

# Health Matters

Our Purpose Is You



## PEOPLE AT HIGH RISK FOR DEVELOPING FLU-RELATED COMPLICATIONS

- Children younger than 5
- Adults 65 years of age and older
- Pregnant women
- People with certain medical conditions like:
  - Asthma
  - Chronic lung disease
  - Heart disease
  - Weakened immune system
  - People younger than 19 years of age who are receiving long-term aspirin therapy
  - And many other conditions



## IT'S FLU SEASON!

The CDC recommends a yearly flu vaccine for everyone 6 months and older. Flu vaccination can reduce flu illnesses and prevent flu-related hospitalizations. US Family Health Plan is offering FREE flu vaccines to ALL members. Members are able to receive vaccinations by visiting participating pharmacies.

**USFHP is offering Free Flu vaccines to ALL members.**

The FREE flu vaccines are available at Maxor Pharmacies and Network Pharmacies.

SCHEDULE your **FREE** flu shot today!

\*Please check with your local pharmacy for children under 12. Members under 3 years of age must be given the flu shot by their Pedi/PCP.

Note: You MUST make an appointment with the pharmacy of your choice. When you receive your flu shot at a network pharmacy, you will not be billed for your visit. The health plan will handle the cost directly. You must present your health plan Member ID Card and a government-issued photo ID upon check-in.

**FOR ALL MEMBERS\* AGE 3+**

**VACCINATIONS ARE AVAILABLE AT ALL NETWORK PHARMACIES - CVS, HEB, SAM'S CLUB & WALMART... AND ALSO AT THE FOLLOWING PHARMACIES:**

**CLEAR LAKE:**  
Maxor Pharmacy  
1058 Hercules Ave,  
Houston | TX 77058,  
281.480.0327

**HOUSTON:**  
Maxor Pharmacy  
(inside St. Joseph  
Hospital)  
1919 La Branch,  
Room GSW2227,  
Houston | TX 77002,  
713.756.5300

**PORT ARTHUR:**  
Maxor Pharmacy  
8791 9th Avenue  
Port Arthur | TX 77642  
409.722.9624

**KATY:**  
Katy Pharmacy  
20005 Katy Freeway  
Katy | TX 77450  
281.578.1515

**SUGAR LAND:**  
Ed's Pharmacy  
3740 Cartwright  
Missouri City | TX 77459  
281.499.4555

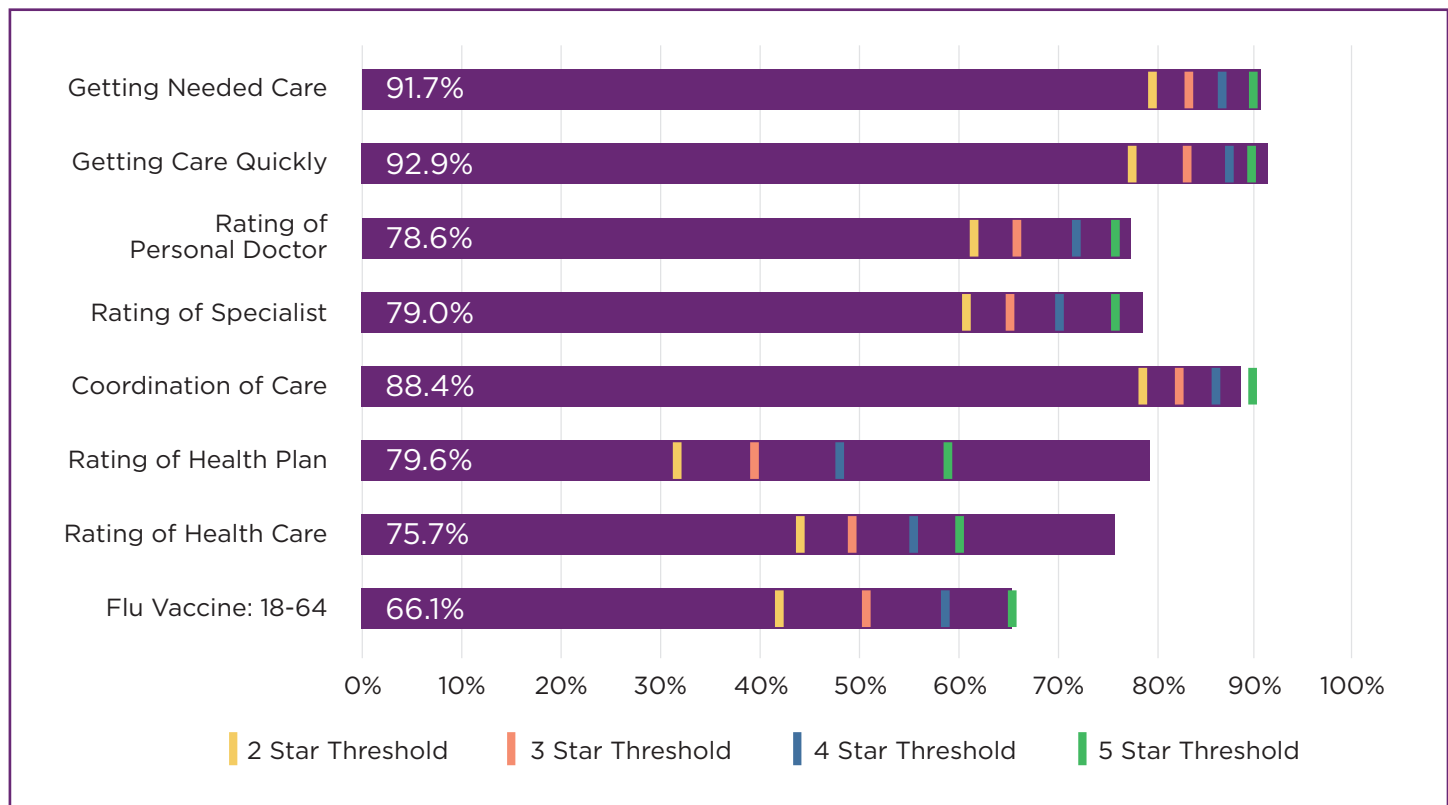
**WOOD COUNTY:**  
Scotts Pharmacy 310  
East Goode Street  
Quitman | TX 75783  
903.763.9600

Kelly Drug 125 E. Broad  
Street Mineola | TX  
75773 903.569.3883

If you decide to go to a CVS pharmacy, the shot is only covered at the CVS pharmacy and NOT the MinuteClinic. The cost will not be covered if you go to the MinuteClinic. To schedule your appointment at a CVS, you can call 888.607.4287 and say "store information" or visit the CVS.com/flu website.

# CONSUMER ASSESSMENT OF HEALTHCARE PROVIDERS AND SYSTEMS SURVEY (CAHPS)

The graph presents the 2023 Member Satisfaction Survey summary rates for US Family Health Plan. These scores are also available online at: [CHRISTUShealthplan.org/member-resources](https://CHRISTUShealthplan.org/member-resources).



## IS IT STRESS OR ANXIETY?

Everyone experiences stress from time to time, but what's the difference in stress and anxiety? Stress is the physical or mental response to an external cause, such as having an illness or a change in your job.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat. If that anxiety doesn't go away and begins to interfere with your life, such as keeping you up at night, it could affect your health. More information about anxiety disorders is available at [www.nimh.nih.gov/anxietydisorders](http://www.nimh.nih.gov/anxietydisorders).

### WAYS TO COPE WITH STRESS

- Keep a journal.
- Relaxation exercises
- Exercise and eat healthy, regular meals
- Get sound, routine sleep
- Avoid excess caffeine
- Identify and challenge negative or unhelpful thoughts
- Reach out to helpful, trustworthy family and friends

### RECOGNIZE WHEN YOU NEED MORE HELP

If you feel you need additional help, it may be time to talk to your doctor. If you are in immediate distress or feel you may hurt yourself, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at [988lifeline.org](https://988lifeline.org).

*This information is not intended as a medical diagnosis or suggestion of treatment. It cannot take the place of seeing a mental health professional.*



# WHOLE-WHEAT GINGERBREAD

Enjoy this healthier version of traditional gingerbread that uses whole-wheat for more nutrients! Serve warm with fresh fruit or tea.



## GINGER HEALTH FACTS

- Boosts brain function
- Eases stomach pain
- Fights infections bacteria
- Decreases cholesterol

**Prep Time: 95 min Recipe**

### INGREDIENTS:

- Canola oil spray
- 1 3/4 cups whole wheat pastry flour
- 1/4 cup light brown sugar
- 1 1/2 Tbsp. ground ginger
- 1/4 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground cloves
- 1 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup dark unsulfured molasses
- 1/2 cup unsweetened applesauce
- 6 Tbsp. canola oil
- 1 large egg
- 1/2 cup boiling water

### INSTRUCTIONS:

1. Preheat oven to 350 degrees. Lightly coat 9-inch square pan with canola oil spray. In a medium bowl, sift together flour, sugar, spices, baking soda and salt.
2. In a separate large bowl, whisk together molasses, applesauce, canola oil, and egg until well blended. Add the dry ingredients and stir until well combined. Whisk in boiling water and pour the batter into a prepared baking pan.
3. Bake for about 35 minutes, until the cake begins to pull away from the pan and a wooden toothpick inserted near the center comes out clean. Cool in the pan on a wire rack for 30 minutes. Invert cake onto a platter and cool for about 15 minutes before serving.
4. Cut into 9 squares and serve warm. For storage, wrap tightly in foil and keep in the refrigerator for up to 3 days.

Source: Gingerbread - American Institute for Cancer Research ([aicr.org](http://aicr.org))

## 85% OF WOMEN DIAGNOSED WITH BREAST CANCER HAD NO FAMILY HISTORY

It's important to get regular mammograms. Call 888.802.0410 and a representative will assist in scheduling your mammogram with CHRISTUS Health.



## NEW MEMBER PORTAL

For easier access to the information that you need, use our new member portal by clicking "SIGN IN" in the upper-right corner of [CHRISTUShealthplan.org](http://CHRISTUShealthplan.org).

**FOR ANY QUESTIONS, CONTACT MEMBER SERVICES AT 1-800-678-7347**



919 Hidden Ridge  
Irving | TX 75038



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## FRAUD, WASTE, OR ABUSE?

Report potential fraud, waste, or abuse in the CHRISTUS Health Plan Network by submitting details to the Special Investigations Unit via email, secure fax, or phone.

**FWA HOTLINE:** 855.771.8072

**EMAIL:** [ChristusHealthSIU@ChristusHealth.org](mailto:ChristusHealthSIU@ChristusHealth.org)

**SECURE FAX:** 210.766.8849

If you prefer anonymity, call the Integrity Line at 888.728.8383 or visit [ChristusIntegrityLink.org](http://ChristusIntegrityLink.org).

For compliance questions or concerns, you can email us at [CHPCompliance@ChristusHealth.org](mailto:CHPCompliance@ChristusHealth.org)



Get updates and connect with us on Facebook.

[CHRISTUShealthplan.org](http://CHRISTUShealthplan.org)