.

Outdoors, like gardening.
Indoors, like reading a book.

Your network.

Family, friends, peers, neighbors, and pets.
Doctors, nurses, and care givers.



What else are you thankful for?

Let your mind wander as you reflect.
When the timer goes off, thank yourself
for taking this time to practice gratitude.

Source: 1. Adapted from [University of Berkeley Greater Good Science Center](#).

Nutrition Boost

If you want a sweet treat that's packed with nutrients, you may enjoy one of these smoothies.

Which color will you pick?

Purple

Energizing Antioxidant Smoothie¹

1 cup raw blueberries

1/2 small banana

1/2 cup milk, almond milk, or oat milk

1 cup chopped raw kale

Ice



Green

Digest & Refresh Smoothie²

1 cup chopped raw spinach

1/2 cup greek yogurt

1 whole Bartlett pear

1 1/2 teaspoon chopped ginger

Ice



Blend ingredients to desired consistency.

Sources: 1. Adapted from [Sharecare](#). 2. Adapted from [Sharecare](#).

Healthy Holiday CHALLENGE



This holiday season, challenge yourself to eat **two healthy meals per day**.

To participate in our Healthy Holiday Challenge, use Sharecare to track **“good”** or **“excellent”** meals for as many days as possible this December.

Register or sign in at [CarePlus.Sharecare.com](https://careplus.sharecare.com). Or scan the code:



The American Diabetes Association suggests filling **half your plate** with veggies like broccoli.¹

Feeling stressed?

You're not alone.

Talking through issues may help reduce stress.
No issue is too big or too small.

Call MyCarePlus Connect anytime* at **1-866-677-0483 (TTY: 711)**.
Press **1** for member, then press **6** for behavioral health.

If you have a Care Manager, ask them about mental health resources available to you.

*Hours of operation of servicing providers may vary.
Source: 1. [American Diabetes Association](https://www.diabetes.org/).

Managing

FIBROMYALGIA

Are you affected by fibromyalgia? Do you know someone who thinks they may have it?

According to the Arthritis Foundation, the cause of fibromyalgia isn't clear. It is a pain disorder in which your body's pain signals are turned up too high. Sometimes it brings joint pain, so it may be mistaken for arthritis.

There isn't a cure for fibromyalgia, but certain techniques may reduce symptoms.

These techniques may help:¹



Deep breathing



Getting enough sleep



Massage therapy



Exercise



Meditation and mindfulness



Medication



Limiting alcohol



No smoking



Eating a healthy diet

If you have questions about fibromyalgia, please talk to your doctor. He or she may also prescribe medication to help alleviate symptoms.

Source: 1. [Arthritis Foundation](#).

Exercise Looks Different for Every Body



Your CarePlus plan includes **free fitness classes** from SilverSneakers®.

Are you ready to start at a beginner level?

Or do you want to slowly add more challenge?

Ask your doctor about starting with
one of these SilverSneakers classes...

- Yoga
- Boom Mind (combines yoga and Pilates)
- Stability
- Classic (uses hand-held weights)
- Splash (shallow-water exercises)



And working your way up to one of these...

- Circuit
- Boom Muscle (muscle conditioning)
- CardioFit (low-impact aerobics)
- Boom Move It (high-intensity dance)

SilverSneakers lists their classes in order from easiest to hardest.

To view the list, [click here](#).

To see a schedule and sign up for classes, [click here](#).

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Need a ride?
.....

**Use the
CareTrip app!**



Your plan includes a number of free rides to the doctor and other approved locations. Now you can book these rides on the **CareTrip app**.

If you have a smart phone,
download CareTrip from
Google Play® or the **App Store®**.

Or scan the code:



You can also book rides by calling
MyCarePlus Connect anytime* at
1-866-677-0483 (TTY: 711).

Press 1 for member,
then **press 1** for transportation.

*Hours of operation of servicing
providers may vary.

My **CarePlus**

Use MyCarePlus for Your Benefit Information

Here's how to see which benefits you've used
and quantities remaining this year:

.....

1

In MyCarePlus, click
"My Health Plan"

2

From the drop-down, click
"Benefits and Eligibility"

3

Scroll down to review plan
benefit descriptions.

Click the arrow to learn more
about a benefit.

Under **Accumulators**, you can
see how much you've used or
how much remains.

We hope you enjoyed
reading *Wellness Today*!



What do you want to see in the next edition?

To let us know, [complete this form](#).

In the meantime, please stay in touch with CarePlus on Facebook.



[CarePlusHealthPlans](#)



For questions about your plan, please [call Member Services](#) at the phone number on the back of your CarePlus member ID card.

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. Consult your doctor before beginning any new diet or exercise regimen. In accordance with the federal requirements of the Centers for Medicare & Medicaid Services (CMS), no amounts on the gift cards shall be redeemable for cash and no amount may be applied toward the purchase of any prescription drug under your plan. Rewards (gift cards) must be earned and redeemed in the same plan year. Rewards not redeemed by 12/31 will be forfeited.

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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.

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