



Arise shine

FALL 2016

and



Live Well

FEND OFF
**Holiday
Overeating**
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Healthy Recipes

Check out our recipe for **Black Bean and Corn Soup** on page 5.



Lose Weight! Women vs. Men

To lose weight, the National Institutes of Health suggests:

➔ **WOMEN**
Taking in 1,200 to 1,500 calories per day

➔ **MEN**
Taking in 1,500 to 1,800 calories per day

What's the Skinny on Meal Replacements?

Meal replacements come in many shapes and sizes—shakes, bars, and prepackaged frozen meals. Research suggests they may be a healthy and effective way to help you lose weight.



How Do They Work?

Meal replacements may be just as effective as dieting. A study in *Diabetes Educator* found that adults who used meal replacements lost significantly more weight than those following a reduced-calorie diet. Why? Meal replacements have built-in portion control. And they're easy: Unwrap, eat, sip, or microwave. In addition, meal replacements take the guesswork out of dieting, helping you avoid unhealthy foods.

The fact that eating meal replacements can get boring compared with the variety you typically find in meals can actually work in your favor, according to a study in *Diabetes Spectrum*. Tasting, smelling, or eating the same food over and over can make you feel full sooner which can help you consume fewer calories overall.

Are They Good for Me?

Because you're cutting out so many foods with meal replacements, you may be worried about getting enough nutrients. However, according to a study in *Nutrition Journal*, dieters using meal replacement bars and shakes actually get more of some vitamins and minerals—such as calcium and magnesium—than dieters following a reduced-calorie diet. Some meal replacements are fortified with up to 100% of the recommended daily allowance for essential nutrients.

How Should I Use Them?

Substitute one or two meals per day with whichever kind of meal replacement tastes best to you. Look for those that contain around 250 calories. Remember that these products will only help you lose weight if you consume them in place of your meals, not in addition to them.

Meal replacements can help with weight loss, but they're only part of the solution. You'll still need to keep track of calories. To lose weight, the National Institutes of Health suggests taking in 1,200 to 1,500 calories per day for women and 1,500 to 1,800 calories per day for men. Try to create healthy, balanced meals for the ones you're not replacing. Focus on fruits, vegetables, whole grains, low-fat dairy products, and lean meats.

It's a good idea to talk with your doctor or a registered dietitian before you start any weight-loss program, including meal supplements. If you plan to use meal supplements, bring the package with you to your doctor so that he or she can make sure it's a healthy choice for you.

Diabetes Educator (2008); *Diabetes Spectrum* (2013); National Heart, Lung, and Blood Institute, National Institutes of Health (2016); *Nutrition Journal* (2007).

KEEP Your Kidneys CLEAR from the Harms of Diabetes

blood glucose levels blood pressure proteinuria weight gain

excess sugars

renal disease

end-stage renal disease

specialist

nephrologist

anemia

kidney transplant peritoneal dialysis hemodialysis eGFR

symptoms

urine albumin

warning signs ankle swelling

diagnose

blood doctor

prevention leg cramps

Just like the filters that keep grounds out of your coffee, your kidneys keep you healthy by removing harmful waste products from your blood. When you have diabetes, the risk increases that these filters will stop working properly.

If your kidneys fail, you may need an artificial blood-cleaning treatment or a kidney transplant. Still, having diabetes doesn't mean you're doomed to kidney disease (also called renal disease).

You and your doctor can work together to prevent and slow the progress of kidney problems.

Meet Your Kidneys

Together, your kidneys process between 120 and 150 quarts of blood per day. They sift out about two quarts of waste and extra water. If these materials stayed in your blood, they'd build up and harm your body.

Learn the Stages

If you don't control your blood glucose, excess sugar causes your kidneys to work harder. As the delicate filters wear down, protein begins to leak into the urine. Doctors call this stage proteinuria. Your body begins to retain some wastes and your blood pressure increases. Other symptoms include weight gain, ankle swelling, and having to use the bathroom more often.

If you spot kidney disease early, a specialist called a nephrologist can help you make changes so that your kidneys function for as long as possible. But without treatment, you'll progress to chronic renal failure. Harmful waste products build up in your bloodstream, and as a result, you may:

- Feel nauseated and vomit
- Lose your appetite
- Develop severe leg cramps

- Feel fatigued
- Develop anemia, a blood deficiency

Eventually, your kidneys could fail completely, a condition called end-stage renal disease. At this point, you'll need one of three treatments:

- Hemodialysis, in which a machine filters your blood for you
- Peritoneal dialysis, where your doctor fills the lining of your abdomen with fluid to strain your blood
- Kidney transplant

Know the Tests You Need

Catching kidney disease early can prevent you from progressing through these stages. But often, the warning signs don't appear until your kidneys are already damaged. If you have diabetes, your doctor should screen you for kidney disease by checking the following:

- **eGFR.** The estimated glomerular filtration rate calculates how much blood your kidneys filter in a minute. If your eGFR measures less than 60 milliliters per minute, you may have kidney disease. Have this test at least once per year.
- **Urine albumin.** Your doctor may diagnose you with kidney disease if your urine contains more than 30 milligrams of albumin per gram of creatinine. Have this test at least once per year and more often if you have abnormal results.

If you have questions about kidney disease or diabetes, consult with your doctor.

American Academy of Family Physicians (2010); American Diabetes Association (2013); American Heart Association (2013); Centers for Disease Control and Prevention (2013); National Kidney and Urologic Diseases Information Clearinghouse (2013); National Kidney Foundation (2013).

WE WANT TO HEAR YOUR STORY!

Have a health question or want to share your story with others? Email us at AriseandShine@arisehealthplan.com.

Your story could appear in the next issue!



BLACK BEAN AND CORN SOUP

RECIPE SUMMARY

Prep time: 6 hours

Servings: 8

Cups of fruits/veggies per person: 1

INGREDIENTS

15-oz. can black beans, drained and rinsed
1 1/2-oz. can low-sodium Mexican stewed tomatoes, undrained
1 1/2-oz. can low-sodium diced tomatoes, undrained
1 1-oz. can whole-kernel corn, drained
4 green onions, sliced
1 small green pepper, sliced
4 ribs celery, diced
3 tbsp. chili powder
1 tsp. ground cumin
1 garlic clove, minced

DIRECTIONS

Combine all ingredients in slow cooker. Cover and cook on high for five to six hours.

Yield: 8 servings

Each serving provides:

Calories 120, Total fat 2g (Saturated fat 0g), Cholesterol 0g, Sodium 480mg, Carbohydrates 23g, Fiber 7g, Protein 6g

Centers for Disease Control and Prevention, "Fruits and Veggies: More Matters."

Could Your Medicines Be Hurting You?

We take medicines to have a positive effect on our health—and they often do. There's no doubt that modern medicines allow us to live healthier, longer lives. Yet medicines can also have a downside, especially if you take more than one.

When Medicines Combine

One study published in *PLOS ONE* found that about one in five older adults takes a drug for one condition that may make another health issue worse. This means that your heart medicine could make your depression worse or a drug for lung disease could weaken your bones. And as more of us start to take multiple medicines, that risk will only increase.

What's more, medicines can also interact with food, supplements, and over-the-counter drugs. For example, some medicines can make you tired when mixed with alcohol and others don't work as well when taken with dairy or grapefruit juice. Some can cause harmful side effects when combined with herbal supplements.

Take Steps to Protect Yourself

There's a lot you can do to make sure your medicines are doing what they're supposed to—improve your health. The most important is to take an active role in your health care.

Here's how:

- **Know your medicines.** Keep an up-to-date list of all your medicines. It should include over-the-counter drugs, vitamins, and other supplements. Keep a copy with you and ask your doctor to review it at every visit.
- **Ask questions.** Each time your doctor prescribes a new drug, ask what it's for, how it works, and how to use it. You should also ask about possible side effects when combined with other medicines, food, or drinks.
- **Fill your prescriptions at one pharmacy.** When your pharmacist knows all the medicines you're taking, he or she can alert you about any dangerous drug combinations.

Read and save printed material that comes with your medicines. If you have questions about the medications you're taking, talk with your doctor.

Agency for Healthcare Research and Quality (2015); *Journal of Comorbidity* (2011); National Institute on Aging (2016); *PLOS ONE* (2014); U.S. Department of Health and Human Services (2016); U.S. Food and Drug Administration (2015).



What's Up, Doc? Making the Leap from Pediatric to Adult Care

Your child's pediatrician has probably known your son or daughter for a very long time. In fact, he or she may have been your child's doctor since the day your baby was born. However, as children become young adults, it's time to start thinking about moving on to an adult doctor. These doctors are also known as family physicians, family doctors, or primary care providers.

Many experts recommend making this transition between ages 18 to 21. Knowing what you can expect to happen during this transition can help it go more smoothly for everyone.

WHAT TO EXPECT

One of the biggest changes that occurs when young adults start seeing a family physician is they'll be expected to start taking much more responsibility for their health and medical care than before. They'll be more involved in making decisions about their health. They'll also be expected to take a more active role in their care. This may mean following their doctor's instructions, taking their medications, making appointments for screenings or follow-up appointments, and other health-related tasks that you may have done for them in the past.

Another big change is the fact that they'll start seeing a new doctor altogether. Even if your teen is in perfect health, it's still important to make sure he or she finds a new doctor. Family doctors don't just treat health problems—they're trained to prevent them in the first place.

GETTING TO KNOW YOU

One of the best places to start when helping your child find a new doctor is to ask family and friends if they have any recommendations. Once you have a few suggestions, call the office to gather some information.

Important questions to ask:

- Does the doctor take your insurance?
- What are the office hours? Make sure they fit with your child's school or work schedule.
- Which hospital does the doctor use? Is it in-network?
- How many doctors are in the practice? Are all doctors in-network?



You may be surprised to learn that your teen or young adult can schedule an appointment to meet and talk with a doctor. This way, he or she can make sure there's a level of comfort with the new provider. Beforehand, discuss with your child important things to look for during the appointment. For example, make sure the doctor takes the time to answer all questions posed and there isn't a feeling of being rushed.

Also, the doctor should explain things in a way that a teen or young adult can understand. This will become especially important when it comes to discussing health-related information.

It's important to let your child know that it's OK if he or she doesn't feel exactly the same way about the new doctor as he or she did about the pediatrician. However, if it's someone your child trusts and feels comfortable with, then over time they can build a relationship that's just as strong.

American Academy of Family Physicians (2016); American Academy of Pediatrics (2011).



Trick-or-Treat? Keep Your Little Ones Safe!

With Halloween just around the corner, make plans to ensure your little ghosts and goblins have a safe and happy time as they visit their neighborhood haunts. Following these suggestions can make it happen.

TRICKS FOR TREATS

Assuming you're going to let your children keep some of the candy they collect (and you may have a riot on your hands if you take everything away), these suggestions can help moderate their intake:

- **Set a portion size** for each child. Let them know how much they're allowed to eat each day and when they can eat it.
- **Implement a "buy back" program.** Let your children choose several of their favorite candies to enjoy. Then "buy" the rest of the candy in exchange for a special sleepover, toy, book, or other treat. This allows your children to enjoy some of their candy without going overboard.
- **When your child asks for some candy,** pair it with something healthy, like a banana, an apple, or nuts.

Children love the excitement of dressing up and trick-or-treating on Halloween night. Help them have fun without overdosing on handfuls of unhealthy candy.

Dress Safe

Start with these strategies to ensure your children's costumes offer harmless fun:

- Check that your children can walk without tripping on their costumes.
- Make sure kids can see clearly out of masks or head coverings.
- Avoid oversized shoes and high heels that could cause kids to trip or fall.
- Check for flame-resistant materials when you buy costumes.
- Make or buy costumes that are light and bright.
- Add reflective materials to costumes to increase visibility.
- Test makeup a few days before the big night to make sure children won't develop a rash, swelling, or other allergic reaction.

Walk Safe

Vehicles kill twice as many American children on Halloween as any other day. Make sure your children walk safely while trick-or-treating:

- Have children carry flashlights to increase their visibility.
- Walk with your children if they're younger than age 12.
- Stick to sidewalks or paths. If you must walk on the street, face traffic and stay to the left.
- Cross streets at intersections. Stay in crosswalks and obey traffic signals. Look left, right, and then left again before crossing.
- Watch for vehicles that are backing up or turning.

Drive Safe

If you drive on Halloween, take these precautions:

- Drive slowly. Keep an eye out for trick-or-treaters who may not see your vehicle.
- Turn your headlights on early.

Eat Safe

Protect your kids from unsafe treats with these tips:

- Insist that your kids not eat any candy until you check it out first. Feed them before they head out so they'll be less likely to sneak a snack.
- Inspect all treats for wrapper tears, pinholes, or anything unusual. Toss homemade treats of any kind or any purchased candy that looks suspicious.
- Remove any items that could pose a choking hazard, including gum, nuts, hard candies, and small toys.

Reviewing these tips with your children before they head out can help ensure that the scary parts of Halloween are strictly make-believe.



Centers for Disease Control and Prevention (2011); Safe Kids USA; U.S. Consumer Product Safety Commission (2008); U.S. Food and Drug Administration (2012).

Disease Management Programs

Arise knows how difficult it can be to manage your low back pain or asthma. It's not easy! That's why we're excited to let you know that if you have one or both of these common conditions, we are here to help.

We offer FREE disease management programs to members diagnosed with these conditions. These programs encompass a number of initiatives designed to help you reach and maintain good health, such as supporting the doctor-patient relationship and plan of care that emphasizes the control of your disease and its complications, and use of self-management tools.

Our commitment to members like YOU means providing the very best service. That's why members with these conditions are automatically enrolled in the program and receive an information kit in the mail to help answer your questions.

If you choose to opt out of the program, which you can do at any time, please contact your case manager.

➔ FOR MORE INFORMATION or answers to your questions, call **1-800-333-5003**, Monday-Friday, 8 a.m.-4:30 p.m., or visit us online at **AriseHealthPlan.com > Members > Disease Management**.



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BENEFITS

Supported Self-Care	A case manager designated to help you feel better soon and coordinate your services
	Access to pharmacists that can help address your medication needs and concerns
	Simple ways to help you record symptoms and vital signs by phone or computer
Support Tools	Additional information obtained from monitoring comorbid conditions
	Timely alerts regarding changes in your condition and vital signs
	Information for self-managing effectively to prevent an emergency
	Information and resources on managing your condition, medication management, healthy eating, exercise, and more

6 Ways to Fend Off Holiday Overeating

Whether it's game day on Sunday afternoon or a family feast for the holidays, eating too much food can lead to weight gain and poorer health. Instead, take steps to eat better this holiday season. Here are some simple strategies you can employ to help:

1. It's OK to spoil your dinner.

Eating before dinner may have been a no-no growing up, but eating a small snack between meals can help you avoid hunger. Being famished often leads to overeating. If you do choose to snack, make sure it's a healthy option, such as a piece of fruit or small salad.

2. Pick healthy foods.

At holiday feasts, there is an abundance of delicious options available. For the best choices, go for lean meats, such as turkey. Load up on vegetables and fruits. Limit butter and high-fat salad dressings and gravies.

3. Stick to small portions.

It's easy to overeat when the table is full of delicious options. To curb temptation, make up individual plates in the kitchen and avoid serving dishes from the table.

4. Savor each bite.

Quickly clearing your plate can make you miss your body's cue that you're full. Enjoy conversation with your family and friends so that you're talking more rather than eating more.

5. Pass on alcoholic drinks.

Alcohol won't make you feel full, but it may lower your willpower to stop eating. And don't forget, those drinks have calories, too.

6. Get moving.

To maintain a healthy weight, you need to lead an active lifestyle. After large meals, make sure you don't skip exercise that day. Try taking a long walk or playing a family game of touch football to stay active.

Academy of Nutrition and Dietetics (2015); American Diabetes Association (2012); American Dietetic Association (2016); American Heart Association (2013); Centers for Disease Control and Prevention (2015); National Heart, Lung, and Blood Institute, National Institutes of Health (2012).



Delicious AND Healthy Holiday Treats

The holiday season features time-honored traditions, family recipes, and—all too often—rich party foods that can fill you with excess calories, cholesterol, and guilt. This year, enjoy delicious holiday fare that's healthy, too! Whether you're throwing the party or attending it, you can indulge wisely.

This multiple-choice quiz can help you test and develop your healthy-holiday-eating understanding. Some questions have more than one right answer.

1. What's a good strategy to enjoy eating at a holiday party without coming home stuffed?

- A. Have a nutritious snack before going to a party to avoid overeating
- B. When you arrive, survey the buffet to choose what looks best and how much of it you'll eat
- C. Plan to drink water instead of diet-killers like eggnog
- D. A, B, and C

2. What are some healthy substitutions to make when you cook?

- A. Replace the butter in cakes with equal parts sugar-free applesauce or mashed, ripe bananas
- B. Replace half the white flour in a recipe with healthier whole wheat flour
- C. In place of chocolate chips, substitute butterscotch chips
- D. Sweeten hot apple cider with honey instead of sugar

3. How can you cook veggies to preserve flavor without adding too much fat?

- A. Pan-fry
- B. Bake or roast
- C. Grill

4. What's a tasty, healthy substitute for sour cream?

- A. Low-fat unsalted cottage cheese, plus low-fat or fat-free yogurt
- B. Nonfat Greek yogurt
- C. Cream cheese
- D. Fat-free sour cream

5. Nuts taste yummy and can be good protein sources, but they're calorie dense and may pack a lot of sodium. To enjoy nuts sensibly, choose:

- A. Unsalted or lightly salted raw nuts, such as almonds, hazelnuts, peanuts, pecans, pistachios, and walnuts
- B. Unsalted nuts, roasted in oil
- C. Dry-roasted, unsalted, or lightly salted nuts
- D. Oil-roasted and salted nuts

American Heart Association (2016); National Diabetes Education Program; U.S. Department of Agriculture (2016).



Answers

1. D. In addition, consider offering a healthy dish to share. That way, you'll know there's something you can eat at the holiday buffet. Another tip: Stay away from the table once you've eaten. Instead, put your focus on enjoying the party activities. Eat slowly, too. Slowing down lets you feel satisfied before you overeat.

2. A and B. For those chocolate chips, substitute healthier nuts or dried fruit. In place of sugar or honey, try using cinnamon, cloves, and cranberries. For an even lower-calorie party drink, spark up cranberry, cherry, or pomegranate juice with sparkling seltzer water.

3. B and C

4. A, B and D

5. A and C



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Heel Pain? Most Likely, It's Plantar Fasciitis

If your first few steps every morning cause you severe heel pain, you could have plantar fasciitis. This overuse injury affects the sole of your foot—specifically, a fibrous band of tissue (plantar fascia) that runs from your heel bone to your toes.



Plantar fasciitis tends to start with mild pain at the heel bone. The pain is likely to occur after exercise and resting, but not while you're working out. Some people with the condition report that walking relieves the pain, but it returns after they spend long amounts of time on their feet.

CAUSES

Plantar fasciitis has several causes. Some can be controlled, some can't.

Risk factors include:

- Getting older, which causes the fat pad on the heel to thin and be less effective at absorbing the shock of walking
- Having flat feet or a high arch
- Being overweight
- Having diabetes
- Spending a lot of time on your feet
- Increasing your physical activity too much too soon
- Wearing nonsupportive shoes on hard, flat surfaces for extended periods

TREATMENT

Most people with the condition respond to appropriate self-care and nonsurgical treatments over time. Effective treatments include:

- Exercises that stretch the foot and calf. Here's one to try: Stand up with your hands pressed flat against a wall and your sore foot slightly behind the other. Keep your heels flat on the floor as you slowly bend both knees. Hold for 10 to 15 seconds; repeat six to eight times. Switch legs

and repeat if your other foot is also sore.

- Not walking barefoot
- Applying ice wrapped in a thin towel to the heel area for 20 minutes several times a day to reduce inflammation
- Wearing shoes that support the arch and have a slightly raised heel
- Cutting back on activity to give your heel a rest
- Orthotics, heel pads, corticosteroid injections, walking casts, and night splints. Your doctor may add these treatments if the self-care steps above fail to provide relief.

For long-term pain relief, make sure you address the underlying causes of the condition, such as wearing shoes without proper support or not maintaining a healthy weight.

If you have specific questions about your feet or condition, consult with your doctor or podiatrist.

American Academy of Family Physicians (2014); American Academy of Foot and Ankle Surgeons (2016); American Academy of Orthopedic Surgeons (2013).

Learn More with Our Healthwise Knowledge-base

Visit AriseHealthPlan.com and search "plantar fasciitis" right now!