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NAME
COMPANY
STREET ADDRESS
CITY, STATE ZIP



Vaccinate Your Preteen This Summer

Because most preteens get their shots in the month of August before school begins, it can be difficult to get in to see your child's doctor or nurse. Make an appointment to get your child vaccinated earlier this summer and beat the back-to-school rush.

Vaccines help protect your preteen, as well as their friends and family members, from serious illness.

Boys and girls should get the following vaccines at age 11 or 12 years:

- **HPV Vaccine:** helps protect against HPV infections that cause cancer. All boys and girls should get 2 doses before they turn 13 years old. Children who start the vaccine series on or after their 15th birthday need 3 doses to get complete protection.
- **Meningococcal conjugate vaccine:** protects against 4 types of *Neisseria meningitidis* bacteria. These bacteria can cause infections of the lining of the brain and spinal cord (meningitis) and bloodstream infections (septicemia). Teens should get a booster dose of this vaccine at 16 years old.
- **Tdap vaccine:** provides a booster to continue protection from childhood against 3 serious diseases: tetanus, diphtheria, and pertussis (also called whooping cough).

Preteens and teens should also get a flu vaccine every year. The flu can be serious at any age.

Summer 2019

Health Matters



Family Health and Fitness Day

Celebrate Family Health and Fitness Day on June 8 – an initiative of the National Recreation and Park Association (NRPA).

NRPA's Top Ways to "Get Fit" With Parks and Recreation:

- Take a Walk
- Go for a Swim
- Enroll in a Fitness Program
- Play Outside

Celebrated the second Saturday of June each year, Family Health and Fitness Day promotes the importance of parks and recreation in keeping communities active and healthy.

Fraud, Waste, or Abuse?

To report potential fraud, waste, or abuse in the CHRISTUS Health Plan Network, submit details to the Special Investigations Unit via email, secure fax, or phone.

FWA Hotline: **855.771.8072**

Email:

CHRISTUSHealthSIU@christushealth.org

Fax: **210.766.8849**

If you prefer anonymity, call the Integrity Line at **888.728.8383** or visit CHRISTUSIntegrityLink.org.

For compliance questions or concerns, you can email us at CHPCompliance@christushealth.org

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Avoid Summer Bumpers

Heading outdoors? Follow these tips to avoid summer bumpers like bug bites, sunburn, and other pesky problems.

1. **Make yourself unattractive – to insects!**
Scented soaps, perfumes, and hair sprays can attract mosquitos and other biting bugs. Avoid areas where insects nest or gather, such as pools of still water or uncovered foods. Use bug spray with DEET. Pediatricians recommend 10% to 30% DEET for children older than 2 months. DEET is not recommended for use on infants.
2. **Use the 20 minute rule.**
Drink water at least every 20 minutes. To prevent heat stress and heat stroke, you should stay hydrated when outside. If you're going to be outside for more than an hour, you should add a sports drink to replenish electrolytes.
3. **Play it safe.**
At the playground, take a good look at the equipment. It should be in good shape. Also, make sure the slides and other surfaces are cool enough to be comfortable.
4. **Big adventure? Brag about it.**
Tell someone where you're going and when you expect to be back. Someone needs to know where you plan to be. If you're going camping or hiking, take a first aid kit with you. It should include antibiotic ointment, adhesive bandages, anti-itch gels, an Ace bandage, and emergency hydration and electrolyte replacement.
5. **Scan for bad plants.**
Learn to recognize poison ivy and poison oak, and steer clear. You should also be familiar with other poisonous plants. When hiking carry a book with photos of plants to refer to in cases of doubt. Yes, you could look them up on your phone, but if you're out of range, you'll want a paper copy.
6. **Go broad.**
Use a "broad spectrum" sunscreen. Broad spectrum screens both UVB and UVA rays, and you need it even if it's not a super sunny day. UV rays are strongest between 10 a.m. and 4 p.m.



Dear Friends,

Welcome to the newest issue of Health Matters. It's summer, which means plenty of time outdoors and vacations.

In this issue, we included information about staying safe this summer, emergency preparedness, and Family Health and Fitness Day (June 8).

We also included information about PTSD in honor of PTSD Awareness Month (June). This issue's recipe is homemade hamburger buns - great for summer cook outs.

If you ever have any questions, please call Member Services at **844.282.3025** or go to christushealthplan.org.

Nothing means more to us than knowing we've helped make our members' lives better.

In good health,

Nancy Horstmann
Chief Executive Officer
CHRISTUS Health Plan

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Emergency Preparedness for Prescription Medications

Hurricane season is here. It's important to review your emergency preparedness plans. Lost or damaged medication can be a life-threatening situation. It's important to prepare for any emergency and remember to include your prescription medications in your plans.

Here are some tips to be prepared:

1. Keep an updated list of all medications, dosages and phone numbers for your doctors and pharmacies in a waterproof bag or container.
2. Keep your health insurance or prescription drug benefit card with you at all times. Express Scripts or CHRISTUS Health Plan can help you obtain an emergency supply of any lost or damaged medication.
3. Reorder as soon as you are able and consider ordering a 90-day supply.
4. Keep medications in original containers with original labels.
5. If your medication requires refrigeration or electronic equipment, have a plan for temporary storage and administration.
6. Discuss your medication disaster plan with your doctor.
7. Stock a supply kit with any nonprescription medications you may need.
8. Inspect your medication to see if the look or smell of it has changed. If you are unsure about its safety, contact your local pharmacist or health care provider.
9. If you haven't been able to take your medication, contact your local pharmacist or doctor as soon as possible. Never take additional doses to make up for those you've missed before talking to your physician.

Homemade Hamburger Buns

Ingredients

- 1 cup milk
- 1/4 cup butter
- 1 package instant yeast
- 1/2 cup water
- 4 1/2 cups all-purpose flour
- 2 tbsp white sugar
- 1 1/2 tsp
- 1 egg

Directions

In small saucepan, heat milk, water, and butter until very warm, 120° F.

Mix 1 3/4 cup flour, yeast, sugar, and salt. Mix milk mixture into flour mixture, then mix in egg. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic - about 8 minutes.

Divide dough into 12 equal pieces. Shape into smooth balls, and place on greased baking sheet. Flatten slightly. Cover, let rise for 30 - 35 minutes.

Bake at 400° F for 10 - 12 minutes, or until golden brown.



10 Warning Signs of Alzheimer's Disease

Your memory often changes as you grow older. Some people recognize changes in themselves before anyone else notices. In other cases, friends and family are the first to observe changes in memory, behavior, or abilities.

It may be hard to know the difference between age-related changes and the first signs of dementia. Dementia is a slow decline in memory, thinking, and reasoning skills. The most common form of dementia is Alzheimer's Disease, a fatal disorder that results in the loss of brain cells and function.

10 Warning Signs of Alzheimer's Disease are:

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work, or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood or personality

Early diagnosis gives you a chance to seek treatment and plan for the future.



Living with Posttraumatic Stress Disorder (PTSD)

Posttraumatic stress disorder (PTSD) is essentially an anxiety disorder. It develops in response to traumatic or life-threatening experiences.

Some symptoms of PTSD include:

- Emotional: anxiety, anger, depression, irritability, sadness
- Physical: tiredness, increased perspiration, high or low blood pressure, trouble digesting food



According to the National Center for PTSD (a division of the US Department of Veterans Affairs), roughly 5% of men and 10% of women living in the U.S. will develop PTSD at some point during their lifetime. This accounts for 6-7 million adults today that suffer from PTSD. Most individuals show early symptoms of PTSD shortly after experiencing a traumatic event, but there can be delayed PTSD reaction months or even years later.

If you think you have PTSD and need to seek treatment, please call Member Services at **844.282.3025** or visit christushealthplan.org/find-a-provider to find a provider.



Honor These Awareness Dates and Stay Healthy

June

Alzheimer's and Brain Awareness Month

PTSD Awareness Month

Family Health and Fitness Day (8)

Flag Day (14)

Father's Day (16)

July

Fireworks Safety Month

Swimming Safety Month

Heat Safety Month

Independence Day (4)

August

Immunization Awareness Month