

SimplyWell

Wellness tips and encouragement from Hally® health.

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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 your ID card for specifics.

Hally health

Take these tips to

Attention men AND women: You have the power to live a heart-healthy life! Help lower your risk of heart disease and other cardiovascular issues by following these nine tips.

1



Get moving and stay active.

Get at least 30 minutes of physical activity at least five days per week.

2



Stay at a healthy weight.

Try to eat healthy meals and stay physically active.

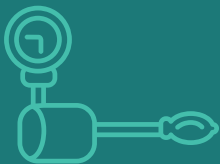
3



Eat healthy.

Fill your plate with fruits and vegetables as well as whole grains and fiber. Limit foods with saturated fat and sodium.

6



Control your blood pressure.

Medication, weight loss, exercise, eating healthy and limiting your salt intake can help.

7



Watch your cholesterol.

Ask your doctor if taking a statin medication is right for you.

8



Get enough quality sleep.

Aim for seven to eight hours of sleep per night.

heart.



Healthy.

h fresh fruits and
ll as foods high in
with high sodium,
or cholesterol.



Enough sleep.

to eight hours
per night.

4



Stress less.

Keep a positive attitude and find healthy ways to manage your stress like exercising, fixing healthy meals and limiting caffeine.

5



Quit using tobacco.

We can help. Hally® health offers free smoking cessation with some plans.

9



Let us help.

Hally health coaches and care coordinators are available to help you achieve your goals at no extra cost to you.

To learn more about our health coaches, care coordinators and smoking cessation program, visit hally.com/care or call the number on your ID card.

Want more great heart-health tips, from the experts at the Academy of Nutrition and Dietetics? Visit EatRight.org and search “heart.”

Mental Health Memo

A Checklist for Your Emotional Health

Your emotional and mental well-being are just as important as your physical health. Here's a short checklist to help you handle stress, face difficult times and improve your wellness. Feel free to cut this out and keep it on your fridge.



Build up strength.



- ☐ Each day, set aside time for YOU.
- ☐ Lean on friends, loved ones and your community.
- ☐ Look at problems from new angles.
- ☐ Practice thankfulness and gratitude.
- ☐ Learn new lessons from mistakes.

Practice mindfulness.



- ☐ Take deep breaths to center yourself.
- ☐ Pay attention to how your body feels.
- ☐ Enjoy a relaxing walk, noticing sights and sounds.
- ☐ Practice mindful eating, enjoying each bite and knowing when you're full.

Lower your stress.



- ☐ Try out relaxation techniques.
- ☐ Set priorities for what matters most.
- ☐ Get help when needed.
- ☐ Be kind to yourself.

Get good sleep.



- ☐ Sleep in a quiet, dark place.
- ☐ Each day, get up and go to bed at the same times.
- ☐ Don't use electronics in bed.
- ☐ Avoid caffeine, alcohol and nicotine before bed.
- ☐ If needed, ask your doctor for more help.

Stay socially connected.



- ☐ Join a book club, sports team, painting class or other group.
- ☐ Find times to just meet friends to talk.
- ☐ If you're a family caregiver, reach out to others for help.

Source: National Institutes of Health. Discover more wellness topics at [nih.gov/WellnessToolKits](https://www.nih.gov/WellnessToolKits).

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.

Test your knowledge.

Women's Health Quiz

Grab pens and paper. Gather your family and friends.
See how much you know about women's health!

1. When is Women's Health Month?

- A. June
- B. July
- C. May
- D. It doesn't matter – women should focus on their health every month!

2. What percentage of women are in poor health?

- A. 1% B. 5% C. Over 12%

3. True or false: Almost 40% of American women are obese.

4. Physical activity is great for your health. What's a good exercise for your heart?

- A. Jogging
- B. Walking
- C. Dancing
- D. Gardening
- E. All of the Above

5. A heart-healthy diet for women includes:

- A. Whole Grains
- B. Veggies and Fruits
- C. Fats, but Only Saturated Fats
- D. Low-Fat, Low-Salt Proteins
- E. All of the Above
- F. A, B and D

6. True or false: Vaccines are only important during childhood.

7. In the U.S., how many women will likely get breast cancer?

- A. 1 in 20
- B. 1 in 8
- C. 1 in 50
- D. 1 in 100

8. True or false: Women are more likely than men to have depression.

9. In the U.S., about how many Alzheimer's patients are women?

- A. 1 in 4
- B. 1 in 2
- C. 2 in 3
- D. 1 in 5

10. What steps will YOU take to live a healthier life?

Source: National Today

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

Answer Key

1. C (But we'll also take D!) • 2. C – That's about 1 in 8 women. • 3. True • 4. E – Pick something you enjoy, and ask your doctor what's best for you! • 5. F • 6. False – Women ALSO need certain vaccines during their adult years. Talk to your doctor and make sure you stay up to date on all of your vaccines. • 7. B – That's why mammograms are so important to catch it early, when it's most treatable. • 8. True – Women are twice as likely to experience depression. Your doctor can help you find the support you need. • 9. C

Pharmacy Corner

Your Drugs, Right to Your Door

Getting your prescriptions should be easy, convenient and affordable – fit to your lifestyle and how you want to get your drugs. If you're tired of waiting in line and limited hours at your local pharmacy, we have an option just for you. With mail order, get prescriptions delivered right to your door, simply and easily through the mail.



Multiple Options

We value giving you choice. Depending on your plan, you may have up to four options for mail order.*

Optum Rx®	Costco®
To sign up: Visit OptumRx.com , use the Optum Rx app, call Optum Rx at (800) 562-6223 or call us at the number on your ID card.	Find out more and get help signing up: Call (800) 607-6861 or visit pharmacy.costco.com .
Walgreens® Mail Service Customer Care Center	Optum® divvyDOSE
Find out more and get help signing up: Call (877) 787-3047 or visit WalgreensMailService.com/Home . Important note: This is not the same as your local Walgreens store. You must specifically use "Walgreens Mail Service" for mail order, using the phone number or website listed above.	Find out more and get help signing up: Call (844) 693-4889 or visit divvyDOSE.com .

Some of these options even give you discounts on 90-day supplies for Tier 1 and Tier 2 medications.** Call us at the number on your ID card and ask about the specific discounts your plan may include for mail-order prescriptions.

Of course, we know that some people simply like heading to their local pharmacy to pick up their medications. If mail order isn't for you, that's why we have so many in-network pharmacies to fill your prescription. Your choice, your lifestyle. If you have any questions about your various options, we're here to help – give us a call at the number on your ID card.

**The mail-order options described in this article might not be available on all plans. Call the number on your ID card to ask which options are available to you.*

***Discounts are not available on all plans or on all medications. Availability of discounts depends on your plan's specific benefits, the mail-order company's specific price policies, the specific medications and more. Certain tiers of drugs, and certain types of drugs, are excluded from discounts. divvyDOSE only allows 30-day supplies. For all companies, certain drugs (for example, opioids, specialty medications, etc.) are limited to supplies of fewer than 90 days (for example, 30-day supplies).*

Men's Health Word Unscrambler

June is Men's Health Month, so it's the perfect time for men – and their loved ones – to learn more and take action. Unscramble these words to discover well-being tips for men of all ages.

1. VMEO ERMO.

4. HKITN VERPNNTIEO.

2. AET RTEBTE.

5. EPHL OYRU DMNI.

3. TIQU CBOTAOC.

6. EB A LROE DMOLE.

Source: District Health Department #10

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

Answer Key

1. MOVE MORE.

Physical activity is key to a healthy life. Try to get at least 2.5 hours of exercise every week. Pick activities you enjoy, and ask your doctor what's best for you.

2. EAT BETTER.

Add more veggies and fruits. Limit foods high in calories, sugar, salt and fat.

3. QUIT TOBACCO.

Smoking's the top cause of preventable death in the U.S., and it leads to cancer, COPD and more. And all types of tobacco are harmful, not just smoking cigarettes. Quitting is hard, but it's one of the best things you can do for your health. 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 tobacco. If you're interested, call the number on your ID card and ask if your plan includes Quit For Life.

4. THINK PREVENTION.

Never miss your yearly checkups with your doctor, and stay up to date on your screenings, vaccines and tests. Ask your doctor what tests and shots you need, and when. For example, did you know that everyone age 13 to 64 should get tested for HIV at least once, and many should be tested more often? Tests for other sexually transmitted diseases are important too. Also, do a monthly testicular self-exam to detect early signs of cancer. And ask your doctor for advice for preventing issues like diabetes, high blood pressure and high cholesterol.

5. HELP YOUR MIND.

Your mental and emotional health is just as important as your physical health. Reach out to your doctor if you need support, advice or resources for issues like stress, anxiety, depression, PTSD and more. They'll be happy to help.

6. BE A ROLE MODEL.

Finally, be a role model for the other men – and boys – in your life. Your actions can show them how important it is to take care of their own health. We're all in this together!

Health Outcomes Survey

Help us help you.

Your well-being matters so much to us, and we love being your partner in helping you improve your overall health and wellness. Our goal is to constantly get better at how we serve and support you. 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 the **Health Outcomes Survey (HOS)** to a random sample of our Medicare members. This survey tracks the quality of the care and coverage you receive. It helps us better understand your health status and the ways we can best keep you healthy. As we get ready for the survey, here are some important things to talk about with your doctor during your next visit.

Talking about your physical health helps your doctor understand your needs and give you the best advice and support. Tell your doctor about:

- Any changes or worries about your physical health.
- Activities that are hard for you, like climbing stairs or carrying groceries.

As we get older, falls and balance issues can be serious. Discuss with your doctor:

- Any recent falls or problems with balance.
- Ways you can help prevent falls, including home-safety changes, medication reviews, exercises and more.

Discussing your mental health is just as important. Tell your doctor:

- How you're feeling emotionally, including any feelings of sadness, anxiety or loneliness.
- About any recent changes in your mood or mental health.

Chat with your doctor about physical activity and exercise. Talk about:

- Your current level of physical activity and any problems you face.
- Any advice or tips for exercising.
- Safe and fun ways to stay active, that fit your lifestyle.

Finally, talking about urinary incontinence (loss of bladder control) can help you find ways to manage this common issue, making your life better and more comfortable. Chat with your doctor about:

- Any experiences you've had with urinary incontinence over the past six months.
- How urinary incontinence has affected your daily activities or sleep.
- The available management options, such as bladder-training exercises, medication or surgery.

Your doctor is an ally and an expert. With their help, your healthiest life awaits!

Discover benefits.

Diabetes Reversal with Virta Health

We value your well-being and treat you as a partner in helping you improve your overall health and wellness. That's why the plans we provide and administer include high-impact benefits that can quite literally change your life. Let's look at one of these benefits – Virta Health.

What is Virta Health?

Virta is a virtual program that can help you safely and sustainably reverse type 2 diabetes – without the risks, costs or side effects of medications or surgery.

How does the program work?

Virta is a research-backed treatment that can help you eat your way to better health with care plans made just for you. It includes expert support from healthcare providers, coaches and digital health tools. In as little as 10 weeks, you can improve glycemic control, decrease medication use and achieve real weight loss.

With Virta, you'll get:

- A dedicated health coach.
- Free diabetes testing supplies.
- Medical care from a physician-led team.
- Resources like recipes, grocery lists, etc.
- And more!

Do all plans include Virta?

No, but many do. Call the number on your ID card and ask if your plan includes Virta Health.

Is everybody eligible for Virta?

If your plan includes Virta, the program is offered to you and your eligible dependents 18 years or older who have type 2 diabetes. However, there are some medical conditions that can exclude you from the program. For information on eligibility, call the number on your ID card.




What's the most important "first step" to take?

If you're eligible for Virta, *first* reach out to your doctor and ask them if they think it's right for you. They're the expert who knows your health best!

How to sign up:

Apply at virtahealth.com/join/hally. If you're looking for a better way to conquer your type 2 diabetes, with Virta Health, you got this!

Participation in the program is not a guarantee that the member's diabetes will be reversed, and it requires active participation/adherence by the member.



Mental Health Memo

Stress vs. Anxiety

We all deal with stressful situations and anxious feelings. But what exactly is the difference between stress and anxiety? Here's some helpful information from the experts at the National Institute of Mental Health.

The Difference Between Stress and Anxiety

Stress is your physical or mental response to some outside cause or event, like a big test or project that's due, a natural disaster, an act of violence, or simply a big life change. Everyone feels stress at times.

Anxiety is your body's reaction to stress – and it can occur even when there's no current outside cause or event. Anxiety is common too, but if it doesn't go away or if it begins to interfere with your daily life, it can affect your well-being. Not only can it harm your mental wellness, but it can also affect your sleeping and your body's digestive, immune, cardiovascular and reproductive systems.

Stress	Anxiety
<ul style="list-style-type: none">• Usually is a response to an <u>external</u> cause, like taking a big test.• Goes away once the situation is resolved.	<ul style="list-style-type: none">• Usually is <u>internal</u>, meaning it's your internal reaction to stress.• Often involves a lasting feeling of dread or apprehension, that doesn't go away and that interferes with your daily life.• Is constant, even when there's no immediate threat.

Both stress and anxiety can affect your body, mind and emotions. They can lead to tension, excess worry and uneasiness, loss of sleep, high blood pressure, headaches, and even body pain.

Find help and support.

You're not alone – many people deal with stress and anxiety, and there's plenty of help, support and resources available. Your personal doctor is a great place to start. Tell them how you're feeling and what you're facing, and ask them for advice and actions to take. They may suggest talk therapy, community support groups, medications, or a combination of these and other things.

They'll help you find what works for you. Anxiety is tough, but with your doctor's help, you have the power to live your full, best life. You got this.

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.

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.



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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. 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.