

2023



MISSOURI CONSOLIDATED HEALTH CARE PLAN

WELLNESS QUARTERLY

newsletter

The Importance of Primary Care

A primary care provider plays an important part in helping you stay healthy and manage new and existing conditions. Regularly seeing a primary care provider has many benefits. They...

- Get to know you, your health history and your health care needs
- Keep up with preventive care which can help identify health problems before they become serious
- Manage chronic conditions and medications
- Help coordinate treatments and care when you need to see other health care providers
- Save money by avoiding trips to the Emergency Room for minor illnesses, injuries and chronic condition flare-ups

Source: Anthem Primary Care Handout



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May: Mental Health Month

No matter what's getting you down, these 5 mood-boosters can help brighten your day.

1. Give back: It's been proven that random acts of kindness can improve mood: helping with a chore, giving a small gift or note of appreciation to a friend may boost your mood and theirs.
2. Get moving: Take a bike ride, go for a run or walk through nature. Exercise improves both your physical and mental well-being.
3. Smile: Even if you're faking it, a smile can improve your mood and confidence.
4. Stay positive: The way you think affects the way you feel. Talk positively and avoid dwelling on the negative.
5. Give yourself credit: A tough day doesn't mean a tough life. List your accomplishments and take time to celebrate all the good you've done.

When all else fails, talk to someone. A friend, family member or professional counselor.

The SELF program offers no cost behavioral health counseling services to state employees eligible for MCHCP medical coverage, as well as members of their household. Log in to your myMCHCP account to connect with the SELF program and find out more.

Anthem offers no cost virtual behavioral health counseling visits through LiveHealth® Online. This service and information about what it offers is available through the Sydney Health app, and via smartphone, tablet or computer (with camera). In 2023, HSA and PPO members will pay \$0 for these visits.

Anthem also includes a network of community behavioral health providers (deductible and 20% coinsurance for HSA and PPO 750 plan member visits; \$25 copayment for PPO 1250 plan members), as well as the Emotional Well-Being Resources Program — self-guided digital tools to help you develop resilience, reduce stress and practice mindfulness. Find more information on both in the Sydney Health app.

Source: <https://www.guidanceresources.com/groWeb/s/asset/823459>



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June: Men's Health Month

Men: Take charge of your health!

Seeing your health care provider gives you a chance to learn more about your health. Some conditions may not have symptoms at first, so it's important to visit your health care provider even if you feel healthy.

Here are more ways to take charge of your health:

- Eat healthy and get active.
- If you drink alcohol, drink only in moderation.
- Quit tobacco.
- Know your family's health history.
- Get screening tests to check for health problems.
- Make sure you're up to date on vaccines.

Source: Men: Take Charge of Your Health - MyHealthfinder | [health.gov](https://www.health.gov)

Eye Health

It's easy to see the importance of taking care of your eyes. Follow these four steps to help keep your eyes and vision healthy.

- Get an eye exam: Getting an eye exam is painless and is the best way to take care of your eyes.
- Know your risk for developing eye disease: Age, weight, family history and many chronic conditions can increase your risk of developing eye disease.
- Manage your health: Eating healthy and staying active are two great ways to manage your general health that can also lower your risk for developing eye or vision problems.
- Protect your eyes: Wearing sunglasses and protective eyewear is an easy way to keep your eyes safe when outside or doing sports or activities that put your eyes at risk for injury.

Source: Keep Your Eyes Healthy | National Eye Institute ([nih.gov](https://www.nih.gov))



SUMMER VEGETABLE PASTA SALAD

Prep Time: 20 minutes

Cook Time: 15 minutes

Servings: 8

Ingredients:

Vinaigrette

½ cup olive oil

1/3 cup red wine vinegar

1 tablespoon Dijon mustard

1 tsp dried oregano

1 clove garlic, minced

¾ teaspoon salt

¼ teaspoon black pepper

Pasta Salad

12 ounces bowtie pasta

2 Roma tomatoes, diced

1 yellow squash, sliced and cut into quarters

1 zucchini, sliced and cut into quarters

1 broccoli crown, chopped

½ red onion, sliced

1 12-ounce jar roasted red peppers, drained and roughly chopped

½ cup parsley, chopped

Instructions:

1. For the vinaigrette, whisk together the olive oil, red wine vinegar, Dijon mustard, oregano, minced garlic, salt and pepper. Set aside.
2. Cook the bowtie pasta according to the package directions, then drain. Rinse briefly to cool the pasta, then let it drain well.
3. While the pasta is cooking and draining, prepare the vegetables.
4. Place the pasta and chopped vegetables in a large bowl. Stir the vinaigrette, then pour it over the salad. Stir the pasta and vegetables until everything is coated in dressing. Serve immediately, or refrigerate until ready to eat.

Calories: 303, Total Fat: 14g, Carbohydrates: 38g, Fiber: 3g, Protein: 7g, Vitamin C: 72%, Iron: 14%

Recipe from: <https://www.budgetbytes.com/summer-vegetable-pasta-salad/>



Check the MCHCP website's Health Library for more healthy recipe videos and printable recipes.

