



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 subscribers and their dependents who are Anthem members aged 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 Family Advocate at 844-516-0248.

Virtual Care

- Find virtual behavioral health therapists, psychologists and psychiatrists.

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.



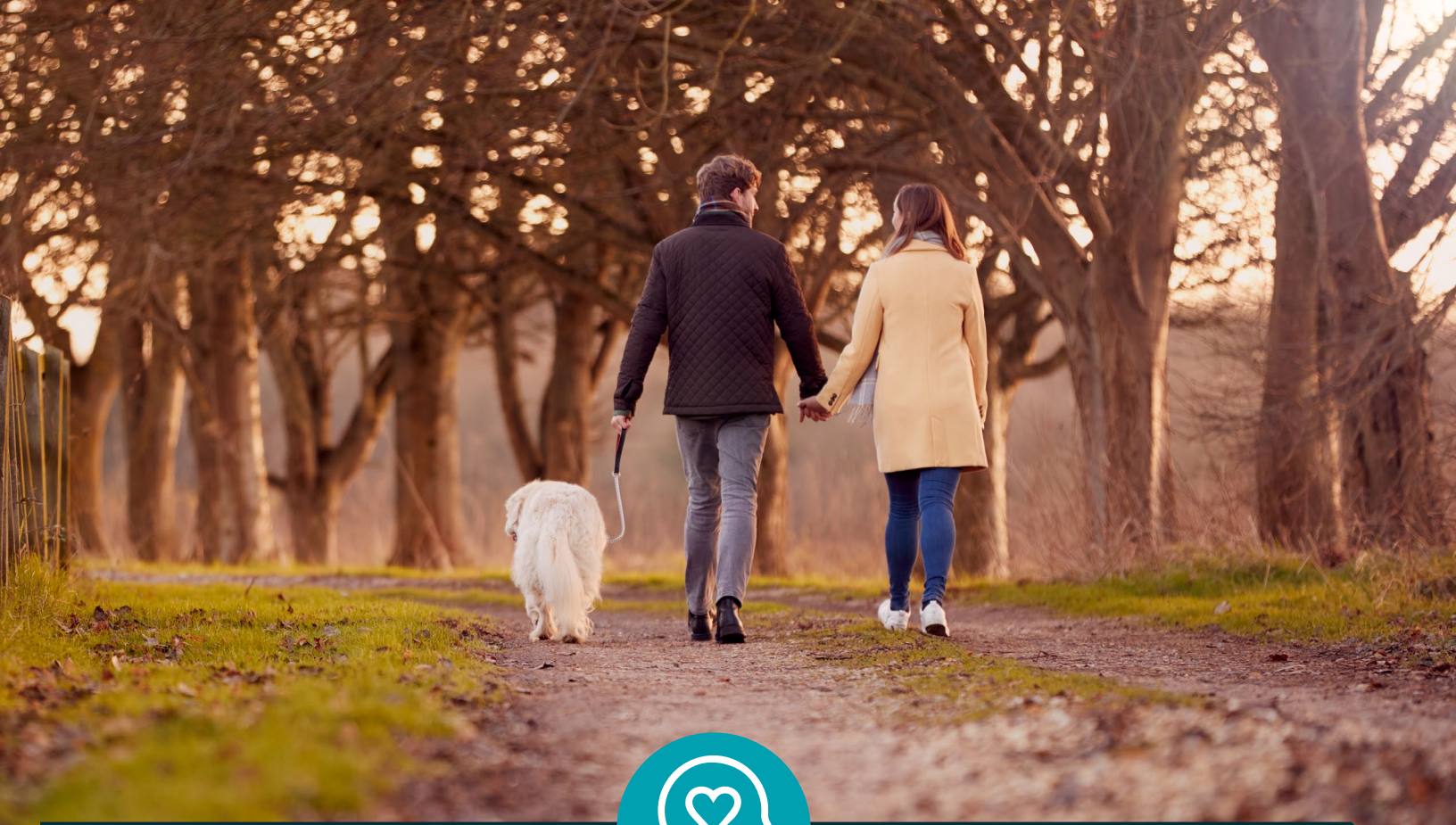
April: Eye Health

Getting an eye exam is not only important to detect changes in vision but may also be helpful in detecting other health issues

The eye is the only place in your body that offers a clear view of blood vessels, nerves and connecting tissue without surgery. During an eye exam, a doctor may be able to identify changes to the eye, vessels, nerves and tissue that may indicate you are at risk for health issues such as: diabetes, high blood pressure, high cholesterol, thyroid disease, stroke, tumor or aneurysm.

Don't wait! Take care of your eyes and take care of your health; schedule your annual eye exam today.

Source: National Vision Administrators, L.L.C.



May: Mental Health Awareness Month

Have a laugh; it's good for you! Ever wondered if laughter really is the best medicine? There really are several health benefits! Laughter:

- ✓ Exercises the diaphragm and core muscles, which burns calories
- ✓ Lowers blood pressure
- ✓ Balances stress-related hormones
- ✓ Relieves negative emotions like stress, anger and sadness
- ✓ Changes our perception of negative problems
- ✓ Brings people together, strengthening bonds and defusing conflicts

People say laughter is contagious, so, spread it whenever you can! If you need help finding your happy place, check out our behavioral health resources on page 1 for support and guidance.

Source: ComPsych



June: Men's Preventive Care

Supporting Wellness

Starting small might be the best thing you can do for your health. Check out these tips and resources for ways to feel more confident in making small decisions that can make a big difference in your health.

Schedule regular preventive exams with your primary care provider.



As you get older, the risk of developing health conditions such as heart disease, diabetes or certain cancers increases. Scheduling annual preventive exams with your healthcare provider is the best way to stay on top of screenings and vaccinations that may help detect these conditions early, when they are most treatable. MCHCP pays for preventive care at 100% (regardless of your plan type or whether you have met your deductible) so long as it is supplied by a network provider, is billed as routine (without indication of injury or illness) and meets preventive service guidelines.

Be familiar with your mental health.



Feeling low from time to time is normal, but long-term feelings of depression can be a mental health issue that should not be ignored. Seek medical advice from a health care provider if you have ongoing feelings such as anger, irritability, anxiousness, sadness, hopelessness, loss of interest or thoughts of suicide. If you feel like you need to talk to someone, check out our behavioral health resources on page 1 for support and guidance.

Choose to eat healthy foods.



Making healthy decisions about what you are eating may help reduce your risk of obesity, heart disease, diabetes and many other health conditions. Eating a diet filled with a variety of foods, and limiting added sugars and processed foods are just some of the ways you can improve your eating habits.

Make decisions that can improve your overall health.



Simple changes such as getting at least 30 minutes of exercise every day, limiting alcohol, avoiding tobacco and managing stress can help you improve or maintain your overall health.

Source: Anthem

Recipe:

Southwest Chicken Salad

Prep Time: 10 minutes

Servings: 6

Ingredients

1-pound cooked shredded chicken,
about 3 breasts

1 (15.5 oz) can black beans

1 (15.25 oz) can corn, drained

1-2 jalapeños, seeded and chopped

$\frac{3}{4}$ cup cherry tomatoes, quartered

$\frac{1}{2}$ cup red onion, chopped

$\frac{1}{4}$ cup pumpkin seeds

Dressing

$\frac{3}{4}$ cup low-fat mayonnaise

$\frac{1}{4}$ cup fresh lime juice

1 tablespoon chili powder

1 teaspoon garlic powder

1 teaspoon cumin

$\frac{1}{4}$ teaspoon paprika

$\frac{1}{4}$ teaspoon salt



Instructions:

1. Add mayonnaise, lime juice, chili powder, garlic powder, cumin, paprika and salt in a medium bowl. Mix until combined.
2. In a larger bowl add chicken, black beans, corn, jalapeno, tomatoes, red onion and pumpkin seeds. Pour dressing over the top and mix well.

Calories: 348, Total Fat: 14g, Protein: 29g, Carbohydrates: 27g, Fiber: 9g, Vitamin A: 33%, Vitamin C: 19%, Iron: 15%

Recipe from: <https://withsweethoney.com/quick-southwest-chicken-salad>