MCHCP
my health. my choice. myMCHCP

WELLNESS QUARTERLY
NEWSLETTER
MISSOURI CONSOLIDATED HEALTH CARE PLAN

Open Enrollment: October 1-31, 2026

Open enrollment for the 2027 MCHCP plan year is an opportunity to review and update your coverage.

- Log in to your myMCHCP account to complete your enrollment.
- Review all available options to choose the best coverage for your needs.
- If you're happy with your current coverage and don't want to make changes, your plan will automatically carry over for 2027.
- Save on monthly premiums. Complete MCHCP's Partnership and Tobacco-Free Incentives by Nov. 30, 2026, to start premium reduction(s) Jan. 1, 2027. (Covered spouses will also need to complete the Tobacco-Free Incentive). Incentives completed after Nov. 30 will result in a medical premium reduction on the first day of the second month after completion.

For more information or to request a paper copy of the 2027 Open Enrollment materials, visit mchcp.org. If you need assistance, contact Member Services at 800-487-0771, from 8:30 a.m. - 12 p.m. & 1 p.m. - 4:30 p.m., weekdays throughout October. MCHCP Member Services are closed on state holidays.

Understand Your Benefits. Unlock Better Care.

One of the easiest ways to take care of yourself is by taking advantage of the health benefits available to you. MCHCP offers a variety of programs through Anthem's Sydney Health that can help you stay healthy, manage chronic conditions and support your overall well-being.

Log in to your myMCHCP account to see which programs are available to you and start using the resources designed to support your health.

Behavioral Health Support

Depression, anxiety and other behavioral health conditions can take a toll on your daily life. See below for a variety of behavioral health programs available to fit your needs.

- ***Behavioral Health Premium* provides immediate and long-term mental health support over the phone and online for you and your loved ones.**
- ***Strive Employee Life and Family (SELF) program, through ComPsych*, provides 10 counseling sessions per person, per problem, per calendar year. Available to state employees eligible for MCHCP medical coverage and members of their household.**

October: Caring for Diabetes

Healthy lifestyle habits can help prevent type 2 diabetes.
Here are 5 steps you can take to get started today.

Eat healthy -- A healthy diet is one that includes fruits and vegetables, whole grains, dairy products, and protein-dense foods. Limit consumption of high-calorie, low-nutrient foods and beverages like soda, cookies and potato chips.

Get active -- It doesn't matter what activity you do as long as you enjoy it. Physical activity like walking, swimming and dancing are great options for getting started.

Maintain a healthy weight -- As little as 5-10% reduction in body weight can reduce your risk for diabetes. Eating healthy and getting active are two important steps for achieving a healthy weight and diabetes prevention.

See your health care provider -- Regular visits with a dentist and health care provider are key to early detection of diabetes symptoms. MCHCP covers preventive services at 100%.

Seek support -- Friends and family can be a great support system for making healthy changes. MCHCP also offers a variety of services at low or no cost. Visit mchcp.org for more information.

Diabetes Support Services

Eligible non-Medicare members may qualify for Diabetes Support Services, including:

1. Lower prescription copayments/coinsurance on medications to treat diabetes;
2. One preferred glucometer and prescribed preferred test strips and lancets covered at 100% when received through a network pharmacy; and
3. Four Diabetes Self-Management Education visits, when ordered by a provider and received in-network, are covered at 100% for PPO members or 100% after deductible is met for HSA Plan members. Express Scripts determines Preferred medications. For more information, visit www.mchcp.org

November – Quit Tobacco

It's never too late to quit tobacco. Join the Great American Smokeout on Thursday, Nov. 19, 2026. No matter how long you have used tobacco, the health benefits of quitting begin 20 minutes after your last tobacco use and continue for many years.

- **20 minutes –** Your blood pressure decreases.
- **8 hours –** Your blood oxygen levels return to normal.
- **3 months –** Your lung function improves up to 30%.
- **1 year –** Your risk of heart attack is cut in half.

MCHCP plans include 100% coverage for preferred quit tobacco medications and over-the-counter nicotine replacement therapy with a prescription when filled through a network pharmacy. Talk to your health care provider about your quit tobacco options today.

Sources: American Lung Association - Benefits of Quitting
American Cancer Society - Health Benefits of Quitting Smoking Over Time

December – Winter Health & Safety

Steps to Stay Healthy This Winter

Wash your Hands
Hand washing is the best way to stop the spread of flu and other illnesses.

Get Vaccinated
Get your annual flu vaccination. MCHCP covers preventive vaccinations at 100% as recommended by the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention when using a network provider. To learn more, visit www.mchcp.org

Sleep
Make sure to get enough sleep. Sleep helps your body stay strong and boosts your immune system. Adults need 7-8 hours, while children require 10-14 hours.

Stress
Stress has a negative effect on your immune system. Make time to rest and reduce unnecessary stress.

Maintain Healthy Habits
Maintain a balanced diet filled with a variety of foods and regular physical activity to keep your body healthy.

Exposure
Avoid being around individuals who are sick, and if you become ill, stay home to prevent the spread of illness.

Stay Hydrated
Drink plenty of water; avoid things that may cause dehydration, such as alcohol, caffeine and beverages high in sugar.

Sources: 1. https://www.cdc.gov/flu/about/coldflu.html#cdc_generic_section_1-differences-between-cold-and-flu
2. https://health.ucdavis.edu/blog/cultivating-health/how-to-prepare-for-virus-season-what-to-know-about-the-flu-and-rsv/2025/10

Recipe:
Baked Pork Chops

Prep Time: 5 minutes
Cook Time: 20 minutes
Servings: 4

Ingredients:
4 boneless pork chops, 3/4 to 1- inch thick
4 tablespoons olive oil
2 teaspoons salt
1 teaspoon black pepper
1 teaspoon smoked paprika
1 teaspoon onion powder

Instructions:

1. Preheat the oven to 400 degrees Farenheit. Lightly grease the baking dish.
2. Place pork chops in baking dish and brush with olive oil.
3. In a small bowl, stir together salt, black pepper, smoked paprika and onion powder. Season both sides of the pork chops with the seasoning mix.
4. Bake for 15 to 20 minutes, or until the pork chops reach an internal temperature of 145-160 degrees Farenheit depending on your doneness preference.

Calories: 350, Total Fat: 20g, Carbohydrates: 1g, Protein: 42g, Vitamin A: 20%

Recipe from: *https://thestayathomechef.com/easy-baked-pork-chops/*