

Health Matters

Our Purpose Is You

KEEPING YOUR FAMILY HEALTHY

Well-child visits and recommended vaccinations are essential to a child's health and wellness. If a child is not protected by vaccinations, they are more likely to contract different diseases such as measles and whooping cough. Many of these diseases are serious and can be very contagious, especially for younger kids and babies.

Additionally, well-child visits help with:

- Prevention of common illnesses the child will encounter.
- Tracking growth and development to better understand your child's progress.
- Addressing concerns about behavior, sleep patterns, eating habits, and other matters.
- Building trust between you, the doctor, and your child.

STAYING ON TOP OF DIABETES

Are you curious about your blood sugar levels? An A1C test can tell you what they are and if you are at risk for prediabetes or type 2 diabetes.

Also known as the hemoglobin A1C or HbA1c test, it's an easy blood test that measures your average blood sugar levels over a span of 3 months to determine your risks for diabetes. It can also help manage existing cases of diabetes and prevent complications.

Diabetes can affect many areas of your body, including the eyes. The ADA (American Diabetes Association) recommends that people with type 2 diabetes have an eye exam shortly after diagnosis, and within the first five years for type 1 diabetes.





NEW PROVIDER DIRECTORY

For easier access to the care that you need, use our new provider directory at CHRISTUShealthplan.org.



STROKE AWARENESS SAVES LIVES

According to the CDC, 1 in 7 strokes occur in adolescents and adults aged 15 to 49. Stroke is one of the leading causes of death and serious disability in the world but can be up to 80% preventable. Increased awareness can help.

WHAT IS A STROKE?

A stroke occurs when blood vessels that carry oxygen and nutrients to the brain are blocked by a clot or burst, causing the brain and brain cells die.

EFFECTS OF A STROKE

The brain is an extremely complex organ that controls various body functions. If blood can't reach the region that controls a particular body function, that part of the body won't work as it should.

STROKES ARE PREVENTABLE

Strokes can be prevented with healthy lifestyle choices. Having a healthy diet, staying at a healthy weight, increasing physical activity, and limiting smoking and alcohol can all contribute to the prevention of a stroke.

Source: About stroke. www.stroke.org. (n.d.). <https://www.stroke.org/en/about-stroke>

Effects of stroke. www.stroke.org. (n.d.). <https://www.stroke.org/en/about-stroke/effects-of-stroke>



AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

This is the time to focus on scheduling appointments for yourself and family members to ensure that everyone is up to date on annual exams and recommended vaccines, like flu shots, to help prevent serious diseases.

Source: Centers for Disease Control and Prevention. (2022, July 19). National Immunization Awareness Month (NIAM). Centers for Disease Control and Prevention. Retrieved May 1, 2023, from <https://www.cdc.gov/vaccines/events/niam/index.html>

HEART-HEALTHY SUMMER RECIPE

Summer is the perfect time to combine light and refreshing flavors with healthy ingredients for delicious, not-too-heavy dishes that serve up plenty of nutrition. This simple recipe packs in protein and heart-healthy omega-3 vitamins from salmon with a healthy dose of antioxidants in every bite of onion and arugula.

OVEN-ROASTED SALMON WITH CHARRED LEMON VINAIGRETTE

INGREDIENTS:

- 1 Lemon
- 2 bulbs fennel, thinly sliced
- 2 small red onions, thinly sliced
- 2 ½ tablespoons olive oil, divided
- Kosher Salt and Pepper, to taste
- 1 ¼ lb. skin on salmon filet
- 1 teaspoon stone-ground mustard
- 3 cups baby arugula

INSTRUCTIONS:

1. Heat broiler. Cut pointed ends off lemon, halve crosswise and place on rimmed baking sheet, center cut sides up.
 2. Reduce oven temperature to 400 degrees. On a rimmed baking sheet, toss fennel and onions with 1 ½ tablespoon oil and ¼ teaspoon each salt and peppers; arrange around edges of sheet. Place salmon in center of sheet and season with ¼ teaspoon each salt and pepper. Roast until vegetables are tender and salmon is opaque throughout, 17-20 mins.
 3. Juice charred lemon halves into small bowl and whisk in mustard and remaining tablespoon oil. Remove baking sheet from oven and fold arugula into vegetables. Drizzle charred lemon vinaigrette over fish and vegetables and gently toss vegetables.
- PER SERVING: 305 Calories, 14g Fat (2.5 g saturated fat), 31 g protein, 400 mg sodium, 14g carbs, 5g fiber.

Source: Kitchen, W. D. (2021, November 2). Oven-roasted salmon with charred Lemon Vinaigrette. Woman's Day. <https://www.womansday.com/food-recipes/food-drinks/a29464781/oven-roasted-salmon-with-charred-lemon-vinaigrette-recipe/>

For our next newsletter, we want your best seasonal recipe! Send your healthy recipe and contact information to chpmarketing@christushealth.org and it may appear in our Autumn newsletter!



FOR QUESTIONS OR HELP WITH YOUR PLAN,
PLEASE CONTACT MEMBER SERVICES AT 1-844-282-3025



Sales Department
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

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



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