



# Arise shine

and

SPRING 2017

 HEALTH INSURANCE PARTNER  
OF THE GREEN BAY PACKERS



## Spring Fever

RECIPE:

**Chicken  
Bruschetta**

See page 5

### CONNECT WITH US!

Get instant access to health, wellness, and health insurance tips.





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## Healthy Recipe

Check out our recipe for **Chicken Bruschetta** on page 5!

## MEDICINES

# YOU NEED

Once you've been diagnosed with asthma, your doctor will likely prescribe two types of treatment:

**1. LONG-TERM CONTROL MEDICINES.**

These help reduce your airway inflammation and prevent asthma symptoms.

**2. QUICK-RELIEF MEDICINES.**

Also known as "rescue" medication, these relieve asthma symptoms when they flare up.

# 10 QUESTIONS EVERYONE WITH Asthma Should Ask

When asthma is well-controlled, most people have few, if any, symptoms. To reach that point, you'll need to partner up with your doctor and learn the answers to these important questions.

**1. How can I avoid or manage things that set off my asthma?** Triggers may include things that you're allergic to, such as pollen, or that irritate your lungs, such as cigarette smoke.

**2. What can I do if exercise makes my asthma flare up?** Don't give up on being active—but talk to your doctor about the type of exercise that's right for you.

**3. Do I need treatment for other medical problems that are affecting my asthma?** Conditions such as sinus infections, sleep apnea, and reflux disease sometimes make asthma harder to control.

**4. Do I need a peak-flow meter?** A peak-flow meter is a hand-held device to measure how well you push air out of your lungs. If your doctor recommends one, ask about how to use it and what your peak-flow numbers mean.

**5. What are the signs that I should use my quick-relief inhaler?** Quick-relief inhaled medication helps control asthma flare-ups. Discuss when to use your quick-relief inhaler and how much to use.

**6. What's the proper technique for using my inhaler?** Ask for a demonstration. If you find it difficult, ask whether adding an attachment, called a spacer or holding chamber, might help.

**7. Do I need to take a long-term control medication?** Many people with asthma need a second type of medication to help reduce flare-ups. If you take more than one kind of asthma medication, make sure you know when each should be used.

**8. What are signs that my asthma control is getting worse?** Asthma can change over time. Discuss how to recognize worsening asthma before the symptoms become severe. Know when to contact your doctor.

**9. When should I go to the emergency room or call 911?** If you ever have a severe asthma attack, it may require emergency care. Discuss the warning signs, and be ready to act immediately if they occur.

**10. When should I schedule my next asthma checkup?** At your doctor visit, talk about how things are going and whether any changes are needed in your treatment plan.

American Academy of Allergy, Asthma & Immunology (2016); American Lung Association; Centers for Disease Control and Prevention (2016); National Heart, Lung, and Blood Institute, National Institutes of Health (2014).



# 4 Nutrition Tips for Managing Diabetes

nutrition  
diet  
daily life  
carbs  
blood sugar

beans  
legumes  
vegetables

fresh fruits

whole fruits

low-fat dairy

meal timing

medications

lean meats

fish

whole grains

portion control

small amount of fat

poultry

whole-wheat

depression

doctor visit

dietitian

eating plan

health needs

whole grains



**What's the best diet for diabetes? That's harder to answer than you might think. There's no one diet that's best for managing blood sugar. There are, however, some nutrition guidelines that can provide good diet direction.**

### Consider Different Carbs

Carbohydrates, or carbs, impact your blood sugar more than fat or protein. You don't need to avoid carbs if you have diabetes, but you'll need to pay close attention to the types and amount of carbs you eat and drink. Choose options that provide more nutrients and fiber, such as:

- Beans and legumes
- Fruits and vegetables
- Whole-wheat or whole-grain breads and pasta

Save sweet treats for only special occasions, and avoid sugary drinks like juice and soda. Having a very small amount of sugar is occasionally okay ... just be sure to substitute sweets for other carb-containing foods.

### Meal Timing Matters

For people managing diabetes, it's important to keep your blood sugar relatively steady throughout the day. Eating regular meals and snacks can help stabilize your blood sugar. Spread out the carbohydrates you eat to avoid large spikes or dips in blood sugar.

Talk with your doctor about when you should eat meals and snacks. Meal timing can also affect how some diabetes medications work.

### Eat Balanced Meals

Meals that include a good balance of carbohydrates, fats, and protein help keep your blood sugar in check. At every meal, aim to eat a few servings of carbohydrates, one serving of protein, and a small amount of fat.

It might help if you focus on what you *can* eat instead of what you can't. Plan your meals and snacks around these diabetes-friendly choices:

- Lean meats, such as poultry and fish
- Non-starchy vegetables, such as broccoli, carrots, and green beans
- Nutritious carbohydrates
- Fat-free or low-fat dairy products
- Fresh, whole fruit

### Talk to Your Doctor

Your doctor may suggest that you work with a registered dietitian. A dietitian can develop a specific eating plan for you based on your health needs and goals.

Proper nutrition is an important part of living well with diabetes. Talk with your dietitian or doctor to create the best diet plan for you.

Academy of Nutrition and Dietetics (2015); American Academy of Family Physicians (2014); American Diabetes Association (2016); National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health (2014).



## CHICKEN BRUSCHETTA

- 1 lb. Roma tomatoes, cored, seeded, and diced (about 8 small tomatoes)
- ½ cup red onion, diced
- 3 large garlic cloves, minced (about 1 tbsp.)
- 2 tbsp. fresh basil, minced
- 2 tbsp. balsamic vinegar
- 1 tbsp. extra virgin olive oil
- 1 tbsp. honey (optional)
- ½ tsp. sea salt
- 1 tsp. freshly ground black pepper
- 1½ lb. boneless, skinless chicken breasts (about 4 6-oz. chicken breasts)
- 1 tsp. garlic powder (to taste)
- 1 tsp. Italian seasoning blend

In a large bowl, stir together tomatoes, onion, garlic, basil, vinegar, olive oil, honey, salt, and ½ teaspoon black pepper.

Preheat indoor or outdoor grill to high. Season chicken breasts with remaining black pepper, garlic powder, and Italian seasoning blend. Grill four to five minutes per side or until cooked through.

To serve, pour ¾ cup of fresh tomato mixture over each chicken breast. Serve with toasted whole-wheat bread, whole-wheat pasta, or brown rice.

Note: If the tomatoes are fresh and in season, you do not need to use the honey. If you prefer a warm sauce, simply heat tomato mixture until warm.

Makes four servings of one chicken breast and ¾ cup sauce each.

Each serving provides 271 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 97 mg cholesterol, 410 mg sodium, 13 g carbohydrates, 9 g sugar, 2 g fiber, and 40 g protein.

**WE WANT YOUR HEALTHY RECIPE!**

**AriseandShine@arisehealthplan.com**

*Your recipe could appear in the next issue!*

# Team Up to Fight Childhood Obesity Together

Family walks and bike rides can help build aerobic fitness. But to improve health and control weight, kids—not just grown-ups—need to strengthen bones and muscles two to three days every week.

This family-friendly circuit will make strength training fun for everyone—no gym required!

Warm up with gentle motion, such as walking or jogging, for 10 minutes. Start out easy, and gradually do a little more as your family grows stronger and more confident.

## 1 Push-ups

Start with your hands on the floor under your shoulders. Keep your feet together in a plank position or drop your knees to the floor. Slowly lower, then push back up, using the strength of your chest, arm, and abdominal muscles.

## 2 Hopscotch

Stand with your feet shoulder-width apart. Jump off both feet at the same time, then land on one foot. Then jump off and land on both feet. Repeat, switching feet.

## 3 Medicine Ball Toss

Have everyone stand in a line about four feet apart. Toss a ball from person to person as quickly as possible. You can raise the stakes with a “hot potato” version: Set a timer and call the last person to touch the ball “out.” Repeat until only one winner is standing.

## 4 Curb Jumps

Stand at the bottom of a curb, feet shoulder-width apart. Squat down, then jump off both feet and land on top of the curb. Step or jump back to the bottom, then repeat 10 times per set for a total of three sets. You can also do the same move on level ground.

Of course, it's important to keep kids of all ages safe during the workout, so choose a curb or other spot away from the street. Backyards, parks, or playgrounds make the safest spots to be active together.

American Academy of Family Physicians (2014); American Academy of Pediatrics (2015); American Council on Exercise (2016); American Heart Association (2014).

## CHECK OUT OUR HEALTH & WELLNESS CENTER

Explore various health and wellness services and resources available to you and your family!  
[arisehealthplan.com](http://arisehealthplan.com) > Members > Health & Wellness

# 20 Easy Ways to Exercise More

When you think of exercise, you probably picture jogging, cycling, or lifting weights in a gym. However, exercise can take many different forms. The most important thing is to get moving!

Don't have time for a full 30-minute workout? You can break up your exercise into smaller pieces of time throughout the day, as long as each session lasts at least 10 minutes.

Here are 20 ways to sneak more exercise into your schedule:

1. Take a walk every night after dinner.
2. Crank up the music and dance!
3. Climb the stairs instead of taking the elevator.
4. Park farther away from buildings to increase your steps.
5. Play a sport. Join a local team and you might make friends while you burn calories.
6. Do chores around the house that keep you on your feet.
7. Walk your dog instead of letting him or her outside.
8. Stand up and walk while on the phone, instead of sitting.
9. Stroll around the mall, especially when the weather isn't ideal for a walk outdoors.
10. Work in the yard—rake, weed, plant, or mow.
11. Skip the car wash and give your vehicle a new shine by hand.
12. Stay active while watching TV—walk around, jog in place, or do sit-ups.
13. Find an exercise video you enjoy doing at home.
14. Choose family activities that keep you active, such as going to the park, lake, or zoo.
15. Join your kids and go swimming at the pool.
16. When it snows, use a shovel instead of a snowblower.
17. Find an exercise buddy—a friend or family member who can help you stick with your plan, exercise with you, and motivate you to be more active.
18. Go hiking at a nearby park.
19. Walk up and down the sidelines during your kids' sports games.
20. Keep hand weights available so you can grab them and do a few reps any time, even while watching TV.

American Heart Association (2015); Centers for Disease Control and Prevention (2015); National Heart, Lung, and Blood Institute, National Institutes of Health (2013).

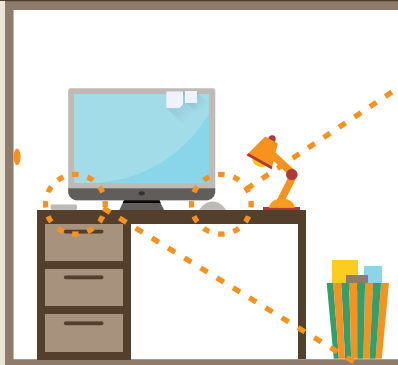
# 8 DIRTY SPOTS Where Germs Thrive

**Did you know?** The flu virus can survive for as long as eight hours on hard surfaces. Viruses and bacteria often linger around the home or in your workplace, which could spread as much disease as sneezes, coughs, and handshakes. Take some extra time to keep these eight areas clean at home and at work, and keep your family healthier.

**1 PILLOWCASES AND SHEETS**  
Bedding can conceal germs like the ones that cause pink eye. Wash pillowcases and sheets frequently in hot water with detergent.



**8 COMPUTER MICE**  
Wash your hands frequently to prevent getting germs on your mouse, then clean the mouse with antiseptic wipes.



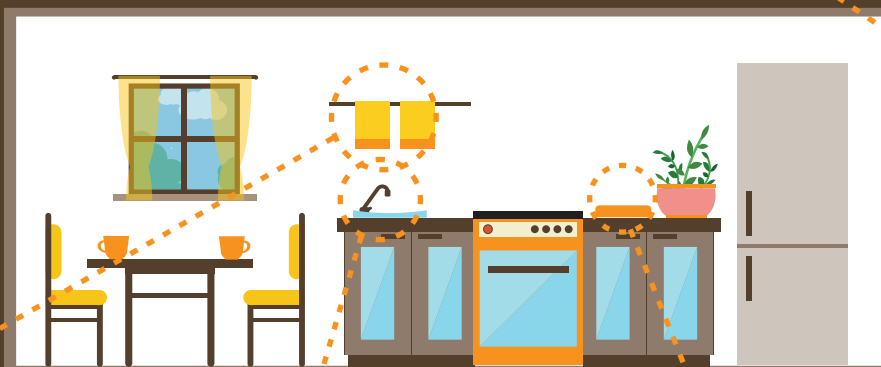
**2 TOYS**  
Bugs can linger on hard plastic toys for up to 24 hours. Wipe or soak the toy in a homemade bleach solution or an EPA-registered disinfectant, then let it stand for three to five minutes before rinsing with clean water.



**7 SMARTPHONES**  
One study found that 81% of mobile phones played host to infection-causing microbes. Wipe yours down with cloths specially designed to sterilize electronics.



**3 DISHRAGS**  
In a study, more than eight in 10 homes had moderate to heavy bacterial growth on kitchen rags. Machine-wash rags often using the hot cycle and replace sponges frequently.



**6 DOORKNOBS**  
Given how frequently they're touched, it's no wonder handles and knobs pose a risk. Wipe them with disinfectant or a bleach solution.

**4 SINKS**  
In the same study, half of kitchen faucets examined harbored disease-causing germs. Wash them frequently with hot, soapy water.

**5 CUTTING BOARDS**  
Wash acrylic, plastic, glass, or wood boards in the dishwasher. Sanitize the rest with a solution of one tablespoon bleach in a gallon of water. Replace worn or cracked boards.

*Advanced Biomedical Research (2015); Centers for Disease Control and Prevention (2016); FoodSafety.gov (2016); Journal of the American College of Radiology (2014); Journal of Bone & Joint Surgery (2015); Journal of Infection Prevention (2013); The Pediatric Infectious Disease Journal (2016); PLOS ONE (2014); U.S. Department of Agriculture (2013).*



# 5 WAYS TO Quickly Declutter

Ever waste precious minutes trying to locate your keys or phone? Feel like your to-do list should be called your “never-going-to-get-done” list? Are you drowning in a sea of possessions, papers, and paraphernalia? It may be time to declutter!

Clutter does more than simply take up physical space. It can make you feel overwhelmed and out of control as well. But instead of trying to overhaul your entire home or office right away, try these five simple ways to downsize—and de-stress:

**1 Start small.** Choose one room or area (like the top of your desk) to tackle instead of trying to do everything at once. If your time is short, give yourself a specific period each day—like 15 minutes—to devote to decluttering.

**2 Bag it.** Have three boxes or bags: one for trash, one for items that can be recycled, and one for items to donate or give away. Then place items in the appropriate bags as you decide where they belong.

**3 Consider value.** Struggling to get rid of belongings? Only keep things that are useful, that work, and that you really need.

**4 Organize.** Group things that belong together—for example, put all pens and pencils in a plastic box in a kitchen drawer. In your closet, group different types of clothing together (like shirts or pants) and consider storing out-of-season clothing somewhere else.

**5 Save creatively.** Instead of keeping piles of family heirlooms, take photos of your favorite objects and then rehome the actual items. Giving feels good and will reduce your clutter as well.

Dealing with Clutter, University of Illinois Extension (2016); A Healthier Michigan, Blue Cross Blue Shield of Michigan (2015); *International Journal of Multiple Sclerosis Care* (2014); *Journal of Neuroscience* (2011); Massachusetts Public Health Blog (2014).



# External Review Process in Wisconsin

If members are not satisfied with the outcome of their grievances, a Wisconsin law provides the opportunity for all persons covered by health benefit plans an additional way to resolve disputes involving medical decisions.

## Members may request an external review if coverage was denied because:

- Services were deemed not medically necessary
- Services were considered experimental or investigational
- Services were rendered by an out-of-network practitioner whose clinical expertise was felt to be medically necessary and the expertise is not available from an in-network practitioner
- Services were for a pre-existing condition exclusion
- The policy or certificate was rescinded

The external review process provides members the opportunity to have medical professionals who have no connection to their health plan review their disputes. The decision of the Independent Review Organization (IRO) is binding on the health plan and the member.

When a coverage request is initially denied, information on how to request a review is provided with the denial. External review is available only after the grievance procedure has been completed. Members may be entitled to an expedited external review when certain situations apply.

A request for an external review must be made within four months of the date of the adverse determination or experimental treatment determination, or from the date of receipt of notice of the grievance panel decision, whichever is later.

## HAVE A QUESTION?

If you have any questions or need additional information, give us a call at **920-490-6900** or toll-free at **888-711-1444**. Or contact the Wisconsin Office of the Commissioner of Insurance (OCI) at **800-236-8517** or **[oci.wi.gov](http://oci.wi.gov)**.



# Your Rights and Responsibilities as a Health Plan Member

To receive the best possible service, it's important to know your rights and responsibilities as a health plan member.

## As a Health Plan Member:

- You have the right to receive information about us, our services, our network of health care practitioners and providers, and your rights and responsibilities. You have the right to be treated with respect and recognition of your dignity and right to privacy.
- You have the right to participate with practitioners in making decisions about your health care.
- You have the right to a candid discussion of appropriate or medically necessary treatment options for your conditions, regardless of cost or benefit coverage.
- You have the right to voice complaints or appeals about us or the care we provide.
- You have the right to make recommendations regarding the members' rights and responsibilities policies.

## Member Responsibilities

To help us provide the best service, as a health plan member:

- You have the responsibility to supply information (to the extent possible) that we and our practitioners and providers need in order to provide care.
- You have the responsibility to follow the treatment plan and instructions for care that have been agreed on with your practitioners.
- You have the responsibility to understand your health problems and participate in developing mutually agreed-upon treatment goals to the degree possible.

**SPEAK WITH A MEMBER SERVICES TEAM MEMBER**

Call **920-490-6900**, toll-free at **888-711-1444**, or visit **arisehealthplan.com**.





ARISE HEALTH PLAN  
421 Lawrence Drive, Suite 100  
De Pere, WI 54115

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Arise Health Plan

Michael Ostrov, MD, MS, Editor in Chief  
Alexandra Radel, Managing Editor

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# Are you Addicted to Your Smartphone?

**Admit it: You've probably taken a quick peek at your cellphone while dining with a friend or having a conversation with a loved one. But if scrolling, texting, or gaming is regularly interrupting your real-world interactions, you may be experiencing cellphone addiction.**

Nomophobia is a slang term that's short for "no mobile phone phobia" and is defined by a series of behaviors that could signal a cellphone addiction. These include:

- Excessive anxiety over forgetting or losing your phone
- A preoccupation with checking for texts, emails, or missed calls
- Phone use in inappropriate places, such as the bathroom or social gatherings
- Skipping face-to-face interactions in favor of phone-based activities

Younger people and women seem to be at higher risk for overuse. Studies indicate the earlier you check your phone after you wake up, the more you'll be on it during the day.

## Am I Hooked?

To gauge problematic cellphone use, ask yourself the following:

- Do I check my phone first thing upon waking?
- Do I use my phone to distract me from engaging with others or from experiencing boredom, frustration, or other uncomfortable emotions?



- Am I frequently on the phone during meals or other social times?

If you answered yes to any of these, you may want to rethink your smartphone use.

## Making Positive Changes

If you're not truly addicted, you may be able to back away from excessive phone use on your own. Try turning your phone off before bed, performing morning self-care rituals before turning it back on, and setting several "phone-free" zones in multi-hour blocks throughout your day.

*BMC Public Health* (2011); *Innovations in Clinical Neuroscience* (2013); *Journal of Behavioral Addictions* (2015); National Institute on Drug Abuse, U.S. Department of Health and Human Services (2016); Student Science: A Resource of the Society of Science & the Public (2014).