



MISSOURI CONSOLIDATED HEALTH CARE PLAN

WELLNESS QUARTERLY

newsletter

January: Cervical Cancer Awareness

According to the Centers for Disease Control and Prevention (CDC), about 13,000 women are diagnosed with cervical cancer each year. Cervical cancer occurs most often in women over age 30; however, all women are at risk for cervical cancer. Talk with your health care provider about things you can do to help prevent cervical cancer or detect it early when it's easier to treat. Options may include:

- ♀ The human papillomavirus (HPV) vaccine, which protects against the virus that most often causes cervical cancer
- ♀ A Pap test, often part of a well-woman exam, which looks for changes in cells on the cervix that might become cancerous if not treated
- ♀ An HPV test, which looks for the virus that causes cell changes on the cervix

Source: CDC and Anthem

February: Heart Month

A stroke occurs when the brain doesn't get enough blood or a blood vessel in the brain bursts, which can kill brain cells. A stroke must be treated immediately, so make sure you know the signs and symptoms using the acronym below.

B E F A S T

balance: trouble staying balanced or feeling dizzy

eyes: any loss or changes in vision in one or both eyes

face: facial drooping or numbness

arm: weakness or numbness in one arm or one side of the body

speech: slurred or hard to understand speech, or confusion

time: time to call 911

If you or someone else is experiencing the symptoms of a stroke, BE FAST.

Source: Duke and the American Stroke Association



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March: National Nutrition Month®

Eating well can improve your energy, how you feel and your overall health. The following tips will help you incorporate more healthy foods without breaking the bank:

Plan

Plan your meals and snacks for the week so you know exactly what you need from the store. Before you leave for the store, check for paper or digital coupons for the items on your list.

Shop

Shop generic brands for money savings. Don't be afraid of frozen fruits and vegetables. They are typically cheaper, last longer and hold similar nutritional value. Canned fruits and vegetables are a great option, too — just watch for added sodium (salt) and sugar.

Try

Mix up your proteins with beans, lentils or eggs for a low-cost option. Cook at home and make leftovers to cover the busy nights when you don't have time to cook. Grow a garden for fresh and readily-available produce.

Source: Anthem

Importance of Annual Exams:

Receiving an annual preventive exam gives you a chance to talk to your health care provider about your health, and to discuss if any preventive screenings are recommended.

To make the most of your annual preventive exam, here are some things to do before you go, or to discuss with your health care provider at your appointment:

- Find out if you are due for any general screenings or vaccinations.
- Update your medication and allergy list.
- Write down a list of health issues and questions to take with you.

Primary care providers (PCPs) help manage day-to-day health needs, including teaching you ways to stay healthy, treating you when you're sick and helping you get more advanced care when you need it. Need help locating a PCP? Sydney Health makes it easy to research nearby care providers, so you can find the right one for you. Select the "Care" icon in your Sydney Health account, then select "Find Care and Cost". Enter the type of care provider you are looking for in the search bar, and a list of network providers will be at your fingertips!

2023



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Programs Available to MCHCP State Employee Members and Dependents

ANTHEM PROGRAMS



Peace of mind is important. If you are struggling with your medical coverage, you expect someone to answer your questions, right? Log in to the Sydney Health app to get help with those questions from an Anthem Health Guide.



SmartShopper makes it easy to compare cost information about some health procedures like mammograms, colonoscopies and more. You can even earn cash rewards when you choose the SmartShopper suggested providers! You can learn more and access SmartShopper through the Sydney Health app.



Through LiveHealth Online, you can visit with a doctor or behavioral health provider using your smartphone, tablet or computer. In 2023, HSA and PPO members will pay \$0 for visits. Log in to your myMCHCP account or the Sydney Health app to learn more.

ADDITIONAL PROGRAMS



New for MCHCP members this year! Lower your prescription drug costs with Rx Savings Solutions — a resource that gives members the ability to save money quickly and easily. Log in to your myMCHCP account or go to myrxss.com for more information and to sign up!



Personal problems, planning for big life events or dealing with daily stress can affect your overall wellbeing. The Strive Employee Life & Family (SELF) program (offered through ComPsych) is here to help. Log in to myMCHCP to access the SELF program.

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RECIPE:

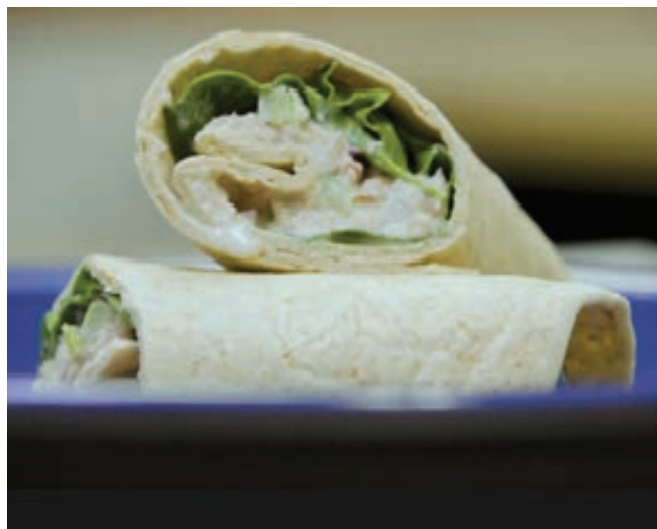
Tuna Salad Wrap

Servings: 1

Prep Time: 10 minutes

Ingredients:

- 1, 8-inch whole wheat flour tortilla
- 1, 5-oz. can chunk light tuna fish, in water, drained
- ¼ cup chopped red onion
- ¼ cup chopped celery
- ¼ cup plain Greek yogurt
- 1 teaspoon Dijon mustard
- Salt and pepper to taste
- ½ cup baby spinach



Directions:

1. Combine tuna, red onion, celery, Greek yogurt, Dijon mustard, salt and pepper in a bowl. Mix with a fork until combined.
2. Place spinach on top of tortilla. Scoop tuna mixture on top of spinach.
3. Gently roll tortilla into a tight wrap.
4. Slice wrap in half and enjoy.

Nutrition Facts

Calories: 273, Total Fat: 3g, Carbohydrates: 22g, Fiber: 7g, Protein: 40g, Calcium: 26%, Iron: 53%

Recipe adapted from: <https://thehealthyfoodie.com/tuna-wrap/>

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