

JANUARY 2024

PLAN FOR HEALTH NEWSLETTER

Preventive Care

Protecting Your Health Starts With You

Preventive care is getting the right kinds of preventive health services—screenings, counseling, immunizations, and preventive medicine—at the right times. It's about protecting your health by knowing what you need and when to get it. Preventive care focuses on staying well. In fact, many of us only think of health care when we're ill or treating a disease. In other words, being reactive to our health, rather than managing it.

Preventive care is also about knowing if you're at risk for developing a certain disease or chronic condition (i.e., heart disease, cancer, diabetes, etc.) that may be based on your family history, tobacco use and other lifestyle behaviors, such as a lack of physical activity or imbalanced nutrition. Preventive care extends to many areas of our lives and early detection is key. It's imperative to be aware, be proactive and be healthy.

THIS MONTH'S TOPICS:



Preventive Care



Emergency Preparedness



**Chicken and Dumpling
Soup Recipe**



Early Detection

Now is the time to keep you and your family safe and healthy. Early disease detection is the use of screening tests, medical exams, and self-exams to identify health problems and/or conditions before symptoms appear.

Often, the earlier a disease or health condition is diagnosed, the more likely it is that it can be treated or successfully managed. Managing a disease, especially early in its course, may lower its impact on your life or prevent or delay serious complications. Knowing the importance of preventive care may literally save your life.

Program Highlight: Finding a Primary Care Provider



This program is available to help you learn about the role of primary care providers (PCP), how they support your personal health needs, and how to choose one. It will review topics such as which clinicians can be PCPs, what to consider when choosing a PCP, and how to prepare for your first PCP visit.

Go to your new, enhanced member app or website and head over to explore the Program Library on the Journey tab to learn more.

Be Your Own Best Advocate

- **Build a relationship with your health care provider:** Discuss your expectations, concerns, feelings, and questions you have about your health.
- **Speak up:** Ask questions if you do not understand a diagnosis or treatment.
- **Be prepared:** Make a list of questions, current medications and supplements ahead of time.
- **Become an educated health care consumer:** Take advantage of the valuable tools on your member website. Your member website provides you access to information and education on a variety of topics.

Emergency Preparedness

Protecting Your Health Starts With You

Planning for how to maintain and protect your health in a disaster or emergency is an important but often overlooked part of the preparedness process. An Emergency Action Plan is your user guide for how to stay healthy, informed, calm, and connected in an emergency.

Personal needs are the things that you could not do without in an emergency such as:

- An emergency water and food supply
- Prescription medicines
- Medical supplies such as asthma inhaler, antibacterial wipes, catheters, syringes and blood test strips
- First aid supplies including but not limited to non-latex gloves, thermometer, waterproof bandages and gauze, tweezers, scissors and antibiotic cream
- Childcare supplies
- Pet supplies



It is important that you know how to protect your family from post-disaster threats and hazards, including power outages, and their effects on personal health, public health, and health care.

- Identify emergency departments, urgent care centers, dialysis centers, hemophilia treatment centers, veterinarians, etc. near your home and along your designated evacuation route.
- Learn and share practical skills, including safe generator use, to prepare for post-disaster health hazards, such as carbon monoxide.

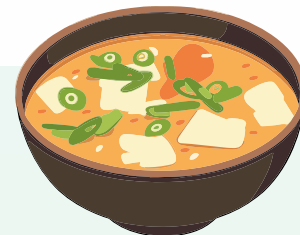
Stayed tuned for February's topics:

Cancer Awareness and
Heart Health Month



Check out January's recipe on the next page!

Chicken and Dumpling Soup



Ingredients For the Soup:

- 2 tablespoons vegetable oil
- 2 cups carrots, chopped
- 1 cup onion, chopped
- 1 cup celery, chopped, including some leaves
- 8 cups chicken broth, fat free, reduced sodium
- 2 cups cooked chicken breast, shredded
- 1/2 teaspoon black peppercorns
- 1 teaspoon dried thyme
- 2 bay leaves
- 2 cups fresh spinach leaves, coarsely chopped

Ingredients for the Dumplings:

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 3/4 cup skim milk
- 1 egg, large

Directions:

1. Heat oil in Dutch oven or soup kettle over medium-high heat.
2. Sauté carrot, onion and celery for 5 minutes; stir in broth, chicken, peppercorns, thyme, and bay leaves.
3. Reduce heat to low; simmer, partially covered for 20 minutes.
4. Meanwhile, in small bowl, mix dumpling ingredients until well blended.
5. Drop small spoonfuls of dumpling dough into simmering soup.
6. Cover soup and allow dumplings to cook for about 20 minutes (they will rise to the top of the soup as they cook).
7. Stir in spinach.
8. Remove bay leaves before serving soup.