



arise *and* shine

Live Healthier Today with Arise Health Plan • Fall 2015



HEALTH INSURANCE PARTNER
OF THE GREEN BAY PACKERS

A photograph of two young children, a girl and a boy, smiling and hugging each other. They are wearing winter clothing, including a green and blue patterned sweater, a tan scarf, and patterned mittens. The background is a blurred outdoor setting with other people.

Change can be
Healthy!

Inside Features:

Prevent Complications
from Diabetes

The New Family Norm:
Fathers Feel the Pressure

Avoid a Round-Trip Ticket
Back to the Hospital



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Healthy Recipe

See page 5 for our Pita Pizza recipe!

Diabetes: Quick Guide to Tests You Need

Routine medical tests are part of every diabetes-related doctor visit. If a health problem arises, testing can often pick it up early, before it becomes severe. Then you can take steps to make sure a minor problem stays minor.

How Often	What	Why
Every doctor visit	Blood pressure check	To detect high blood pressure
Every three months	Quick foot exam	To check for foot sores
At least twice a year	A1c blood test	To measure average blood glucose level over the past few months
At least once a year	Dental checkup	To detect gum and mouth disease
	Blood lipids test	To measure cholesterol and triglyceride levels
	Complete foot exam	To check for problems with foot circulation and nerves
	Dilated eye exam	To detect eye disease
	Kidney function test (blood and urine)	To detect kidney disease

Prevent Complications from Diabetes

From head to toe, your body cells need blood glucose (blood sugar) for energy. A hormone called insulin helps glucose get into your cells. When you have diabetes, your body either doesn't make enough insulin or can't use it properly.

This can lead to problems anywhere in your body, from your eyes to your feet. Fortunately, you can avoid most diabetes problems by keeping your blood glucose under control and taking care of your health.

Get Regular Checkups

Regular doctor visits are the key to managing diabetes. Together, you and your doctor can create a treatment plan that keeps your blood glucose under control. This greatly reduces your risk of developing diabetes problems, including eye, kidney and nerve disease. (See page 2 for tests you need.)

Care for Your Eyes

Look out for your eyes. Diabetes can lead to:

- Diabetic eye disease, in which small blood vessels swell and leak into the retina of the eye, causing blurred vision and sometimes blindness
- Cataract, or clouding of the lens of the eye
- Glaucoma, or damage to the optic nerve

For better eye health, keep your blood pressure under control. Get a dilated eye exam at least once a year (see sidebar). See your doctor if you develop eye problems or vision changes.

Treat Your Feet Well

Step up your foot care. Diabetes can lead to:

- Nerve damage, which can prevent you from feeling a cut, crack or sore on your foot
- Poor blood flow, which can slow down healing of a sore or infection
- Amputation of a toe, a foot or part of a leg due to a bad infection that never heals

For better foot health, wash your feet in warm water every day. Test the temperature first with your elbow to make sure it's not too hot. Dry your feet well.

Have questions about your health plan?

Visit www.WeCareForWisconsin.com or call toll-free at **888-711-1444**. Member Services is available 8 a.m. to 4:30 p.m., Monday through Friday, Central Standard Time.



Open Your Eyes to the Importance of Dilated Pupil Exams

Dilated eye exams especially are important for people who have been diagnosed with diabetes because they are at high risk for vision problems. Nearly half of all people with diabetes have some form of diabetic retinopathy, which can lead to blindness. Finding and treating the problem early can prevent or delay blindness in 95% of cases.

Many people with diabetic retinopathy don't realize they have the condition without an eye exam because it often causes no pain or symptoms in its early stages. However, if you experience any of the following warning signs, see your eye doctor right away:

- Blurred vision
- Flashes of light in your eyes
- Pain or pressure in your eyes
- Black "spots" in your vision
- Rings around lights
- Sudden loss of vision

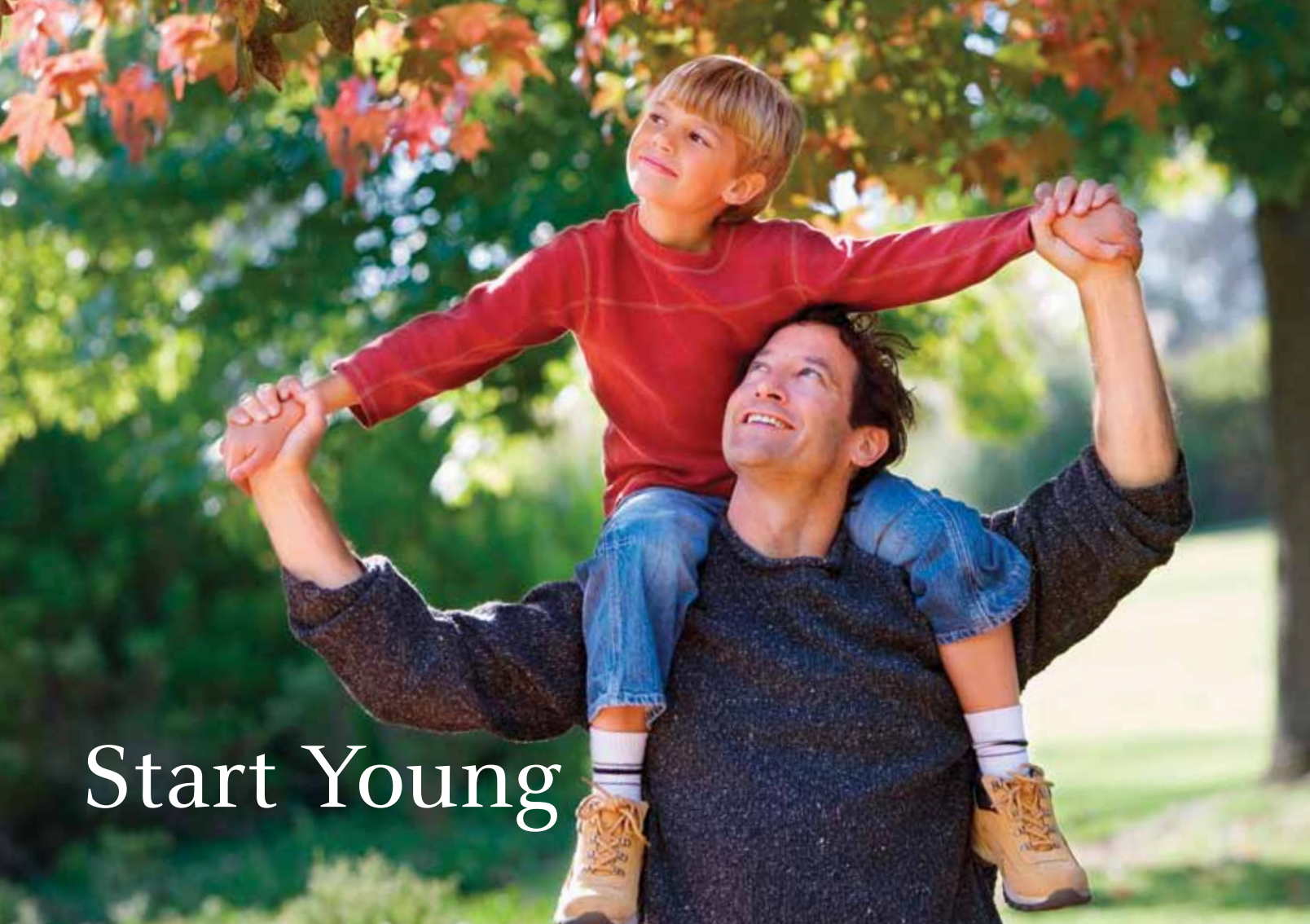
Visit your eye doctor regularly for a dilated eye exam.

Avoid Nerve Damage

Many people with diabetes develop some nerve damage, called diabetic neuropathy. To protect your nervous system:

- Keep your blood glucose level as close to normal as possible.
- Don't smoke. If you drink alcohol, do so in moderation.
- Tell your doctor if you develop signs of possible nerve damage, including numbness, weakness, pain, sexual problems, digestive problems, bladder problems, or dizziness.

People with diabetes are also at increased risk for heart disease and kidney disease. Work with your doctor to find a diet and exercise plan that is right for you.



Start Young

It's never too early to begin preventing heart disease. Watch your blood pressure. Avoid smoke. Control cholesterol. Eat right. Get moving. Shed excess pounds. These steps to prevent heart disease—one of the top killers of men and women in the U.S.—aren't for adults only. Even children can show early signs of heart disease.

A study in *Circulation: Journal of the American Heart Association* found that nine-year-old children with the most risk factors, including high cholesterol and high blood pressure, were 37 percent likelier than their peers to later develop increased thickness in their carotid, or neck, artery. This increased thickness is an early sign of atherosclerosis, or plaque-filled arteries.

Parents play a key role in keeping their children's hearts healthy. If you have little ones, it's never too early to begin addressing the major causes of heart disease.

Bring Pressure Down

High blood pressure, or hypertension, is one of the biggest risk factors for heart disease, and it can start young. Kids can get high blood pressure from diseases of the heart or kidney, or from certain medications. Usually their pressure returns to normal when their disease is treated or after they stop taking the medication.

However, being overweight can also elevate blood pressure in children, just as it does in adults. A healthy diet and exercise routine may reduce blood pressure and prevent the typical result: kids with hypertension becoming adults with the same problem.

Clear the Air

One completely preventable cause of high blood pressure in children is living with a person who smokes. Researchers writing in *Circulation* found that four to seven year old children exposed to their parents' smoke were 21 percent more likely to have higher blood pressure than most of their peers. If you need another good reason to quit smoking, think of your child's heart.

Smokers not only increase others' risk for heart disease, they more than double their own risk. Unfortunately, too many kids are smokers. According to the Centers for Disease Control and Prevention (CDC), more than 9 percent of adolescents ages

12 to 17 smoked cigarettes in the last month, and more than 5 percent of middle school students are regular smokers. For tips to help your youngster quit smoking, visit www.cdc.gov/tobacco/youth/index.htm.

Curb Cholesterol

The risk for heart disease also rises along with blood levels of cholesterol, which can start climbing in childhood. The American Heart Association recommends that, to help control blood cholesterol levels, children older than age 2 should eat at least five servings of fruits and vegetables a day along with other foods low in saturated fat and cholesterol.

To make room for these healthy foods, kids should eat less sugar—a lot less. A study of 2,157 adolescents in *Circulation* revealed that their daily intake of added sugars averaged 28 teaspoons, or 476 calories. That's more than 20 percent of their total daily caloric intake. Compared to kids who ate the least sugar, those who consumed the most had significantly higher levels of LDL (bad) cholesterol and triglycerides, another harmful blood fat, as well as lower levels of HDL (good) cholesterol.

Where does all that added sugar come from? Common culprits include sweetened breakfast cereals marketed to kids, candy, cake, ice cream, cookies, pie, and fruit drinks. Sugars in soft drinks are the biggest single source of calories in the American diet, and most school-age kids drink at least one can of soda a day. That 12-ounce can contains about 10 teaspoons of sugar and 150 calories, and drinking just a can a day could boost your child's risk of obesity by as much as 60 percent.

Instead of soda, offer your kids fat-free or 1% milk, low-sodium vegetable juice, or water flavored with lemon or cucumber slices.

Lighten Up

Excess body fat raises the risk for heart disease. All too often, overweight kids grow into overweight adults.

Since 1976, obesity rates have doubled among preschoolers, tripled among 6- to 11-year-olds, and more than tripled in adolescents ages 12 to 19. Today, about one in six youth between ages 2 and 19 is obese.

If your child weighs too much:

- Never use food to punish or reward.
- Show kids how to eat healthy by involving them in grocery shopping and cooking.
- Cut back on fat for children older than age 2 by using low-fat or nonfat dairy products. Instead of red meat and processed meats, serve skinless poultry, lean meat, fish, and beans.
- Offer healthy snacks (see the sidebar for a fun idea).
- Be aware of what your kids eat at school and restaurants.
- Serve moderate portions.

And don't forget about exercise. Regular activity lowers the risk for heart disease. According to the CDC, children and adolescents should be active for at least 60 minutes every day.

Too many kids sit in front of TV, computer, or video game screens for as many as six hours a day. But experts say one to two hours of screen-time is plenty. To get your kids moving:

- Set a good example by being active yourself.
- Take family walks or play active games. Head to parks and playgrounds.
- Encourage kids to try new physical activities. Let them choose between team sports and individual activities.
- Take TVs out of bedrooms, and plan in advance what shows to watch.

Looking to Eat Healthy?

Visit our Healthwise Library online at www.WeCareForWisconsin.com/members/healthwise and type "nutrition" in the search box.

PITA PIZZAS

- 1 cup tomato sauce
- 1 cup grilled skinless chicken breast, cut into cubes
- 1 cup broccoli, rinsed, chopped, and cooked
- 2 tbsp. grated Parmesan cheese
- 1 tbsp. fresh basil, rinsed, dried, and chopped (or 1 tsp. dried)
- 4 (6½-inch) whole wheat pitas

Preheat oven or toaster oven to 450 degrees. For each pizza, spread ¼ cup tomato sauce on a pita and top with ¼ cup chicken, ¼ cup broccoli, ½ tablespoon Parmesan cheese, and ¼ tablespoon chopped basil. On a non-stick baking sheet, bake pizzas for about five to eight minutes until golden brown and chicken is heated through.

Serves four.

PER SERVING: Calories—275, fat—5 g, saturated fat—1 g, cholesterol—32 mg, sodium—486 mg, carbohydrates—41 g, fiber—7 g, protein—20 g

Source: National Heart, Lung and Blood Institute; National Institutes of Health

Life After Cancer: Caring for Survivors

You've endured chemotherapy, radiation treatment, perhaps surgery. Then your doctor says these wonderful words: "You're cancer-free."

Now your life as a cancer survivor has begun. You may feel ready to put the whole experience behind you. But at the same time, physical and emotional scars often linger. Planning for what many survivors refer to as their "new normal" can both safeguard your health and ease your mind. Here are steps you can take in the days ahead.

Manage Side Effects

Almost any therapy for cancer can have side effects. While some fade after a few weeks or months, others endure far longer. You might feel tired, gain or lose weight, or have a hard time concentrating or sleeping.

Discuss any problems with your health care team. In some cases, simple tools—such as setting reminders to boost your memory—can help. Complementary and alternative approaches, such as relaxation therapy, often work as well.

Schedule Follow-Up Care

Regular visits help your doctor keep tabs on your health. He or she will watch for signs your cancer has returned and for long-term side effects from your treatment. At first, you may return every three to four months, then once or twice per year.

Ask your doctor how often, and who, you should see. In some cases, you may switch to a center or program specially designed to care for cancer survivors. You could have access to a wide range of providers trained to deal with the long-term effects of cancer treatment.

Be Aware of Your Body

Between visits, take note of how you feel and any changes to your body. Share your observations at your next appointment. Ask your doctor if there are specific warning signs that require an urgent call, such as pain, bleeding, or digestive issues.

*As you move forward,
know you're
in good company.*

Make a Plan

Talk with your doctor about healthy changes you can make to your lifestyle. Though you might need more rest than before, you should also ask about starting an exercise program. Several studies show physical activity reduces the risk for cancer recurrence and lengthens survivors' lives.

Changing your diet may also help keep you cancer-free. Aim for at least five servings of fruits and vegetables daily, and include beans in your diet. They contain phytochemicals, plant-based nutrients that protect your cells from disease.

Cope with Your Emotions

Most survivors worry their cancer will return, and some may experience depression. Talk with your health care team about your feelings. Focus on things in your control, such as taking an active role in your follow-up care and getting a good balance of rest and exercise.

Almost everyone feels better with support. Yours might come from family members, friends, a support group, or counselors. If your doctor suspects you have depression, medication or talk therapy can help.

Explore Family Issues

Recovering from cancer takes time and involves the whole family. Your doctor, counselor, or social worker can help you navigate these changes.

You may have fears about your family's risk of developing cancer, too. It may help to know that only 5 to 10 percent of common cancers are inherited. Your doctor can refer you to a genetic counselor to discuss your family's risk.

As you move forward, know you're in good company. Millions of Americans have transitioned to a life beyond cancer treatment. Many report a newfound gratitude for each new day and the people in their lives.



STAY UP TO DATE ON CANCER SCREENINGS

Catching cancer early gives you the best shot at successfully treating it. That's why it's so important to follow the recommended screening guidelines. This chart is a quick guide for screenings you need for colorectal cancer, breast cancer, and cervical cancer. However, remember to always check with your doctor about which tests and schedules are best for you.

SCREENING	WHO NEEDS IT	WHEN
Colonoscopy (and other testing options)	Adults age 50 and older	Every 10 years
Mammography (breast cancer)	Women age 50 to 74	Every 2 years
Pap test (cervical cancer)	Women age 21 to 65	Every 3 years*

** The United States Preventive Services Task Force suggests that most women should get a Pap test once every three years. Women ages 30 to 65 years can choose to instead have a Pap test once every five years along with a human papillomavirus (HPV) test. Women older than 65 who have had normal screenings and do not have a high risk for cervical cancer do not need Pap tests.*

We Want to Hear from You!

We value your feedback and suggestions. How can we improve Arise Health Plan's services, the *Arise & Shine* newsletter, or our website? If you have questions, comments, or suggestions, please e-mail DeDe.Darrow@AriseHealthPlan.com.

pertussis
mumps
chickenpox

outbreak
symptoms
health
contagious
whooping cough

5

Dangerous Diseases

control
prevention
vaccines

rubella
protection
bacteria

That Might Return —and How to Stop Them

community
rubella
hospitalization
polio
virus
mumps
infection
pertussis



Several families who traveled to Disneyland last winter came back with an unwanted souvenir: measles. It was the worst U.S. measles outbreak in the 21st century thus far.

Health experts believe low rates of vaccination have allowed measles to return—and spread. If current anti-vaccine trends continue, they warn, more dreaded diseases could make a comeback. After all, even those eradicated from the country are only a plane ride away.

Could Your Child Catch These Diseases?

Emerging threats include:

- **Chickenpox.** Outbreaks of this disease still occur. But each year, vaccines prevent more than 3.5 million cases and 100 deaths.
- **Mumps.** Vaccination decreased cases of the mumps from 200,000 to about 1,150 per year. However, outbreaks have occurred in schools, colleges, and camps.
- **Polio.** The United States hasn't had a case of polio in 30 years. Still, it affects children in some African countries. Infected people can spread polio for weeks before and after they have symptoms.
- **Pertussis.** Case study: In the late 1970s, whooping cough vaccination rates dropped from 80 percent to 10 percent in Japan. Consequently, the number of pertussis cases soared from 393 to more than 13,000. When kids began getting shots again, the numbers fell.
- **Rubella.** Also called German measles, this disease can be mild in children and adults. If pregnant women catch it, their babies may develop severe birth defects.

Prevent Disease Safely with Vaccines

The way to prevent these diseases? Vaccines. But social media has spread questionable information about the shots' safety record. As a result, some parents are hesitant or flat-out refuse them for their children.

It's only normal that parents try to protect their children from harm. However, the evidence shows vaccines are safe and save lives, preventing hundreds of thousands of cases of disease each year. Meanwhile, reports from organizations like the Centers for Disease Control and Prevention and the Institute of Medicine have cleared vaccines of causing autism and many other adverse effects.

Getting vaccinated protects not only your child, but also others. This concept is often referred to as herd immunity. For example, if between 96 and 99 percent of the people in a community get the measles vaccine, those too young or sick for shots also have protection. But experts believe maybe as few as half of people near the recent California outbreak had been vaccinated. That left everyone—not just those who skipped shots—at risk.

If you have questions or concerns about vaccines, talk with your child's doctor. He or she can point you toward reliable sources of information. That way, you can make the best decision for your family's health—and the community's.

PROTECT YOURSELF FROM FLU AND PNEUMONIA

Flu is a respiratory infection caused by influenza viruses. For otherwise healthy people, it's usually a minor illness. For people with heart failure, however, flu may worsen cardiovascular symptoms. This could trigger a heart attack. Flu is also more likely to lead to pneumonia, hospitalization, or death in those with heart failure.

Pneumonia is a lung infection caused by bacteria, viruses, or other

germs. It keeps the body from using oxygen as well as it usually does, so the heart has to work harder to pump enough oxygen-rich blood. This added strain can be dangerous when the heart is already weakened by heart failure.

Protect yourself and make sure your vaccines are up to date:

- Get a flu shot every year. There are many influenza viruses. This vaccine protects against the three

that scientists predict will be most common in the upcoming flu season. Flu shots begin as soon as the vaccine is available each fall. Get yours as early as possible.

- Ask your doctor about the pneumococcal vaccine. This protects against the most common type of bacterial pneumonia. You need one to three doses in your lifetime, depending on your health and vaccination history.



The New Family Norm: Fathers Feel the Pressure

From childbirth classes to housework to high-powered careers, today's dads and stepdads do it all. That means they share the joy of parenting with moms—but also its burdens.

IN FACT, A RECENT SURVEY FROM the Pew Research Center found family men have caught up to women in the stress department. About half of fathers with outside jobs say they find it somewhat or very difficult to balance work and family roles. That's compared with 56 percent of working moms.

This stress has ripple effects throughout the whole family. Over time, it can increase the risk for depression. Dads who feel strained or sad may act differently toward their kids and partners. Some evidence suggests stressed-out or depressed parents even affect children's development.

Pressure Piles on Dads

What's producing this pressure? Experts point to a few trends:

- **Changing social norms.** Now, most men aim to be loving, supportive partners and parents instead of merely distant breadwinners. This modern version of fatherhood may be more fair and fulfilling. But, it's also more challenging.
- **Blending families.** Stepparents also feel strain. And some men have several parental roles—for instance, fathering roles will differ for biological kids who don't live with their dads and stepchildren who do. One recent study suggests these dads feel the most stress of all.
- **Career challenges.** The most recent recession left more men than women out of jobs. The resulting role changes and money problems add to family tensions.

- **Gender differences.** Men tend to express stress and depression differently than women. They may feel more emotions like anger instead of sadness, or withdraw from those they love the most.

Getting the Help Men Need

Cultural ideas sometimes prevent men from addressing these concerns. In some cases, they don't know they can feel better. Or, they think seeking support makes them weak.

Fortunately for today's dads, experts now know that self-care and professional treatment can ease stress and depression. To cope with life's challenges, busy fathers (and mothers) can:

- **Use emergency stress stoppers.** Keep a list of quick fixes to defuse moments of anger or frustration. For instance, count to 10, go for a walk, or take a few deep breaths.
 - **Work it out.** Physical activity relaxes tense muscles and eases anxious minds. Aim for about two and a half hours of exercise weekly.
 - **Plan ahead.** At work or at home, use to-do lists and prioritize your time. Prepare yourself well for difficult conversations, from job interviews to confrontations with the kids. Have a back-up plan if things don't go as expected.
- If you—or the man in your life—feel overwhelmed by pressure, talk with a doctor or mental health professional. These experts can recommend other ways of coping. In some cases, medications or therapy can help fathers ease the strain.



TEXT4BABY

Are you pregnant or a new mom? If so, there's a new FREE service to help you out! Text4baby provides totally free text messages three times a week with info to help you through your pregnancy and baby's first year.



Text BABY (BEBE para Español) to **511411** to sign up! To learn more, visit www.text4baby.org.

Powered by Voxiva. Text4baby is a free service of the National Healthy Mothers, Healthy Babies Coalition.



Avoid a Round-Trip Ticket Back to the Hospital

WHEN YOU LEAVE THE HOSPITAL after an illness, the last thing you want to do is return, but one in five older adults makes a repeat visit the month after discharge. According to a new Yale University study, the risk of heading back remains elevated for months or even a year afterward, depending, in part, on the type of condition that took you there the first time.

Doctors can help reduce these risks by providing targeted follow-up care, the study authors note, but patients have a role to play, too. Watch your

health—or your family member’s—closely during the months after a hospital visit. Report any changes or concerns quickly to the health care team.

The Price of Admission

The first days home after hospitalization pose a number of risks. For one thing, you’re still recovering from the illness that required inpatient care to begin with, be it pneumonia or a heart attack. During this time your odds of developing conditions not related to your initial diagnosis also

increase. Why? Stress from the hospital experience, changes in medications, and exposure to new infections create a dangerous mix. You may develop a new gastrointestinal, respiratory, or other type of illness as a result.

Planning Starts Before Discharge

Patients and their families can take an active role in preventing readmissions. Keep a checklist for when you check out. Make sure you ask—and write down the answers—to these questions:

- What should I do to continue getting better?
- What problems should I watch for? And what should I do if I have them?
- What medicines do I need, and how do I take them?
- Will I need a walker or other medical equipment?
- Do I need to schedule follow-up visits and tests?

Request written information you can take with you about your diagnosis and treatment plan. And if you and your family need further help coping with the transition, ask if you can speak with a social worker. He or she can speed access to the resources you need for a full recovery.

MEDICAL MANAGEMENT: WE’RE HERE FOR YOU

The Medical Management staff is available during our normal business hours, Monday through Friday, 8 a.m. to 4:30 p.m. To obtain information from our Medical Management department related to a pre-service authorization or to discuss Utilization Management decisions, please see below:

- **Faxing:** Please send to **920-490-6943**, attention Medical Management
- **Calling during business hours:** Please call **920-490-6901** or **1-888-711-1444** extension **69383**. Language assistance is available, if needed.
- **Leaving a voicemail outside of business hours:** Please clearly state your first and last name, your member number, the reason you are calling and a contact number and time we can reach you. A member of the Medical Management department will return your call within one business day.
- For members who are hearing or speech impaired, TDD/TTY contact number: **1-888-332-0144**.



The New VIP: Very Important Patient

RESEARCH SHOWS THAT patients who trust their doctors and feel their needs are respected require fewer tests and tend to be in better health. Over the last few years, there has been increased attention on the patient-centered care model. In fact, the Institute of Medicine has named it a pillar of quality medical care. In this approach, the physician focuses on the patient, not just the health condition to be treated.

New Ways to Connect

Beyond patient-centered care, what exactly does VIP—or very important patient—service entail? You can:

- **Stay in touch 24/7.** As many as two-thirds of doctors now communicate with patients via email. But that's not all. Secure websites called patient portals let you log on anytime. You can view or update records, book visits, download

resources, and request prescription refills. You can often send and receive secure messages, too.

- **Follow your doctor on social media.** Many health care providers post updates on Twitter, Facebook, and other platforms. Some even use Twitter as extensions of their offices—a tactic called “TwitterCare.” They may send drug-safety or disaster alerts, or provide tips on infant care, managing chronic diseases, and more.

You Lead Your Care

Being a VIP comes with responsibilities for patients. Patient-centered care works best when you take an active role in your treatment. Ask questions if you don't understand what your doctor tells you. Use the tools available to you to follow up between appointments. And make sure you're clear on any agreements you sign with your doctor's office, as well as what's covered under your health care plan.

Have questions about your health plan?

Visit www.WeCareForWisconsin.com or call toll-free at **888-711-1444**. Member services is available 8 a.m. to 4:30 p.m. Monday through Friday, Central Standard Time.