

SimplyWell

Wellness tips and encouragement from Hally® health.

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hally®
hally.com

Benefits and coverage may vary from plan to plan. Please review your plan documents or call the number on the back of your member ID card for specifics.

Get your calcium this summer.

A healthy body needs healthy bones – and healthy bones need calcium. This summer and beyond, make sure you and your loved ones are getting enough of this vital nutrient.

Why is calcium so important?

You need calcium to build and maintain strong bones. In fact, your bones, blood, heart, muscles and nerves all need calcium. When you eat (or drink) plenty of calcium, you give all these body parts enough of this important nutrient to stay healthy. But if you don't eat or drink enough of it, your body will take the calcium already in your bones and give it to these other parts of your body. Your bones can weaken when this calcium is taken away.

How much is enough?

No matter how old – or young – you are, you need calcium. Check out this table to see the daily amounts recommended by the National Institutes of Health, and ask your doctor what's best for you based on your unique health.

Age	Male	Female
1 – 3 years	700 mg	700 mg
4 – 8 years	1,000 mg	1,000 mg
9 – 18 years	1,300 mg	1,300 mg
19 – 50 years	1,000 mg	1,000 mg
51 – 70 years	1,000 mg	1,000 mg
71+ years	1,200 mg	1,200 mg

mg = milligrams of calcium

Get more calcium in your diet.

Your body doesn't produce calcium on its own, so you must get it through food, drinks and other sources. Check the nutritional labels of what you eat and drink – the amount of calcium is listed near the bottom – and seek these out:

- Dairy products like cheese, milk and yogurt. Pick low-fat or fat-free options.

- Broccoli, spinach, kale and other dark-green, leafy veggies.
- Calcium-fortified orange juice.
- Fortified plant-based milks, including almond, soy and rice milks.
- Canned sardines and salmon (with bones).
- Almonds, winter squash, edamame (young green soybeans) and more – ask your doctor for more recommendations. Yum!

Helpful Tips

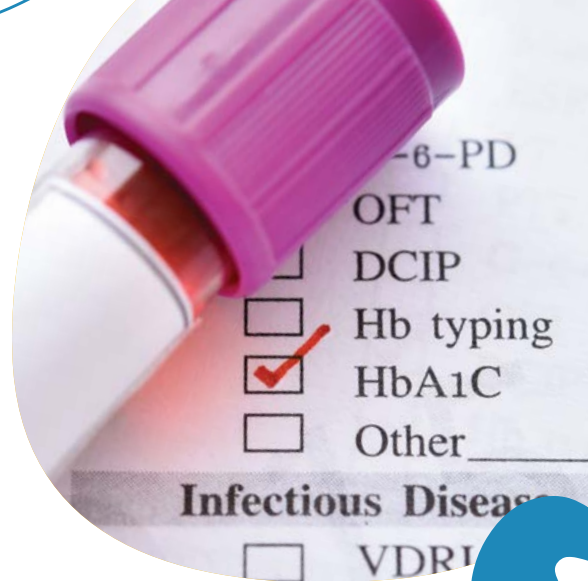
- Are you an oatmeal fan? Make it with milk instead of water.
- Top your baked potato with broccoli and low-fat cheese.
- Make your salads with calcium-rich greens rather than the usual boring lettuce.
- Blend up a delicious breakfast shake by mixing milk, yogurt, fruits and greens.
- Get your exercise – and do weight-bearing activities to keep your bones strong. Ask your doctor what's best.
- Also ask your doctor if should get a bone density test or might need calcium supplements.

No bones about it – healthy bodies need their calcium. Take action today to keep your skeleton smiling.

Diabetes 101:

Your Guide to A1C Tests

If you have diabetes or prediabetes, getting your regular A1C tests – and using the results to help guide your overall treatment and lifestyle plan – is key. Here's what you need to know about these important tests, based on guidance from the Centers for Disease Control and Prevention (CDC).



The Basics

An A1C test (also called a hemoglobin A1C or an HbA1c test) is a simple blood test that measures what your average blood sugar levels have been over the past three months. It's the main test you and your care team will use to manage your diabetes (or prediabetes), to help you keep on track and stay healthy.

You should get an A1C test at least twice a year if you have diabetes. If you change medications or have other health conditions, you'll probably need to get the test more often – ask your doctor what's best for your situation. If you have prediabetes, get an A1C test as often as your doctor recommends – you'll usually need one annually or every other year.

You'll get the test at either your doctor's office or at a lab, and you don't need to do anything special to prepare for it.

Getting Results – and Setting Goals

Test results tell you your A1C level, which is given as a percentage. People with an A1C between 5.7% and 6.4% have prediabetes, while those with diabetes have an A1C level above 6.4%. Higher percentages mean a higher risk of health complications. A1C levels change over time – based on, among other things, how well you're managing your diabetes or prediabetes. It's important to know what your levels are and to keep them from rising.

This is where goal-setting comes in. Talk with your doctor and care team about your unique health conditions, and ask them to help you set a goal (or goals) for your A1C level. For most people with diabetes, the goal is to reach – and stay at – an A1C level of 7% or less. With your personal goal in hand, you have the power to stay on track and keep your blood sugar in check.

And don't forget....

Getting your A1C test is key – but it's just one part of successfully managing your diabetes or prediabetes. It does not replace the daily blood sugar testing you do at home. Your daily tests are needed to manage your blood sugar as it goes up and down throughout the day. And both tests should be part of a much wider treatment and lifestyle plan that includes things such as exercise, what you eat and drink, and much more. Ask your doctor and care team for help creating – and sticking to – this overall plan. With their help, and tools such as your A1C tests, you'll be well on your way to living your healthiest life.

For tips, resources and more to help you manage your diabetes, visit hally.com and search "diabetes."

For information on coverage and costs (if applicable) for specific tests and screenings, please see your health plan documents or call the number on the back of your member ID card.



hally[®]

Let's cook
something
delish!

Hawaiian Shaved Brussels Sprouts

Ingredients

Serving size: 1/2 cup
6 servings

16 oz fresh Brussels sprouts

1 Tbsp canola oil

1 Tbsp brown sugar

1/2 tsp salt

1/4 tsp black pepper

1 (8 oz) can pineapple bits in juice, drained well

1 Tbsp chopped macadamia nuts

Directions

1. Cut off the bottom of the Brussels sprouts' cores, then cut the sprouts into very thin slices with a knife or slice them in a food processor.
2. In a large skillet over medium heat, heat the oil until it's hot. Sauté the Brussels sprouts for 5 to 7 minutes, or until they begin to brown, stirring occasionally. For crispier Brussels sprouts, sauté a couple minutes longer.
3. Stir in the brown sugar, salt, pepper and pineapple. Cook for 3 to 5 minutes or until heated through. Sprinkle with the macadamia nuts and serve.

Find more delicious recipes at hally.com/category/food-cooking. Yum!

Nutrition facts: Calories: 90, Total fat: 4 g, Saturated fat: 0 g, Cholesterol: 0 mg, Sodium: 210 mg, Total Carbohydrate: 14 g, Fiber: 3 g, Total Sugars: 9 g, Protein: 3 g | Diabetes Food Hub®

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.

Get to know your benefits.

Air Ambulance Transport

We're proud to administer health benefits offered to individuals and families throughout the communities we serve. It's our goal to give you benefits and perks that truly make a difference, keep you healthy and help save you money.

Did you know that most of the plans we administer offer coverage for air ambulance transportation? It's part of the Ambulance / Emergency Transportation benefit. Some people – not realizing their plan covers these services – buy costly supplemental insurance from another company. Knowing what your plan covers can save you the money and hassle of buying this unneeded extra insurance – and it can give you peace of mind should an emergency arise.

Benefits and coverage vary by plan, but there are many easy ways to learn what your specific plan covers. The easiest? Simply give us a call at the number on the back of your member ID card – we can answer any questions you have and provide you with the information you need. You can also ask us to send your plan documents by mail.

Additionally, you may have already received, via hard copy or online, a coverage booklet that describes what benefits are available to you, what might not be covered on your plan and – in some cases – what approvals might be needed before you receive coverage for certain services and supplies. Last but not least, you can also view information about your benefits and coverage by logging into your account on hally.com.

Be in the know, and discover what your plan offers and includes. We're proud to be your partner and ally in health.





Operated by:



CAL
Critical
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SOLPASS

CAL

Pharmacy Corner:

Have you tried mail order yet?

We all know how important medications are – but few of us enjoy that trip to the pharmacy to pick them up. What if we told you that your drugs could be delivered right to your door, in 90-day supplies? Our mail-order benefit does exactly this – and it might save you money too!* But perhaps best of all? It can also deliver a win for your health, helping you stick to your meds.

What is “adherence” – and why is it so important?

You may have heard your doctor or pharmacist use the term “medication adherence.” This simply means taking your drugs correctly. It includes:

- Taking the correct amount (dose) every time.
- Never missing a dose.
- Following all directions on the label (unless your doctor advises differently).

Taking the wrong amount – or even missing one dose – can harm your health. And your medications simply can't work as they're expected (to keep you healthy) if you don't use them correctly or as often as you should.

Mail order can help.

There are many reasons people might miss a dose or run out of a medication. For many of us, we might simply forget to refill our prescription – and with 30-day refills, time flies quicker than we think. Others don't have a car or easy transportation to the pharmacy. Health conditions and age can also make it difficult to drive. Finally, some people might struggle to afford the high costs of their medication.

Mail-order programs can help solve some of these issues:

- Your medications are delivered right to your door – so you don't need to drive anywhere.
- You can get 90-day supplies, so you only need to remember refills four times a year.
- On most of our plans, ordering 90-day mail-order supplies also saves you money.*





Get started today.

If your plan includes a mail-order benefit, it's easy to sign up. The benefit is managed by our partner, OptumRx®, and you can sign up in two ways:

- Call OptumRx toll-free at **(800) 763-0044**.
- Sign up online at **optumRx.com**.

If you need help signing up – or if you're not sure whether your plan includes the mail-order benefit – simply give us a call at the number on the back of your member ID card. We're always glad to help!

*Medication benefits and costs vary from plan to plan. Please review your plan documents or call the number on the back of your member ID card for information about your plan and its specifics regarding mail order.

In addition to OptumRx, you may have other mail-order pharmacies available in your plan's network, including AllianceRx from Walgreens®. Give us a call at the number on the back of your member ID card for more information.

Annual Wellness Visit vs. Annual Physical

You've heard the two terms – “annual wellness visit” and “annual physical.” If you're like many people, you've probably wondered what the difference is between the two. We're here to help, and – big hint – you should get both every year!



Annual Wellness Visit

An annual wellness visit is a yearly appointment with your primary care provider (PCP), where you and your PCP work together to develop a prevention plan personalized for you. The focus is on prevention, and it's an opportunity to have a conversation about your overall health, health risks and even any end-of-life preferences. This visit includes creating or updating a personalized health plan that lists your preventive screenings as well as your chronic condition management.

There are many benefits to having an annual wellness visit. It helps detect concerns sooner than a regular office visit, reduces your risk of developing certain diseases and increases your chances of getting preventive care services. An annual wellness visit also gives your PCP a more complete picture of your health, which can help with medical advice and future diagnoses. Make sure to bring a complete list of the medications you take, your vaccine history (if you have it), and a list of all the providers and specialists you see for your care.

Here's what may take place during your annual wellness visit:

- Measurements (weight, height and blood pressure).
- Screenings / assessments (fall risk, hearing, bladder control, depression, cognition and activities of daily living).
- Medication review (prescription drugs, over-the-counter medications and supplements).
- Obtaining a personal and family medical history.
- Making (or updating) a list of your healthcare team (providers, specialists, care coordinators, etc.).
- Creating (or updating) a wellness plan, including a screening and vaccine schedule.

Your Medicare plan covers in-network annual wellness visits, at no cost to you. But if your healthcare provider finds a new health problem and takes steps to treat it during your visit, you may be billed for the diagnostic care you receive.

Annual Physical

An annual physical is different from an annual wellness visit. A physical is a “hands-on” exam, while the annual wellness visit is a “hands-off” exam. The physical is a head-to-toe assessment. During this exam, your PCP will check your vital signs, like blood pressure, heart rate, respiration rate and temperature.

They’ll examine your abdomen, head, neck, lungs, heart, skin, arms, legs, balance, strength and mental state. Just like the annual wellness visit, the focus is on prevention and screening. You’ll pay nothing for your annual physical as long as you stay in network.

Why You Should Get Both

It’s important to have both an annual wellness visit and an annual physical. This gives you and your PCP the most complete view of your health and helps you create a personalized prevention plan to keep you as healthy as possible. Contact your PCP to schedule your appointments, and if you’d like to learn more about either type of visit, simply call the number on the back of your member ID card. As your partners in helping you improve your overall health and wellness, we’re always happy to answer your questions and give you the info you need!





Info and Tips for Bladder Control

Many people experience bladder control issues. Urinary incontinence (urine leakage) is especially common as we get older. However, even though it's common, it's definitely not fun – it can be uncomfortable, get in the way of daily activities and more. As your partner in helping you improve your health and wellness, we've gathered tips from the National Institutes of Health and other experts. Read on to discover steps you can take to help control and treat bladder issues like leakage. You got this!

The First – and Most Important – Step

If you're dealing with bladder control issues, the first thing you should do is talk to your doctor. Even if you feel embarrassed (although there's no reason to be!), it's important you reach out to them. They're the expert who'll know your medical history, and they can help discover the specifics – and possibly even the cause – of your bladder issues. Urinary and bladder issues are different for different people, and your doctor can create the treatment plan that's best for you.

Lifestyle Changes

Your doctor will probably suggest certain lifestyle tips, based on your age, health and more. These might include:

- Trying to use the restroom on a set schedule, perhaps once an hour.
- Maintaining a healthy weight and body mass index. If you need help losing weight – or simply want to know what your ideal weight should be – your doctor can help.
- Avoiding carbonated drinks, alcohol, caffeine and spicy foods.
- Quitting smoking and other tobacco use.
- Avoiding lifting heavy weights or other hefty objects.

Kegel Exercises

Certain exercises – called Kegel or pelvic floor exercises – can also help. They strengthen your muscles to help keep urine from leaking. Follow these simple steps:

- First, find your pelvic floor muscles by pretending you're sitting on a marble and trying to lift it off your chair. (Don't actually use a marble.)
- While sitting or lying down, tighten these pelvic floor muscles for eight to 10 seconds, and then relax them for three seconds. This counts as one repetition. Do eight to 10 repetitions of these exercises three times a day.

More Tips

- Try tightening your pelvic floor muscles when coughing, laughing or sneezing.
- If you feel a sudden urge to use the restroom, try tightening your pelvic floor muscles while sitting or standing. Once the urge is gone, go to the restroom.
- Talk to your doctor to see if other treatment options, like medication or pelvic floor physical therapy, may be right for you.

Bladder issues aren't fun and they're sometimes hard to talk about. But many people have found ways to control and treat these issues, bringing needed comfort back to their daily lives. You can too! If you haven't discovered the right solution yet, keep talking to your doctor. Together you'll find what works for you.

Closing Gaps in Care:

Important Screening Reminders

It's hard to believe, but we're almost halfway through 2022. Before we know it, the bustle of late summer, school kicking off and then the holiday season will usher us into yet another new year. As time starts to slip away, it's important that you and your loved ones stay up to date with all your key health screenings, exams and preventive services. If you haven't already, make sure you call your doctor and schedule all of these that you're due for:

Women and Men

- Colorectal cancer screening.
- Blood pressure reading.
- Medication review.

Women Only

- Breast cancer screening.
- Cervical cancer screening.

These preventive services are key to identifying any issues early, when they're easiest to treat. And remember, to help keep you healthy throughout the year, most of the health plans we administer offer care coordination and health coaching services for no extra cost. Simply call the number on the back of your member ID card to find out more and get started today!

Individuals With Diabetes

- A1C test.
- Nephropathy (kidney disease) screening.
- Diabetic retinal eye exams.

For information on coverage and costs (if applicable) for specific screenings, tests, exams and other services, please see your health plan documents or call the number on the back of your member ID card.





Mental Health Meds – Tips for Best Use

Medications can be a great tool for dealing with depression, anxiety and other mental health issues. But they only work if you take them correctly. Here's important information for best use of these helpful medications.

The Basics of “Adherence”

The term “medication adherence” simply means taking your drugs correctly. This includes taking the right amount every time, not missing doses, following all the directions on the label and never stopping your drugs without first talking to your doctor.

Give it time.

Some medicines that treat mental health issues take a while to start working – in fact, some will take weeks or even months before you start to notice the positive changes. Unfortunately, many people stop taking the medications after the first few days or after a couple weeks. They think the drugs don’t work – but they just didn’t give them enough time. Whenever you begin a new medication, ask your doctor how long it’ll be until you should start noticing changes. And don’t stop taking the drug just because you’re not feeling better right away.

Be in the know about side effects.

Medications can have side effects, and many people stop taking their drugs if they experience any. However, some side effects are short-lived and will go away once your body gets used to the medication. And others are simply uncomfortable – rather than harmful – and the benefits of the drug can outweigh these discomforts. With side effects, the most important thing is talking with your doctor – they’ll know which side effects are likely temporary, which are simply uncomfortable and which ones you should be worried about.

Know how and when to take your meds.

Some people don’t think their medications work, but in reality they’re taking them wrong. Labels and directions can be confusing, and if you don’t take the right amounts, at the right times, the drugs might not help you. Instead of giving up, simply ask your doctor or pharmacist for help. They can teach you – in plain language, unlike those confusing labels – exactly how and when to take your medications.

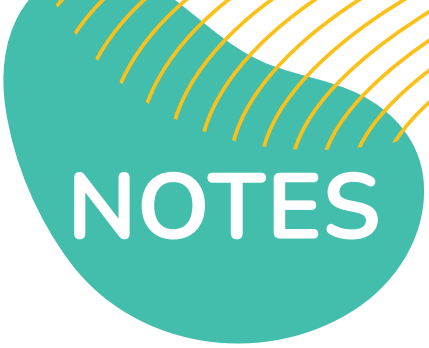


Get help with costs.

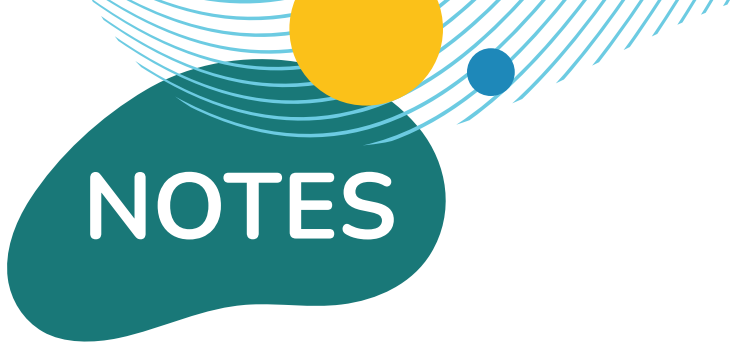
Prescription drugs can definitely be expensive. If you’re having trouble affording your medications, talk to your doctor about ways you might be able to save money on your prescriptions. They often know of programs and possible sources of financial aid. You can also call the company that makes your medication and ask if they offer discounts or aid.

Last – But Not Least

- Don’t stop taking a medication because you start feeling better – in fact, that’s probably a sign the drug is working and you should keep taking it.
- Talk to your doctor about what you should do if you ever miss a dose. (We all forget sometimes!)
- If you have trouble remembering to take your meds, use pill boxes, alarms and notes to trigger your memory.
- Never stop (or start) using a medication without talking to your doctor.



Lined area for writing notes, consisting of 20 horizontal teal lines.





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HEALTH AND WELLNESS OR
PREVENTION INFORMATION

Want to Make a Difference?

We are looking for members who are comfortable sharing their perspectives and feedback on how we, as a health plan, can improve for the greater good of our membership. If you are interested in learning more, please email Gregg.Mottola@healthalliance.org. Meetings are typically held on a quarterly basis, so you would be asked to share your perspective 3-4 times a year. As always, our goal is to represent our membership's diverse geographic, cultural and medical backgrounds.

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