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10 Warning Signs of Alzheimer's Disease

Your memory 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.

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

If you or someone you know is experiencing these signs, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for the future.



Summer 2019 Be Well Informed

Freedom Over Texas

Join us on Thursday, July 4, for Houston's biggest Independence Day Celebration, Freedom Over Texas!

There will be live music, food, fun, and of course, a fireworks show. It all starts at 4 p.m. at Eleanor Tinsley and Sam Houston Parks. Stop by and visit with us at the USFHP booth. We can't wait to see you!



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US Family Health Plan at
CHRISTUS Health



MC1284

Military Spouse Appreciation Day

May was Military Appreciation Month. In a month of days specifically to recognize our military and the sacrifices service members make for us, there is one day that focuses on their spouses: Military Spouse Appreciation Day.



Nicolle Mustafa wears a number of hats every day: mom, former competitive gymnast, Executive Leadership, and Military Spouse. It is this last hat that she wears with the most pride. Nicolle's husband is Retired Air Force Chief Muhammad "Mo" Mustafa.

For almost 11 years, Nicolle has had a firsthand look at the sacrifices our brave service members make. Chief Mustafa was part of the Explosive Ordinance Disposal (EOD) while he was deployed, meaning she received

no communication from him and would not know if he was safe or if he was coming home.

Through the difficulty of limited communication with her husband during deployment, Nicolle found a support system in her sisters-in-law. Having grown up with her husband, they know most details about him and helped Nicolle through the hard times of deployment and the readjustment period when he came home. Leaning on them for support also gave Nicolle's sisters-in-law a chance to get to know her and the type of support she needs from them.

Despite the hardships, Nicolle is easy to sing the praises of the military lifestyle, citing specifically "the pride of being with someone so selfless." She also loves seeing the impact Chief Mustafa's work has had on so many people.

Chief Mustafa's example is easily carried over into Nicolle's work at CHRISTUS Health US Family Health Plan. "We're here to serve our members and be bigger than ourselves," Nicolle says. The sacrifice and resilience of being a milspouse translate into making USFHP and CHRISTUS Health Plan's Medicare Advantage and Individual and Family options the best health plans they can be. Like her role as a milspouse, Executive Leadership can take its toll, but "You don't leave just because it gets tough."



Dear Friends,

Welcome to the newest issue of Be Well Informed. It's finally time to relax and kick off your shoes to enjoy summer!

In this issue of Be Well Informed, we look at ways to avoid summer injuries, as well as symptoms of Alzheimer's Disease and Diabetic Retinopathy.

We also highlight one of our employees and military spouse, Nicolle Mustafa, in honor of Military Spouse Appreciation Day.

If you ever have any questions, please call Member Services at **800.67.USFHP** or visit USFHPenroll.com.

We thank you again for giving CHRISTUS Health US Family Health Plan the opportunity and privilege of giving you the highest quality health care.

Anita Leal
Executive Director
CHRISTUS Health US Family Health Plan

Fraud, Waste, or Abuse?
To report potential fraud, waste, or abuse in the CHRISTUS Health Plan Network, submit details to the Special Investigations Unit securely.

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

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. Carry your insurance card that includes the phone number to MaxorPlus, **800.687.0707**. MXP Mail Order Pharmacy will mail your medications to a temporary address if needed. The phone number for MXP is **866.408.2459**.
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 a local pharmacist or health care provider.
9. If you haven't been able to take your medication, contact your pharmacist or doctor as soon as possible. Never take additional doses to make up for those you've missed before talking to a health care practitioner.



What is Diabetic Retinopathy?

Diabetic retinopathy is a condition of the eye, affecting the retina. The nerve tissue that is part of the retina can be affected and destroyed by too much glucose (high blood sugar). This can be prevented with controlled blood sugar, having a hemoglobin A1C test performed at least twice a year, and having an annual diabetic retinal eye exam.



This particular eye exam will need to be performed by an ophthalmologist. If you need assistance finding an ophthalmologist, please contact Member Services at **800.678.7347**.



Avoid Summer Bummers

Heading outdoors? There are so many ways to enjoy the warm summer weather. Follow these tips to avoid summer bummers 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, such as pools of still water, uncovered foods, and gardens where flowers are in bloom. Use bug spray with DEET. Pediatricians recommend 10% to 30% DEET for children older than 2 months.
2. Use the 20 minute rule.
Drink water at least every 20 minutes. To prevent heat stress and heat stroke, adults and children should stay hydrated. 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. You should also be familiar with other poisonous plants. When hiking carry a book with photos of plants to refer to. 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. UV rays are strongest between 10 a.m. and 4 p.m.



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