MCHCP
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WELLNESS QUARTERLY
NEWSLETTER
MISSOURI CONSOLIDATED HEALTH CARE PLAN

Importance of Annual Preventive Exams

Preventive care is designed to help identify potential health risks, allowing for early diagnosis and timely treatment.

When done regularly, you not only can save valuable time and money but also experience better overall health outcomes. During your annual exam, talk with your provider about which preventive care services and health screenings are appropriate for you.

Virtual Care through Sydney Health

For members enrolled in an Anthem plan, the Sydney Health app makes preventive care more convenient. You can schedule virtual care visits at no cost. Virtual care includes visits for urgent care, primary care, behavioral health and other services.

Lark Diabetes Prevention Program

Lark's digital Diabetes Prevention Program helps eligible members lower their risk of developing Type 2 diabetes via personalized digital coaching and lesson plans that follow guidelines from the Centers for Disease Control and Prevention (CDC).

Preventive Care Coverage

MCHCP pays 100% for preventive care services—regardless of your plan type or deductible—when services are:

- Provided by a network provider
- Billed as routine preventive care (not related to an injury or illness), and
- Aligned with preventive service guidelines

Certain preventive medications are also covered at 100% when prescribed and filled at a network pharmacy. You can find the full list of covered medications at mchcp.org.

January: Women's Health

It is important to make your health a priority by taking time to get the healthcare you need. Your annual well-woman exam and annual physical are two of the best ways to protect your health and stay well, even if you feel fine.

A well-woman exam focuses on:

Breast health:

This may include a clinical breast exam and a conversation about whether a mammogram is right for you, based on your age, risk factors and family history.

Pelvic health:

This may include a pelvic exam and, when appropriate a Pap test and/or HPV test to screen for cervical cancer.

Reproductive and gynecologic health:

This may include conversations about birth control, fertility, hormones, irregular periods and/or menopause symptoms.

An annual physical may involve:

- Blood pressure and weight checks.
- Lab screenings including cholesterol and blood sugar.
- Update of general and family health history.
- Conversation about health goals or challenges.
- Vaccinations.
- Referral for any necessary cancer screenings, such as a colonoscopy.
- Conversation about mental health and possible referral to a mental health professional.

Don't put off your wellness any longer. Schedule your well-woman exam and annual physical today!

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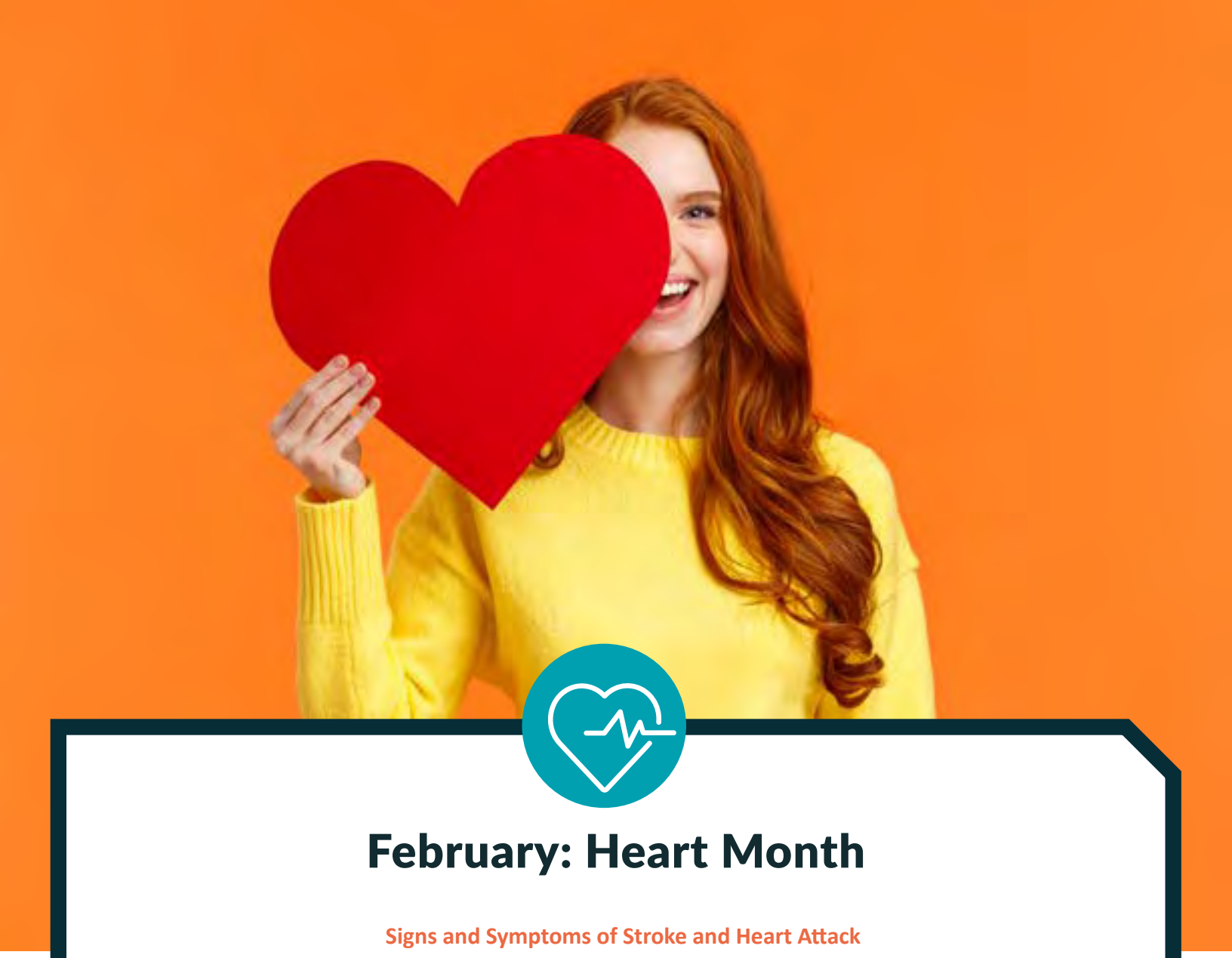
Source: Anthem



February: Heart Month

Signs and Symptoms of Stroke and Heart Attack

Heart attacks and strokes both result from reduced blood flow. Heart attacks affect the heart, while strokes affect the brain. Recognizing the signs and acting quickly can make a critical difference in outcomes.

Stroke (Spot a Stroke F.A.S.T)	Heart Attack
• **F** - Face drooping • **A** - Arm weakness • **S** - Speech difficulty • **T** - Time (Call 911 immediately)	• Chest discomfort or pressure • Discomfort in upper body (arms, back, neck, jaw or stomach) • Shortness of breath • Cold sweat, nausea or lightheadedness

Source: https://www.heart.org/en/about-us/heart-attack-and-stroke-symptoms

March: Colorectal Cancer Awareness Month

Colorectal cancer is the third most common type of cancer among adults, but it often doesn't show any symptoms, especially at first.

It starts when growths called polyps in the colon or rectum turn into cancer. Polyps don't always turn into cancer and, if they do, it often takes many years. That's why regular screenings are so effective — they can detect polyps when they're still harmless and easy to remove. Adults ages 45-75 years old should be screened for colorectal cancer. Talk with your primary care provider about your risk and if a colorectal cancer screening is right for you.

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Source: Anthem

Recipe: Slow Cooker Pork with Peppers and Olives

Prep Time: 20 minutes
Cook Time: 7-8 hours
Servings: 8

Ingredients
3.5-pound boneless pork roast, cut into 3 pieces
1 tablespoon olive oil
6 cloves garlic, smashed
2 yellow onions, sliced
1 (28-ounce) can crushed tomatoes
2 bell peppers, sliced
1 tablespoon oregano
2 teaspoons cumin
1 cup pimiento-stuffed green olives, roughly chopped
2 teaspoons red wine vinegar
2 ½ teaspoons salt
1 teaspoon black pepper

Instructions:

1. Place pork in a 6-quart slow cooker. Add olive oil, garlic, onions, tomatoes, bell peppers, oregano and cumin. Cover and cook on low until pork is very tender, 7 to 8 hours.

2. Using 2 forks, shred pork inside slow cooker. Stir in olives, vinegar, salt and pepper. Serve.

Calories: 574, Total Fat: 32g, Carbohydrates: 11g, Fiber: 3g Protein: 56g, Vitamin C: 93%, Iron: 15%

Recipe adapted from:
https://www.realsimple.com/food-recipes/browse-all-recipes/slow-cooker-pork-with-peppers-and-olives-recipe#recipe-body