



The Importance of Preventive Care

Preventive care can help identify health risks or allow early diagnosis and treatment of a new health issue.

MCHCP pays for preventive care at 100% (regardless of plan type or whether members have met their deductible) if it is supplied by a network provider, is billed as routine (without indication of injury or illness) and meets preventive service guidelines.

Talk with your primary care provider (PCP) about which preventive services and health screenings are appropriate for you!

Need help locating a PCP? Sydney Health has added virtual primary care to its list of benefit offerings in 2024; and it can also help you research nearby in-person care providers with the "Find Care and Cost" feature ("Find Care" in the desktop version), making finding the right provider even easier!





January: Winter Safety Awareness

It's important to be ready for winter's arrival. Take steps to prepare your home, vehicle and yourself for the colder weather.



Home:

- Check your heating system and any fireplaces or chimneys.
- Test smoke detectors and carbon monoxide detectors.
- Stock up on non-perishable foods and water.



Vehicle:

- Service your car regularly, including checking the tires and antifreeze level.
- Keep the gas tank full.
- Prepare a winter kit to keep in your car including: a phone charger, blankets, hats and gloves, food and water, a flashlight and a first aid kit.



Yourself:

- Wear weather-appropriate clothing.
- Eat a healthy diet to boost your immune system.

**Winter's coming whether you're ready or not.
Use these tips to be better prepared when it comes.**

Source: CDC



February: Small Steps Lead to Big Changes

Did you know that taking small steps each day can improve your heart health? Check out the steps you can take to help improve your heart health below:

- **Build a healthy diet** – Build a healthy diet of fresh, nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats, nuts and legumes; and limit things like salty foods, alcohol, red meat and sugary drinks.
- **Dont use tobacco** – Any type of tobacco — even secondhand — increases the risk of heart disease. If you use tobacco, quitting now can make a difference.
- **Exercise regularly** – Aim for at least 30 minutes of moderate aerobic activity five days each week. This might include taking a brisk walk or going biking.
- **Lower your stress** – Finding healthy ways to cope with stress can improve your mood and improve your health. Try things like meditating, talking to a therapist or exercising to ease your stress.

Source : Anthem



March: The Facts on Nutrition Facts Labels

Nutrition facts labels can be overwhelming and confusing at first glance, but with a few tips you'll be understanding the label in no time. Let's look at four key areas:

Nutrition Facts

Serving Size 1/2 cup (123g)
Servings Per Container about 3.5

Amount/Serving

Calories 35

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 250mg	10%

Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 6g	
Added Sugars 2g	
Protein 1g	

Vitamin A	15%	Vitamin C	15%
Calcium	4%	Iron	4%

**Percent (%) Daily Values are based on a 2,000 calorie diet.*

Ingredients: Tomatoes, Tomato Juice, Sugar, Salt, Dried Onion, Dried Celery, Dried Bell Pepper, Garlic Powder, Spices, Citric Acid, Natural Flavors.

Serving information:

Pay attention to serving size and how many servings are in a package. The serving size is not a recommendation on how much you should eat or drink, but rather, the amount people typically eat or drink in one sitting. All information on the rest of the label refers to the serving size listed here.

Calories:

The most well-known section on the nutrition facts label tells you how much energy you get from one serving of the food or drink. Talk with your health care provider about your calorie needs so you can better understand how this number may affect you.

Nutrients:

Nutrients are things like fat, fiber, sugars and vitamins on the nutrition label. Some nutrients we want more of and some we want less of. Typically, Americans need less saturated fat, sodium and added sugars, and need more fiber, vitamin D, calcium, iron and potassium. Talk with your health care provider about what nutrients you need to focus on.

Percent Daily Value (%DV):

This is a quick reference to help you determine if a food is high or low in a nutrient. A 5% daily value or less is considered low, and 20% or more is considered high. Refer to the previous section to see which nutrients we typically want to see either higher or lower amounts of in our food.

Source: FDA



What's New in 2024?

MCHCP is offering several benefit updates and new digital programs in 2024, including:



Delta Dental

Delta Dental is the dental plan provider in 2024!



Fertility Support Program

MCHCP added coverage for fertility support services. Members who qualify have access to WINFertility — a fertility support program through Anthem.



Diabetes Care Value Program

Express Scripts now offers the Diabetes Care Value Program, which helps support our members who have diabetes and pre-diabetes. Eligible members have access to a digital weight loss program through Omada, which provides a cellular connected scale, coaching and more; as well as diabetes remote monitoring through LifeScan.



Expansion of Virtual Care through Anthem's Sydney Health

MCHCP is expanding virtual care offered through Sydney Health. Virtual visits through Sydney Health are available at no cost. Virtual care includes the following new services.

- ✓ **Virtual Primary Care** — Can't make it to your primary care provider's office? Don't have a primary care provider? No problem! Make a virtual primary care visit through Sydney Health.
- ✓ **Mercy Express Care** — Mercy Express Care is a way for members to seek and get care quickly for minor health issues. Patients answer a few questions digitally, get a care plan and (if needed) can get a prescription sent to their pharmacy.
- ✓ **Hinge Health** — Hinge Health is a virtual joint and muscle clinic for physical therapy. It includes access to a personalized exercise program and care team to help members relieve pain from neck to foot.
- ✓ **Lark Diabetes Prevention Program** — Lark is a digital diabetes prevention program offered at no cost, and helps eligible members lower their risk of developing type 2 diabetes via coaching and lesson plans that follow guidelines from the Centers for Disease Control and Prevention (CDC).

Recipe: Greek Pasta

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

8 ounces penne pasta

1 tablespoon olive oil

2 cloves garlic, minced

2, 14.5-ounce cans Italian-style
diced tomatoes

1, 19-ounce can cannellini beans,
drained and rinsed

2 teaspoons Greek seasoning

10 ounces fresh spinach, washed
and chopped

½ cup crumbled feta cheese



Instructions:

1. Cook the pasta in a large pot of boiling salted water until al dente.
2. Add olive oil to a large skillet over medium-high heat. Add garlic and sauté 2 minutes. Add tomatoes, beans and Greek seasoning. Bring to a boil. Reduce heat, and simmer 10 minutes.
3. Add spinach to the sauce; cook for 2 minutes or until spinach wilts, stirring constantly.
4. Serve sauce over pasta, and sprinkle with feta.

Calories: 290, Total Fat: 8g, Carbohydrates: 43g, Fiber: 8g, Protein: 15g,
Vitamin A: 461%, Vitamin C: 69%, Calcium: 22%, Iron: 38%

Recipe from: <https://www.allrecipes.com/recipe/11669/greek-pasta-with-tomatoes-and-white-beans/>