



Arise shine

and

WINTER 2016



HEALTH INSURANCE PARTNER
OF THE GREEN BAY PACKERS

Winter Wellness

LIGHTEN UP

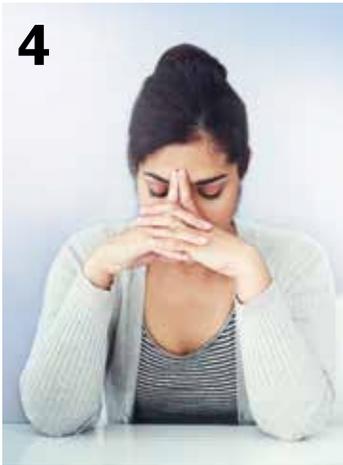
Your
Favorite
Recipes

See page 10

CONNECT WITH US!

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





4



6



8



10

4 Take the Worry Out of Talking About Anxiety

6 Women: Endometriosis Increases Your Heart Attack Risk

7 6 Things You Need to Know About Prostate Cancer

8 Avoid a Round-Trip Ticket Back to the Hospital

9 Many Americans Don't Know They Have This Deadly Disease

10 Lighten Up Your Favorite Recipes

Healthy Recipe

Check out our recipe for **Quick Apple Crisp** on page 10.



LIFT YOUR SPIRITS AND BURN 200 CALORIES WITH QUICK WINTER WORKOUTS

The chart below offers an idea of how long you would have to perform common winter activities in order to burn off 200 calories:

Activity	How Many Minutes to Burn 200 Calories?		
	120 lbs.	160 lbs.	200 lbs.
Hiking	37	28	22
Shoveling Snow	38	28	23
Sledding	32	24	19
Cross-Country Skiing	28	21	17
Downhill Skiing	35	26	21
Rock Climbing	21	16	13
Ice Skating	37	28	22
Snowshoeing	30	25	20
Stacking Firewood	37	28	22

You can enjoy significant health benefits and beat the winter blues by staying active during the winter—even if only for a short period of time. Regular exercise helps reduce stress and anxiety. It can also help you sleep better and boost your immune system during cold and flu season.



Get in Shape with These 3 Steps

Less than half of all adults get the recommended amount of physical activity—at least 150 minutes each week of moderately intense aerobic activity, such as brisk walking. If you're among them, take steps to get in shape.

Regular exercise can help you keep your weight in check, live longer, and lower your risk for heart disease, stroke, type 2 diabetes, depression, and some forms of cancer. No matter where you are, these fit tips can help you get up to speed and make exercise part of your daily life.

1 Set realistic exercise goals. If you can't walk at a brisk pace for the recommended 25 minutes each day, aim for just five minutes twice a day, five days per week. As walking gets easier, gradually begin walking longer and faster. Or wear a pedometer and gradually increase your step count, with the goal of reaching 8,500 steps per day, which is equivalent to 30 minutes of physical activity.

2 Record your activity. Keep an exercise log in your calendar or online to track your progress. It's motivating to see you're increasing the time you spend walking or doing another activity, as well as the intensity and frequency.

3 Give yourself credit. On days or weeks that you didn't meet your exercise goals, consider everything you did that was active. Did you walk at least two days that week, for example, or take on household chores? Every bit of movement counts. A recent study in the *Journal of Sports Science and Medicine* found that walking just 30 to 50 minutes two days per week helped reduce the risk for heart disease.

Keep It Reasonable

Overall, your exercise goals should be challenging but attainable, straightforward, and reachable in the near future. For someone who hasn't exercised in a while, an example of a realistic exercise goal might be increasing time spent being active by five minutes every week. Post your exercise goals where you can see them every day, such as on your refrigerator.

Always play it safe by getting your doctor's OK before you start exercising.

American Council on Exercise (2014); Centers for Disease Control and Prevention (2012); *Journal of Sports Science and Medicine* (2014); President's Council on Fitness, Sports & Nutrition (2016).

Take **the** **Worry Out** of Talking About **Anxiety**

depression
doctor visit
sleepless nights
insomnia
daily life
pressures
mental health

diagnose
symptoms
treatments

crippling feeling of fear
feelings
excessive worrying
panic attacks
treatments
symptoms
embarrassment
medical condition
anxiety disorder
feeling anxious
struggles



➔ WE WANT TO HEAR YOUR STORY!

Have a health question or want to share your story with others? Email us at AriseandShine@arisehealthplan.com. Your story could appear in the next issue!

If you often feel anxious, the thought of talking to your doctor about it may cause, well, some anxiety. But if symptoms—such as excessive worrying, crippling feelings of fear or dread, panic attacks, or sleepless nights—are interfering with your life, it might be time to confide in your doctor.

Following these steps may ease your concerns about starting the conversation.

1. CALL YOUR DOCTOR

It can be hard to admit you're struggling with a mental health issue. You may feel ashamed, embarrassed, or like you should be able to solve the problem on your own. It's important to remember that an anxiety disorder is a real medical condition that can improve with treatment.

You are not alone. Anxiety disorders are among the most common mental health conditions in the U.S., affecting nearly one in five adults. Talking with your doctor about symptoms is a critical first step toward feeling better soon.

2. MAKE A PLAN

Doing some prep work before your office visit can help you make the most of your time with your doctor. In advance of your appointment:

- **Write down your symptoms**, how they affect your daily life, and how

you feel when they occur. If you get nervous during the appointment, referring to your notes can help you remember important details.

- **Do some research online** to get a basic understanding about the diagnosis and treatment of anxiety disorders. Jot down any questions you may have.
- **Set a goal for the visit.** You may want to leave with an answer to a specific question or a referral to a mental health specialist (if needed). Maybe you want a plan for addressing an immediate concern, such as insomnia or symptoms interfering with your ability to do your job.

3. GO FOR IT

Even though you may find it difficult, try to speak openly and honestly with

your doctor. Begin by explaining what you think is going on. Be as clear and direct as possible. Use your notes.

For example, you could start by saying, "I think I might have an anxiety disorder," then describe the symptoms you're having.

Arriving at a diagnosis and a treatment plan can take time.

Making an office visit and talking with your doctor is a huge stride on the road to getting better soon.

Anxiety and Depression Association of America (2014); Canadian Mental Health Association British Columbia (2011); Centers for Disease Control and Prevention (2012); Mental Health America (2016); National Alliance on Mental Illness (2015); National Institute of Mental Health, National Institutes of Health (2016); University of Michigan Depression Center (2014).

4 Things You Can Do to Worry Less

If you are one of the 40 million U.S. adults living with anxiety, you know just how hard it can be. The good news is a few small changes to your daily routine can make a big difference in how you feel. Here are four habits you can develop to strengthen your defenses.

1 Sweat it out. Activities that raise your heart rate and cause you to break a sweat seem to be particularly good anxiety busters. Bonus points if you head outside to get your sweat on—the outdoors is a proven antidote to anxiety.

2 Strengthen your mindfulness muscle. By becoming more aware of the present, you can recognize anxious thoughts and free yourself from their grip. Enrolling in a mindfulness-based stress reduction—or MBSR—training program can help you cultivate mindfulness. Yoga, tai chi, and other meditative exercise practices can also help.

3 Dump the junk. There is compelling evidence that eating a varied diet built upon lean meats and fish, grains, fruits, and vegetables is good for your mental health. Studies also suggest that increased intake of probiotics (live bacteria found in foods such as yogurt and

sauerkraut) and prebiotics (a type of fiber that helps "feed" the bacteria, found in bananas, asparagus, and whole wheat foods, among others) may reduce feelings of anxiety.

4 Seek out support. For many people with anxiety, joining an online or in-person support group is beneficial. Support groups allow you to connect with others who know what you are going through or who have had similar experiences.

Academy of Nutrition and Dietetics (2015); Anxiety and Depression Association of America (2014); *Archives of Internal Medicine* (2010); Centers for Disease Control and Prevention (2015); *Evidence-Based Alternative and Complementary Medicine* (2012); *Extreme Physiology & Medicine* (2013); *JAMA Internal Medicine* (2014); *Monitor on Psychology* (2012); National Alliance on Mental Illness (2015); *Psychopharmacology* (2015); *Psychotherapy* (2011); *Scandinavian Journal of Medicine & Science in Sports* (2015); University of Michigan Depression Center (2014).

Women: Endometriosis Increases Your Heart Attack Risk

Heart disease is the leading cause of death for U.S. women. Your risk for heart problems increases significantly if you have endometriosis, according to a new study.

The study tracked the health of more than 116,000 women for 20 years, including 5,300 who'd had endometriosis. Endometriosis is an often-painful disorder that happens when tissue that normally lines the uterus grows in other parts of the body.

RESULTS: Women with endometriosis were 50% more likely to have a heart attack than women without the reproductive disease. Women under age 40 who had endometriosis were especially at risk.

The Endometriosis-Heart Disease Link

Women with endometriosis are more likely to also have certain heart disease risk factors, studies show. For exam-

ple, endometriosis is associated with poor cholesterol levels. Researchers say these risk factors may lead to heart trouble down the line. Surgery to remove the ovaries or uterus is also linked with a higher risk for heart disease.

Keep Your Heart Healthy

All women can take these steps to protect their heart health:

- **Be physically active.** Aim for 150 minutes of moderate-intensity physical activity, such as brisk walking, per week.
- **Have your cholesterol levels and blood pressure tested** according to your doctor's recommendations.
- **Maintain a healthy weight.** Aim for a body mass index (BMI) of less than 25, which puts you within the normal-weight range.
- **If you smoke, quit.** Smoking damages your heart and blood vessels. If you're having trouble quitting, discuss options with your doctor that could increase your chances for success.

At your next office visit, talk with your doctor about your risk for heart disease and what you can do to keep your heart healthy.

Circulation: Cardiovascular Quarterly Outcomes (2016); National Heart, Lung, and Blood Institute, National Institutes of Health (2015); Office on Women's Health, U.S. Department of Health and Human Services (2014).

To learn more, visit goredforwomen.org.

VACCINES PROVE EFFECTIVE AGAINST HPV INFECTIONS

Human papillomavirus (HPV) strikes so often that nearly every sexually active American has caught, or will catch, the virus, according to the National Institute of Allergy and Infectious Diseases. There are many different types of HPV, including some that can cause cervical and other cancers. Fortunately, research shows vaccines can help stop its spread, especially among teens.

In 2006, doctors began recommending young women receive the HPV vaccine to protect against HPV.

Since then, the number of infections among 14- to 19-year-olds has decreased by two-thirds.

Experts say both girls and boys should get vaccinated at age 11 or 12. Young adults—up to age 21 for men and 26 for women—can still benefit. Thanks to the vaccine, cases among women ages 20-24 dropped by one-third, the new study showed.

National Institute of Allergy and Infectious Diseases (2014); Pediatrics (2016).

6 Things You **Need** to Know About Prostate Cancer

An estimated one out of every seven American men will be diagnosed with prostate cancer at some point in their lives, making it the most common cancer, second only to skin cancer. Here are six key facts every man should know.



1 The risk of developing prostate cancer rises rapidly after age 50. Age is the largest risk factor for prostate cancer. More than two-thirds of new cases occur in men between 55 and 74 years old. Other factors that may increase your risk include being African-American and having a father or brother who also developed the disease.

2 Not every man needs to be tested for prostate cancer. The PSA (prostate-specific antigen) blood test measures how much of that protein is present in your blood. The test can often detect prostate cancer before symptoms occur, but a high PSA level is also sometimes caused by noncancerous conditions. And some men with low PSA levels can later be diagnosed with cancer.

Researchers are working to develop better screening methods for prostate cancer. In the meantime, the American Cancer Society recommends all men talk with their doctors about whether PSA testing is right for them. Sometimes the doctor will do a rectal exam, as well. Then, if the PSA test or rectal exam points to prostate cancer, you may need further testing.

3 Don't ignore symptoms associated with prostate problems. Many men with prostate cancer don't experience any symptoms, which is why it's crucial to discuss screening with your doctor. Other men do notice symptoms, however, such as:

- Pain when urinating
- Slow or weak urine stream
- More frequent urination, especially at night
- Blood in the urine or semen
- Trouble getting an erection

If you develop any of these symptoms, see your doctor. They may be caused by something other than cancer, but it's important to get them checked out.

4 Some men with prostate cancer never need any treatment. In many cases, prostate cancer grows quite slowly. Older men and those in poor overall health may opt to avoid treatment and instead have their

doctors monitor the cancer's progress. If anything changes, treatment may be reconsidered.

5 When treatment is necessary, numerous options are available. The best treatment for prostate cancer depends on many factors, including age and health, how far the cancer has developed, and concerns about potential side effects. When considering your options, ask your doctor to help you weigh the risks and benefits. Treatments for prostate cancer include:

- Surgery—surgically removing the prostate gland and some of the tissue surrounding it
- Radiation therapy—using high-energy rays or particles to destroy prostate cancer cells
- Hormone therapy—reducing male hormones in the body or blocking their effects on prostate cancer cells
- Chemotherapy—using cancer-fighting drugs, either injected into a vein or taken by mouth
- Vaccine treatment—boosting the body's immune defenses against prostate cancer cells
- Cryotherapy—using very cold temperatures to freeze and destroy prostate cancer cells (available only in clinical trials at this time)

6 The outlook is excellent for most men with prostate cancer. Prostate cancer can be life threatening if it spreads to other parts of the body. But when it's caught early, as it usually is, the five-year relative survival rate is nearly 100%. The 15-year survival rate for *all* stages of prostate cancer combined is 95%. On average, men with prostate cancer are nearly as likely as those without cancer to live long lives.

"Informed Decision Making Among First-Degree Relatives of Prostate Cancer Survivors: A Pilot Randomized Trial." S.N. Davis et al. *Contemporary Clinical Trials*, 2014, vol. 39, pp. 327-334. 2014.

American Cancer Society (2016); Centers for Disease Control and Prevention (2016); National Cancer Institute, National Institutes of Health (2016).

Avoid a Round-Trip Ticket Back to the Hospital

When you leave the hospital after an illness, the last thing you want to do is return. But one in five older adults makes a repeat visit within a month of being discharged. According to a new Yale University study, the risk of heading back remains high for months, or even a year afterward, depending, in part, on what caused you to be admitted in the first place.

Doctors can help you reduce these risks by providing targeted follow-up care, according to the study's authors. But patients have an important role to play, too. Watch your health—or your family member's—closely during the months after a hospital visit and report any changes or concerns quickly to the health care team.

The Price of Admission

The first days back home after hospitalization pose a number of risks. For one thing, you're still recovering from the illness that required inpatient care to begin with, be it pneumonia or a heart attack.

But that's not all. Your odds of developing conditions unrelated to your initial diagnosis also increase. Why? Stress from the hospital experience, changes in medications, and exposure to new infections create a dangerous mix. You may develop a new gastrointestinal, respiratory, or other type of illness as a result.

Planning Starts Before Discharge

Health care experts are working to reduce these risks in several ways. Some of this starts while you're still in the

hospital. Doctors are paying more attention to inpatients' overall health and encouraging them to eat well, sleep properly, and move around more.

Patients and families can take an active role in preventing readmissions, too. Keep a checklist for when you are discharged. Make sure you ask—and write down the answers to—these questions:

- What should I do to continue getting better?
- What should I watch for? And what should I do if I have problems?
- Which medicines do I need, and how do I take them?
- Will I need a walker or other medical equipment?
- Do I need to schedule follow-up visits and tests?

Request written information you can take with you about your diagnosis and treatment plan. If you and your family need further help coping with the transition, ask to speak with a social worker, who can speed up access to the resources you need for a full recovery.

BMJ (2015); Centers for Medicare & Medicaid Services (2014); *New England Journal of Medicine* (2013).

SMART DECISIONS: KNOW YOUR OPTIONS

The decisions you make about your health and care influence your overall well-being and the quality and cost of your care. It's key to partner with your doctor in every decision about your health.

Making smart decisions about your health and care can help you reduce costs and receive better care. It's important to take into account:

- Benefits
- Risks
- Cost
- Your needs and wants

Decision Points are designed to guide you through key health decisions, combining medical information with your personal values to make a wise health decision. See a list of Decision Points that can help guide you through medical tests, medicines, surgeries, treatments, and other issues available to you online 24/7.

➔ FOR HELP MAKING YOUR OWN HEALTH CARE DECISIONS, visit us online at Arisehealthplan.com > **Members > Self-Management Tool.**

Many Americans Don't Know They Have This Deadly Disease

An estimated 3.2 million people in the U.S. are infected with hepatitis C, a virus that affects the liver. It can be deadly when left untreated. A report finds that hepatitis C is now the leading cause of death from infectious disease.

Researchers from the Centers for Disease Control and Prevention analyzed national death certificate information from 2003 to 2013. They found that, overall, deaths from infectious disease decreased by about 3% annually. For hepatitis C, the number of deaths increased by more than 6% annually. The results were published in the journal *Clinical Infectious Diseases*.

Lack of Treatment Leads to Hepatitis C Deaths

Hepatitis C can be cured with antiviral medication. However, studies show that very few people with hepatitis C get adequate treatment. This may be because up to 80% of people with the virus do not experience symptoms.

Without treatment, hepatitis C can cause chronic liver disease and liver cancer. The virus is the leading cause of liver transplants in the United States.

Should You Get Tested for Hepatitis C?

If you fall into any of the following risk groups below, please consult with your doctor to get tested now.

- **You've Injected Drugs**—Hepatitis C is spread from the blood of one person to another. If you've injected drugs, get tested, even if you did it only once or it was a long time ago.
- **You Have HIV or AIDS**—About one-quarter of people with HIV/AIDS also have hepatitis C.
- **You Were Born Between 1945 and 1965**—More than 75% of people with hepatitis C were born during these years. Doctors think this is because many baby boomers were exposed in the 1970s and 1980s—when rates of hepatitis C were highest.
- **You Received Blood Before 1992**—Blood and organ donations were not screened for the hepatitis C virus until 1992.
- **You Are on Hemodialysis**—There have been cases in which hepatitis C was spread between patients in hemodialysis centers.
- **You Have an Abnormal Liver Test**—Many people first learn they have hepatitis C from an abnormal liver function test. An abnormal test doesn't always mean you have hepatitis C, but in some cases that can be the cause.
- **You Have Liver Disease**—Hepatitis C may be the cause of your liver disease. If this is the case, it's important to know so you can talk with your doctor about treatment.

Treatment for hepatitis C can slow down or stop the damage to your liver.

- **You've Been Exposed to Blood at Work**—You may be at risk if you are a health care worker and are accidentally stuck with a needle used on a person with hepatitis C or if you're exposed to blood in other ways, such as getting it splashed in your eyes.
- **Your Mother Had Hepatitis C at the Time of Your Birth**—While it's not common for women to pass the virus to their babies, it is possible. If your mother also had HIV at the time of your birth, your risk is a bit higher.
- **You've Been Intimate with Someone Who Has Hepatitis C**—In rare cases, hepatitis C is spread through sex. The risk is low, but it's higher if you have HIV or another sexually transmitted disease.

➔ **Want to Learn More?** Visit our Self-Management Tool online at arisehealthplan.com > **Members** > **Self-Management Tool** and search for "hepatitis C."

Centers for Disease Control and Prevention (2016); *Clinical Infectious Diseases* (2016); National Kidney Foundation (2013); National Prevention Information Network (2013).



Lighten Up Your Favorite Recipes



QUICK APPLE CRISP

The apple is a national favorite. Three out of four Americans say it's among their top fruit for a snack. Even better, a medium-sized apple has 80 calories and no fat, sodium, or cholesterol.

After you've sliced the apples, this Quick Apple Crisp takes just minutes to put together and pop in the oven.

INGREDIENTS

- 1/3 cup graham cracker crumbs
- 1/3 cup quick oats
- 2 tbsp. brown sugar
- 2 lbs. apples (about 6, medium-sized)
- 1/2 cup water
- 1 tsp. cinnamon
- 1 tbsp. butter

1. Preheat oven to 375 degrees.
2. While the oven is preheating, mix graham cracker crumbs, oats, and brown sugar in a small bowl.
3. Wash and peel apples and quarter them (cut out core and seeds), and then slice apple quarters.
4. Spread apples in an 8-by-12-inch baking pan. Add 1/2 cup of water to the pan.
5. Sprinkle cinnamon and topping mixture over apples and dot with butter.
6. Bake for 45 minutes or until apples are soft and topping is browned.

Serves 6 - Each serving provides: 140 calories, 3 g total fat (1 g saturated fat), 5 mg cholesterol, 40 mg sodium, 30 g carbohydrates, 3 g fiber, 20 g sugars, 1 g protein.

Here's a dash of nutrition knowledge for you: Eating healthier doesn't mean you have to give up your favorite meals. Making some changes to lighten up your go-to recipes can make a big difference for your health. You'll trim the calories and fat while keeping that delicious flavor you love.

Opt for low-fat dairy. Making a cheese-based casserole? Select lower-fat dairy options such as nonfat milk or light cream cheese, and use about half the usual amount of butter. When whipping up your favorite dips, replace mayonnaise with plain nonfat Greek yogurt.

Add veggies. When cooking mac and cheese, add some tomatoes and spinach. If you're having lasagna, throw in shredded carrots, zucchini, and spinach in place of some of the ground meat. Top sandwiches with vegetables such as lettuce, tomato, and cucumbers, instead of piling on more meat and cheese. Drop the pepperoni and top your favorite pizza recipe with vegetables.

Season wisely. Try cooking with half the usual amount of salt or adding none at all. Instead, season foods with herbs, spices, garlic, and lemon or lime juice.

Choose leaner cuts of meat. Whether you're making burgers, a roast, or chili, select lean cuts of beef and pork. The words *loin* or *round* mean they're lower in fat. If you're cooking chicken or turkey, remove the skin to slash the amount of saturated fat and calories.

With these small changes, you'll cook up healthier dishes that you and your whole family can enjoy!

Academy of Nutrition and Dietetics (2016); American Diabetes Association (2016); Centers for Disease Control and Prevention (2015).



WE WANT YOUR HEALTHY RECIPE!

Do you have a yummy, healthy recipe to share? Email us at AriseandShine@arisehealthplan.com.

Your recipe could appear in the next issue!

5 Tips for a Healthy Winter

This winter, you could either indulge in cookies and hibernate on the couch, or savor a bowl of vegetable soup and take a walk in your coziest jacket. Here are some tips to help you stay on a healthy course this season.

1 Winterize your exercise. Walking, jogging, and biking are great cardio activities year-round. But if you live in a colder climate, cross-country skiing, ice skating, and snowshoeing are fun alternatives. If it's too cold and icy outside, bring your workout indoors. Go to the gym, walk at the mall, swim in an indoor pool, join a dance class, or try an exercise video at home.

2 Stay warm out there. Before going outside, bundle up in loose-fitting layers. Make the innermost layer a moisture-wicking fabric (not cotton). Add a water-resistant coat and shoes, plus a warm hat and scarf. And don't forget your mittens, which are warmer than gloves.

3 Beat the winter blues. For some people, the gray days of winter translate into a gloomy mood. To boost your spirits, stay socially engaged and physically active. Watch for signs of winter depression, such as a down or hopeless mood, low energy, overeating, oversleeping, and social withdrawal. If you think you might be depressed, talk with your doctor about treatment.

4 Veg out the right way. Shop for colorful, healthful, in-season fruits and vegetables. Clementines are packed with vitamin C, bananas are loaded with potassium, and sweet potatoes and winter squash are rich in vitamin A.

5 Get tough on germs. Reduce the spread of germs that cause colds and flu. Wash your hands often for about 20 seconds. Soap and water are best, but if they aren't available, use an alcohol-based hand sanitizer.

Academy of Nutrition and Dietetics (2015); American Academy of Family Physicians (2014); American Heart Association (2015); Centers for Disease Control and Prevention (2016); National Heart, Lung, and Blood Institute, National Institutes of Health (2013); National Institutes of Health's Osteoporosis and Related Bone Diseases National Resource Center (2015); National Institute of Mental Health, National Institutes of Health (2016); Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services (2015); Osteoporosis and Related Bone Diseases National Resource Center, National Institutes of Health (2015); U.S. Department of Agriculture (2016); U.S. Department of Health and Human Services' Office of Disease Prevention and Health Promotion (2015); U.S. Department of Agriculture (2016).



CARDBOARD-ROLL SNOWMAN

No snow? No problem! You can still build a wintry snowman using a leftover cardboard tube from toilet paper or paper towels.

THINGS YOU'LL NEED

- Cardboard tube (toilet paper or paper towel)
- White construction paper
- Glue stick
- Craft glue
- Black pom-poms
- Orange pom-poms
- Googly eyes
- Thin black marker
- A pin or scissors (to poke holes in the tube)
- Two twigs from outside

INSTRUCTIONS

1. Cover the tube with white construction paper adhered using a glue stick.
2. Use craft glue to stick on black pom-poms for buttons. Then add googly eyes and an orange pom-pom for the nose.
3. Draw on a smile with a thin black marker. Make the face as silly—or as serious—as you want!
4. Using a pin or scissors, poke holes on either side of the tube. Then stick two small twigs in the holes to give your new friend arms.
5. You're done!

Put your new, friendly snowman on display on a table or mantle. Does your snowy buddy need some friends? Make more snowmen and change up their colors!





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

PRSR STD
U.S. Postage
PAID
Arise Health Plan

Michael Ostrov, MD, MS, Editor in Chief
Alexandra Radel, Managing Editor
Arise & Shine is published by Arise Health Plan.
This material is not intended as medical advice. Talk
with your doctor about this and any other subjects
pertinent to your health.

The information contained in this publication
does not pertain to all lines of Arise Health Plan
business. Fully insured business is underwritten
by WPS Health Plan, Inc. and ASO business is
administered at the request of the employer. This
information does not guarantee benefits. See your
summary of benefits for covered services.

©2016 WPS Health Plan, Inc. All rights reserved.
26480-085-161210



Developed by StayWell
Printed on recycled paper
318M

10 Ways to Take Care of Your Skin

You may not always give your skin the TLC it deserves. Over time, neglecting your skin can lead to rashes, dryness, breakouts, wrinkles, skin cancer, and more. It's time to protect your epidermis!

- 1 Be gentle.** Wash your face once or twice daily with a mild cleanser only.
- 2 Perform monthly skin checks.** Inspect your skin from head to toe and look for any new or changing spots that could be signs of skin cancer. If you notice changes with your skin or moles, see your doctor right away. Don't wait.
- 3 Keep your hands off.** Avoid frequently touching, picking, rubbing, or pinching blemishes, as this can cause scars and dark marks on your skin.
- 4 Wear sunscreen every day.** Choose a sunscreen that has an SPF of 15 or higher and protects against both UVA and UVB rays. UV rays can damage your skin year-round, even on cloudy days.
- 5 Moisturize.** After a shower or bath, gently pat your skin dry with a towel and then apply moisturizer. This helps seal in the water your skin absorbed during your bath and creates a barrier to prevent dryness and irritation.
- 6 Treat wounds properly.** First, wash your wound with mild soap and water. Apply petroleum jelly to keep it moist. Cover it with a bandage, and change the bandage daily and any time it gets wet or dirty. Continue to keep the cut covered until it's totally healed. Visit your doctor if it becomes infected.
- 7 NEVER use tanning beds.** Indoor tanning is no safer than tanning in the sun. Both can cause skin cancer. Indoor tanning also causes wrinkles, age spots, changes to your skin texture, and serious eye diseases.
- 8 Pare down your skin care products.** Less is more. Applying too many products to your skin can cause irritation.
- 9 Take short, lukewarm baths.** Keep your baths and showers to less than 10 minutes and use warm—not hot—water. Clean your skin with a gentle, fragrance-free cleanser.
- 10 Visit your dermatologist.** If you have questions or concerns about your skin, make an appointment with your dermatologist.



American Academy of Dermatology (2016); Centers for Disease Control and Prevention (2016); National Institute of Arthritis and Musculoskeletal and Skin Diseases, National Institutes of Health (2015); Skin Cancer Foundation (2016).