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## How to Select a Sunscreen

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

Sunscreen is an important tool in the fight against skin cancer, including melanoma, the deadliest form of skin cancer. One in five Americans will develop skin cancer in their lifetime.

The American Academy of Dermatology recommends choosing a sunscreen that states the following on the label:

- **Broad Spectrum:** This means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.
- **SPF 30 or Higher:** This indicates how well a sunscreen protects you from sunburn.
- **Water Resistant:** While sunscreen can be "water resistant" (for 40 minutes) or "very water resistant" (for 80 minutes), sunscreens are not waterproof or sweatproof and need to be reapplied.

Most adults need about an ounce of sunscreen to fully cover their body. Be sure to rub the sunscreen thoroughly into your skin. It takes approximately 15 minutes for your skin to absorb the sunscreen and protect you.

Don't forget to apply sunscreen to your neck, face, ears, tops of your feet and legs. If your hair is thinning, you should apply sunscreen to your scalp or wear a wide-brimmed hat. You should also protect your lips by wearing a lip balm with at least 15 SPF.

source: [aad.org/public/everyday-care/sun-protection/sunscreen/how-to-select-sunscreen](https://aad.org/public/everyday-care/sun-protection/sunscreen/how-to-select-sunscreen)

## Spring 2021 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](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](https://ChristusIntegrityLink.org).

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

### Health Risk Assessment

We are glad to have you as a member of our health plan and value your participation with us.

In partnership with your primary care physician, we want to help you stay as healthy as possible. One way we do this is by asking you some questions about your health and lifestyle. We hope you will help us determine how we can best serve you by answering the questions in the our health risk assessment at the link below.

[ChristusHealthPlan.org/prevention-and-care/preventing-health-issues/health-risk-assessment](https://ChristusHealthPlan.org/prevention-and-care/preventing-health-issues/health-risk-assessment)

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### What to Know About COVID-19 and Strokes

COVID-19, the disease caused by SARS-CoV-2, usually attacks the lungs. It causes symptoms that include cough and difficulty breathing – but doctors are noticing a disturbing trend. People as young as 30 are experiencing strokes, even when their symptoms were mild.

"The coronavirus has been shown to cause development of microthrombi [small clots]. These clots can travel to the lung and obstruct blood flow to the lung, which is called pulmonary embolism, or travel to brain circulation and cause ischemic stroke," said Dr. Theresa Capriotti, DO, MSN, RN, at Villanova University.

"It seems to be happening to those affected with severe COVID symptoms," Capriotti said. "It can occur in any age group and it occurs suddenly." Symptoms of stroke to watch out for include:

- weakness or paralysis of the extremities on one side of the body
- lack of sensation in extremities on one side of the body
- facial droop on one side of the face
- speech impairment

According to Dr. Christopher P. Kellner, professor of neurosurgery at Mount Sinai, the kind of stroke that's happening is **severe stroke** – meaning the patients had a large blood clot attach to one of the large arteries in the brain.

Recently published research finds COVID-19 and other diseases that cause severe inflammation throughout the body can increase the risk of fatty plaque buildup and blood vessels rupturing. This can lead to stroke and other cardiovascular diseases.

Although typically considered a lung infection, COVID-19 has been found to cause blood clots that can cause severe stroke. Experts say that this can happen in any patients regardless of age, and even in those with few or no symptoms.

A study released in May also found that severe inflammation from COVID-19 might lead to a build up of plaque that can increase the risk of stroke.

source: [healthline.com/health-news/what-to-know-about-covid-19-and-strokes#New-York-doctors-sound-the-alarm](https://healthline.com/health-news/what-to-know-about-covid-19-and-strokes#New-York-doctors-sound-the-alarm)





Dear Friends,

Welcome to the newest issue of Health Matters. We hope you're staying safe and healthy.

In this issue of Health Matters, we discuss how COVID-19 is affecting the heart, Colorectal Cancer Awareness Month, and how to select the right sunscreen.

If you are looking for a COVID-19 vaccine, we encourage you to stay tuned to your local health system as well as the local health department.

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.

In good health,

Nancy Horstmann  
Chief Executive Officer  
CHRISTUS Health Plan

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## National Minority Health Month: Physical Inactivity

Too many adults are inactive, and inactivity levels differ notably by race and ethnicity. These facts led to the creation of Active People, Healthy Nation, CDC's new initiative to make it easier for people to be physically active where they live, learn, work and play.

Not all people may know how much physical activity affects their health. Being physically active immediately helps you sleep better and feel better. And over time, physical activity reduces your risk of obesity, heart disease, type 2 diabetes, and many cancers. Conversely, inactivity contributes to 1 in 10 premature deaths in the U.S.

State maps of adult physical inactivity released in January 2020 show that physical inactivity across the country is high, with state and territory-level estimates of physical inactivity ranging from 17.3% in Colorado to 47.7% in Puerto Rico.

Overall, Hispanics had the highest prevalence of physical inactivity (31.7%), followed by non-Hispanic blacks (30.3%) and non-Hispanic whites (23.4%).

- Five states and Puerto Rico had a physical inactivity prevalence of 30% or higher among non-Hispanic white adults.
- 22 states and Puerto Rico had a physical inactivity prevalence of 30% or higher among Hispanic adults.
- 23 states and the District of Columbia had a physical inactivity prevalence of 30% or higher among non-Hispanic black adults

So why do some states or racial/ethnic groups have higher levels of physical inactivity? Many things can influence physical activity levels, including the way in which communities and streets are designed. Many people in the U.S. do not have access to safe or convenient places where they can be active, such as community parks, sidewalks, or trails.

Active People, Healthy Nation, in partnership with many organizations, communities, and individuals, aims to help 27 million Americans become more physically active by 2027 to improve overall health and quality of life and to reduce health care costs.

The Active People, Healthy Nation initiative helps community leaders take advantage of proven strategies to make physical activity safe and enjoyable for people of all ages and abilities.

Together, we can help states and communities improve physical activity and overall health for all Americans.  
Source: [blogs.cdc.gov/healthequity/2020/04/01/physical-inactivity/](https://blogs.cdc.gov/healthequity/2020/04/01/physical-inactivity/)



## March is Colorectal Cancer Awareness Month

Cancer didn't stop because COVID-19 started. Colorectal cancer screening can save your life. You have options for how to get screened, including at-home tests. And all screening options are safe.

Now is the time to get screened. To find out which screening option is best for you, visit [quiz.getscreened.org](https://quiz.getscreened.org). Take control of YOUR health—know your own risk and get checked now.



If you are currently experiencing symptoms, such as rectal bleeding, abdominal discomfort, or a change in bowel habits, contact your primary care physician or gastroenterologist (GI doctor) today.

Screening (testing for colorectal cancer) is the best way you can prevent colon cancer and rectal cancer.

With screening, colorectal cancer is one of the most preventable cancers. Colon cancer and rectal cancer are also highly treatable if caught early. That's why on-time screening is essential and lifesaving! Screening should begin at age 45.

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.

- Some types of Colorectal Cancer Screening:
- **Colonoscopy:** A colonoscopy is a simple and safe procedure in which your doctor uses a long tube with a light and camera to detect polyps. Polyps can be removed during the procedure if found. This is the standard test for colorectal cancer screening.
  - **Fecal Immunochemical Test (FIT or iFBOT):** Tests for blood that comes from a tumor or polyp. Users swab bowel movement and place it on a card, then send it to a lab for analysis. This test is done at home and is fairly inexpensive. A colonoscopy will be required if blood is detected.
  - **Flexible Sigmoidoscopy:** This test, like a colonoscopy, is done at a doctor's office. It can detect and remove polyps. No sedation is required. This test views only the left part of the colon, meaning it can miss tumors developing on the right side. A colonoscopy is needed if larger polyps or other issues are detected.

If you have any questions about colorectal cancer or the screenings available to you, be sure to speak to your primary care provider about them. If you need to schedule an appointment or need to find a new primary care provider, CHRISTUS Health Plan Member Services can assist you, Monday - Friday, 8 a.m. to 5 p.m., at **844.282.3025**.

Source: [ccalliance.org/screening-prevention/get-screened](https://ccalliance.org/screening-prevention/get-screened)



## Honor These Awareness Dates and Stay Healthy

### March

- Brain Injury Awareness Month
- Colorectal Cancer Awareness Month
- Doctor's Day (30)

### April

- Donate Life Month
- National Minority Health Month
- Parkinson's Awareness Month
- Stress Awareness Month
- Easter (4)

### May

- American Stroke Month
- Asthma and Allergy Awareness Month
- Better Speech & Hearing Month
- Skin Cancer Awareness Month
- Nurses Week (6-12)
- Mother's Day (9)
- Memorial Day (31)