

SimplyWell

Wellness tips and encouragement from Hally® health.

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

Hally health

Celebrating National Nutrition Month®

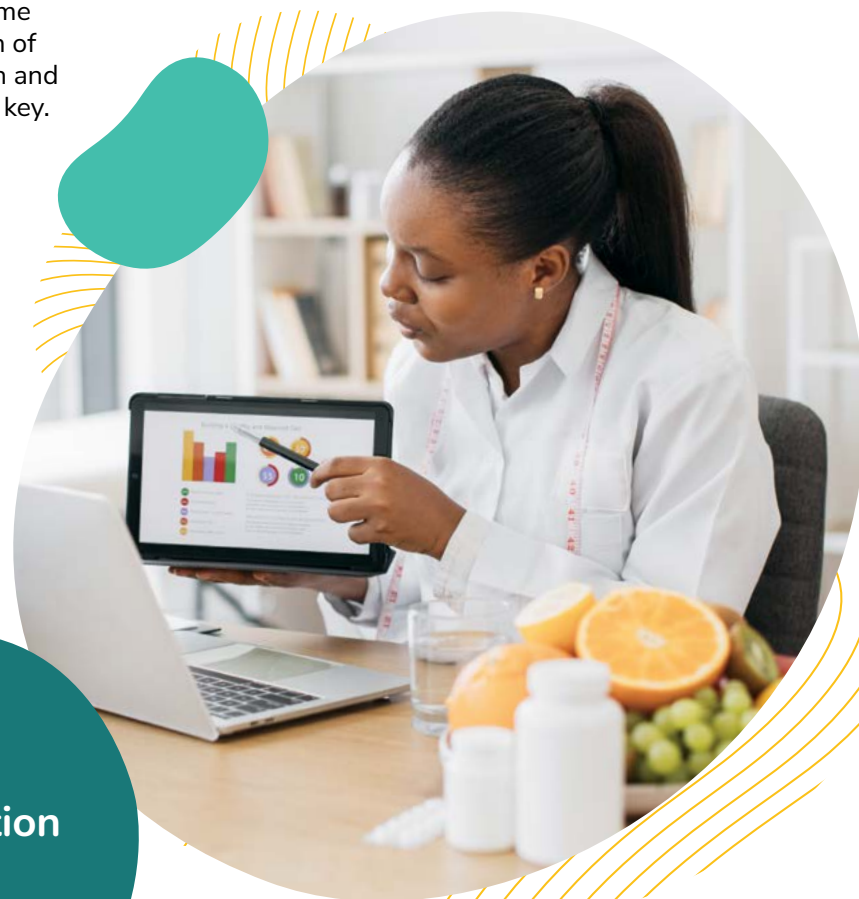
Did you know that March is National Nutrition Month®? It's an annual campaign run by the experts at the Academy of Nutrition and Dietetics, and for 50 years it's been helping Americans make healthy – and yummy! – food choices.

This year's theme is "Food Connects Us." The Academy reminds us that food isn't only fuel for our bodies, but that it also connects us to our loved ones, our cultural heritage, shared traditions and beautiful memories.

Gathering together to plan, prepare, cook and eat a meal also gives us the chance to learn more about the foods in our favorite dishes, where they come from, and the health and nutrition facts of each of the ingredients. Food greatly affects our health and well-being, so connecting to this knowledge is key.

There are experts who can help: registered dietitian nutritionists (RDNs). These professionals can teach us about the healthy (or harmful) effects of specific foods, and they can help create a meal plan personalized to your specific health needs. They're a go-to person to discover how foods impact our health throughout our lives.

Did you know that we have registered dietitian nutritionists on our staff? They're here to help you as health coaches and as our health and wellness coordinator. To speak with a health coach for one-on-one nutrition advice, call the number on your ID card. It's a free, built-in part of most plans, just waiting for you to use!



National Nutrition Month® is a federally registered service mark of the Academy of Nutrition and Dietetics. National Nutrition Month® themes, graphics and assets are copyrighted by the Academy of Nutrition and Dietetics. Unauthorized use of "National Nutrition Month®" is strictly prohibited.

Here are some more great resources on National Nutrition Month® and eating healthy:

- [EatRight.org/National-Nutrition-Month](https://www.eatright.org/National-Nutrition-Month)
- [hally.com/category/food-cooking](https://www.hally.com/category/food-cooking)
- [MyPlate.gov](https://www.myplate.gov)

Why Blood Pressure Matters



Your blood pressure is more important than you probably realize. In fact, many different parts of your body can be harmed when your blood pressure gets too high. Here's what you should know, from the American Heart Association®.

What Can Happen

High blood pressure, also known as hypertension, can cause great harm to your body over time. If your blood pressure gets too high and you aren't able to control it, all of the following can happen:

- **Heart attack.** Your blood vessels can become blocked, preventing blood flow to your heart.
- **Stroke.** The vessels that bring blood to your brain can burst or become blocked.
- **Kidney disease.** Damage to your blood vessels can prevent your kidneys from filtering blood properly.
- **Heart disease and heart failure.** When you have high blood pressure, your heart needs to work harder. This can cause serious, long-term damage.
- **Vision loss.** The vessels in your eyes can become greatly damaged.
- **Sexual dysfunction.** High blood pressure can cause erectile dysfunction in men and may lead to a lower sex drive for women.

Take action.

But it's not all gloom – you have the power to help prevent these issues, by maintaining a healthy blood pressure. Ask your doctor for tips, and:

- **Regularly check your blood pressure.** Buy an at-home blood pressure monitor or use a monitor at a public place, like a pharmacy. Talk with your doctor about what numbers you should aim for.
- **Live a heart-healthy lifestyle.** Get enough physical activity, eat healthful foods, don't smoke, get plenty of sleep, limit (or avoid) alcohol and keep stress in check.
- **Take your medications as prescribed.**

Also check out the resources we have available: Learn more about blood pressure and staying healthy by visiting [hally.com](https://www.hally.com) and searching for "blood pressure." It's our honor to treat you as a partner in helping you improve your overall health and wellness.

Closing Gaps in Care: Spring into screenings.

As springtime blooms, it's a perfect time to hit "refresh" on your own well-being. Stay healthy all year long by setting up your annual screenings and exams. Schedule early, since appointments often become harder to get as the year goes on.

Annual Wellness Visit (Not Applicable to All Health Plans)

If your plan includes an annual wellness visit, make sure to set this up. This yearly appointment with your primary care provider (or another member of their team) allows you to make a personalized wellness and prevention plan.

Breast Cancer Screenings

According to guidelines from the experts at the CDC:

- **Women age 40 to 74** should talk to their doctor about when to start getting mammograms – and how often to get them.
- **Women age 50 to 74 at average risk** should get a mammogram every two years.
- **Women of all ages** should give themselves a breast self-exam once a month. Visit [NationalBreastCancer.org/Breast-Self-Exam](https://www.nationalbreastcancer.org/Breast-Self-Exam) for more info.

Cervical Cancer Screenings

Here are the CDC recommendations:

- **All women age 21 to 64** should be screened for cervical cancer.
- **Pap tests** and **HPV tests** are the best screening tools.
- Begin screening with **Pap tests at age 21**. If your results are normal, get tested every three years.
- At **age 30**, talk to your doctor about which screening tool (Pap test, HPV test or both) is your best option.

Colorectal Cancer Screenings

According to the CDC:

- **Adults age 45 to 75** should get regular colorectal cancer screenings.
- **Several different types of screenings are available:** colonoscopy, sigmoidoscopy, CT colonography and at-home stool tests. **Ask your doctor which type is best for you and how often you need to get it.**



Diabetic Retinal Eye Exams

- **Adults age 18 to 75 with diabetes** should get a retinal eye exam every year. This will help your doctor find and treat eye problems early, before they get more serious.
- If your results look good, your doctor may say it's OK to wait two years for your next exam.
- Your exam may be covered by your health plan as long as your eye doctor codes the exam visit with a medical diagnosis.

Kidney Health Evaluations

- Every year, **adults age 18 to 85 with diabetes** should get a kidney health evaluation that includes **both** an estimated glomerular filtration rate (eGFR) test **and** a urine albumin-creatinine ratio (uACR) test. Diabetes can cause kidney damage, and these tests check how well your kidneys are working.

Osteoporosis Screenings

The American Academy of Orthopaedic Surgeons recommends:

- **Getting a DEXA scan** if you're at risk of osteoporosis. Postmenopausal women age 45 to 65 are most at risk, but both women and men can get osteoporosis, and at any age. Talk to your doctor about your risk.

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

The First Five Years

Your Child's Growth and Development

It's not just a cliché: Kids grow up fast. This is especially true in the first five years of life. Learn about the milestones to expect as your youngster goes from baby to kindergartener, with this info from the American Academy of Pediatrics.

Developmental Milestones

As your child grows, look for these physical, social, emotional and cognitive milestones. Please note that not all kids reach these points at the same age.

2 Months Old:

Smiles when you talk or smile at them.

4 Months Old:

Makes sounds to get your attention.

6 Months Old:

Looks at themselves in the mirror. Brings objects to their mouth.

9 Months Old:

Makes sounds like "bababa" and "mamama."

12 Months Old:

Plays games like patty-cake with you.

18 Months Old:

Points to show you things they find interesting.

2 Years Old:

Can point to things in a book, like when you say, "Where is the dinosaur?" Tries to use buttons, switches and knobs on toys.

3 Years Old:

Can talk in conversations of two to three back-and-forth exchanges – and talks well enough, most of the time, for other people to understand.

4 Years Old:

Knows what comes next in favorite stories. Plays "pretend" as someone or something else.

5 Years Old:

Follows rules and takes turns while playing games with other kids. Can answer simple questions about stories after hearing them, like, "What happened to Mr. Brown's puppy?"

Key Things to Know and Do

If you ever have questions or concerns about your child's development, talk to their doctor. They're experts in childhood health and growth. With your knowledge (Who knows your kid better than you?!) and the doctor's medical expertise, together you can track milestones and act early to address any possible issues.

To best stay up to date on your child's development, make sure you schedule their regular doctor checkups, where important screenings will take place.

The American Academy of Pediatrics recommends screening for development at age 9 months, 18 months and 30 months, as well as screening for autism at age 18 months and 24 months.

Additional screenings for development or autism can also be done at any point you may have a concern – just reach out to your child's doctor.

As your kid grows, learns and develops into the little person they're quickly becoming, make sure to celebrate all the milestones, large and small. Together with their doctor, you're helping them bloom into their healthiest life.

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 your ID card.

Before, During, After

Having a Healthy Pregnancy

It's a parent's dream: a successful birth and a healthy mom and baby. While lots of attention is focused on the actual day of delivery, to achieve this dream requires a much longer commitment to care and well-being. In fact, it begins well before the birth and doesn't end until months after the newborn arrives. Here's what you need to know, from the experts at Healthline.

Prenatal ("Before the Birth") Care

Prenatal care is the care you get before the birth. It helps lower risks and increases the odds of a safe, healthy delivery. During prenatal visits with your doctor, they can monitor your progress and identify any potential issues before they become serious. Ideally, you should begin your prenatal visits with your doctor at least three months before you start trying to get pregnant. During this time, you should also quit smoking and drinking alcohol, and you should talk to your doctor about your medical conditions, the medicines and dietary supplements you're taking, and whether you should begin taking folic acid supplements. Also avoid all contact with toxic substances and chemicals at home and at work.

Once you become pregnant, **immediately schedule regular appointments with your doctor.** These may involve checkups:

- Every month for the first six months.
- Every two weeks in the seventh and eighth month of pregnancy.
- Every week during your ninth month.

Your doctor will check the health of you and your baby. Among other things, expect routine tests and screenings, and monitoring of your blood pressure, your weight, and the baby's growth and heart rate.

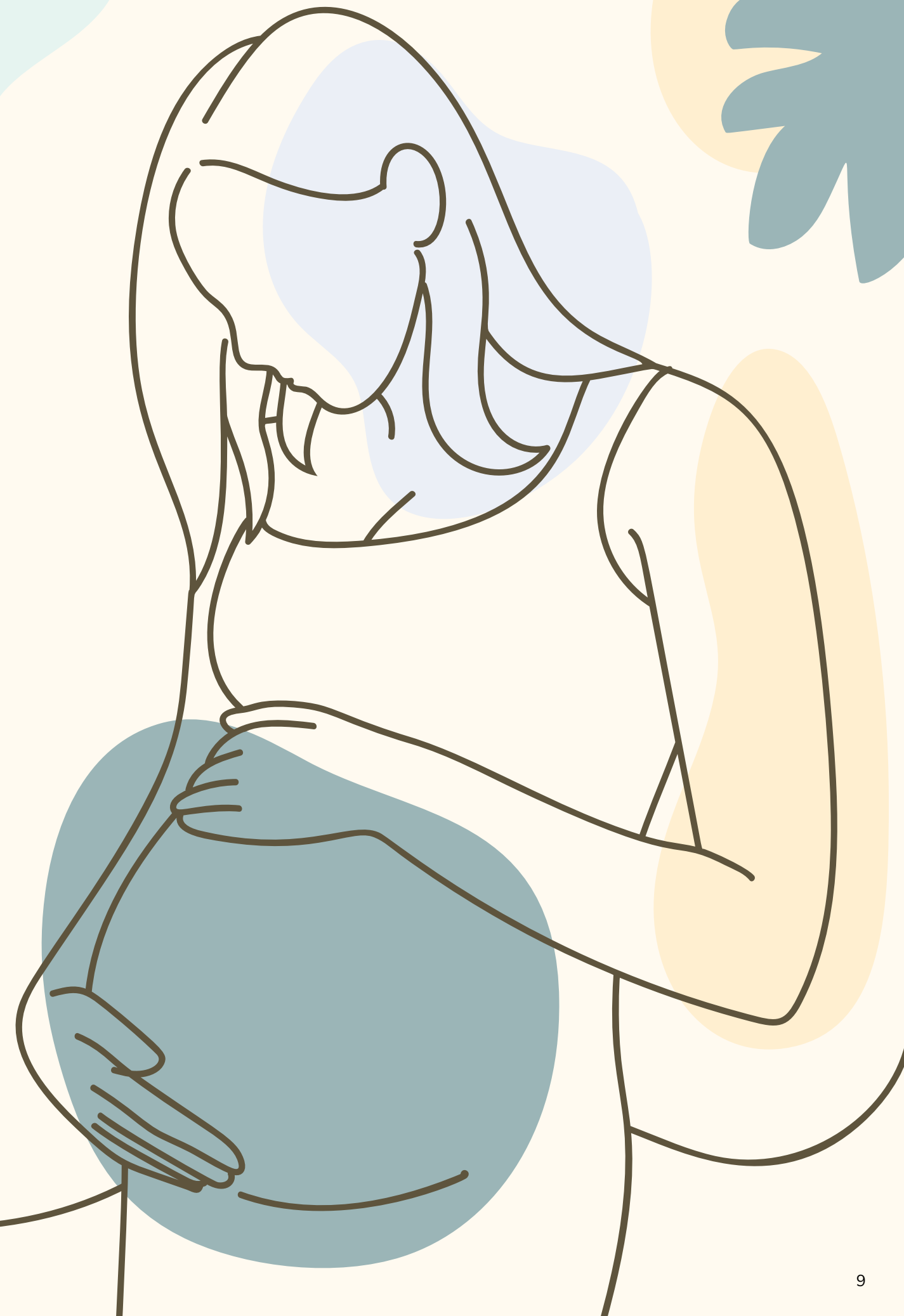
Postpartum ("After the Birth") Care

After you give birth, getting your needed care remains just as important. You'll experience many physical and emotional changes, all while caring for your baby. Especially in the two months following the birth, make sure you:

- **Get enough rest.** You'll need to rebuild your strength. Try to sleep when your baby sleeps and keep your bed near the crib to make night feedings easier.
- **Eat a healthful diet.** Getting proper nutrition during this time is extra important for your health. Avoid high-fat snacks and focus on low-fat foods that balance protein, carbs, fruits and veggies. Drink plenty of liquids.
- **Make vaginal care an essential part of your postpartum routine.** You may experience vaginal soreness, urination problems or pain, vaginal discharge (including small blood clots), and even contractions for a few days after delivery. **Make sure to schedule a checkup with your doctor about six weeks after the birth.** You'll talk with them about any symptoms you're having and they'll be able to provide proper treatment. Also, don't have sex for four to six weeks after delivery.

Most importantly – at ANY stage in your pregnancy and birth journey – know that your doctor is there to help. You and your baby deserve the best care, from before conception through after the birth, and your doctor is your go-to ally and expert.

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



Kids and Mental Well-Being

Being a kid isn't easy, and the scrapes and scratches are not always physical. Just like adults, children deal with difficult mental health issues, some more serious than others. How do you know when your child might need extra help facing these? Here's key information from the National Institute of Mental Health.

Signs to Look Out For

All children deal with challenging emotions, feelings and behaviors. But how can you tell when these are something more, something not just part of normal development? It's probably wise to seek professional help if behaviors or strong emotions last for weeks or months, cause your child or others noticeable distress, or interfere with your child's ability to function at school, home or with friends. And if your child's behavior is unsafe – or if they talk about wanting to hurt themselves or others – get help immediately.

Here's a chart you can use to help you know when your child might benefit from a professional mental health evaluation.



Younger Kids	Older Kids
<ul style="list-style-type: none"> • Often irritable or have regular tantrums. • Frequently seem scared, fearful or worried. • Can't sit still and are in constant motion. • Sleep too little or too much. Or have many nightmares. • Get a lot of stomachaches or headaches (without a known medical cause). • Obsessively repeat actions or check things many times. • Lack interest in playing with other kids. • Have had a decline in grades/school performance. 	<ul style="list-style-type: none"> • Spend more and more time by themselves, avoiding social activities with friends and family. • Sleep too little or too much. • Have low energy and/or periods of overly high energy. • Engage in self-harming behaviors (like cutting or burning themselves). • Take part in risky or destructive actions. • Diet or exercise obsessively. • Fear gaining weight. • Talk about suicide. • Drink alcohol, smoke or use drugs. • Say they're hearing voices or that someone's trying to control their mind.

If you're ever in doubt – or have any questions or concerns – reach out to your child's doctor. They'll give you expert advice and connect you with any specialized help that may be needed. Together, you can be there for your kid's unique, personal needs.

Important Note: Call or send a text to the number 988, the government's free mental health lifeline, if you or a loved one of any age are facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to. In an immediate, life-threatening emergency, call 911.

Diabetes and Eye Health

When you think of diabetes, you might not think of your eyes – but you should. Diabetes can harm the health of your eyes and the quality of your vision. Read on to discover key information from the CDC.

Diabetic Retinopathy

Many people have never heard of diabetic retinopathy (DR), but it's one of the main causes of blindness in adults. It occurs when high blood sugar levels damage the blood vessels in your eye, causing vision loss that can even result in complete and permanent blindness.

Everyone with diabetes is at risk for DR. It's also key to know that having high blood sugar, blood pressure or cholesterol levels raises your risk, as does smoking. And the longer you've had diabetes, the more likely you are to get DR.

It's vital that you get a dilated eye exam at least once a year because many people don't notice any symptoms during the early stages of DR. The exam can help catch it when it's easiest to treat, before symptoms even become noticeable. Once DR symptoms start appearing, they can include:

- Blurry vision.
- Difficulty seeing colors.
- Spots, dark shapes or distortion in your vision.
- Empty or dark areas in your vision (or "blind spots").
- Flashes in your vision.
- Trouble reading or doing fine-detail work.
- Loss of eyesight.

If you notice any of these symptoms – or any other changes in your vision – call your eye doctor right away.

Protect your eyes.

You have the power to protect your vision by preventing, delaying or slowing DR. Here's how you can help lower your chance of vision loss:

- **Never skip your dilated eye exam.** Get this at least once a year – and your eye doctor may want to check your eyesight even more frequently based on your specific health factors.

During your exam, they'll check how well you can see, plus they'll take an up-close look at your eyes and the blood vessels inside them. This exam is key to catching any issues early, so you can get started on any treatment you might need to protect your sight.

- **Control your blood sugar, blood pressure and cholesterol levels.** Ask your primary care doctor for tips, resources and advice.



- **Don't smoke.** If you need help quitting, reach out to your doctor. Plus, many of the health plans we provide and administer include Quit For Life®, a personalized program to help you quit smoking. If you're interested, call the number on your ID card and ask if your plan includes Quit For Life.
- **Get moving.** Make sure you get enough physical activity, which – believe it or not – helps protect your eyes as you manage your diabetes.

Finally, if you do find yourself diagnosed with DR, begin treatment as soon as you can. The sooner you're treated – even if you don't have any symptoms yet – the better your care will work.

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



Curried Brown Rice with Pumpkin Seeds, Apricots and Spinach

Makes: 4 Servings
Serving Size: 1 Cup

Ingredients

- 1 cup brown rice (short grain, uncooked)
- 1 tablespoon olive oil (or cooking oil)
- 2 garlic cloves, chopped
- 1 red onion, peeled and finely chopped (medium)
- 1 tablespoon curry powder
- 2 cups fresh spinach, chopped
- 2 cups low-sodium vegetable broth (or low-sodium chicken broth)
- Salt and pepper (optional, to taste)
- 1 cup dried apricots (chopped)
- 1/2 cup pumpkin seeds, toasted (pepitas)

Directions

1. Rinse the rice well.
2. Heat the oil over medium heat in a large, heavy saucepan.
3. Add the onions and garlic and cook for three to four minutes, then stir in the curry powder.
4. Add the rice and broth and bring to a boil over high heat.
5. Reduce the heat, cover and simmer for 30 to 45 minutes until the liquid is absorbed.
6. Remove from heat and stir in the apricots and spinach.
7. Replace cover and let sit for 10 minutes.
8. Add the pumpkin seeds, salt, pepper (and more curry if desired) and fluff with a fork.
9. Serve immediately.

Let's cook something delish!

Calories: 476, Total Fat: 19 g, Saturated Fat: 3 g, Cholesterol: 0 mg, Sodium: 152 mg, Total Carbohydrate: 67 g, Fiber: 9 g, Total Sugars: 21 g, Protein: 15 g, Calcium: 102 mg, Iron: 5 mg, Potassium: 500 mg

Source: MyPlate, myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/curried-brown-rice-pumpkin-seeds-apricots
Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.

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

Kid Health

Well-Child Visits

As a parent or guardian, you know your kid deserves the absolute best in health. Make sure they're set up with a personal doctor (a pediatrician), and that you schedule all their needed appointments with this doctor as they grow and develop. Here's key information from the Illinois Department of Healthcare and Family Services.

A personal doctor is key.

Instead of having your child see different doctors all the time, it's important you set them up with a single pediatrician who they'll see for most (or all) of their visits. This doctor will get to know your child and their specific health needs, and they'll:

- Become knowledgeable of your child's medical history and the family history.
- Keep track of your child's medical services, including immunizations (vaccines) and appointments.
- Give you key information about your child's growth and development.
- Provide care when your child's sick.
- Coordinate your child's health and care needs, including any referrals to specialist doctors (if needed).

The Importance of Well-Child Visits

Your child's personal doctor is also who they'll see for their regular checkups, also known as **well-child visits**. These well-child visits are especially important for your child, even if they're healthy. The doctor will check your child's growth, development and overall health, and provide your family information and guidance. During these checkups, they'll also give your child needed medical services – often based on their age – such as tests (vision, hearing, labs, etc.), vaccines, lead screening, specific health exams and more.

These regular well-child visits are key to keeping your child healthy, because the doctor can find and treat any problems early, before they become more serious. They're also a great time to talk to the doctor about any questions or concerns you may have. Ask them about topics such as nutrition and diet; exercise and physical activity; growth and physical development; sleep habits; behavioral, emotional and social development; or anything else that comes to mind. The doctor is both an expert and an advocate for your child's health.

Wondering how often you need to schedule these well-child visits? It varies based on your child's age and health. The doctor can give you a full timeline of when you should schedule all your child's checkups. Together, you'll make sure your youngster keeps living their healthiest, happiest life!

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



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 your 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 your ID card.

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

Tobacco: It's time you Quit For Life.

Quitting tobacco is hard, regardless of whether you smoke, dip, vape or chew. Many people try multiple times without success before they finally quit for good. But when they do, the health benefits are, quite simply, remarkable. If you want to stop using tobacco, you deserve the best in support and resources to help you make this big step. That's where we come in.

Many of the health plans we provide and administer include Quit For Life®, a personalized program to help you quit smoking, dipping, vaping and/or chewing. It'll give you the support, resources and one-on-one help you'll need to have your best shot at kicking the habit for good. With Quit For Life, you'll get support every step of the way, including:

- **One-on-one access to a coach who'll be your guide and create a personalized Quit Plan just for you.** Talk with your coach via phone, text or chat.
- **Anytime, anywhere access.** You'll be able to manage your triggers with coach-led group video sessions, trackers, text messaging and more.
- **Proven, real-life tips and recommendations.** Plan your path to quitting with daily goals, videos and articles.
- **And more!**

Plus, you'll be set up for long-term success – with ongoing coach support even after you quit.

You deserve to be healthy, feel well and start the next chapter of your life. It's time you take action and quit tobacco for good. Call the number on your ID card to ask if your plan includes Quit For Life – and to sign up and begin your journey to tobacco-free wellness.

Quit For Life program availability for adult spouses and dependents varies by plan. See your health plan materials or call the number on your ID card for more information.

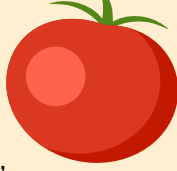
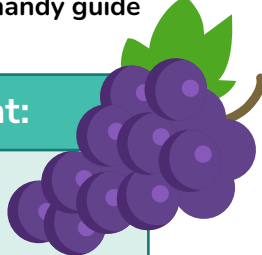
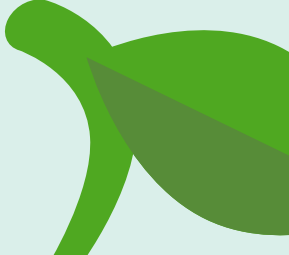
Nicotine replacement therapy (NRT) benefits vary by plan. Regardless of coverage, Quit For Life will recommend an NRT plan to help you be successful in your quitting journey.



Cut here!

Healthy Eating with Kidney Disease

We value your well-being and treat you as a partner in helping you improve your overall health and wellness. Part of this is helping you know what's best to eat when faced with certain chronic conditions and diseases. If you have both diabetes and chronic kidney disease, here's the information you need to know from the experts at the Centers for Disease Control and Prevention (CDC). Cut this out and keep it as a handy guide on your fridge.

Eat LESS:	Healthy Foods You Can Eat:
<ul style="list-style-type: none"> • Salt (sodium). Packaged foods and restaurant dishes are often high in salt, so pick fresh, homemade options. • Sugar and foods high in refined carbs (cookies, crackers, soda, etc.). • Potassium (depending on the stage of your kidney disease). Too much of this mineral can cause heart problems. Oranges, tomatoes, potatoes, whole-grain bread and many other foods are high in potassium.  • Phosphorus (depending on the stage of your kidney disease). Large amounts can damage your bones, eyes, heart and blood vessels. Meats, dairy, nuts, beans, many packaged foods, whole-grain bread and more are high in phosphorus. • Protein (depending on the stage of your kidney disease). Ask your doctor what the right amount is, since getting too little protein isn't healthy either. Ask how much is best for you – and what protein foods you should focus on. 	<ul style="list-style-type: none"> • These types of fruits: apples, grapes, berries, cherries and plums.  • These veggies: onions, cauliflower, eggplant and turnips. • Proteins: lean meats (fish, poultry), eggs and unsalted seafood. • Carbs: white bread, bagels, sandwich buns, unsalted crackers and pasta. • Instead of seasoning with salt, use spices, herbs, mustard and flavored vinegars. But do NOT use "salt substitutes" unless your doctor tells you they're OK – many of these are high in potassium. • Drinks: water, clear diet sodas, unsweet tea. • Helpful tip: If you drink orange juice to boost low blood sugar, switch to kidney-friendly apple or grape juice. You'll get the same effect with a lot less potassium! 
AVOID:	
<ul style="list-style-type: none"> • Herbal supplements. These are NOT safe if you have kidney disease. Some vitamins can also be harmful. ALWAYS ask your doctor before taking any supplements or vitamins. 	

For more information, tips and resources on diabetes management, visit hally.com and search "diabetes."

Most importantly...

Work closely with your doctor and dietitian. Your specific diet will vary based on what stage of kidney disease you're in, as well as if you're on dialysis or not. Your doctor and dietitian will know what's best, even if your needs change. Ask them for tips, resources – and even tasty recipes. You got this!

Living with ADHD

If you or a loved one has ADHD (attention-deficit/hyperactivity disorder), you're not alone. Millions of Americans have been diagnosed with this common disorder. Here's some basic information about ADHD from the National Institute of Mental Health, along with tips to help you live your best life.

The Basics

ADHD is a type of developmental disorder where you have lasting symptoms of **inattention** and/or **hyperactivity** and **impulsivity**. These can get in the way of daily life, interfering with your functioning and development. The symptoms can also affect your work or school performance, your personal relationships, and more. People of all ages can have ADHD.

INATTENTION
Difficulty paying attention, staying on task or being organized.
HYPERACTIVITY
Extremely restless; may include fidgeting, tapping or talking nonstop.
IMPULSIVITY
Acting without thinking; having difficulty controlling yourself.

Tips for Children with ADHD

If you're a parent or guardian of a child with ADHD, here's how you can help them:

- Maintain a regular, consistent routine. From waking up until bedtime, have your child follow the same schedule every day. Plan out times for homework, outdoor activities, indoor play, etc. And if the routine needs to change, try to tell your child well in advance to give them enough time to prepare for it.
- Be clear, consistent and predictable. Set rules and guidelines that are easy to understand – and give consistent feedback on positive and negative behavior.
- Help your child organize their everyday items. Have a place for everything (clothes, toys, backpacks, etc.), and keep everything in its proper place.

- Get notebook and homework organizers and help your child use them. Remind them how important it is to write down their assignments and to bring home their necessary materials.
- Make sure to give praise and rewards when your child follows rules and behaves well. Too often, children with ADHD only receive negative criticism. Help boost their spirits and promote positive behaviors!

Tips for Adults with ADHD

For adults, consider these helpful tips:

- Stick to routines.
- Make lists for different tasks and use a calendar for scheduling events. And write yourself reminder notes.



- Break down big tasks into smaller, more manageable steps.
- Keep important items (bills, keys, paperwork, etc.) in a special, assigned place.
- Get regular physical exercise – especially when you're feeling restless or hyperactive.

Finally, consider talking with a professional therapist or life coach. They have even more tools and resources to help you manage your symptoms and live your healthiest life.



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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 your ID card for specifics.