MCHCP
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WELLNESS QUARTERLY
NEWSLETTER
MISSOURI CONSOLIDATED HEALTH CARE PLAN

Behavioral Health Benefits

Stressed? Anxious? Depressed? Experiencing a big life change?

Access to behavioral health services can be key to getting help when you need it most. That's why we offer our members multiple behavioral health resources, including:

Strive Employee Life and Family (SELF) Program through ComPsych

Log in to myMCHCP for access to SELF services.

- Ten counseling sessions per person, per problem, per calendar year
  - Local, private, in-person, telephone, chat or video counseling
  - Available to state employees eligible for MCHCP medical coverage and members of their household
  - No-cost appointments

Strive for Wellness® Health Center - Harry S Truman State Office Building, *Room 478*

Log in to myMCHCP or call 573-526-3175 to schedule an appointment.

- Appointments with a behavioral health provider
- Available to State MCHCP Adult Anthem members
- PPO plan members - $15; HSA Plan members - $45 (Fees do not apply toward deductibles or out-of-pocket maximums.)
- Parking passes are available for reserved spaces upon request.

Anthem Programs

Go to the Sydney Health app or Anthem.com, or call an Anthem Family Advocate at 844-516-0248.

Virtual Care

- Find virtual behavioral health therapists, psychologists and psychiatrists.
- Virtual care is covered at 100% for PPO plans and HSA Plan.

Anthem network

- Find community behavioral health providers included in Anthem's network.
- HSA and PPO 750 Plan - deductible and 20% coinsurance; PPO 1250 - $25 copayment.

Self-guided behavioral health resources

- Find digital tools to help you develop resilience, reduce stress and practice mindfulness in the Emotional Well-Being Resources Program.
- Offered at no cost.

Behavioral Health Resource Care Management Program

- Get access to case managers who are licensed behavioral health professionals, along with an online resource center.
- Your case manager will work with you to understand your condition and connect you with local and online resources.

Right Care for You

When you need care quickly, knowing where to go can save you time, money, and stress. Understanding your care options—and planning ahead—helps ensure you get the right care, at the right time, in the right place:

Primary Care Provider (PCP)

Your PCP is your first stop for routine and ongoing care. PCPs treat common illnesses, manage chronic conditions, coordinate preventive care such as annual exams, screenings and vaccinations, and may offer medical advice by phone after hours. Appointments are typically available during normal business hours.

Virtual Care

Get convenient access to care through LiveHealth® Online in the Sydney Health app. Virtual visits are available for non-emergency needs such as allergies, lactation support, healthy sleep guidance, counseling and other common concerns—without leaving home.

Convenience Care Clinics

Often offering walk-in or same-day visits, convenience care clinics treat many of the same minor medical issues as a PCP, making them a helpful option when you need quick care.

Urgent Care Clinics

Urgent care clinics treat more serious—but non-life-threatening—conditions such as stomach pain, sprains, minor fractures or cuts that may require stitches. These clinics offer extended hours, accept walk-ins and are usually more cost-effective than the emergency room.

Emergency Room (ER)

The ER is for serious or life-threatening conditions that require immediate attention, such as chest pain, difficulty breathing, severe injuries or symptoms that could result in permanent harm or death if not treated right away. Emergency rooms are open 24/7 and are part of a hospital.

April: National Stress Awareness Month

What is stress?

Stress is your body's natural reaction to a new or demanding situation. Not all stress is bad; in a dangerous situation, stress can help you stay alert and focused. However, feeling stressed over a long period of time can have negative effects on your health and well-being. Ongoing stress can affect every part of your body. Learning to cope and manage your daily stress can help alleviate these symptoms.

What causes stress?

There are both short-term and long-term situations that can cause stress. Causes of stress can vary from person to person. Stressors can be positive (like planning a wedding) or negative (like losing a job). An example of a short-term stressor would be having too many items on the 'to-do list' or getting into an argument with a loved one. An example of a long-term stressor would be the death of a loved one or a chronic illness.

How does stress cause health problems?

Long-term stress can increase your blood pressure, heart rate and blood sugar levels. Over time, these effects can be detrimental to your overall health. In addition, stress can worsen existing health problems and have a negative effect on your nerves and muscles.

Manage stress.

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. See page one of this newsletter for information about resources and benefits available to you through MCHCP.

Source: https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet

May: National Physical Fitness Month

Cardio and strength training are two different kinds of exercise that are important for your whole-body health. Cardio gets your heart pumping while strength training creates stronger, leaner muscles.

Cardio exercise:

During cardio exercise, your heart pumps faster and harder to deliver your muscles the extra oxygen they need.

Cardio exercise can be moderate or vigorous-intensity and can include brisk walking, running, cycling and swimming. The Physical Activity Guidelines for Americans recommends at least 150 minutes of moderate or 75 minutes of vigorous activity each week.

Benefits to your body:

- Burns calories
- Strengthens heart health
- Boosts mood and energy
- Helps manage blood pressure, blood sugar and weight
- Boosts immune system

Strength training:

Strength training strengthens muscles by using resistance through weights, exercise bands or your own body.

Strength training may include weightlifting, yoga, resistance band exercises, push-ups, sit-ups and squats. The Physical Activity Guidelines for Americans recommends strength training at least 2 times a week.

Benefits to your body:

- Improves metabolism to burn more calories, even at rest
- Strengthens heart health
- Boosts mood and energy
- Improves flexibility, balance and bone health

Sources: Anthem-Cardio and Strength Training: Why Do Both, https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines

June: Alzheimer's and Brain Awareness Month

Care for You, Care for Them

Being a caregiver for someone who has Alzheimer's, dementia or other brain-related illness can be both very rewarding and overwhelming. Some caregivers may experience feelings of stress, anger and anxiety. Whether you are feeling lonely, exhausted or you just need someone to talk to, these tips can help you take care of yourself, so you can get back to taking care of them.

Ask for help when you need it –
Need some time away? An extra hand to move something? Whatever the need, asking a family member, friend or local service provider for help can decrease stress by allowing you to have the help you need, when you need it.

Eat Healthy –
Eating a variety of nutritious foods can help you stay healthy and active.

Take a Break –
Build a few minutes into your routine to take time for yourself. Make a coffee, call a friend or write in a journal. Taking time for yourself can help keep you from getting mentally and physically overwhelmed.

Exercise –
Making time to exercise regularly can help you stay healthy and strong, and is a great outlet for stress.

Join a support group or talk to a professional –
Being part of a support group or talking to a professional can help you develop healthy coping methods to handle the stress and anxiety of being a caregiver. See page one of this newsletter for information about resources and benefits available to you through MCHCP.

Sources: https://www.alzheimers.gov/life-with-dementia/tips-caregivers

Recipe:
BBQ Chicken French Bread Pizza

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 6

Ingredients:
1 loaf of French bread
3/4 cup barbecue sauce
2 cups shredded mozzarella cheese
1 cup cooked and shredded chicken
1/4 cup chopped red onion
2 tablespoons chopped cilantro (optional)

Instructions:

1. Preheat oven to 400 degrees.
2. Cut the French bread loaf in half lengthwise. Spread barbecue sauce evenly over the top of each French bread half. Sprinkle about three-fourths of the mozzarella evenly over the top of each half.
3. Spread chicken and red onion evenly over both halves and top with remaining cheese.
4. Bake in oven for about 12-17 minutes, or until cheese is melted and starts to turn golden.
5. Allow pizza to cool and then top pizza with cilantro. Slice and serve.

Calories: 409, Total Fat: 11g, Carbohydrates: 57g, Fiber: 2g, Protein: 24g, Calcium: 29%

Recipe adapted from: https://lmld.org/bbq-chicken-french-bread-pizza/