

# WHOLE you

2021 Winter Bulletin

## Your healthy source for living well.

**Welcome to a new issue of *Whole You* from PA Health & Wellness.** We hope you can use this to improve your well-being and learn more about your health plan benefits.

In this issue of *Whole You*, you'll find important topics to keep you healthy:

- A Healthy Twist on a Classic Family Dish.
- Get the Most from Your Coverage: Asthma Care.
- Where You Live Can Affect Your Health.
- Are Your Bases Covered? Learn More about Advance Directives.
- Runny Nose, Headache & Cough, Is it the Flu or COVID-19?
- November is National Diabetes Awareness Month.

**Thank you for being our Participant, and for taking care of the whole you!**

### **Participant Advisory Committee**

You can help PA Health & Wellness with the way our health plan works. We have a Participant Advisory Council that gives Participants like you a chance to share your thoughts and ideas with PA Health & Wellness. The group meets every 3 months. This gives you a chance to talk about your concerns with a variety of people. You also have a chance to tell us how we are doing. You may ask questions or share any concerns that you have about the delivery of services. Call Participant Services at 1-844-626-6813 (TTY/TDD 1-844-349-8916) if you would like to attend.

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## A Healthy Twist on a Classic Family Dish

Pizza is a fun meal that the whole family can agree on. It's fun to eat and even easier to make. Topping a pizza is a great way to get the entire family to help out with dinner. But before you make your shopping list, here are some tips to make your tomato pie a little bit healthier:

### **Grab a veggie crust.**

Rather than using a regular pizza crust, try a frozen veggie crust like cauliflower or broccoli.

### **Try a sugar-free sauce.**

You don't have to skip the sauce to make it healthier. Grab a sugar-free option at the store to try. Or even a no-sugar-added one instead.

### **Go easy on the cheese.**

Cheese is a good source of protein and calcium, but everything is best in moderation.

### **Load up the veggies.**

Go crazy with the vegetable toppings. Let the family pick out their favorites and sneak in a couple of your own.

**Tip:**  
Save time by stopping  
by the produce  
department at the  
store to grab fresh  
pre-cut veggies!



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## Get the Most from Your Coverage: Asthma Care

As the season changes, people with asthma can be impacted the hardest. But PA Health & Wellness has various resources available to get you the support you need. Check out a few of the benefits below. Reach out and let us help you create a plan. We want to make sure you have access to the care you need when you need it the most.

### **Find a Provider/Pharmacy**

Search our network of providers and pharmacies to find one that's convenient and easily accessible for you. Call Member Services at 1-844-626-6813 (TTY 1-844-349-8916) to learn more.



### **Service Coordination**

You will be paired with a service coordinator who can give you specialized attention to help assist with resources and improve healthcare delivery. Call Member Services at 1-844-626-6813 (TTY 1-844-349-8916) to learn more.

### **Transportation Assistance**

Your benefits cover non-emergency rides for covered services, like your doctor visits. Set up rides by calling Member Services at 1-844-626-6813 (TTY 1-844-349-8916).



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## Where You Live Can Affect Your Health

Recurring health problems can be frustrating. Especially if you're unable to figure out what's causing them. But if you or your family are having recurring issues, it could be linked to your home.

Walls that are damp or moldy can trigger your asthma. Or they can cause other breathing problems. Older homes may have things like asbestos that can harm you.

If you are a renter, you're not alone. It's your right to have a safe place to live. And the good news is, there is help!

**The US Department of Housing and Urban Development** has a Resource Locator Tool (<http://resources.hud.gov>). It helps find housing resources in your state.

**The Center for Disease Control** (<https://www.cdc.gov/nceh/lead/default.htm>) has additional information and resources.

**PA Health & Wellness** can help you find local resources for housing needs. Contact us at 1-844-626-6813 (TTY 1-844-349-8916).

### Symptoms you could have because of your home include:

- Trouble breathing
- Throat irritation
- Wheezing and sneezing fits
- Increased number of asthma attacks
- Eye irritation
- Recurring headaches
- Aches and pains



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## Are Your Bases Covered?

Imagine you are watching a baseball game. A ground ball is hit. The shortstop fields it. He makes a good throw to first base. But the first baseman does not cover the base!

That might never happen in Pro Baseball.

Sadly, it does happen in the world of healthcare. A caregiver sees a patient is unwell. The emergency team gets them to the hospital. But, what happens next if the patient cannot speak for themselves? Without an Advance Directive, the base is left uncovered.

Make sure your bases are covered. If something happens to you, an Advance Directive speaks for you when you cannot. An Advance Directive can also say who makes medical decisions for you when you are not able.

Talk to your doctor for help completing your Advance Directive. You and two other witnesses must sign the document. You can find a template for making an Advance Directive at:

<https://www.aarp.org/caregiving/financial-legal/free-printable-advance-directives/>

Make sure that your doctor has a copy of your Advance Directive. They cannot follow your wishes unless they know them!

If something happens to you, an Advance Directive speaks for you when you cannot.



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## Runny Nose, Headache & Cough, Is it the Flu or COVID-19?

Did you know that Colds, the flu, seasonal allergies, and COVID-19 all have similar symptoms? So how do you tell them apart? Below is a table to help, but the bottom line is: If you are feeling sick, contact your doctor to see about being tested for COVID-19. This will help you and others to stay healthy and safe. Remember to wash your hands before you touch your face or eat. Don't forget to wear a mask!



Symptom	Cold	Flu	COVID-19
<b>Onset of symptoms</b>	Gradual - Happens a little at a time over days	Rapid	Varies from person to person
<b>Fever/Chills</b>	Rarely	Often	Often
<b>Fatigue (Feeling Tired)</b>	Sometimes	Sometimes	Sometimes
<b>Cough</b>	Sometimes	Often (Usually dry)	Often (Usually Dry)
<b>Sneezing</b>	Often	No	No
<b>Aches and Pains</b>	Often	Often	Sometimes
<b>Runny or Stuffy Nose</b>	Often	Sometimes	Rarely
<b>Diarrhea</b>	No	Sometimes in Children	Sometimes
<b>Headaches</b>	Rarely	Often	Sometimes
<b>Shortness of Breath/ Difficulty Breathing</b>	Rarely	Rarely	Often
<b>Loss of Taste or Smell</b>	Rarely	Rarely	Often
<b>Vaccination Available</b>	No	Yes	Yes

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## November is National Diabetes Awareness Month

When thinking about the month of November, our thoughts may turn to family celebrations, falling leaves, and turkeys. But, did you know that November is also a time to raise awareness about diabetes? November is “National Diabetes Awareness Month.”

Did you know that one in ten Americans has diabetes<sup>1</sup>? Another 84 million are at risk of developing type-2 diabetes<sup>2</sup>.

Type 2 diabetes, the most common type of diabetes, is a disease that happens when your blood glucose, also called blood sugar, is too high. High blood sugar levels can lead to other health problems with your eyes, heart, nerves and kidneys. There is no cure, and symptoms for type-2 diabetes begin slowly, so it may be hard to know if you have it.

### What are some of the warning signs of type-2 diabetes?

- Always thirsty
- Frequent urination
- Blurry vision
- Slow-healing sores
- Numbness or tingling in hands and feet
- Often feeling tired

### What are some of the risks for getting type-2 diabetes?

- Being overweight
- Being age 45 or older
- Having a family history
- Getting little or no exercise

Prevention is everything! Remember to see your doctor on a regular basis. He or she will provide the best treatment for you.

If you already have diabetes, don't let it discourage you from living a happy and healthy life. It is never too late to make healthy changes. Eating healthy foods, getting active, and losing extra weight can make all the difference. Remember, there is so much to be thankful for in your life!

If you have questions, or would like more information on diabetes, PA Health & Wellness is always here for you. **Call us: 1-844-824-3655 (TTY 1-833-254-0690).**



1. <https://www.starlingphysicians.com/november-is-diabetes-awareness-month/>

2. <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/diabetes-prediabetes.htm>



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