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SUMMER 2017

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Summer FUN

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Sunscreen Smarts!

Did YOU Know?

☐ = 1 oz.

You should use about an ounce to cover your body—enough to fill a shot glass. That's about 2 tablespoons.

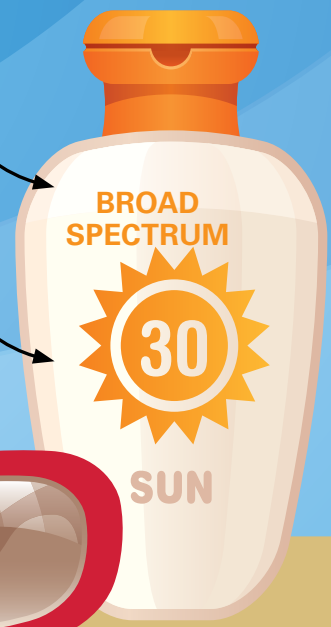
REAPPLY EVERY:

No Swimming Water-Resistant Very Water-Resistant

2 HOURS **40** MINUTES **80** MINUTES

This means it filters out both UVA and UVB rays. Both contribute to skin cancer.

The American Academy of Dermatology recommends using SPF 30, which blocks 97% of UVB rays.





If you have questions about protecting your skin, consult with your doctor or dermatologist.

DON'T LET SUNSCREEN MYTHS Burn YOU This Summer

If you miss a spot when smearing on sunscreen, you might end up with a sunburn. Leave a gap in your knowledge about sunscreen labels and you can face more serious consequences.

The right sunscreen is crucial in the battle against skin cancer, aging, and burning. Sunscreen labels can guide you to the best product.

A study conducted by dermatologists showed that 50% of participants didn't know how to read sunscreen labels. More than half of those surveyed believed three common myths about sunscreen—now, learn the truth.

MYTH Double the SPF means double the protection.

TRUTH SPF measures how much longer it takes for UVB rays to burn your skin when wearing sunscreen compared with when you're unprotected. For instance, if you choose SPF 15, it will take your skin 15 times longer to burn than if you use nothing at all.

SPF 15 sunscreen—the lowest number allowed by the FDA—blocks 93% of UVB rays. The American Academy of Dermatology recommends using SPF 30, which blocks 97%, and SPF 50, which blocks 98%.

No matter which SPF you choose, reapply every two hours. Brands labeled “water-resistant” last through 40 minutes of swimming or sweating, while “very water-resistant” means you'll have 80 minutes of protection. Always reapply after you get out of the pool or finish a workout.

NOTE: No sunscreen can screen out all UVB rays.

MYTH The number on the label tells you how well a sunscreen protects against skin aging.

TRUTH SPF helps protect against burning UVB rays, but it's UVA rays that cause wrinkles, age spots, and other signs of age. Make sure you choose a product labeled “broad spectrum.” This means it filters out both UVA and UVB rays. The benefit goes beyond appearance—both types of rays contribute to skin cancer.

MYTH A thin layer of sunscreen will suffice.

TRUTH Getting the amount of protection advertised on the label requires a generous coating. You should use about an ounce to cover your body—enough to fill a shot glass. Most people use only one-fourth to one-half this amount.

American Academy of Dermatology (2017); *JAMA Dermatology* (2015); Skin Cancer Foundation (2013).



Yes, You Can Quit Smoking

Quit

Stop smoking and improve your health, outlook, and productivity

If you smoke, then it won't surprise you to learn that each year, approximately half of all smokers try to quit. Even if a recent attempt didn't stick, you already know how important ditching cigarettes is to your health.

Quitting can also improve your productivity. Within 20 minutes of your last cigarette, your heart rate drops to a normal level. In as little as two weeks, your mood can improve, too. In a matter of months, you can breathe easier. A clearer head and calmer body can help you put your time at work to good use.

What you're giving up. It's okay to be unsure of what life would be like if you quit. The daily habit that gets you away from your post to chat with your fellow smokers may seem like a lot to lose. Don't panic!

With planning, the only thing you're giving up is your increased risk for life-threatening illness. Learn to bust through some thoughts that may keep you from setting a solid quit date and consider strategies that can help make your next cigarette your last.

"It's my me time." If you love that your addiction gets you away from your desk or work station, you're not alone. Start planning new break-time habits. Ask a friend to take a 10-minute walk with you once or twice a day or find a bench away from the haze where you can sit peacefully. You'll cut down on the number of breaks, and the ones you do take will refresh you to take on the rest of the day.

"If I stop, I'll gain weight." Vanity exists—but it's a poor reason to keep lighting up. Yes, quitting tobacco

can cause your body to use food less quickly at first. If a few extra pounds will be troublesome for you, keep healthy snacks, such as carrots, celery, and pretzels, at arm's reach. But be gentle with yourself and build healthy habits gradually.

"I've tried—I just can't do it." Most smokers try to quit several times before they succeed. Each time you try, you learn something new. Cold turkey not your style? Tried the patch but still fell off the wagon? Talk with your doctor about smoking-cessation medications and resources to help you quit for good.

Whatever you do, don't give up! A slip doesn't have to be an excuse to start up again. Quitting isn't easy—but *people do it every day.*

"But I only smoke when I..." Wake up? Smell coffee? Drive? Those are triggers that can lead to cravings. List times when you're most likely to light up—then try something new when those triggers sneak up on you. Smoke when you drink? Choose fruit juices or water instead of alcohol. Have your first cigarette on your drive to work? Ask a co-worker for a ride, take the bus, or try a different route.

Keep fighting the good fight. The most important thing you can do early on is tell co-workers and loved ones that you're quitting smoking. That way, they can offer support if you seem irritable or are about to light up. You, your health, and your long-term success are worth it—you got this!

American Management Association (2010); U.S. Department of Health & Human Services, National Institutes of Health (2011); Centers for Disease Control and Prevention (2017); National Cancer Institute, National Institutes of Health (2008).

The Perks of Quitting Smoking

A Timeline of Benefits



1–9 months

You'll have more energy and fewer symptoms, such as coughing, congestion, fatigue, and shortness of breath. Tiny hair-like structures in your lungs called cilia resume clearing mucus, reducing your risk for infections.

2 weeks–3 months

Blood flow improves throughout your body. Your wounds heal more quickly. It's also easier to walk and breathe.

1 year

Your risk for heart disease is cut in half.

5 years

Compared with people still smoking a pack a day, you're half as likely to develop cancer in your mouth, throat, bladder, or esophagus. Your risk for lung cancer falls by nearly 50%.

10 years

Your risks for stroke and lung cancer are like those of someone who never smoked.

15 years

You're less likely to develop heart disease, much like if you had never lit your first cigarette.

48 hours

Damaged nerves repair themselves, restoring your sense of taste and smell.

24 hours

Your risk for sudden heart attack, once higher than average, decreases.

8 hours

Levels of carbon monoxide in your blood drop, and your blood oxygen level returns to normal.

20 minutes

Your blood pressure and heart rate drop to normal.

American Cancer Society (2012); Centers for Disease Control and Prevention (2012); *Lancet* (2012); National Cancer Institute (2012); U.S. Department of Health & Human Services Office on Women's Health (2010); U.S. National Library of Medicine and the National Institutes of Health (2012).



Why ‘Me Time’ Matters So Much

One secret to being a better parent and a happier, more serene person: Carve out a little “me time.” Whether you use your “me time” to take a walk, explore a hobby, or just laugh over a cup of tea with your best friend, taking quality time just for you can help you de-stress and recharge. Here’s how to make the most of it:

Ditch the guilt. Truth is, children often feel stressed and sad when their parents are stressed out. Taking steps to reduce stress makes you a healthy role model for your family—and can help you all feel happier and more relaxed, too.

Claim 30 minutes, three times a week for fitness. Exercise soothes anxiety and depression, helps you cope with the stresses of daily life, and can give your health and appearance a boost. Explore various exercises to see what you like, such as walking, swimming, cycling, or attending a yoga or Pilates class. Then make it part of your regular schedule.

Connect with your spiritual side. Whether you meditate, attend religious services, or join a spiritual group in your community, strengthening your relationship with your spirituality can bolster your sense of purpose and meaning. It can also give you a chance to give and receive emotional support from others.

Schedule some laughs. Get together with your funniest friend, watch a TV comedy, read a funny book, or go out to a comedy club with your partner or friends. Laughter has the power to boost your mood, increase feelings of joy, and zap stress hormones.

Stop to smell the roses or savor the sun. Slow down for beauty, awe, and wonder. Take a minute to step outside to listen to the birds chirping or watch a gorgeous sunrise or sunset. You’ll boost your feeling of well-being.

Rediscover your passion. Get out your adult coloring book, hear your favorite band play, sign up for a dance class, or drag that dusty violin case out of the closet and start playing again. Reconnecting with hobbies and interests you love is a great way to mentally recharge and feel joy.

American Psychological Association (2010); *Environmental Science and Technology* (2010); *Gerontologist* (2016); *Journal of Family Psychology* (2011); University of Arizona Cooperative Extension (2004).

SHARING IS CARING!

Go to our Facebook page to share your favorite recipe. You may find a new one you’d love to try, too!
facebook.com/arisehealthplan

Getting Your Partner to Share Household Chores More Fairly

A lot has changed over the years, but one thing may have stayed the same: In many couples, one person still tends to do more of the household chores

This is supported by a Pew Research Center survey of U.S. parents. In two-parent families in which each parent had a full-time job, 40% of parents said that household chores were not shared equally. When that was the case, one person ended up doing more chores in about three-fourths of all families.

When Housework Becomes a Daily Battle

If you feel like you're doing more than your share of the load, it can take a toll on your relationship. Over time, you may start to feel unappreciated, angry, or resentful—not to mention exhausted. You and your partner may find yourselves arguing over who shops for groceries, takes out the trash, or does the dishes.

A Peaceful Resolution to the Chore Wars

Luckily, many couples manage to hash out these issues successfully. Below are a few tips for negotiating who does what around the house:

- Wait for the right time to bring it up. Sit down with your partner to discuss divvying up the household chores. The end of a long, stressful workday isn't the best time for this conversation. Instead, pick a time when you're both rested, relaxed, and in a good mood.
- Be an effective communicator. Give some advance thought to what you want to say. When the time comes, state your case clearly and concisely. Then listen to your partner's ideas with an open mind.

- Avoid playing the blame game. Strive to be constructive rather than critical. For example, you're likely to meet with resistance if you say, "The laundry still isn't done. You're so undependable!" You may get a better response if you say, "I know we both need clean clothes for work. How can we find the time to do laundry?"
- Be realistic and ready to compromise. Look for solutions that you both view as fair. For example, if you both enjoy cooking but hate cleaning up afterward, you might agree to take turns doing those jobs.

Splitting up chores fairly has many benefits. The vacuuming gets done, and you both feel respected.

Journal of Family Psychology (2016); National Resource Center for Healthy Marriage and Families of the U.S. Department of Health and Human Services; Pew Research Center (2015); Sex Roles (2014).





How to Pick the PERFECT Pet

CHOOSING A NEW PET IS EXCITING AND FUN! Set the stage for a great new addition to your family by keeping health needs in mind when picking the perfect pet. Here are three health concerns to think about:

Allergies. Almost 30% of Americans have allergic reactions to proteins in dead skin flakes, saliva, and urine from cats and dogs. Allergic reactions can range from a stuffy, runny nose to swollen, itchy eyes. Allergies can also cause asthma attacks for the estimated three in 10 people with asthma who also have a cat allergy.

There isn't a cat or dog breed that is 100% hypoallergenic. A study conducted by allergists showed that levels of sneeze-provoking allergens were equal in homes with hypoallergenic and other dog breeds. Keeping pets out of the bedroom and running a high-efficiency particulate air (HEPA) filter may help.

Infection risks. Some pets carry diseases that can infect people. Cats may transmit toxoplasmosis through parasites in their stools. This could be a serious health risk if you have a weakened immune system or harmful to your baby if you become pregnant. If you're pregnant, have someone else change the litter box.

Don't get a turtle, frog, newt, salamander, or other reptile if children, older adults, pregnant women, or anyone with reduced immunity lives in your household. These reptiles carry salmonella bacteria that can cause severe illness.

Trips and falls. Falls while walking, playing with, or tripping over dogs send more than 85,000 Americans to the emergency room each year. Obedience training helps, but it's smart to match your dog's size, temperament, and exercise needs to your strength, walking ability, and way of life.

➔ **Pets can provide health perks!**

Stressed out? Worried about your weight or your heart? Pets can provide proven benefits. The American Heart Association says that pets may help lower blood pressure and reduce bad cholesterol levels. Visit heart.org and search "pet" for more information.

American College of Allergy, Asthma and Immunology (2014); *American Journal of Rhinology and Allergy* (2011); Asthma and Allergy Foundation of America (2015); Centers for Disease Control and Prevention (2016); *Circulation* (2013); *Environment and Behavior* (2016); *Journal of Safety Research* (2010); *Journal of Vascular and Interventional Neurology* (2009); *Morbidity and Mortality Weekly Report* (2009).

The Must-Know Facts About **BAD** Cholesterol

You've probably heard LDL (low-density lipoprotein) described as "bad" cholesterol, but **what's so terrible about it?**

Bad cholesterol isn't always a villain. It's simply the form in which cholesterol travels around your body in the bloodstream. A little bit of this cholesterol is required by every cell in your body. It's only when **you have more bad than you need** that it becomes a problem.

When there's excess cholesterol in your blood, it can build up inside your arteries. This may cause blockages, which can lead to chest pain, heart attack, or stroke. That's why managing your bad cholesterol takes top priority.

Lowering your bad cholesterol level may reduce or stop the clogging of your arteries. When you already have heart disease, it may decrease your risk of having a future heart attack or dying prematurely.

Put Bad Cholesterol in Context

Bad cholesterol is measured with a blood test. In the past, a level below 100 mg/dl was considered ideal. For people with heart disease, the goal was having levels in that range—sometimes below 70 mg/dl.

Today, less stress is placed on one-size-fits-all goals. The latest guidelines say doctors should tailor **strategies for managing cholesterol** based not only on bad levels, but also your age, sex, race, and other risk factors:

- Blood pressure level
- Diabetes
- Previous heart attack or stroke
- Smoking

Give Your Lifestyle a Makeover

For many people with heart disease, taking cholesterol-lowering medicine can be a lifesaver. In addition, these lifestyle choices can help keep your bad cholesterol levels in check:



- **Eat a heart-smart diet.** Select a diet that's low in saturated fat. Focus on fruits, vegetables, whole grains, poultry, fish, nuts, low-fat milk, and other dairy products.
- **Be active.** As little as 40 minutes of moderate-intensity aerobic activity three to four days per week can help lower bad levels.
- **Maintain a healthy weight.** Aim for a body mass index (BMI) of less than 25, which puts you within the normal-weight range. Even if you're overweight or obese, losing just a little weight can make a big difference. Shedding 3 to 5% of your current weight can decrease your triglycerides and blood glucose levels. Losing more than that can improve your blood pressure, lower your LDL (bad) cholesterol levels, and raise your HDL (good) cholesterol.

➔ WANT TO LEARN MORE?

Visit our Self-Management Tool online at arisehealthplan.com > **Members > Self-Management Tool** and search for "cholesterol."

American Heart Association (2016); *American Journal of Epidemiology* (2014); National Heart, Lung and Blood Institute (2016).

LOOKING FOR A NEW DOCTOR? *Check out the Find a Doctor tool.*

Are you looking for a new doctor or not sure if your doctor is in-network? Visit arisehealthplan.com and click on the **Find a Doctor** tool.

Then, choose your plan type and click the **I Agree** button, or enter your group ID number and click **Go**.

- 1 Enter the search criteria** to find your doctor. You can search by doctor's name, specialty, or location.
- 2 Click the Search button** to view your search results.
- 3 If your search didn't yield** the results you were looking for, try another search with broader search

criteria. For example: If you're looking for a general physician, search using the criteria "family practice" or "internal medicine." To find a hospital or facility, type "hospital" in the specialty area.

Providers are subject to change. Viewing providers within this directory does not guarantee in-network coverage for those providers.

9 TIPS for Living Well with Joint Pain

When you have chronic joint pain, it's crucial to see your doctor regularly and take any medication as prescribed. You also need to adopt a lifestyle that nurtures your health and happiness. The nine self-care tips below can help you thrive with joint pain.

1 Bone up on the subject. The more you know about joint pain, the better you can help manage it. Ask your doctor about arthritis self-management classes and support groups in your area. You can also check with your local office of the Arthritis Foundation, which can be found at arthritis.org.

2 Exercise your heart and lungs. Aerobic activities, such as walking, cycling, and water aerobics, can help improve your overall health, control your weight, and boost your mood. Talk with your

doctor about establishing a safe and effective exercise routine.

3 Stay strong and limber. Strengthening activities, such as exercising with free weights and elastic bands, build strong muscles that can help support your joints. Flexibility activities, such as stretching, yoga, and tai chi, can also improve joint movement and reduce injuries.

4 Balance activity with rest. Listen to your body. Pay attention when your body tells you that it's time to slow down or take a break.

5 Eat a balanced diet. Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk products in your daily diet. You can also include fish, poultry, nuts, and beans. Try to limit saturated fat and added sugars, if possible.

6 Keep your weight down. If you're overweight, losing weight helps decrease the strain on your knee and foot joints. It may also reduce chronic inflammation in your body, which can damage joints over time. Smart eating habits and regular physical activity are key to a healthy weight and happy lifestyle.

7 Make sleep a top priority. Ask your doctor about the best medication to help you sleep and what positions to try to help manage bedtime pain. To help yourself doze off, keep your bedroom dark, quiet, and comfy.

8 Manage stress and anxiety. Meditate, listen to music, call a friend, go for a walk, or soak in a warm bath. When time is short, soothe stress quickly by closing your eyes and taking a series of slow, deep breaths.

9 See the glass as half-full. It's easier to make the best of the situation when you have a positive outlook. Focus on your abilities and strengths rather than your disabilities and weaknesses.

American College of Rheumatology (2015); Arthritis Foundation; Anxiety and Depression Association of America (2016); Centers for Disease Control and Prevention (2016); National Institute of Arthritis and Musculoskeletal and Skin Diseases (2015).



Health Plan Information for You and Your Family

AFFIRMATIVE STATEMENT REGARDING INCENTIVES

Utilization management decision-making at Arise Health Plan is based only on appropriateness of care and existence of coverage. Arise does not specifically reward practitioners or other individuals for issuing denials of coverage or service. No financial incentive is given to encourage decisions that result in underutilization.

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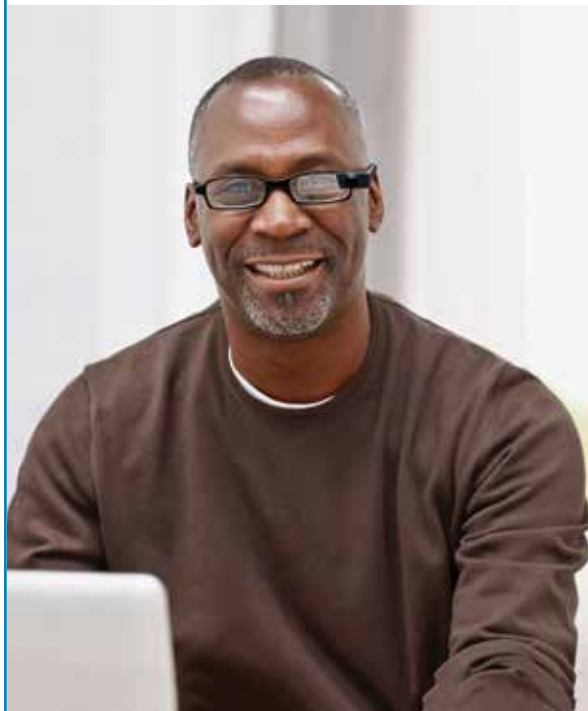
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ASK THE EXPERTS

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Send your health and wellness questions to our experts at ariseandshine@arisehealthplan.com.

5 ASTHMA TIPS for a Healthy Life

If you have asthma, you know how scary it can be when you can't catch your breath. Asthma is a chronic disease, but it doesn't have to limit you. **Below are five asthma tips from Paula Lucas, R.N.**, the population health care manager for Arise Health Plan Disease Management, to help you live your best life.

1 Complete an asthma action plan. At your next doctor visit, create an asthma action plan that will help you treat your asthma daily. This is a plan that you can keep with you and show to your friends, family, and co-workers. If you have difficulty breathing, this will help them know how to react.

2 Take your medication exactly as prescribed by your doctor. Controller medications or inhalers need to be taken every day as prescribed by your doctor to help keep your airways from swelling inside, keep air flowing, and avoid breathing problems.

3 Carry your rescue (quick relief) inhaler with you always. Having it and using it when you have trouble breathing can help avoid the need for emergency medical treatment.

4 Be aware of asthma triggers. Try to limit your exposure to your specific asthma triggers—things that make it harder for you to breathe. Some triggers may include dust, pet dander, and smoke.

5 Asthma changes over time. You may not have the same response to medications that you previously had, your lungs may become more reactive to triggers, and you may develop new or worsening symptoms. It's important to talk with your doctor about changes to your health so your treatment plan can be adjusted, if needed.

Take Control of Your Asthma

Visit our online Health Center to find practical, how-to asthma resources and more details on an asthma action plan.

Visit arisehealthplan.com, click on the **Self-Management Tool** button, and search "asthma."

