

WHOLE you

2021 Spring Bulletin

Your healthy source for living well.

Hello! This is the new issue *Whole You* from PA Health & Wellness.

In this issue of *Whole You*, you'll find:

- Superfoods to help you fight stress
- Details on your My Health Pays® rewards
- Tips on how to protect yourself from Skin Cancer
- COVID-19 Vaccine tips
- Top six things you can do to maintain good oral health
- How to access the PA Health & Wellness Provider Directory

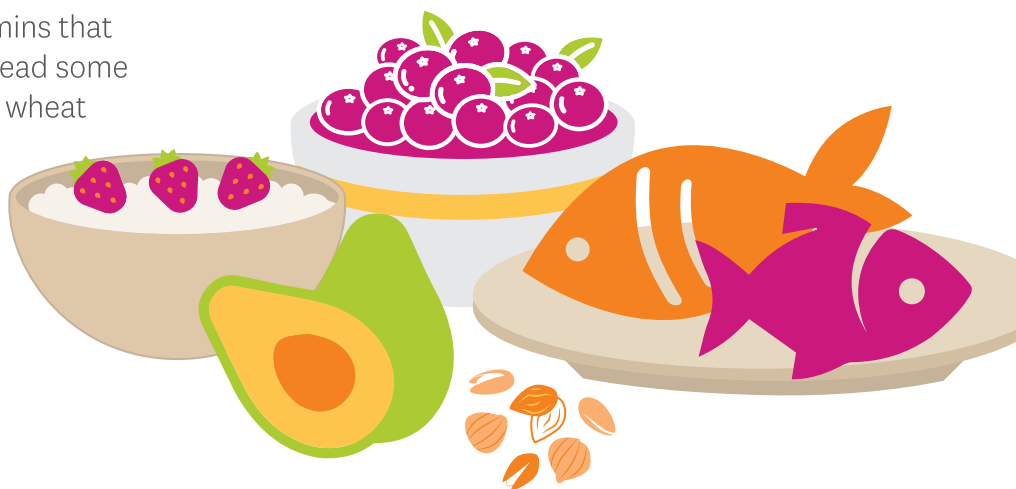
Enjoy. We hope this helps you take even better care of the whole you!

WHOLE you

Fight Stress with these Delicious Superfoods

Many of us carry the impact of stress in our bodies. But did you know certain foods may help put you more at ease? Here are five ways you can use food to beat stress and reduce some of the tension you feel.

- 1 Add Avocado.** Adding B-rich avocados to your diet can improve your mood. Avocados also contain mono-unsaturated fat and potassium — nutrients that can help lower blood pressure. This creamy, delicious fruit also has been shown to ward off hunger. This means you are less likely to grab an unhealthy treat when you start feeling the pressure. Try a tasty turkey sandwich or salad for lunch and top it off with some avocado slices!
- 2 Bring Blueberries.** These tiny berries pack a powerful punch. They contain high levels of phytonutrients and an antioxidant called anthocyanin that has been linked to improved thinking. They're also rich in vitamin C — another natural stress buster. Toss a few in your morning yogurt or pack in your lunch for dessert!
- 3 Nosh on Nuts.** Many nuts like almonds, walnuts and pistachios may boost your immune system. They are rich in vitamin E and zinc. Nuts also contain B-vitamins that help your body combat stress. Spread some almond butter on a piece of whole wheat toast for a morning treat!
- 4 Feed on Fatty Fish.** Are you tense or anxious? A diet rich in omega-3 fatty acids helps keep your cortisol and adrenaline levels from rising when you feel this way. Eat fish like salmon, herring and albacore tuna to keep stress at bay. Pair a grilled or baked fillet with your favorite green veggie for a simple, stress-fighting meal.
- 5 Fill up on Oatmeal.** This complex carbohydrate helps your brain produce serotonin. Serotonin is the feel-good chemical that can help you overcome stress. Go with thick-cut instead of instant oatmeal to enjoy more beta-glucan, a soluble fiber that keeps you fuller. When you feel full, you are less likely to crave a sugary treat that could spike your blood sugar. Make a big batch on the weekends, then heat it up during the week for a quick and easy meal or snack.



WHOLE you

Earn and Use Rewards with *my*healthpays[®]

Your health insurance gives you important benefits. But did you know you can also earn rewards?

With the My Health Pays[®] rewards program, earning rewards is easy. You just complete healthy activities such as your yearly wellness exam, getting a flu shot or other annual screenings to protect your health.

When you complete a healthy activity, you'll earn dollar rewards. You can use them on things like:

- Everyday items at Walmart[®]
- Utilities
- Transportation
- Telecommunications
- Childcare Services
- Education
- Rent

Here are ways to earn My Health Pays rewards:

\$25 - Annual Breast Cancer Screening.
Age 50-74. One per calendar year.

\$25 - Annual Colorectal Screening.
Age 51-75. One per calendar year.

\$25 - Annual Cervical Cancer Screening.
Age 21-64. One per calendar year.

Your My Health Pays reward dollars are added to your rewards card after we process the claim for each activity you complete. If you are earning your first reward, your My Health Pays[™] Visa[®] Prepaid Card will be mailed to you.

This My Health Pays Rewards Visa Prepaid card is issued by The Bancorp Bank pursuant to a license from Visa U.S.A. Inc. The Bancorp Bank; Member FDIC. Card cannot be used everywhere Visa debit cards are accepted.

If you have any questions or need more information, visit PAHealthWellness.com/Members/LTSS/Benefits-Services/Healthy-Rewards-Program.html or call Member Services at 1-844-626-6813 (TTY 1-844-349-8916).



WHOLE you

Protect Yourself: Prevent Skin Cancer

Nice, sunny days are meant to be enjoyed. Don't let your fun in the sun be spoiled by harmful ultraviolet (UV) rays and skin damage. When you protect yourself from UV rays, you lower the risk of skin cancer. You also slow early aging!

Practicing smart sun protection in warmer months is a good way to get into habits that you should have all the time. The danger of UV rays is year-round, even on cloudy or cold days — and even when you're inside but near windows! UV rays can also reflect off snow, water and concrete. Put simply, if your skin is exposed and you aren't in a windowless space, you can get exposure to UV rays.



Here are ways you can protect your skin:

Choose sunscreen with a sun protection factor (SPF) of 15 or higher. Apply it at least 15 minutes before sun exposure. Use it on all exposed skin. Reapply it every two hours if you are sweating or swimming.

Wear long sleeves, long pants and longer skirts. Some materials are better than others at protecting you from the sun. An easy way to gauge how well it can protect you is to hold up the material to the sun. The more light that you can see through it, the less it will protect you from harmful UV rays. Also, dark and bright colors will protect you more than lighter colors like whites and pastels.

Put on a hat with a full brim when you spend time outdoors. This will help protect your face, ears and neck. Keep in mind that a hat with a partial brim, like a baseball cap, can shield only part of you. And straw hats aren't as effective for blocking out UV rays.

Sport shades. Sunglasses help guard your eyes from UV rays. They also protect the skin around your eyes from sun exposure. Buy a pair you like and wear them whenever you're outside.

Avoid being outside during the hottest times of the day. Always look for shade during peak daytime hours (10 a.m. to 4 p.m.). Find a tree or an outdoor umbrella to shield yourself.

If you work outside, play sports or simply like to spend time outdoors, be extra aware of any changes in your skin. A new growth or an uneven patch of skin can be an early sign of an issue. Set up a visit with your primary care provider (PCP) if you see any changes in your skin or have questions about your risks.

WHOLE
youCOVID-19
Vaccine Tips

COVID-19 has changed the way we live. Vaccines to protect us against COVID-19 are very important to help us stay safe. With the short supply right now, vaccine appointments may be hard to get.



Here are ways to help:

1 Know your Phase.

Vaccines are being given in Phases. Pennsylvania's phases can be found online: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>. Know what phase you are in so you know when to try and schedule.

2 Be Patient.

More vaccines will be available in the next few months. While it can be hard to get an appointment now, try to be patient. We will all have the chance to get a vaccine soon.

3 Use Reliable Sources.

Getting correct information is important. Sources like the Pennsylvania Health Department (www.health.pa.gov) and the Center for Disease Control (CDC.gov) are great places to get the most up to date information.

4 Keep the Precautions.

After you get your vaccine, it is important to stay safe to stop the spread of COVID-19. It takes time after you are vaccinated for your body to build immunity. Also, we need much of our country to get vaccines before we expect COVID-19 spread to really slow down. Continue masking, social distancing, and good washing to prevent the spread.

5 PA Health & Wellness is Here for You.

We know this may be hard. We are here to support you. Please call us at 1-844-626-6813 (TTY/TDD 1-844-349-8916) with questions about COVID-19 or anything else we can do to support your health and wellness.

Get Your Smile On!

Top 6 Things You Can Do To Maintain Good Oral Health



Here are six ways you can improve your oral health:

- 1 Brush your teeth thoroughly twice a day with a fluoride toothpaste.
- 2 Be sure to floss daily between your teeth to help remove dental plaque.
- 3 Visit your dentist at least twice a year, even if you have no natural teeth or have dentures.
- 4 Do not use any tobacco products. If you are a smoker, consider making a plan to quit.
- 5 Avoid sugary drinks and acidic foods.
- 6 If you have diabetes, be sure to maintain control of the disease. This will decrease risk for other complications, including gum disease. Treating gum disease may help lower your blood sugar level.

**Did you know that you
can request a dental kit?**

**Call Participant Services
if you'd like one:
1-844-626-6813**

WHOLE you

PA Health & Wellness's Provider Directory

The PA Health & Wellness's provider directory has information about the providers in PA Health & Wellness's network. The provider directory is located online here: <http://providersearch.PAHealthWellness.com>. You may call Participant Services at 1-844-626-6813 or 1-844-349-8916 (TTY) to ask that a copy of the provider directory be sent to you or to request information about where a doctor went to medical school or their residency program. You may also call Participant Services to get help finding a provider.

The provider directory includes the following information about network providers:

- Name, address, website address, email address, telephone number
- Whether or not the provider is accepting new patients
- Days and hours of operation
- The provider's credentials and board certifications
- The provider's specialty and services offered by the provider
- Whether or not the provider speaks languages other than English and, if so, which languages
- Whether or not the provider locations are wheelchair accessible Community HealthChoices

*The information in the printed provider directory may change. You can call Participant Services to check if the information in the provider directory is current. The online directory is updated at least monthly.



Community
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FROM | pa health
& wellness.

For people age 65 and older who are eligible for Medicare and Medicaid, Allwell from PA Health & Wellness is our Dual Special Needs Program. Our Allwell plans include comprehensive healthcare coverage with support you can count on.

To learn more, call Participant Services at 1-844-626-6813 (TTY 1-844-349-8916).



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