



We care for Wisconsin.

UNDERWRITTEN BY WPS HEALTH PLAN, INC.

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HealthyView

Spring 2012

get your fruits and veggies

could you have
artery disease?

stress buster:
meditative walking



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HEALTH INSURANCE CARRIER
OF THE GREEN BAY PACKERS



countdown to a **happy, healthy vacation**

A flight abroad, or a stateside drive—no matter which describes your spring getaway, you can take steps to keep your trip free of health concerns. Tack this safe-travel checklist to your fridge while you plan your excursion. Then tuck a copy in your carry-on for good-health reminders on the go.

One Month Beforehand

- Check the Centers for Disease Control and Prevention travel website at www.cdc.gov/travel to see if there are any health warnings for your destination.
- Make an appointment with your doctor. Share the details of your itinerary.
- Get any vaccinations you may need. Your doctor can help you identify any necessary shots. You might need immunizations, such as a shot for measles, even if you're traveling to developed nations such as those in Europe.
- Contact Arise Health Plan at 920-490-6900 or 1-888-711-1444. Find out what expenses will be paid if you need medical care away from home.

One to Two Weeks Beforehand

- Fill your prescriptions. Bring enough for your trip and a few extra days, in case of delays. Keep them in their original containers.
- Pack a first aid kit. Include medicines for cough, cold, pain, and stomach problems; antibiotic ointment and bandages; and scissors, tweezers, a thermometer, hand wipes, and sunscreen.
- Designate a contact person at home. Leave him or her a copy


of your passport, itinerary, contact information, doctor's phone number, and any medication prescriptions you have.

- Locate health care resources at your destination. The U.S. State Department website—<http://travel.state.gov>—has a listing of doctors and hospitals abroad.

Prepare for Departure

- If you're traveling by plane, drink plenty of water and avoid caffeine and alcohol so you stay hydrated in dry air.
- Get a good night's sleep. This helps prevent jet lag if you're flying overseas and reduces your risk of accidents if you're driving.
- Evaluate your health status. You shouldn't fly if you have a fever of 100 degrees or greater along with another symptom, such as a rash, cough, or vomiting.
- On planes, walk around or stretch your legs at least once per hour. This will help you prevent dangerous blood clots.

While You're Away

- Check in regularly with your contact person at home.
- Be careful with food and water, especially abroad. When in doubt, avoid raw meats, food from street vendors, and ice, and drink water from factory-sealed bottles.
- Avoid insect bites. Wear long pants and long sleeves when you're outdoors, and apply insect repellent that contains either DEET or picaridin.
- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer if you're away from a sink. 

get your fruits and veggies

10 smart ways to sneak them into your diet

Are you getting enough fruits and vegetables each day? You don't need to change everything about how you eat, just make a few simple changes. Here are some tips to do just that:

1. When making lasagna, mix shredded spinach or zucchini in with the ricotta cheese.
2. Add fresh or dried fruit to your cereal, pancake batter, and muffins.
3. Top your sundae with fresh berries or pineapple chunks instead of chocolate syrup and sprinkles. (Better yet, layer fruit with yogurt for a parfait.)
4. Add beans, peas, broccoli, carrots, or shredded cabbage to prepackaged and canned soups.
5. Get creative when you order sub sandwiches. Lettuce and tomato goes with just about everything. If you're feeling adventurous, order "the works," including alfalfa

sprouts, spinach, black olives, shredded carrots, peppers, and onions.

6. Use chunky salsa on your omelet and decrease the cheese.
7. Replace chips or crackers with thick-cut cucumber slices. They're sturdy enough to stand up to just about any dip.
8. Instead of soda, drink 100% juice.
9. Freeze grapes, blueberries, and melon balls for a cool dessert treat.
10. Craving chocolate? Opt for a chocolate-covered strawberry or cherry instead of a candy bar ☺

— WPS Wellness

To learn more about healthy eating, visit www.choosemyplate.gov.



don't dismiss your diet on weekends

Saturday and Sunday—these could be two reasons many of us have trouble losing weight or keeping it off. In a recent study, dieters undermined their hard work during the week by downing too many calories over the weekend. This slowed—or stopped—their weight loss.

To help keep your eating in line over the weekend:

- **Eat breakfast.** Skipping meals can lead to overeating.
- **Bring healthy foods**, such as a platter of fresh fruit, to potlucks, parties, and picnics.
- **Have smaller meals** during the day if you plan a big meal out.
- **Split a restaurant entrée** with a friend to keep portions under control. Or take the other half home for a weeknight dinner.
- **Don't be a slug on Sunday.** In the weekend dieting study, Sunday was the day of the week that people were the least active. Try to schedule weekend activities that get you moving.

ultimate summer fruit salad

- 2 peaches
- 2 plums
- 2 pears
- 1 cup strawberries, hulled
- ½ cup blueberries
- ½ cup raspberries
- ½ cup green grapes
- 1 cup cherries, halved and pitted
- 2 kiwi

Wash fruit under running water. Remove pits, stems and seeds and cut peaches, plums and pears into bite-size pieces. Toss with strawberries, blueberries, raspberries, grapes and cherries. Pare and slice kiwi for garnish. Top with yogurt if desired.

Divide this salad among six people and each of you will have the equivalent of about two servings of fruit.

Not including yogurt, each portion contains approximately 117 calories, 1.5 grams protein, 1 gram fat, 28 grams carbohydrate and 5 grams dietary fiber.



are you at risk for **stroke during pregnancy?**

Hormone shifts during pregnancy cause many changes—swollen breasts, itchy skin, maybe even a craving for pickles and ice cream.

Unfortunately, these hormone swings also increase your risk for having a stroke. This serious event occurs when a blocked or burst blood vessel stops blood from flowing to your brain.

The rate of stroke during and soon after pregnancy has increased about 50 percent since the 1990s, according to a recent study in the journal *Stroke*. Experts believe this increase has occurred because more pregnant women now have other risk factors for stroke. These include being older, being overweight, or having diabetes, heart disease, or high blood pressure.

Take Care of Yourself Before Becoming Pregnant

Some stroke risk factors, such as age, you can't control. But you can take steps to prevent stroke and other complications during pregnancy by improving your health beforehand. See your doctor if you're planning to have a family. Work with him or her to:

- Prevent or manage high blood pressure, the number one risk factor for stroke
- Control your cholesterol
- Prevent diabetes, or control your blood sugar if you already have diabetes

If you have one of these risk factors or another health problem when you're expecting, your pregnancy may be considered high risk. This means you and your baby have a higher chance of complications before, during, and soon after birth.

When to See a Specialist

Even if your pregnancy is high risk, you will most likely have a healthy, happy baby. But you might have to take a few more precautions along the way.

Once you become pregnant, ask your doctor if you should also see a maternal-fetal medicine specialist. These physicians are specially trained to manage special health needs for moms-to-be and their babies. You might meet this specialist once to learn how to manage your health condition. Or you might have ongoing appointments throughout your pregnancy.

Whatever your risk for stroke or other complications, these pregnancy habits can give you and your baby the best start:

- See your doctor regularly for prenatal care.
- Don't smoke or drink alcohol.
- Eat a nutritious diet.
- Exercise regularly. Talk with your doctor about the best activities for you. ♻️

millions miss out on treatment for artery disease

It sounds like the storyline to a new medical drama. Millions of Americans live with a dangerous condition that increases their risk for heart disease—and though medications could save their lives, most aren't getting them.

About 7.1 million U.S. adults, including one in three ages 70 or older, have peripheral artery disease, or PAD. Those who do are four to five times more at risk for heart disease and stroke.

A new study in the journal *Circulation* finds taking two or more medications such as statins and aspirin decreases the risk of dying among people with PAD by 65 percent. However, between two-thirds and three-fourths of them weren't taking the recommended drugs.

What Is PAD?

PAD occurs when blood vessels that carry blood to your limbs, head, and organs become blocked, usually by fatty deposits called plaque. The affected parts of your body then don't receive enough oxygen-rich blood. The condition usually affects your legs, but can also occur in your arms, head, kidneys, or stomach.

Even doctors often miss the signs of PAD, or confuse it with other health problems. Symptoms to watch for include:

- Cramping and pain in your legs, especially your calves, that starts when you walk and goes away when you rest
- Having a weak or missing pulse in your legs or feet
- Decreased leg hair and toe nail growth
- Sores on your legs and feet that aren't healing
- Changes in the way your skin looks or feels, especially if it is cool, pale, or bluish

If you have these symptoms, tell your doctor. Left untreated, PAD can lead to gangrene and amputation, in addition to increasing your risks for heart attack and stroke.

A Healthy Lifestyle Protects Your Heart

Your doctor can diagnose PAD with a test called the ankle-brachial index. He or she will compare the blood pressure in your arms to the blood pressure in your legs. If it is lower in your legs, you may have PAD.



Treatment for PAD typically involves lifestyle changes and medications. In fact, similar habits can prevent the condition and also manage its effects. To improve your blood-vessel health:

- Avoid cigarettes. Smokers have up to 20 times the risk of PAD and a higher risk for heart disease and stroke if they already have PAD.
- Maintain a healthy weight. Aim for a body mass index (BMI) of 24 or less to avoid getting diabetes or high blood pressure.
- Get moving. Supervised exercise programs have been shown to reduce PAD symptoms and protect your heart. Talk with your doctor about the workouts that are best for you.
- Control your blood pressure and cholesterol. Sometimes diet and exercise are sufficient. In other cases, your doctor may recommend medications. ☺

we want to hear from you!

We value your feedback and suggestions. How can we improve Arise Health Plan's services, the *Healthy View* newsletter, or our website? If you have questions, comments, or suggestions, please e-mail Lori Turek, R.N., M.S., Director of Quality & Government Programs: lori.turek@arisehealthplan.com.

take a moment
to visit the Arise
Health Plan
website!

stress buster: meditative walking

For many of us, our lives can feel scattered and out of our own hands. Connecting ourselves with the earth can help us pull back the reins and take back that control. A technique called meditative walking brings awareness back to our physical surroundings and, with practice, helps us create and keep balance between those surroundings and our inner self.

Ideally, one would first practice meditative walking in a quiet and peaceful setting to help curb distractions. With additional practice, one will require less solitude to gain the same effects.

Here are some steps to get you started:

1. Find a quiet place to stand, and focus your attention on the soles of your feet as you transfer your weight into the earth. Heighten your awareness to all of your subtle movements that occur in order to keep you balanced and upright. Roll your shoulder blades, relax, and breathe.
2. Next, begin slowly walking in a comfortable rhythmical pattern. Take time to focus on individual body parts, from your feet to the crown of your head (feet, ankles, hips, belly, arms, neck, and jaw). Pay attention to the process of your movements, feelings, and sensations.

Example: Become aware of your hips and the muscles around your hip joints, as you begin to relax your muscles. Notice how the rhythm and gait of your walk changes as your muscles relax. Pay attention to your pelvis and notice all of the movements that occur while walking. One hip moves forward and then the other; one hip lifts while the other sinks.

3. Take time to analyze your thoughts and emotions. Ask yourself the following questions: Are you bored? Are you content? Are you irritated? Are you happy? Notice whatever emotions happen to be present.
4. Pay attention to your mind. Is it clear or fuzzy? Busy or calm? Are you thinking about things unconnected with this practice, or are you focused on the practice of meditative walking?

Meditative walking is designed to help you appreciate the present moment. Challenge yourself to see if you can find the point of balance where you are equally aware of the inner, and the outer, and your mind is calm, content, and quiet. ☯

—WPS Wellness



treat your feet this summer

As summer heats up, it's tempting to shed your shoes and socks. But going barefoot—or even wearing flip-flops or sandals—can be dangerous for people with diabetes.

Diabetes can damage the nerves in your feet. You might not notice if you burn your sole on hot sand, scrape your heel on a rock, or get a blister from a strap between your toes.

What's more, poor circulation means injuries heal slowly. Eventually, severe wounds can develop, which can even lead to amputation.

Take care of your feet with the following smart footwear steps:

- Buy comfortable shoes that fit the shape of your foot, recommends a study in the *Journal of Vascular Nursing*. Pick an adjustable pair with laces, Velcro, or buckles.
- Choose breathable designs made with canvas, leather, or suede. Avoid plastic uppers, high heels, or open or pointed toes.
- Wear shoes indoors and out. Check inside first. Remove small objects and look for rough areas that may rub against your foot. If they aren't smooth inside, wear other shoes. Each night, inspect your feet for cuts, bruises, blisters, or any other injuries. Report any changes to your doctor.



obtaining medical care: frequently asked questions

Q: How do I get care from a primary care practitioner or a specialist?

A: Arise Health Plan maintains a list of participating health care providers, including primary care practitioners (PCP), specialists, and behavioral health practitioners. For the most current list, go to www.WeCareForWisconsin.com and click on “Find A Doctor.” You also may call an Arise Health Plan Member Services representative at (toll-free) 888-711-1444 or (local) 920-490-6900, option 1.

If a provider participates in our network, you simply make an appointment with him or her. You do not need a Pre-Service Authorization. For behavioral health care, your employer may require that you access the services through an employer-sponsored program. In this case, you may need a Pre-Service Authorization. Check with your human resources department to see if this applies to you.

Q: Do I need a Pre-Service Authorization to see a specialist?

A: You may seek care from a participating specialist without a Pre-Service Authorization as long as the services are a covered benefit.

If you need services from a specialist who is not in our plan or from a tertiary care specialist, a participating provider (PCP or specialist) must complete a Pre-Service Authorization requesting services from that nonparticipating specialist.

This request will be reviewed by Arise Health Plan’s medical director or authorized designee. The patient should not make the appointment until the request has been approved. Notification of the decision will be sent to you, your PCP, and the specialist you wish to see.

Q: How will bills be paid if my PCP refers my specialty care to a nonparticipating specialist?

A: When the need for specialty care arises, you should seek care from a participating specialist whenever possible.

If services from a nonparticipating specialist are necessary, the Pre-Service Authorization requirements will apply.

Additional costs, such as usual and customary fee levels, apply to nonparticipating providers. This is a good reason to seek care from participating providers whenever possible.


Q: Who can request a Pre-Service Authorization?

A: A Pre-Service Authorization is required for all nonparticipating providers, tertiary care specialists and facilities. An authorization request form must be submitted via mail or fax by the member’s PCP or participating specialist.

The request will be reviewed and a written response from Arise Health Plan will be sent to the member, the referring provider, and the referred-to provider.

Q: When do I need a Pre-Service Authorization?

A: You will need a Pre-Service Authorization for the following:

- An inpatient stay in a hospital, skilled nursing facility (nursing home), or birthing center
- Transplants
- Home health care
- Hospice care
- Durable medical equipment costing more than \$500, or any rentals
- Home infusions
- Prosthetics costing more than \$1,000
- New medical or biomedical technology
- New surgical methods or techniques
- Non-emergency ambulance transportation
- Genetic counseling, studies and testing
- Non-participating providers
- Tertiary care (services provided by specialized hospital providers that are often linked to medical schools and teaching hospitals) 

looking for a doctor?

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JEFFRY YOUNG, D.O.
Editor-in-Chief

LORI TUREK, R.N., M.S.
Managing Editor

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get set for summer with the new sunscreen rules

Sweat-proof. Broad-spectrum. Sport formula. As summer looms, the drugstore aisles conspire to confuse you with an array of claims about sun protection.

A new study in the *Journal of Clinical Oncology* confirms again what doctors already knew: Applying sunscreen regularly helps prevent the deadly skin cancer melanoma. However, some products are better than others—meaning that knowing how to select the right sunscreen is key to protecting your skin.

Clearer Labeling to Come

In 2012, sunscreen labels will undergo an upgrade to help decode their declarations. Some will clearly state that they protect against skin cancer. Products that can make this claim are those that:

- Provide broad-spectrum protection, meaning they block both UVB rays (which cause sunburn) and UVA rays (which cause skin aging and cancer)
- Have a sun protection factor (SPF) of 15 or higher

What's more, you'll no longer see the word "waterproof." No sunscreen can truly last through swimming or sweating. Instead, they'll be labeled water-resistant. Each one will list the length of time it can protect you: either 40 or 80 minutes.

How to Shop for Now

The Food and Drug Administration (FDA), which regulates sunscreen, hopes manufacturers start following the rules earlier. But in the meantime, follow our guide to make sure you're choosing and using sunscreen wisely:

- Select products that are **at least SPF 15**. In the new study, they were sufficient to protect against melanoma. The FDA says there's no proof that numbers above 50 provide any greater protection.
- Look for the ingredients **avobenzone, oxybenzone, zinc oxide, and titanium dioxide** on the label. These provide protection from both types of harmful rays.

■ Reapply every two hours.

If you are sweating heavily or going in and out of the water, do so every 40 minutes, even if you're using a water-resistant formula.

- Don't use sunscreen as an excuse to bake in the sun longer. Try to **stay in the shade between 10 a.m. and 4 p.m.**, when the sun's rays are strongest. ☀

