

SimplyWell

Wellness tips and encouragement from Hally® health.

WHAT'S INSIDE

Hally health: Make family meals a must. - 2

Depression and the Holidays – Living Your Best Life - 6

Find breast cancer early. - 9

Asthma – A Quick Guide - 14

And much more.

hally®
hally.com

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

Hally health

Make family meals a must.

We get it. Between kids (or grandkids), work, school, sports, clubs, hobbies and more – there just isn't much time for family meals. But the benefits of gathering together around the table are well worth the efforts it takes to find time in everyone's schedules. Read on to discover why family meals make all the difference, with info and tips from the experts at Verywell Family.

A Buffet of Benefits

Family meals together bring so many positive benefits. Studies show that they can help:

- Lead to better physical health.
- Teach kids and grandkids healthier eating habits.
- Improve communication and bonding within families.
- Lower the chances of behavioral problems and high-risk behaviors for children and teens.
- Raise academic achievement.
- Build resilience to bullying.

And that's just the beginning – the physical, social, emotional and behavioral benefits are almost endless!

Take Action – How to Make Family Meals a Priority

So, how can your family make mealtimes together a priority? Here are some tips:

- **Plan ahead and mark time on your calendar.** This makes it much more likely you'll follow through. Take note of everyone's different schedules and availability, and find the half-hour or hour that works best.





- **Make certain meals a priority.** It's probably unrealistic to expect everyone to gather together for every meal, seven days a week. Look at everyone's schedule and see if – for example – dinners are easier to eat together than breakfasts. Or maybe weekend lunches are perfect too. Aim for as many family meals as you can, and be strategic about it.
- **Make meals fun and get everyone involved!** It's a lot easier to find time for something you love – when mealtime is fun, all family members will want to make it a priority. Share stories and tell jokes. Talk about your days. Assign everyone a “mealtime leader” role – young kids, for example, can be the CEO of Table-Setting or the President of Table-Washing. They can help clear the table and put dirty dishes in the sink. Older kids can be sous-chefs, helping wash and cut fruits and veggies; prepare salads; and cook simple dishes. They can be the Director of Dishwashing or the Food-Server-in-Chief. Make it fun and mix it up!

- **Plan special meals.** On a regular basis, make mealtime even more special. Let kids and grandkids pick the menu. Have a fun or exotic theme. Dress up in formal wear, themed attire or goofy costumes.
- **Create mealtime traditions and rituals.** These will help you bond now – and create memories that'll last forever.

Finally, make sure to ban technology from mealtime – I know, it might seem stressful to be without your phone or quiet when you shut off the TV, but you can do it! These mealtime minutes are so much more enjoyable when everyone is fully present, and true bonding will flourish.

So, what do you say? Are you ready to make family meals a tradition you'll all cherish for years to come?





Live healthy with lung cancer.

Whenever you have an illness or disease, it's easy to feel down about your health. But you have the power to still live your healthiest life and take actions to help you feel better. If you have lung cancer, here are some tips and advice from the American Lung Association® about ways you can stay healthy in body and mind.

Make sure you protect your lungs.

When you have lung cancer, it's even more important to protect your lungs – and it'll help you feel better too. Follow these tips:

- Don't smoke. If you need help quitting, reach out to your doctor for resources and support.
- Avoid secondhand smoke.
- Don't go outside when the air quality is low.

Care for your body and mind.

- **Eat a healthful diet** – it can make a big difference in how you feel and can help you tolerate your treatment better. Ask your doctor what's best, and try to follow a diet rich in veggies, fruits, whole grains and lean proteins. Some people have side effects to lung cancer treatment – such as nausea, taste changes or lowered appetite – that make it harder to follow a healthful eating routine. Your doctor and a registered dietitian can help you find solutions if you're facing these difficulties.
- **Conserve your energy when needed** – it'll help you avoid exhaustion and fatigue. Ask your doctor how much rest you should be getting.
- **But also make sure to get your exercise.** Your doctor will know the amount and types of physical activity you should be getting. Lung cancer treatment can zap your strength and endurance, but even small amounts of moderate or low-intensity exercise can make you feel better. It can improve your muscle strength, cardiovascular fitness, breathing, digestion, mood, self-esteem and more. Work with your doctor to come up with an exercise plan that's safe, fun and right for you.

- **Get help reducing stress.** Having an illness or disease is stressful – but by managing your stress levels, you can improve both your physical and mental health. Ask your doctor for resources and tips to help cope with stress.



Lean on your support system.

Finally, lean on those around you. Not only are the people in your life able to help – they're eager to. But sometimes they're waiting for you to ask. Don't be afraid to reach out to your family, friends, neighbors and co-workers. Find support from your social clubs, faith-based groups and others you see often. Join a local or online support group for those with lung cancer. And always take advantage of your healthcare team – your doctors, nurses, social workers, dietitians, physical therapists, care coordinators and others are not only listening ears, but also experts in healthcare and taking care of your needs. Never hesitate to ask them the questions you have throughout your treatment journey. And ask if they have resources or tools they think you'd benefit from.

Facing lung cancer isn't easy – but with the help of those around you and the tips in this article, you can start feeling better in body and mind. You deserve your best life possible.

Depression and the Holidays – Living Your Best Life

The holiday season – for many, it’s a time of joy, cheer and merriment. But for others, November through January bring sadness, loneliness, stress and uneasy emotions. If you or a loved one are facing depression during these months, know that you’re not alone – and that there’s help to live a healthier, happier, more fulfilling holiday season. Here are some tips and more from the experts at Everyday Health.

What to Know

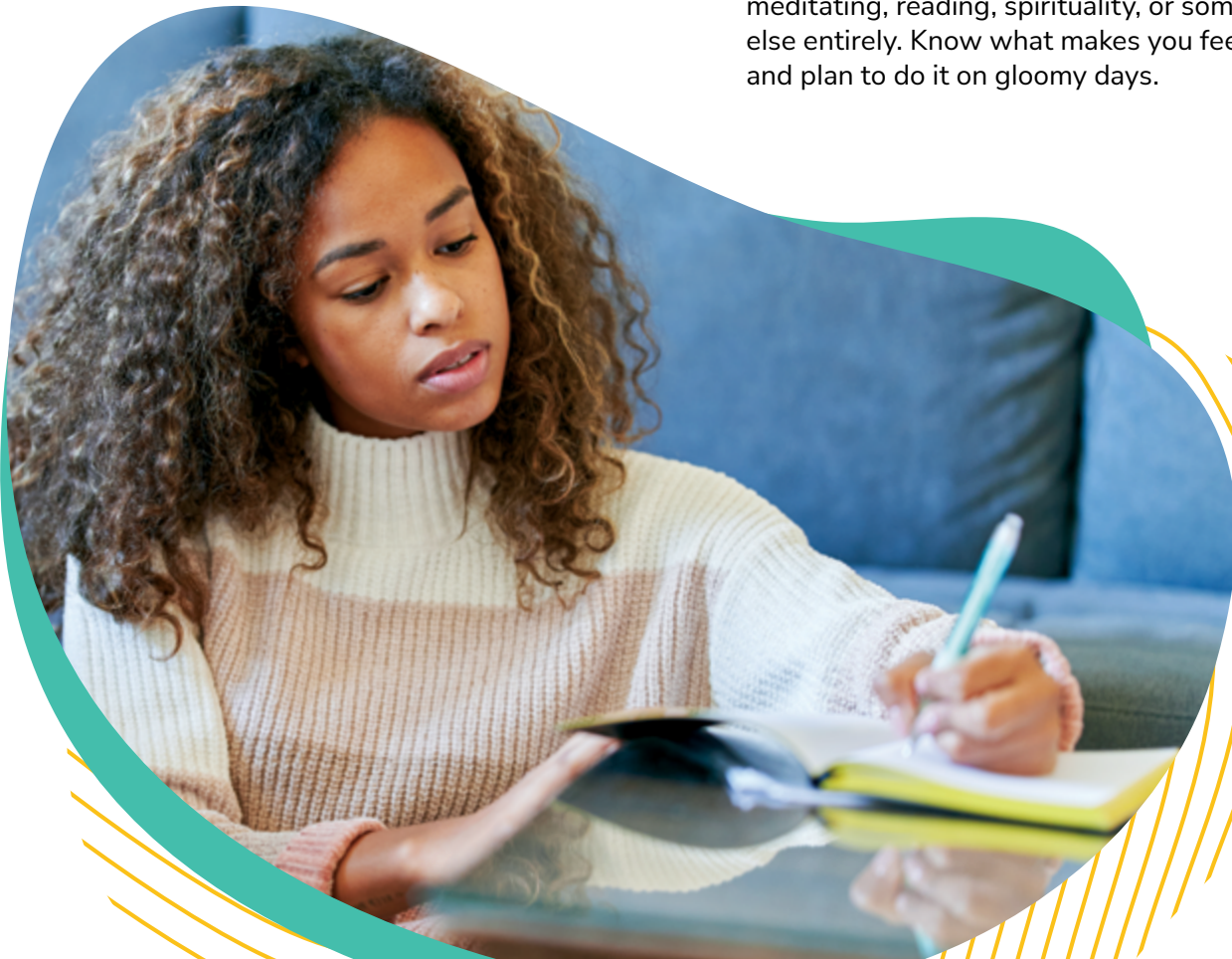
First and foremost, know that depression is common during the holidays. Just because you see a lot of smiles at get-togethers, hear joyful carols on the radio and see neighborhoods bright with holiday lights doesn’t mean everyone’s full of cheer. Many people feel gloomy or sad during this time.

Also know that not all feelings of depression are considered clinical depression, and not all are permanent or long lasting. Some people just have what’s known as the “holiday blues.” This is actually quite common, and it’s characterized by feeling fatigued, sad, lonely or frustrated.

Try these tips.

If you or a loved one are dealing with depression this upcoming holiday season, here are some tips to help you live, and feel, your best:

- Lean on others. We get it – talking about your feelings can be hard. But it’s beneficial in many ways. And those around you want to help, whether simply by listening or by helping you plan ways to cope. So find a loved one you’re comfortable talking with and lean on them for support.
- Create a strategy to deal with depression. Think about what you like to do, what calms you down and what brightens your mood. Maybe it’s listening to music, drawing or painting, journaling, meditating, reading, spirituality, or something else entirely. Know what makes you feel better, and plan to do it on gloomy days.





- Stay active. Physical exercise can increase endorphins and boost your mood.
- Keep your mind busy too – it can help take your thoughts off sad feelings. Do a crossword puzzle, pick up your favorite novel or head to the local museum.
- Volunteer for a local charity or do something to help a friend or neighbor. Not only will it keep you busy, but it can also help raise your feelings of self-worth. (Hey, we know you're a great person, but sometimes you have to cut yourself some slack and remember that too!)
- Take a look at your personal relationships – if negative people are making you feel down or sad or worthless, set boundaries. You deserve to focus on the positive relationships in your life.
- Check to see what resources your health plan, your employer and community organizations have for dealing with depression. Many are free, easy to access and very helpful.
- If these tips still don't help and you find your symptoms becoming worse – for example, you lose interest in your favorite activities, experience changes in sleep or appetite, or have powerful feelings of guilt or worthlessness, for a period of time that lasts beyond a couple weeks – it may be time to see your doctor. They can help you find even more resources, and they can connect you to professional support if needed.

Most importantly, know that every year large numbers of people face depression during the holidays – and so many find the support they need to live a fulfilling and healthy season. You can too! The help is out there, and you deserve to live your best life in the weeks and months to come.

What to Eat When You Have Congestive Heart Failure

If you or a loved one has congestive heart failure (CHF), it's important to eat a diet that'll help keep your heart healthy. Here are tips, info and more from the University of California San Francisco Health.

Some Basics

With CHF, your heart doesn't pump as well as it should and it doesn't deliver enough oxygen to the rest of your body. If you make some changes to your diet, however, you can help your heart and ease some of your symptoms. But if you eat too much salt or drink too much fluid, the water content in your body can rise too high, worsening your CHF and making your heart work even harder.

Follow these tips.

Salt is in so many foods at the grocery store and restaurants, so – to eat less of it – you need a plan. Use these tips.

- Always check the food labels on packages before putting something into your cart. To see how much salt there is in something, check the **sodium** content on the label. Look for foods with a sodium content **less than 350 milligrams per serving**. And be sure to check how many servings are in a package.
- Likewise, always check the sodium content for dishes at restaurants – and pick low-salt options on menus.
- To add flavor to your meals, instead use herbs and spices. Add garlic and onions. Find tasty combinations to season your meals, and you won't even miss the salt.
- Try pineapple, orange and other fruit juices for marinades. Yum!
- Eat plenty of fruits and veggies. They're naturally low in salt. And if you want to season those veggies, use those spices again and avoid the salt. The simple combo of garlic and freshly ground black pepper works wonders.



- Check out these other low-salt choices – and just read the label to make sure sodium hasn't been added to them during their production: fresh fish, meats and poultry; beans, lentils and peas; eggs, milk and yogurt; plain pasta, rice and oatmeal.
- Don't add salt to cooking water when boiling pasta, rice and other foods.
- Get rid of your saltshaker. Don't even have one! Instead, put black pepper, red pepper flakes, garlic powder, and other spices and herbs on your table when sitting down to eat.
- Ask your doctor for even more tips. They know your health best, and they can point you to additional information and resources.

Finally, call the number on the back of your health plan ID card to see if your plan includes **care coordination** – a program that can give you extra support for your CHF at no extra cost to you. You'll get a personal care coordinator who can work with you, your doctor and dietitians to help you succeed in your healthy eating plans. And they'll help you in many more ways too, beyond just food and diet. Call today and see if your plan includes this great feature!

Find breast cancer early.

Every year in the U.S., hundreds of thousands of women are newly diagnosed with breast cancer. One of the key factors in beating the disease is catching it at its earliest stages. You and your loved ones can take action to help tilt the odds in your favor. Here's what you need to know about finding breast cancer early, from the American Cancer Society®.

Why Regular Screening Is Key

It's important to always get your regular breast cancer screenings. Don't put them off or miss them. Why? Because many women with breast cancer have no symptoms during the early stages. That means the only way to catch it early is by getting a mammogram or other type of screening. When the cancer's caught early, it's more likely to be smaller and it's less likely to have spread further in your body. Finding it at this point is key to your chances of beating the disease.

Screening Recommendations

There are different screening tests to look for breast cancer. These include mammograms, breast ultrasounds, breast MRIs and newer (sometimes experimental) tests. **Here are the American Cancer Society's screening recommendations for women at average risk of breast cancer:**

- **Women age 40 to 44** have the option to start screening with a mammogram every year.
- **Women 45 to 54** should get a mammogram every year.
- **Women 55 and older** can switch to a mammogram every other year or continue yearly mammograms. Continue getting your mammograms as long as you're in good health and are expected to live at least 10 more years.
- Note that the above recommendations **are for women at "average risk."** This means you don't have a personal history of breast cancer; don't have a strong family history of it; don't have a genetic mutation known to increase the risk of the disease (such as in a BRCA gene); and have not had chest radiation therapy before age 30.
- If you're **not** at "average risk" for breast cancer – for example, if you're at a **higher risk** – talk to your doctor about your screening recommendations, since they'll likely be different than these above.

What happens next?

If your doctor finds something concerning on your mammogram results, you'll need to get a biopsy – a simple procedure to remove cells or tissue from your breast to test them for cancer. The biopsy is the only way to know for sure whether it's cancer or not. The cell/tissue sample will be tested in the lab and you'll be told the results. If it's cancer, the hope is that you've caught it early enough to begin successful treatment.



Final Thoughts

If you remember one thing from this article, have it be this: stay up to date on your regular mammograms. They're the most important tool in catching cancer early. But also keep up on your breast self-exams, checking for any changes in the look or feel of your breasts. If you ever notice a lump or any unusual changes, reach out to your doctor right away. With constant awareness – and regular screenings – you have power against breast cancer.

For more resources on breast cancer, visit hally.com and search "breast cancer."

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

A top-down view of a white plate with a dark green rim. In the center is a bowl of thick, orange-colored soup. The soup is topped with a mixture of diced red tomatoes, green cucumbers, and sliced onions. To the right of the bowl, a piece of golden-brown, flaky bread is placed on the plate. The background is a light-colored wooden surface. There are decorative graphic elements: a yellow circle in the top left, a blue shape in the bottom right, and a teal circle in the bottom left.

hally®

Let's cook
something
delish!

Slow Cooker Vegetable Turkey Soup

Ingredients

6 Servings
Serving Size: 2 Cups

- 1 lb. ground skinless turkey breast
- 3 large carrots, sliced crosswise into rounds
- 2 medium zucchini, halved lengthwise and sliced
- 1 small onion, chopped
- 1 28-ounce can no-salt-added tomato sauce
- 1 15.5-ounce can no-salt-added cannellini beans, rinsed and drained
- 2 medium garlic cloves, minced
- 1 T. dried Italian seasoning, crumbled
- ½ t. salt
- ½ t. pepper
- 4 c. fat-free, low-sodium chicken broth

Directions


1. Put all the ingredients in a slow cooker, stirring to combine and breaking up turkey.
2. Cook, covered and on low for eight hours, or until turkey is no longer pink.

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

Calories: 224, Total Fat: 2 g, Saturated Fat: 1g, Cholesterol: 51 mg, Sodium: 314 mg, Total Carbohydrate: 27 g, Fiber: 7 g, Total Sugars: 11 g, Protein: 26 g

Source: <https://recipes.heart.org/en/recipes/vegetable-turkey-soup>

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



Doctor's Orders: Take action against osteoporosis.

Did you know that an osteoporosis fracture happens about every three seconds? Osteoporosis is a disease that makes bones weak and thin, and therefore more likely to fracture or break. Women age 45 – 64, and those going through early menopause (before age 45), are the most at risk for osteoporosis. Here are things to know and key steps to take.

Prevent and treat osteoporosis.

If you're at risk of osteoporosis, there are preventive treatment options that can help you maintain or increase your bone density. And if you've already been diagnosed with the disease, certain therapies can increase your bone density or slow further loss of bone. Ask your doctor about your treatment options, based on your specific health.

Lifestyle choices can also help prevent osteoporosis. Eat a healthy diet, don't smoke, get regular exercise and limit how much alcohol you drink. In your diet, include plenty of calcium and vitamin D – these are essential for bone health and strength.

Experts recommend premenopausal women get 1,200 to 2,000 mg of calcium every day. To get enough vitamin D, drink milk supplemented with the vitamin and get an adequate (but safe) amount of sun. More good sources of vitamin D include salmon, orange juice, yogurt and cereal. Supplements can also help you add calcium and vitamin D.

Also ask your doctor about finding an exercise routine that's right for you. Exercise can help reduce fracture risk by improving bone mass in premenopausal women and maintaining bone density if you've already been through menopause. It can also strengthen your muscles, improve your balance and make you less likely to fall.

You Should Do Right Away

Osteoporosis is often called the “silent disease” because it has few warning signs or symptoms – until you break a bone. Because of this, **the U.S. Preventive Services Task Force recommends women age 45 to 64, who’ve gone through menopause and who are at increased risk of osteoporosis, to get screened to see if they have the disease.** Screening is done via a physical exam, a discussion of your health history and measuring your bone density through imaging tests.



Factors that put you at increased risk for osteoporosis include:

- History of a nontraumatic or low-trauma bone fracture in yourself or your parents. An example would be breaking a bone after falling from a height only a couple feet tall.
- Smoking. Or excessive alcohol consumption (three or more drinks a day).
- Low body weight (less than 127 pounds).
- Rheumatoid arthritis.
- Having a health condition strongly associated with osteoporosis, such as diabetes, untreated hyperthyroidism, hyperparathyroidism, early menopause, chronic malnutrition or malabsorption, or chronic liver disease.
- Long-term use of steroid (glucocorticoid) medications such as prednisone.

You should discover your risk today – with an easy (and free!) online test. It’s called the FRAX® (Fracture Risk Assessment) test. Go to **sheffield.ac.uk/FRAX** (or search “Sheffield FRAX test” on Google), and once you’re on the website: hover over the “Calculation Tool” tab, then hover over “North America” and then “US,” and then click on one of the four choices. You’ll be taken to the questionnaire. Fill out your information and hit “Calculate.” You’ll be given the percent chance you’ll have a major bone fracture in the next 10 years. The higher the percentage, the more likely you are to have a fracture. (Note: If you don’t know your BMD (bone mineral density), you can leave it blank and still hit “Calculate.”) **Print out your results and share them with your doctor.**

When discussing with your doctor, **make sure to ask them if you should get a DEXA scan.** This X-ray scan measures your bone mineral density and is one of the most helpful tools in determining if you have osteoporosis or are at risk of developing it. Your DEXA scan will be part of the comprehensive screening they’ll give you for osteoporosis.

A Final Word

Early action is key. People who have fractures because of osteoporosis are twice as likely to have another one if they don’t start a treatment plan. Take the online FRAX test. Get your DEXA scan. And then talk with your doctor about next steps. Support your bones, so they can keep supporting you.

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

Asthma – A Quick Guide

In the U.S. alone, over 25 million people have asthma. It affects people of all ages and – if not managed properly – can add hassle and hardship to daily life. But you have the power to control your (or your loved one's) asthma and live your healthiest life. Here's what you need to know, from the Asthma and Allergy Foundation of America.

The Basics

Asthma is a long-term disease where your airways become inflamed and swollen during attacks, making it hard for you to breathe. Symptoms often include shortness of breath, coughing, wheezing, and chest tightness or pain. If you think you might have asthma, doctors can look for it in a number of ways:

- A physical exam.
- Lung function tests.
- Chest or sinus X-rays.
- Allergy tests.
- Blood testing.

If your doctor finds that you have asthma, they'll work with you to develop an action plan. While there's no cure for asthma, there's a lot you can do to manage and control your symptoms.

Take action against asthma.

Here are the main steps to getting control of your asthma:

- **Sit down with your doctor and develop an asthma action plan.** Your plan should be based on your own unique health, lifestyle, goals, triggers (see more below), the medicines you'll need (see below) and more.
- **Discover your triggers.** A trigger is something that causes your asthma symptoms to flare up (by inflaming your airways). Common triggers include pollen, smoke, dust mites, animal fur, mold, air pollution, household sprays and cleaners, paint fumes, chemicals, certain weather changes, stress, exercise, certain medications, and more.

- **Once you know your triggers, avoid them!** For example, stop using household cleaners that affect you. Avoid secondhand smoke. Stay indoors during days of poor air quality. Take whatever steps are needed to help you avoid (or greatly reduce) exposure to your unique triggers.
- **Ask your doctor if long-term asthma control medications are right for you.** These are medicines you take regularly (not just during asthma attacks), and they can help you control symptoms and prevent attacks.



- **Whenever you have an asthma attack, use your quick-relief (rescue) medication.** You take these drugs as needed – often at the earliest signs of an asthma attack – to rapidly treat the attack and its symptoms.
- **Know the signs of a severe asthma attack.** Asthma can lead to a medical emergency, so it's important you talk to your doctor about the signs to look out for – and what to do – in terms of a severe attack.

Asthma doesn't have to control your life or prevent you from doing the things you love. With your asthma action plan, you have the power to live your healthiest life. Know and avoid your triggers. Take your medications as called for. And work closely with your doctor to stay a step ahead of any asthma attacks. You got this!



Diabetes 101:

Quick Guide to Meal Planning

If you have diabetes, eating healthy is key. But sometimes it's hard to know what foods are best and in what amounts. As your partner working to help you improve your overall health and wellness, we're here to get you the info you need. Here's a quick guide to planning your meals, from the experts at the CDC.

Why plan?

Following a meal plan helps in many ways. It serves as a guide for when, what and how much you should eat. And it sets structure to your diet and helps you form healthy habits. Saying we want to eat healthier is easy, but following through is often tough. A meal plan can help with that. And it'll guide you to getting the nutrition your body needs while keeping your blood sugar levels in check. Your healthcare team will be your go-to for specifics, and your personalized meal plan should take into account your health goals, lifestyle, food tastes, budget, daily schedule and any medicines you're taking.

What's best to eat?

Ask your doctor and care team what's best for your unique health, but a good meal plan usually:

- Has regular, balanced meals every day. This helps you avoid high or low blood sugar levels.
- Features plenty of nonstarchy veggies. Think broccoli, green beans, spinach, carrots, cauliflower and cabbage. Picture a 9-inch dinner plate: about half the plate should be filled with nonstarchy veggies.
- Includes lean proteins like turkey, chicken, beans, tofu and eggs. These should fill about ¼ of your plate.
- Focuses on whole foods (not highly processed).
- Includes fewer foods with added sugars; and fewer refined grain products like white bread, white rice and pasta with less than two grams of fiber per serving.

- Limits high-carb (carbohydrate) foods – like grains, starchy veggies (like potatoes and peas), rice, pasta, beans, fruit and yogurt – to ¼ or less of your plate.

And you probably know that carbs in your foods and drinks raise your blood sugar. But did you know that how fast they raise it depends on both what the food or drink is and on what you eat with it? For instance, apple juice heightens your blood sugar faster than eating an apple. And having carbs alongside foods that have fiber, protein or fat slows down how quickly your blood sugar rises. Knowing this is key when planning your meals.

Count those carbs!

When meal planning, counting the carbs you'll be eating (and drinking) is one of the most helpful tools. By setting carb limits for each meal – and total limits for each day – you can better control your blood sugar. Here are the key steps:

- Know your numbers – work with your doctor or a registered dietitian to find out how many carbs you should be having each day (and at each meal).
- Once you know your limits, use this list of common foods (with the amount of carbs each has) to plan your days: [cdc.gov/diabetes/managing/eat-well/diabetes-and-carbs/carbohydrate-choice-lists.html](https://www.cdc.gov/diabetes/managing/eat-well/diabetes-and-carbs/carbohydrate-choice-lists.html)
- Keep track of your carbs at every meal – and don't forget to count your drinks and snacks too.

Want even more tips and guidance, or feeling overwhelmed tackling this on your own? Ask your doctor to refer you to **diabetes self-management education and support (DSMES) services**, where you can work one-on-one with a diabetes expert to create the meal plan that's right for you.

Meal Plan

**50%
Veggies
(Nonstarchy)**

broccoli • green beans • spinach
carrots • cauliflower • cabbage

**25%
Proteins**

turkey • chicken • beans
eggs • tofu

**<25%
Carbohydrates**

pasta • fruit • yogurt

Limited Sugar and Refined Grains

white bread • white rice • soda
• cookies • ice cream

Suicide Awareness: Spread hope, save lives.

Suicide, and mental health issues in general, are hard to talk about. But we must talk about them whenever it can help raise awareness and get vital resources and support to those in need. There should be no stigma when someone's dealing with suicidal thoughts or behaviors, and it's up to all of us to bring awareness about all the help that's out there. Spreading knowledge and hope can save lives. Here's what to know, from the National Alliance on Mental Illness.

Some Facts and Statistics

Suicidal thoughts and behaviors can affect people of all ages, sexes and backgrounds. And suicide shouldn't be taboo or seen as a sign of weakness – in fact, it's often the result of mental health issues that are never treated. We wouldn't blame someone for a physical disease they get, so we shouldn't blame those dealing with mental health concerns. Rather, we should be moved to help those dealing with these thoughts and behaviors. Every one of us is needed to spread help and hope, especially in light of the alarming stats that show just how many people are affected:

- The U.S. suicide rate has risen by 35% since 1999.
- In the U.S., suicide is the tenth-leading cause of death overall – and the second-leading cause of death for those age 10 to 34.
- Almost half of those who died by suicide had mental health issues.

Risk Factors and More

Who's at risk? There's no simple "test" or one-size-fits-all way to determine who might face these issues. But common risk factors include: having a chronic mental health condition; dealing with a loved one's death or another dramatic change in life; having a history of trauma or abuse; severe stress; and substance abuse.

And how can you tell if you or someone you know might be dealing with suicidal thoughts or behaviors? Here are some warning signs to look out for:

- Aggressive, impulsive or reckless behaviors. Or dramatic mood swings.
- Thoughts or statements like: "Nothing matters." "I wish I wasn't even here."
- Increased substance use or abuse.
- Collecting and saving pills. Or purchasing a weapon.

- Withdrawal from family, friends, work, school or activities.
- Giving away possessions or saying goodbye to family and friends.

You can help.

If you know someone dealing with suicidal thoughts or behaviors, you have the power to help.

- Never take these issues lightly – treat them with care, but always as the emergencies they are.
- Be there for people. Talk with them about what they're facing, no matter how uncomfortable it may be. Be open, honest and supportive. Show your concern, but avoid arguments and debates. Ask how you can help. And make sure they know you're always there for them, whenever they need to come to you.
- Remove pills, weapons and other things that can cause self-harm.
- Steer them toward professional help. Let them know that their doctor can provide resources, support and connections to mental healthcare specialists. And tell them about local and online support groups and resources.
- Tell them about **988** – the new suicide and crisis telephone lifeline. The government created this new help line so people across all 50 states can get the help they need. They can call from anywhere, 24 hours a day, seven days a week. They simply dial 988 and they'll be connected to caring counselors who are experts in helping people deal with thoughts of suicide. All calls are free and confidential. The lifeline provides live support in English and Spanish, and also provides translation services in over 240 additional languages.

Suicide should never be taboo – it's a serious mental health issue that we all should talk about and raise awareness of. Let's all work together to spread help, health and hope.

Right Care, Right Place

Know where to go for care.

When you need a healthcare service, where should you go? Should you call your primary care provider? Visit the hospital or urgent care clinic? It all depends, based on what your illness, injury or need is; how severe it is; how soon you need care; your location; and more. Use this guide to help – and cut it out and put it on your fridge for easy reference.



Where to Go	When to Go	Typical Costs	Appointment Needed?
Primary Care Provider (PCP)	Non-emergency care. Physicals and wellness checks, vaccines, routine care and illness. Available in person and (often) by phone/video.	\$-\$\$	Yes. Available during usual business hours. Same-day often available.
Virtual Visits*	Non-emergency care. Illness, injury, behavioral health and more. Available from home or anywhere, by phone or video through hally.com.*	\$ Free with some plans.	No. Available 24/7, 365. Wait Time: ~15 mins.
Urgent Care Clinic	Non-emergency care. Illnesses and injuries that need care right away. Available in person.	\$-\$\$	No. Available for extended hours. Often open seven days a week.
Emergency Department	Emergency care. Immediate treatment for serious or life-threatening illnesses, injuries and issues.	\$\$\$\$	No. Available 24/7, 365. Potentially longer wait times.

For coverage information – or if you have any questions – call the number on the back of your health plan ID card. **And remember, always call 911 right away if you have a life-threatening medical or mental health emergency.**

Have you tried out virtual visits?*

Getting expert, trusted help for your physical, emotional and behavioral health needs has never been easier. Many plans offer **virtual visits**, which let you connect with board certified doctors and psychiatrists, as well as licensed therapists, by phone or secure video 24 hours a day, 365 days a year – all through your phone, tablet or computer.

Physical Health Needs – Get help for your allergies, insect bites, rashes, cold and flu

symptoms, ear problems, pink eye, nausea, vomiting, diarrhea and many other common conditions.

Emotional and Behavioral Health Needs – Get help for anxiety, stress, depression, grief, PTSD, trauma, bipolar disorder, addictions and substance issues, and more.

Easily set up a virtual visit online from **hally.com**.* Simply log in and get started today.

**Virtual visits aren't available on all plans. Also, some plans feature virtual visits through a source other than hally.com. To see if virtual visits are available on your plan (and to see if they're offered through hally.com), please see your health plan materials or call the number on the back of your health plan ID card.*

For more information about virtual visits, or help getting started, call the number on the back of your health plan ID card.

Virtual care isn't meant to treat all medical conditions – please remember to always visit the emergency department or call 911 for emergencies.

You'll need to have an online member account (for your health plan) before you're able to access virtual visits. If you haven't already created an account, visit login.hally.com.

For more specific details and information about coverage and costs for virtual offerings, please see your health plan materials or call the number on the back of your health plan ID card.

Cut here!



3310 Fields South Dr.
Champaign, IL 61822

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 plan participants. 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 three to four times a year. As always, our goal is to represent our plan participants' diverse geographic, cultural and medical backgrounds.

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