



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 Anthem members age 18 and older
 - 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 Health Guide at 844-516-0248.

LiveHealth Online

- Find virtual behavioral health therapists, psychologists and psychiatrists.
- No-cost appointments.

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.



April: Eye Health

Did you know that good eye health can lead to overall good body health? Healthy eye habits help you manage or prevent many eye conditions, and may lead to preventing or managing other health issues.



Get active.

- Getting active can lower your risk of health conditions that may lead to eye or vision problems such as high blood pressure, diabetes and high cholesterol.



Eat eye-healthy foods.

- Eat lots of dark leafy greens and fish high in omega-3 fatty acids.



Know your history.

- Be familiar with your family's eye health history. Some eye diseases may run in families.



Get checked.

- Schedule a check-up with your eye doctor. Regular exams can help detect issues early when they are easier to treat.

Source: National Eye Institute. Healthy eyes, healthy you (nih.gov)



May: Mental Health Awareness Month

Sometimes stress relief can be as simple as getting outside and moving your body.

- ✓ Movement releases tension and alleviates feelings of stress or anger.
- ✓ Fresh air, activity and peaceful scenery can help quiet your mind.
- ✓ Doing something outside lets you escape the confines of your home or office.
- ✓ Nature effortlessly exposes you to pleasant sights, sounds, smells and things to touch.

Need some ideas? Go camping, meditate, take a hike, take pictures, take a walk with a friend, play outdoor games or explore any of the hundreds of miles of trails in Missouri!

Source: Missouri Department of Natural Resources



June: Men's Preventive Care

Preventive care can help you save time and money; but most importantly, having regular preventive care visits can help you identify health issues early when they can be most easily treated.

Talk with your primary care provider about which preventive care services and health screenings are appropriate for you.

Recommended health checks for men:



Blood Pressure

- At least every two years between ages 18-39 for those with normal blood pressure
- Annually after age 40, and if risk of high blood pressure increases



Body Mass Index

- Annual screening



Cholesterol

- Screenings starting at age 20 if high risk for heart disease
- Regular screenings after age 35



Colorectal Cancer

- Screenings should start at age 45.



Diabetes

- Ages 18-35 ask your provider if you need testing
- Screenings for prediabetes and type 2 diabetes in adults age 35 to 75 who are overweight or obese



Prostate Cancer

- Talk to your healthcare provider about the risks and benefits of this screening.



Abdominal Aortic Aneurysm (AAA)

- One-time screening between ages 65-75 for those who have ever smoked

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

Source: United States Preventive Services Task Force. (2024). USPSTF A and B Recommendations. Retrieved from: <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations>

Recipe: Slow Cooker Salsa Chicken

Prep Time: 2 minutes

Cook Time: 4-8 hours

Servings: 6

Ingredients:

4 boneless, skinless chicken
breasts (about 2 pounds, total)

2 cups salsa

Salt and pepper, to taste



Instructions:

1. Place chicken breasts in a slow cooker and cover with salsa. Toss until the chicken is covered.
2. Cover and cook on high for 4 hours or low for 6-8 hours, until the chicken shreds easily. Shred the chicken and mix. Season to taste with salt and pepper.
3. Serve with your favorite taco, nacho or burrito fixings.

Calories: 208, Total Fat: 4g, Carbohydrates: 5g, Fiber: 0g, Protein: 34g

Recipe from: <https://www.gimmesomeoven.com/2-ingredient-slow-cooker-salsa-chicken-recipe/>