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Don't Let Glaucoma Steal Your Sight

Half of people with glaucoma don't know they have it. Get a healthy start by learning about glaucoma and taking steps to reduce your risk of vision loss!

Know the Facts About Glaucoma

Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and even blindness. About 3 million Americans have glaucoma. It is the second leading cause of blindness worldwide.

There are often no early symptoms, There is no cure (yet) for glaucoma, but if it's caught early, you can preserve your vision and prevent vision loss.

Anyone can get glaucoma, but certain groups are at higher risk. These groups include African Americans over age 40, all people over age 60, people with a family history of glaucoma, and people who have diabetes. African Americans are 6 to 8 times more likely to get glaucoma than whites. People with diabetes are 2 times more likely to get glaucoma than people without diabetes.

Take steps to protect your eyes and the vision health of your loved ones by learning about glaucoma and other eye diseases. Know the facts, know the risks, and take action!

Source: [cdc.gov/features/glaucoma-awareness/](https://www.cdc.gov/features/glaucoma-awareness/)

Winter 2019 - 2020

Health Matters



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

Secure 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

When is it Too Late to Get a Flu Shot?

While you usually want to get a flu shot well before flu season gets started, that isn't always possible. With flu shot delays or shortages, your child might not always be able to get a flu shot when you want.

The CDC recommends getting vaccinated early, but they also say, "Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later."

So it is really never too late to get a flu vaccine.

Source: [verywellhealth.com/is-it-too-late-to-get-a-flu-shot-2633822](https://www.verywellhealth.com/is-it-too-late-to-get-a-flu-shot-2633822)

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Facts About Heart Disease in Women

Do you know what causes cardiovascular disease in women? What about the survival rate? Do women of all ethnicities share the same risk?

The fact is: **cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year.** That's approximately *one woman every minute!*

But it doesn't affect all women alike, and the warning signs for women aren't the same in men. What's more: These facts only begin to scratch the surface.

There are several misconceptions about heart disease in women, and they could be putting you at risk. The American Heart Association advocates for more research and swifter action for women's heart health for this very reason.

"It's a man's disease." "Breast cancer is the real threat." If you've heard or said this before, you're not alone. The real fact is, relying on these false assumptions can cost you your life.

Myth: Heart disease doesn't affect women who are fit.

Fact: Even if you're a workout fiend, your risk for heart disease isn't completely eliminated. Factors like cholesterol, eating habits and smoking can counterbalance your other healthy habits.

Myth: I don't have any symptoms.

Fact: Sixty-four percent of women who die suddenly of coronary heart disease had no previous symptoms. Because these symptoms vary greatly between men and women, they're often misunderstood. In reality, women are somewhat more likely to experience shortness of breath, nausea or vomiting, and back or jaw pain. Other symptoms include dizziness, feeling lightheaded or fainting, pain in the lower chest or upper abdomen and extreme fatigue.

Myth: Heart disease runs in my family, so there's nothing I can do.

Fact: Although women with a family history of heart disease are at higher risk, there's plenty you can do to dramatically reduce it. Simply create an action plan to keep your heart healthy.

Because of healthy choices and knowing the signs, more than 670,000 of women have been saved from heart disease.

Source: [goredforwomen.org/en/about-heart-disease-in-women/facts/common-myths-about-heart-disease](https://www.goredforwomen.org/en/about-heart-disease-in-women/facts/common-myths-about-heart-disease)



Dear Friends,

Welcome to the newest issue of Health Matters. We hope you're staying warm this winter, surrounded by loved ones.

In this issue of Health Matters, we, give tips on how to make and keep resolutions for the new year, and offer a recipe for turkey meatloaf.

January is Glaucoma Awareness Month, as well as Cervical Health Awareness Month. February is American Heart Month.

As always, if you ever have any questions, please feel free to contact Member Services at **844.282.3025**.

Nothing means more to us than knowing we've helped make our members' lives better. We wish you and yours a happy and safe holiday season ahead.

In good health,

Nancy Horstmann
Chief Executive Officer
CHRISTUS Health Plan

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Making and Keeping New Year's Resolutions

More than half of all resolutions fail, but this year, they don't have to be yours. Here's how to identify the right resolution to improve your life, create a plan on how to reach it, and become part of the small group of people that successfully achieves their goal.

Pick the right resolution

You'll give yourself your best shot at success if you set a goal that's doable - and meaningful too. A lot of resolutions fail because they're not the right resolutions. A resolution might be wrong for one of 3 main reasons:

- It's a resolution based on what someone else (or society) is telling you to change.
- It's too vague.
- You don't have a realistic plan for achieving your resolution.



Create your plan

Your end goal won't just magically appear. Because you won't just wake up and change your life, you not only need a plan for what to do, but also for what roadblocks you'll come across along the way.

Leap over resolution hurdles

No one's perfect, and your quest for your resolution won't be either. But you can get back on track. What's the best way to tackle problems that arise on your way to success? First, remember no matter how well you plan, change is hard. So before hurdles get in your way, make sure you have a plan to jump over them.

Positive thinking isn't enough. A better technique than positive thinking? Try to be positive, but realistic. Yes, imagine the goal or positive fantasy, but then look at what obstacles are in the way and how to get over them.

Try W.O.O.P. – Wish, Outcome, Obstacle, Plan.

- Wish: What do you want?
- Outcome: What would the ideal outcome be? What will your life look like when you hit your goal?
- Obstacle: What will try to stop you? What sidelined you before?
- Plan: How will you get around it?

Find a community

You don't need to do it alone, especially if your resolution starts in the new year when you'll have plenty of company in trying to make a life change. You don't necessarily need to find a special group, but you should let a person or two know that you're setting a goal. That way it's a public commitment, and you might feel like you have a community supporting you that wants to see you succeed.

If you miss your goal

You didn't fail. Want to try again? A resolution doesn't need to be tied to New Year's. It won't guarantee success, but you don't need to wait until another year comes around on the calendar to give it another go. And be kind to yourself. When resolutions run off the rails or fall apart but you still want to try again, talk to yourself like a child who's feeling discouraged. You wouldn't say "that's because you're an idiot." You would say "come on you can do it."

Source: nytimes.com/guides/smarterliving/resolution-ideas

Cervical Health Awareness Month

According to the American Cancer Society, cervical cancer is most common in women under the age of 50, and rarely occurs in women under age 20.

What is cervical cancer?

Cervical cancer is a type of cancer that develops in a woman's cervix (the entrance of the womb from the vagina). Health professionals have referred to it as the "silent killer" Studies have shown that other risk factors for cervical



cancer include a family history of the disease, smoking, a weakened immune system and long-term mental stress.

What are the symptoms?

Symptoms are not always obvious. Cancer of the cervix often has no symptoms in its early stages. Possible symptoms may include abnormal bleeding after sexual intercourse, during menopause or between periods,

heavy or prolonged periods, unusual discharge and/or pain during sex. It may not cause symptoms at all until its reached an advance stage.

Why is it important to get cervical cancer screening?

The fact that cervical cancer rarely presents any symptoms in its early stages highlights the importance of regular screening for the disease. If these abnormal cells are found and treated early, cervical cancer can be stopped from developing and if caught at its earliest stage, there is a higher chance of survival.

How do I get tested for Cervical Cancer?

Cervical Cancer screening can be done by your health care provider. Please call your health care provider today and book an appointment your Cervical Cancer screening.

Source: cancer.org/cancer/cervical-cancer/about/key-statistics.html

Healthy Turkey Loaf

Ingredients

- | | |
|-----------------------------------|--------------------------------------|
| • 1/2 lb. ground turkey | • 1/8 cup chopped yellow bell pepper |
| • 1 egg | • 1/4 cup chopped onion |
| • 1/4 cup salsa | • 1/4 cup dry bread crumbs |
| • 1/8 cup chopped red bell pepper | • lemon pepper to taste |

Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine turkey, egg, salsa, red bell pepper, yellow bell pepper, onion, bread crumbs and lemon pepper. Mix well with hands until blended. Roll into a small loaf and place on a foil-lined baking sheet.
3. Bake in preheated oven for 25 minutes.



Honor These Awareness Dates and Stay Healthy

December

- Pearl Harbor Remembrance Day (7)
- National Guard Birthday (13)
- First Day of Winter (21)
- Christmas Day (25)

January

- New Year's Day (1)
- Cervical Cancer Awareness Month
- Glaucoma Awareness Month
- Martin Luther King, Jr. Day (20)

February

- American Heart Month
- Black History Month
- Super Bowl (2)
- Go Red for Women Day (7)
- Valentine's Day (14)