

# SimplyWell

Wellness tips and encouragement from Hally® health.

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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.

A top-down view of a white plate with a 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 teal and yellow circular shapes overlaid on the image.

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](https://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

## Don't delay care.

By Rajul Gandhi, PharmD, MBA,  
Clinical Director of Population Health

As a clinical director and pharmacist, I work closely with patients to make sure they keep up to date on the care they need. You can follow the same advice I give them – it can help you stay healthy and even prevent serious issues.

### Have you gotten your immunizations?

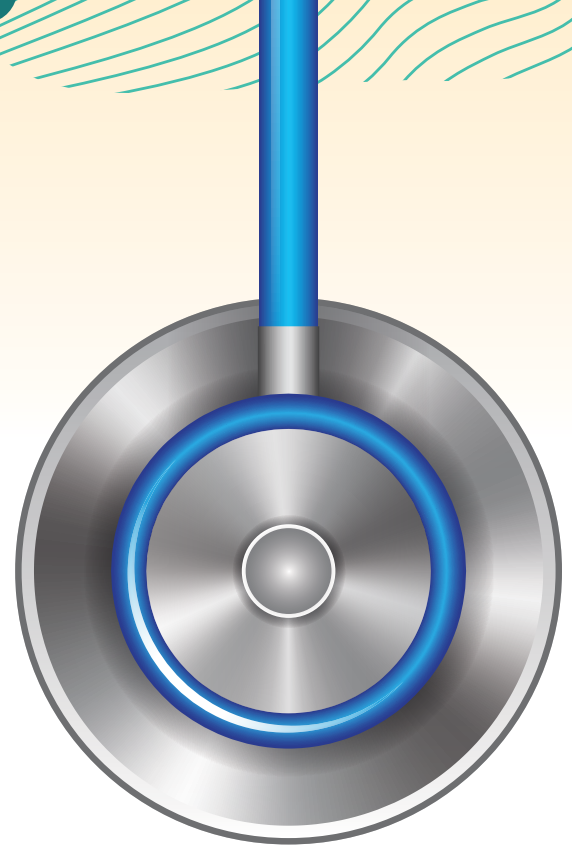
- Protect yourself from the flu every year with your annual vaccine.
- It's important to protect yourself from shingles – ask your doctor about getting vaccinated.
- Avoid catching pneumonia. Ask if you should get the pneumococcal vaccine.
- Make sure you know when your 10-year booster is due for tetanus and diphtheria.

### When are you due for important health screenings?

- Colorectal cancer is the third-leading cause of cancer death in the U.S., but screening can help prevent it.
- Breast cancer is the second-leading cause of cancer death for U.S. women, but you can catch it early – which will help you beat this disease – by staying up to date with your mammograms.

### What medications do you need refills on?

- It's important to take your medications for high blood pressure, diabetes and high cholesterol every day.
- Use a pillbox or reminder system to help you stay on track.
- You might be able to get 90-day supplies of your drugs – this will make it easier to always have them on hand.



UP-TO-DATE  
CARE



MEDICATION



SCREENINGS





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.

## What should I do at home to avoid falls?

- Your bathtub or shower may need a new nonslip bathmat.
- Throw rugs can bunch up over time and cause trips and falls. And don't let wires and cords obstruct paths.
- Keep your house well lit – and make sure the light near your bed is easy to reach.

## What self-care and lifestyle topics should I be thinking about?

- Healthy eating means limiting salt. Instead, spice it up with fresh or dried herbs, black pepper, or paprika.
- Walking every day for 30 minutes is both good exercise and helps clear your mind.
- Keep a gratitude journal – it can improve your memory and lower your stress.
- Practice meditation and mindfulness to feel more balanced and connected.

You have the power to live your healthiest life. Start taking these simple steps today.

## Pharmacy Corner

# A Better Visit to the Pharmacy

You're headed to your local pharmacy to pick up your drugs – you're probably in a rush, fitting time between work, errands and life. After a long wait in line you reach the window – and you're met with confusing questions, complicated medication information and maybe even issues getting your prescription. Before you let frustration get the better of you, know that we can help. We can't magically shorten lines or make issues disappear, but we can arm you with the info you need to make your next pharmacy visit go a lot smoother. Read on for our helpful guide!

### Know your formulary.

Your health plan has what's called a formulary. It's simply a fancy name for the list of drugs covered by your plan. If a drug is on the formulary, that means your plan covers it. Before heading to the pharmacy, first check:

- Is your medication on the formulary?
- What's the **brand-name version** of your medication? What's the name of its **generic version**? Both versions work the same way and have the same active ingredients, but the generic version often costs less. If you're taking a brand-name drug – and the generic version is also on your formulary and costs less – ask the pharmacist if you can substitute to get the generic version.
- Does your medication require **prior authorization** (extra approval by your plan before your drugs can be covered)? Your formulary will note if it does. If so, you can't just show up to the pharmacy and have your drug covered right away. First, you or your doctor needs to ask your plan for approval. Give us a call to learn more.
- Does your formulary note that your drug requires **step therapy**? If so, you might not be able to get the exact medication your doctor prescribes right away (if you want it covered by your plan). First, you'll need to try a different drug that your plan thinks will work just as well (but, for example, might be safer or cost less). If this drug doesn't work, you'll likely be able to switch to your doctor's original choice.
- Is it a **"high-risk" medication**? This means there should be caution using it – and there might be extra safety steps you need to go through to get the prescription approved and filled.

### More Info and Tips

- Budget 20 to 30 minutes for your trip to the pharmacy – even on days it's not busy. It takes time for the pharmacist to fill your prescription and take all the necessary steps. Pro tip: call ahead to place your refill.
- If you need to transfer your prescription to a new pharmacy, know that this might take extra time.
- Be ready for extra steps and barriers when trying to fill certain types of medications. This is often to protect you. With opioids, government rules and your plan's regulations might stop you from filling prescriptions that are too big (last too many days without a refill) or too powerful (dangerously high strength).
- Know that just because your doctor prescribes something, that doesn't mean your health plan covers it. In fact, the government doesn't allow your Medicare plan to cover things like weight-loss drugs, medicines for cosmetic purposes or hair growth, drugs for sexual dysfunction, and others – even if your doctor prescribes them.
- Always bring both your health plan/prescription drug plan ID card and your government photo ID. You won't be able to get certain drugs without your photo ID, and your plan ID card will prove your coverage – and the savings that come with it!

We know all this can be confusing and that trips to the pharmacy can get stressful and frustrating. So we have one last pro tip. Many of the plans we administer offer 90-day supply options, so you don't have to go to the pharmacy every month. And you might even have convenient mail-order options for home delivery – letting you avoid the pharmacy altogether! Call the number on the back of your health plan ID card to see if your plan includes these great perks.



## 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



## Survey Says: You make us better.

We're very proud of the services, programs and support we give you. We're dedicated to treating you as our partner as we work with you to help improve your overall health and wellness – and we hope you've noticed all we've done lately to help you get care and live your healthiest life. But if there's one thing we know, it's that there are always opportunities to grow. Our goal is to constantly improve how we serve and support you and your family. And in this effort, your voice is key. We listen to your opinions and concerns – and act on them.

One way we do this is through surveys. Every year, the federal government sends a survey to a random sample of our Medicare members: it's called the Consumer Assessment of Healthcare Providers and Systems® (CAHPS) survey. It tracks the quality of the care and coverage you receive. Your answers help determine the rating we get from the government and – more importantly – tell us areas we can improve upon.

Not everyone gets a survey. But if you do, we hope you take the time to answer honestly about what you like, what's working, what you might not like and what we can do better. We value your opinions and advice.

Here are some helpful tips if you're asked to fill out a survey:

- Some of the questions might be confusing. Or they might ask you to remember certain events, services or care from the past 12 months. Just answer the best you can – don't leave any questions blank.
- Complete your survey at your earliest convenience.
- If you have any questions, you can call the number listed on the survey.

Thanks in advance for your help. We value your voice, and we treasure our continued partnership.

	CAHPS SURVEY
<b>PURPOSE</b>	Used to report satisfaction with your health plan, your doctor(s) and the services you receive.
<b>EXAMPLE QUESTIONS</b>	<ul style="list-style-type: none"> <li>• How easy was it to get after-hours care?</li> <li>• Does your health plan treat you with courtesy and respect?</li> </ul>

# 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?
<b>Primary Care Provider (PCP)</b>	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.
<b>Virtual Visits*</b>	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.
<b>Urgent Care Clinic</b>	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.
<b>Emergency Department</b>	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](http://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.*





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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 plan participants. If you are interested in learning more, please email [Gregg.Mottola@HealthAlliance.org](mailto: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.