



HealthyView

Summer 2012

swap your drink
for better health

your rights and
responsibilities as a health
plan member

stay up-to-date with vaccines



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Arise Health Plan logo gets a makeover



If something seems different about the Arise Health Plan logo lately, it's not your imagination. We've updated our familiar "sun circle" design with a more eye-catching, contemporary look that will help our messages stand out better in the mailbox, on the kitchen table, on the Web, and everywhere in between.

The new logo is in use now. However, to reduce waste and keep administrative costs low, we are using up stock of existing materials (such as letterhead, envelopes, and business cards) before printing new materials with the updated logo. As a result, you may see a mix of old and new logos for a few weeks or months.

In the meantime, Arise Health Plan will continue to deliver the same great health coverage and patient-focused service you have come to expect from your local health plan partner. Our look may be different, but our commitment to you hasn't changed!



health tip

Remember: If your doctor has prescribed medication to control your blood pressure, it is very important that you continue taking the medication as prescribed.

3 steps to slash blood pressure

High blood pressure affects one in three Americans. The condition leaves them at risk for heart disease, stroke, and kidney failure, often without causing a single symptom.

Are you among them? Ask your doctor to check your pressure. If it's:

- Less than 120/80, it's normal
- Between 120/80 and 140/90, you have prehypertension and are at risk for high blood pressure
- 140/90 or higher, you have hypertension

You can take steps to prevent and treat this silent killer. New research suggests you can start with three S's: sleep, stress, and salt.

Sleeping Soundly

Good rest may be as important to health as diet and exercise. People who get less than seven or 10 hours or more of slumber a night appear to be at higher risk for high blood pressure. It's not just quantity, but also quality of sleep that matters. A study in the journal *Hypertension* found older men who spent the least time in deep sleep had the highest risk for hypertension.

Talk with your doctor if you regularly have trouble sleeping or feel extremely tired during the day despite getting enough sleep at night.

He or she can recommend lifestyle changes or other treatments. For instance, exercise regularly, but stop two to three hours before bedtime. Working out too late in the day can make it harder to fall asleep.

Soothing Stress

Poor sleep and stress often go together, and studies show that both may influence your risk for hypertension. When we're under pressure, our bodies release stress hormones that raise our heart rate and blood pressure.

To reduce stress, exercise regularly, talk with family and friends, and remember to laugh. Jokes and funny movies can make you feel good and protect you from stress's harmful effects.

Studying Salt

For years, we've been told to put down the salt shaker. Recent studies confirm that low-sodium diets reduce blood pressure. Experts recommend reducing your sodium intake to less than 2,300 mg per day—about 1 teaspoon of table salt. To get started, eat more fresh fruits, vegetables, and whole grains. Most of the salt in our diets comes from processed foods. 

swap your drink for better health

It's like a diet ad you'd see in the back of a magazine: Lose weight, feel better, and control your diabetes, all without changing the food you eat.

The secret? Cut out sugary sodas, fruit juices, and sports drinks. Instead, sip water, unsweetened tea, or other beverages with few or no calories.

The Harms of Sugary Sips

On any given day, about half of Americans drink at least one sugar-sweetened beverage. Besides soda, added sugars lurk in many other cans and cups, including:

- Sports drinks
- Energy drinks
- Vitamin-type waters
- Coffee drinks
- Juices with sugar added

Regular soft drinks are the number one source of added sugars in Americans' diets, according to the American Heart Association. Experts there recommend men consume only

nine teaspoons of sugar per day and women no more than six. But each 12-ounce can of soda contains eight teaspoons. That's 130 calories from sugar alone.

Drinking sugar seems to lead to weight gain faster than eating it. That could be because liquid calories don't fill you up like calories from solid foods. What's more, sugary beverages have been linked to developing type 2 diabetes if you don't already have it. They also make it harder to control your blood glucose if you do have type 1 or type 2 diabetes.

Other Ways to Wet Your Whistle

Water is the simplest alternative to sugary drinks. And it helps keep you hydrated and healthy. But you don't have to quench your thirst with only plain old H₂O. Try the following:

- Squeeze a lime or lemon into your water to add flavor.
- Sip tea or coffee without sweeteners, or with artificial sweeteners. One type, sorbitol, is absorbed more slowly than sugar and has about half the calories.

- Find low-calorie drinks or drink mixes at the grocery store.

- Switch to diet soda—or better yet, skip soda altogether.

- Drink fruit juice with no sugar added—it will say “100 percent juice” on the label. You'll still need to limit your portion to 4 to 6 ounces per day.

Better yet, eat whole fruit. It hydrates you and also contains more nutrients and fiber to fill you up. ☺

Browse recipes for low-sugar beverages—such as pineapple cooler—at <http://tracker.diabetes.org/recipe/browse/1>.



summer vegetable curry

- 1 small eggplant (about ¾ lb)
- 1 small zucchini
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 onion, chopped (about ½ cup)
- 1 piece fresh ginger, about 1-inch, grated
- 1 tablespoon curry powder
- ¼ pound small fresh mushrooms
- 1 cup diced tomatoes (peeled and seeded)
- 1 15-ounce can no-salt-added chickpeas (also called garbanzo beans)
- 1 14-ounce can light coconut milk
- 1 cup fresh cilantro, chopped for garnish

Wash and trim eggplant. Do not peel. Quarter and remove seeds. Cut into 1-inch cubes. Eggplant should yield about 3 cups. Wash and trim zucchini. Cut into 1-inch cubes. You should have about 1 cup.

Heat olive oil in a large pot. Add garlic, onion, and eggplant. Sauté until eggplant begins to soften, about five minutes. Add zucchini, ginger, curry powder, mushrooms, and diced tomato. Cook for two minutes. Add chickpeas and coconut milk. Cook on medium heat until all ingredients are heated through.

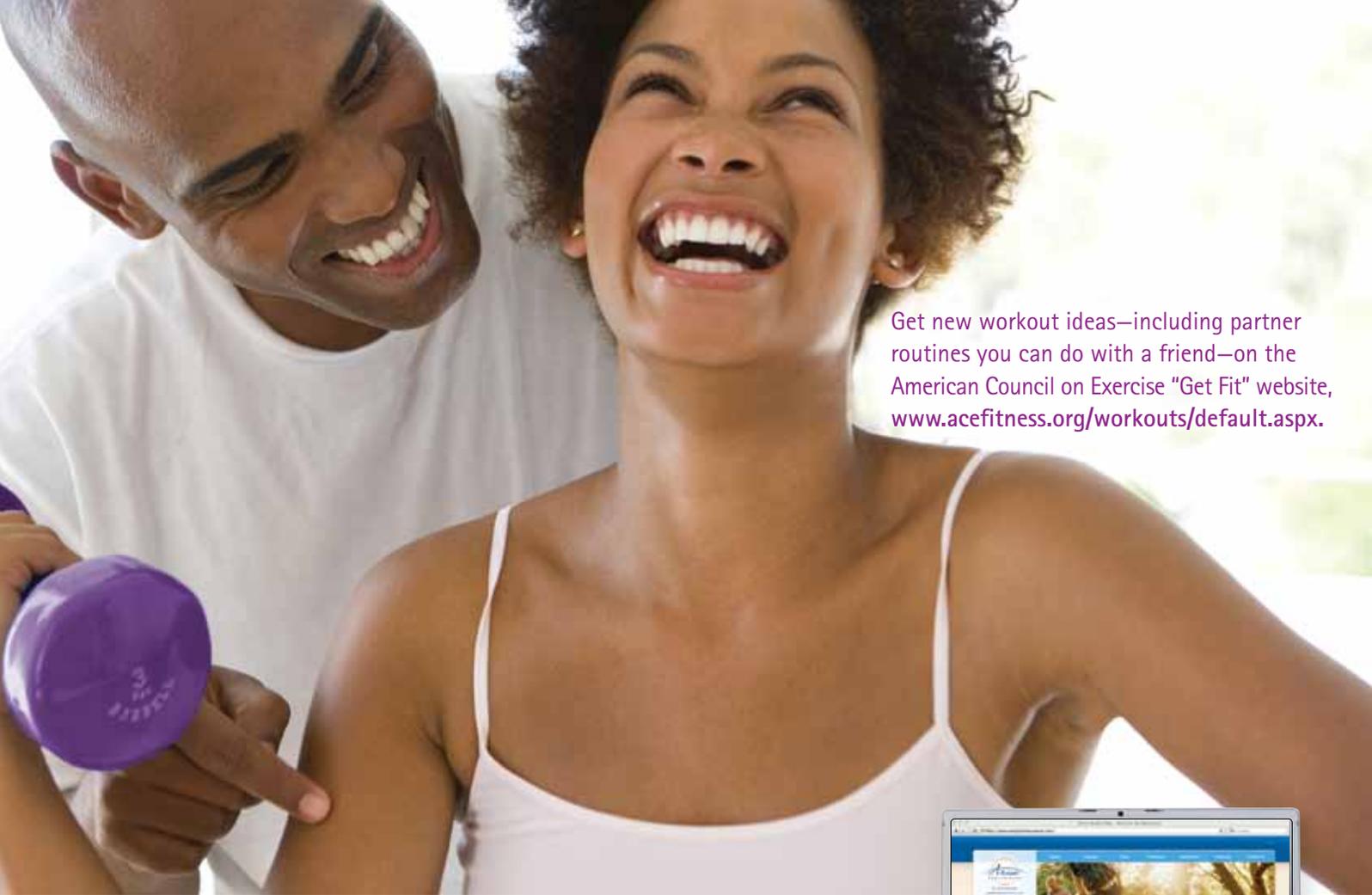
Serve with hot rice and garnish with fresh chopped cilantro. Makes four servings.

Nutrition Facts:

Each serving contains about 276 calories, 9 grams protein, 14 grams fat, no cholesterol, 29 grams carbohydrate, 8 grams fiber, and 31 milligrams sodium.

A half-cup serving of brown rice adds about 109 calories, 2 grams protein, less than a gram of fat, 23 grams carbohydrate, 2 grams fiber, and 1 milligram sodium.





Get new workout ideas—including partner routines you can do with a friend—on the American Council on Exercise “Get Fit” website, www.acefitness.org/workouts/default.aspx.

why work out? the perks come sooner than you think

Most messages about exercise focus on the benefits to your health down the line. But here’s a more compelling reason to start sweating: Exercise offers rewards right away.

Researchers surveyed more than 200 women about their exercise habits and goals. About one-fifth of the participants said they worked out because it improved their daily lives. These women exercised 15 to 34 percent more than any others. This includes women whose goals focused on weight, appearance, or aging in good health.

‘Rebrand’ Exercise as Me-Time

The results, published in the *International Journal of Behavioral Nutrition and Physical Activity*, suggest we need to start looking at exercise differently, study authors say.

It’s just human nature—we know working out is good for us, but we have so many demands on our time. Physical activity probably won’t rise to the top of our prior-

ity list unless we consider its immediate perks.

Find Benefits That Move You

Fortunately, there are instant benefits to exercise. These include:

- Reducing stress
- Increased energy and vitality
- Feeling happier
- Spending time with friends

There are also other exercise benefits that might enrich your daily life, such as:

- Being more creative, focused, and productive at work
- Living life to the fullest
- Being more patient with your children

Once you identify the instant benefits you desire the most, you’re likely to find more time to work out, the study authors say. For instance, if you value the social aspect of exercise, you might find a walking group or sign up for a class with your buddies. 



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 any comments, questions, or sugges-

tions, please e-mail Lori Turek, R.N., M.S., Director of Quality & Government Programs at Lori.Turek@AriseHealthPlan.com.

take a moment to visit the Arise Health Plan website!

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.

Member Rights

As a health plan member, you have the right to:

- Receive quality health care that is friendly and timely
- Be treated with respect and recognition of your dignity and right to privacy
- A candid discussion of appropriate or medically necessary treatment options for your conditions, regardless of cost or benefit coverage
- Refuse treatment
- Participate with practitioners in making decisions about your health care
- Have access to all information contained in your medical records
- Receive information about us, our services, our network of health care practitioners and providers, and your rights and responsibilities
- Make a list of instructions about your health treatments, called a living will, to name the person who can make health care decisions for you
- Receive all medically necessary covered services when your health care providers feel they are needed
- Have your medical and financial records kept private

- Voice complaints or appeals about us or the care we provide
- Have a resource at the health plan, clinic, or governing agency that you can contact with any concerns about services and receive a prompt and fair review of your complaint
- Make recommendations regarding the members' rights and responsibilities policy

Responsibilities

To help us provide the best service, health plan members have the responsibility to:

- Know your health plan benefits and requirements
- Select a primary care practitioner (PCP) and communicate with him or her in order to develop a patient-physician relationship based on trust, respect, and cooperation
- Review your insurance information upon enrollment and ask questions to verify you understand the procedures and explanations that are given
- Coordinate all non-life-threatening, in-network care through your PCP
- Supply information (to the extent possible) that we and our practitioners and providers need in order to provide care
- Understand your health problems and participate in developing mutually agreed-upon treatment goals to the degree possible

your member handbook is now available

For information about your benefits and how to obtain care, please visit our website at www.WeCareForWisconsin.com. Click on "Members," then on "Member Handbooks." You can also get information or request a printed member handbook by calling Member Services at **920-490-6900** (local) or **888-711-1444** (toll-free).

- Follow the treatment plan and instructions for care that have been agreed on with your practitioners
- Give proof of coverage each time you receive services, and update your clinic with any personal changes
- Pay copayments when you receive services and promptly pay deductibles, coinsurance, and charges for services not covered
- Keep appointments for care or give early notice if you need to cancel

Do you still have questions about your rights and responsibilities? Call Member Services at **920-490-6900** or toll-free at **888-711-1444**. You also can visit www.WeCareForWisconsin.com. 



kids' stuff: be wary when buying used

If you're a new parent watching expenses, it can be tempting to buy secondhand toys, cribs, playpens, and car seats at thrift stores or yard sales.

But doing so without checking for safety problems could put your child at risk. In 2011 alone, the Consumer Product Safety Commission (CPSC) recalled more than 100 children's products and toys due to safety issues.

While a 2008 federal law made it illegal to sell recalled items, they often turn up at yard sales, consignment shops, or online auction sites. Knowing how to tell the good from the bad can help you save money while protecting your family from harm.

Across the Board

No matter what you need, these general precautions apply:

- **Check for recalls.** Visit the CPSC website, www.cpsc.gov, to check for recalled products and to sign up for recall updates via email.
- **Don't buy without a manual.** This is especially important for items such as car seats, playpens, and cribs that must be adjusted or assembled. Without a manual you run the risk of doing so improperly, which could endanger your child.

Cribs

Don't buy a used crib without double-checking that the item has not been recalled. The CPSC has recalled more than 11 million drop-side cribs in which infants have been injured, some fatally, since 2007. Stricter CPSC safety standards for new cribs took effect in 2011.

Have questions about product safety? Visit the Consumer Product Safety Commission at www.cpsc.gov.



Whether your baby's crib is new or used, it's important to check it frequently for broken or loose parts.

Car Seats

Don't buy a car seat in these cases:

- It's too old—usually more than six years.
- You don't know whether it's been recalled or in a crash.
- It doesn't come with an instruction manual that specifies how to install it safely in your vehicle and restrain your child.

Toys

Buying used toys saves money and keeps them out of landfills. To make sure these items are safe, look out for:

- **Lead paint.** Exposure to lead can cause brain damage as well as hearing and sight disabilities. To be safe, avoid used toys made in China and Mexico, as well as anything with flaking paint.
- **Toys made with PVC, BPA, and phthalates.** Avoid toys with a "V," #3 plastic resin, or #7 recycling stamp on the bottom.
- **Mercury.** In particular, necklaces made in Mexico are often filled with mercury.

Remember, whether you're buying new or used baby gear or accepting free hand-me-downs, double-checking all items for safety is a must. ☹️

text4baby

Are you pregnant or a new mom? If so, there's a new FREE service to help you out! Text4baby provides totally free text messages three times a week with info to help you through your pregnancy and baby's first year.

Text BABY (BEBE para Español) to **511411** to sign up!

To learn more, visit www.text4baby.org.

Powered by Voxiva. Text4baby is a free service of the National Healthy Mothers, Healthy Babies Coalition.



protect yourself, your family, and your community: get your shots

Decades ago, whooping cough—also known as pertussis—made nearly every child sick. Each year, it struck hundreds of thousands of people in the U.S. and killed up to 9,000. But from 2000 to 2008, fewer than 200 people in the U.S. died of the disease.

What changed? In a word: Vaccines. Shots against whooping cough became widely available in the 1940s. Now, the vaccine prevents tetanus, diphtheria, and pertussis. It's recommended in one form or another for everyone from 2-month-old infants to older adults.

Vaccines Protect Communities

Polio, measles, mumps. Vaccines have slowed or stopped the spread of many diseases in the United States. They work by exposing your body to weak or dead versions of disease-causing germs or viruses. Your immune system then builds up resources to fight those bugs in the future.

Still, every few years, an outbreak rears its ugly head. In 2010, whooping cough ran rampant throughout California. More than 8,000 cases were reported—the highest number reported in 63 years.

Many of these diseases harm infants, pregnant women, older adults, and people who are already sick. But vaccines aren't always safe for these groups. That's why even healthy young adults need shots. If everyone who can get a vaccine does get immunized, that preserves what's called herd, or community, immunity. If most of a community is immunized, it's harder for a contagious disease to spread. For instance, a study found that in eight countries where immunization coverage was reduced, the incidence rates of pertussis surged 10 to 100 times the rate in countries where vaccination rates were sustained.

Shots for Children

Your pediatrician can give you an immunization schedule just for your child. Standard guidelines recommend the following schedule:

- Hepatitis B: birth, 1 to 2 months, and 6 to 18 months
- Rotavirus: 2 months, 4 months, and 6 months
- DTaP: two months, four months, six months, 15 to 18 months, 4 to 6 years
- Tdap: 11 to 18 years (preferably 11 to 12 years) for children who have had the DTaP shots; 7 to 10 years for children who haven't had all of their DTaP shots
- Haemophilus influenzae type b (Hib) and pneumococcal vaccine: 2 months, 4 months, 6 months, and 12 to 15 months
- Polio: 2 months, 4 months, 6 to 18 months, and 4 to 6 years
- Flu: Yearly beginning at 6 months
- Measles, mumps, rubella (MMR) and varicella (chickenpox): 12 to 15 months and 4 to 6 years

- Hepatitis A: 12 to 23 months
 - Meningococcal (MCV): 11 to 12 years; booster shot at 16 years
 - Human papillomavirus (HPV): 11 to 12 years
- Special schedules are available for high-risk children or those who fall behind on their vaccines.

Shots for Adults

Adults of all ages may need the Tdap and MMR vaccines, along with shots against flu, pneumonia, hepatitis A and B, and meningococcal disease. Young women and men age 19 to 26 should receive the HPV vaccine, and adults age 50 and older should receive one against herpes zoster (shingles).

Pregnant women and adults with HIV, diabetes, or other diseases may have different recommendations. Talk with your doctor to be sure you're getting the shots you need. 

Preventive care is important for you and your family. To learn more, visit www.WeCareForWisconsin.com/members/preventive_care.



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Arise Health Plan offers a full line of insurance products. Not all the information contained in this publication pertains to all lines of business. Fully insured business is underwritten by **WPS Health Plan Inc.** ASO business is administered at the request of the employer. **The information contained in this newsletter does not guarantee benefits. Please see your certificate of insurance or summary plan description for your specific benefit language.**

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avoid unneeded ER trips

If you go to an emergency room (ER), expect company. About 230 Americans check into an ER every minute, and it can feel like they're all ahead of you.

ERs save lives, but they're costly—and your wait can seem endless if your problem isn't urgent. Here's how to save time and money.

Find a Regular Doctor

Even if you're healthy, a family doctor can gauge your health needs while focusing on preventive medicine like shots and screenings. If you take ill, your doctor can treat most problems. Studies show having a regular doctor can reduce ER visits for not-so-urgent problems.

Manage Chronic Conditions

Illnesses like asthma, diabetes, and heart disease cause millions of ER visits. Working out a treatment plan with your doctor—and following it—reduces such trips. In one Alabama program, ER visits fell 50 percent among diabetes patients who learned more about the disease and received more routine care.

Know What's an Emergency

Reserve the ER for true emergencies. Examples include chest pain, weakness in an arm or leg, serious trouble breathing, major broken bones, allergic reactions, loss of consciousness, uncontrolled bleeding, poisoning, and head injuries. Ask your doctor (in advance, not in a potential emergency) if you aren't sure what should send you to an ER.

Explore Other Options

If your doctor's office is closed, urgent care centers and retail clinics can treat minor illnesses such as fevers, nausea, rashes, or the flu



more quickly than an ER. Most urgent care centers can handle simple broken bones and cuts that need stitches.

Take Care of Yourself

Staying healthy keeps you ER-free. Lose weight, eat a healthy diet, exercise regularly, and don't smoke. Injuries cause one in three ER visits, led by falls and traffic accidents—so fall-proof your home, buckle up in the car, and take other safety precautions 

looking for a doctor?

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." It's that simple!

You also may call an Arise Health Plan Member Services representative at (toll-free) **888-711-1444** or (local) **920-490-6900**, option 1.