



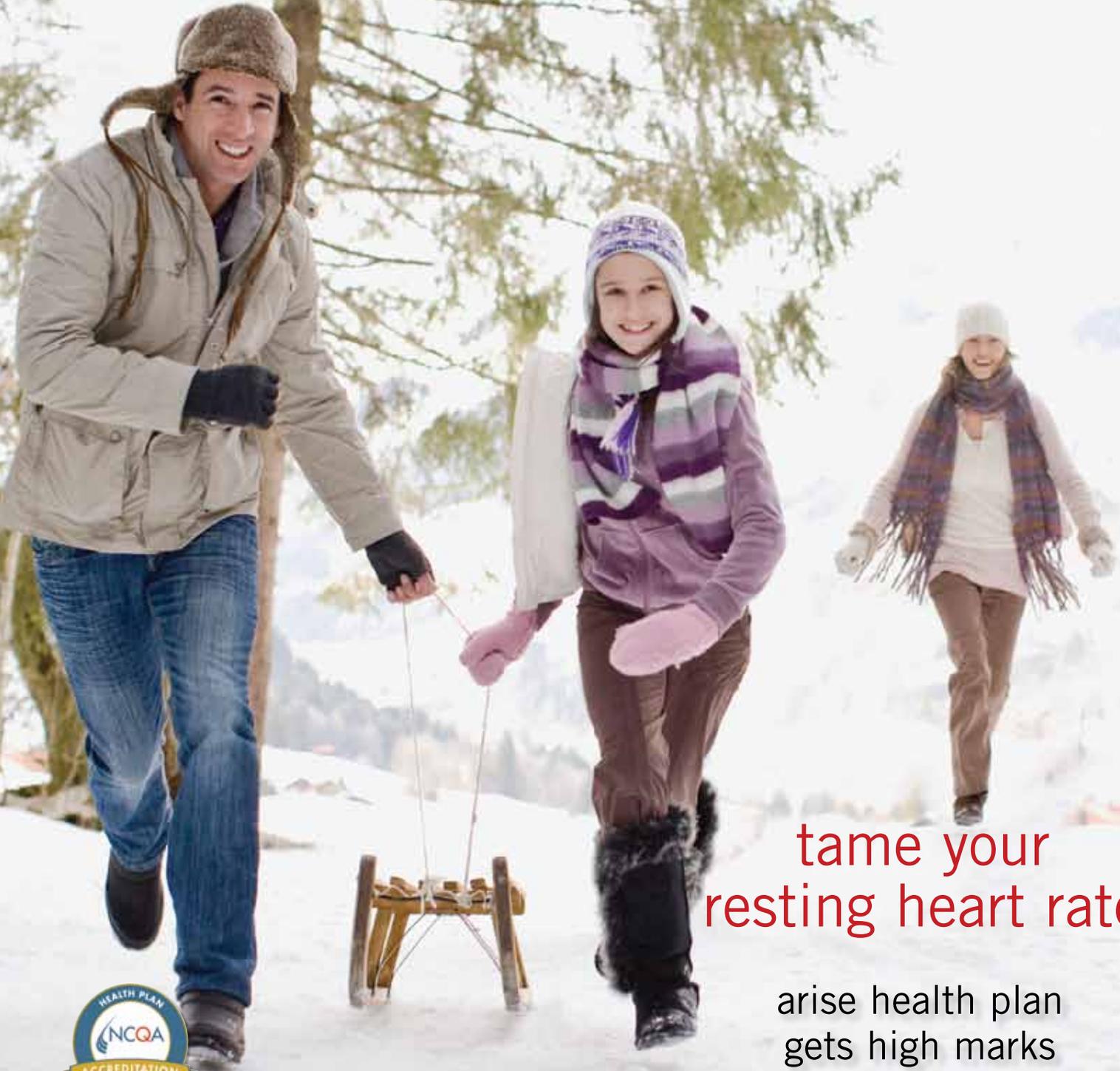
We care for Wisconsin.

UNDERWRITTEN BY WPS HEALTH PLAN, INC.

A member of the **WPS** family.

Winter 2012

HealthyView



tame your
resting heart rate

arise health plan
gets high marks

can technology
help your health?



COMMERCIAL
HMO/POS



HEALTH INSURANCE CARRIER
OF THE GREEN BAY PACKERS

is poor balance bringing you down?

Stepping On is a falls prevention program for people ages 60 and up who have fallen or have a fear of falling. It offers to Brown County residents:

- Mutual support
- Information about the many aspects of falls prevention
- An introduction to simple exercises designed to improve your balance

■ Strategies to prevent falls

Local leaders along with medical experts will offer the workshop. Classes meet 2 hours per week for 7 weeks.

Location: Aging & Disability Resource Center of Brown County, 300 South Adams Street, Green Bay

Dates: Wednesdays, March 7 to April 18, 2012
Time: 9 to 11 a.m.

Location: XO fitness, 100 S. Broadway, De Pere (Approximately one block south of Union Hotel)

Dates: Wednesdays, January 25 to March 7, 2012
Time: 10 a.m. to Noon

Location: A Woman's Place, 1727 Shawano Ave., Green Bay

Dates: Tuesdays, February 7 to March 20, 2012
Time: 12:30 to 2:30 p.m.

Enrollment is limited and pre-registration is required. A \$10.00 fee includes all learning materials. To register, call **920-448-4314** during the hours of 8 a.m. to 4:30 p.m., Monday through Friday. Let them know when you call if you need any special accommodations for disabilities.



medicine 2.0: how technology can help your health

You may already use Facebook to find old friends and your smartphone to check email. But did you know high-tech gadgets and networks can also connect you with medical resources?

Depending on your health needs, technology may be just what the doctor ordered. If you're looking for:

■ Up-to-the-minute news about disease outbreaks and disasters: Turn to Twitter. The Centers for Disease Control and Prevention sends instant updates, or "Tweets," that are 140 characters or less. Read them at <http://twitter.com/CDCemergency> and <http://twitter.com/CDCgov>.

■ Personal stories about a medical condition: Search blogs and the video site YouTube. About 30 percent of patients who go online already turn to blogs to read about others' health experiences. One recently published study found cancer survivors and caregivers who share their stories on video improve their own health in addition to that of their audience.

■ A deeper connection: Seek out an online support group. Those at www.dailystrength.org, for instance, cover conditions from acne to Zellweger syndrome.

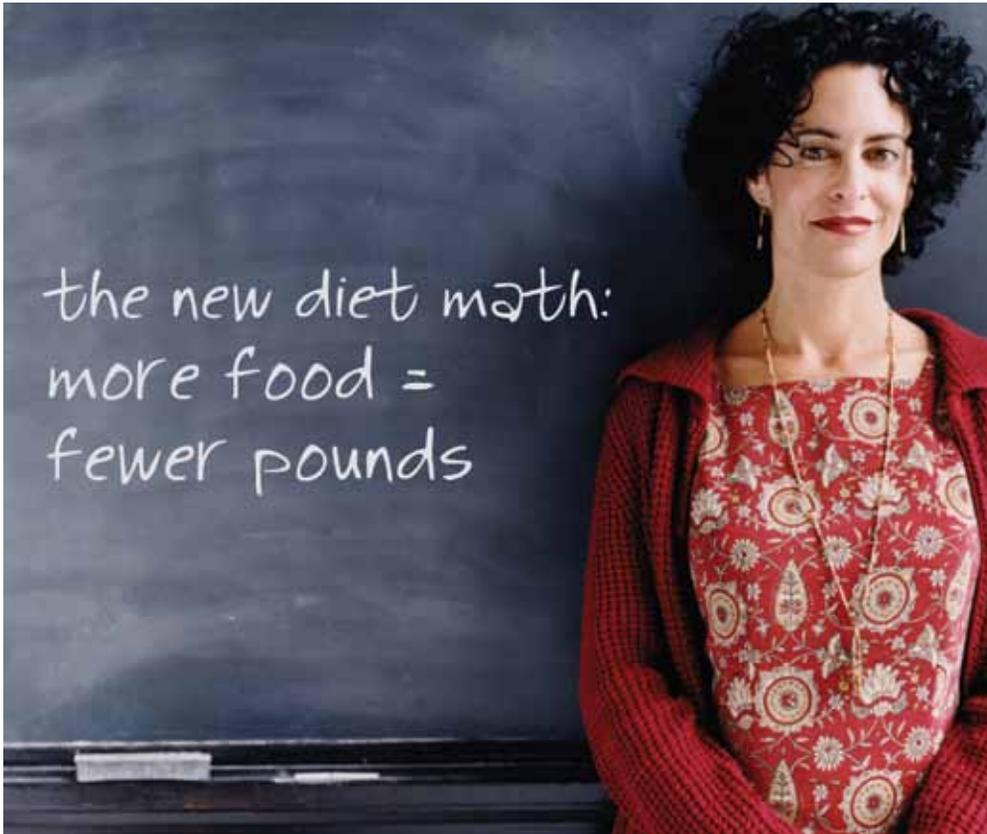
■ Help managing chronic conditions: Try a smartphone. Programs for these phones are

called applications or apps. Some might give you reminders about checking your blood glucose if you have diabetes. Others can send test results to your doctor. You can also download a stress management app from the Department of Defense at www.t2health.org/apps/breathe2relax.

■ Health messages to share with friends and family: Send an e-card. Have a cousin who is newly pregnant or a parent with diabetes? Share words of support that link to reliable medical information. Find a few at www.cdc.gov/ecards or www.niaid.nih.gov/ecards.

■ Timely reminders about health topics and wellness events: Find out on Facebook. Hospitals are most likely to post news and health messages on Facebook, the largest social-media site. Associations such as the American Academy of Family Physicians and the National Institutes of Health (www.facebook.com/nih.gov) also provide Facebook updates about medical issues.

Take steps to ensure your high-tech sources are reliable. Look first to pages and services sponsored by reputable organizations. These include the U.S. government, a university, a national association such as the American Heart Association, or a hospital. Also, carefully check privacy policies before sharing personal information. ☺



Eat more. Weigh less. Sound too good to be true? It isn't—as long as you're eating more of the *right* foods. New research highlights exactly how you can pile your plate high but still shed pounds.

Some Foods Do More with Less

There's still no magic diet pill that can melt fat. However, the latest studies show certain foods can fill your belly, curb cravings, and cut your calorie count.

For a new study in the *American Journal of Clinical Nutrition*, researchers added extra pureed vegetables to some meals. Study participants ate 200 to 350 fewer calories without noticing a taste difference. They also boosted their daily nutrient intake from veggies.

People new to spicy foods who added 1 gram of red chili pepper to meals ate about 65 fewer calories at the next meal. They also reported fewer cravings for salty, sweet, or fatty foods.

Kids who were served a small bowl of vegetable soup before a pasta dish consumed fewer calories overall. The same group of researchers previously found similar results in adults.

Vegetables and soups fill you up with water and fiber, experts point out. And hot pepper may not only help curb your appetite for unhealthy foods, it also may stoke

your metabolism so that you burn more calories even after you dine.

Try It at Home Tonight

You can use these findings to give your favorite recipes a makeover, slashing calories without sacrificing satisfaction. Take macaroni and cheese, for instance. Here's how you can transform this unhealthy classic:

- Choose whole wheat pasta instead of white, refined noodles.
- Use non-fat milk instead of whole milk, and light cream cheese instead of full-fat cheddar.
- Stir in cooked, pureed cauliflower, squash, or carrots.
- Also add spinach, tomatoes, or another favorite veggie.
- Sprinkle with hot red pepper or another source of spice.

Serve your redesigned casserole after a soup or salad. Choose a soup that's broth-based, not creamy, and packs plenty of vegetables. Stack salads with a wide variety of colorful veggies, and avoid unnecessary extras like high-fat dressings, chunks of cheese, or bacon bits.

For the greatest weight loss and health gain, combine a lower-calorie diet with at least 30 to 60 minutes of exercise, four to six times per week. ♻️



Preparation Time: 30 minutes
Number of Servings: 8

Ingredients:

Minestrone

- 2 cups coarsely chopped cauliflower (that's about 2 small heads)
- 1½ cups chopped zucchini (1–2 medium)
- 3 14.5-oz. cans low sodium chicken broth
- 1 16-oz. can diced tomatoes, drained
- 1 cup uncooked elbow macaroni or small pasta shells
- 3 cup kidney beans or black-eyed peas, drained and rinsed
- 1 cup sliced carrot
- 1 cup chopped onion

Pesto

- 2 Tbsp. olive oil
- 2 garlic cloves
- 1 cup fresh, loosely packed basil leaves
- 1 Tbsp. water

In a 5–6 quart saucepan bring ½ cup water to boil and add tomatoes, cauliflower, onion and carrots; reduce heat and simmer covered 10 minutes or until vegetables are tender. Add zucchini, beans, broth and pasta. Return to a boil, reduce heat and simmer uncovered 10 minutes.

Put all pesto ingredients in food processor or blender and process until very finely chopped. Just before serving, remove soup from heat and stir in pesto.

Nutrition Facts
Serving Size ⅛ recipe
Amount Per Serving: Calories 240 Calories from Fat 45, % Daily Value (DV)*, Total Fat 5g 8%, Saturated Fat 1g 5%, Cholesterol 0mg 0%, Sodium 130mg 5%, Total Carbohydrate 38g 13%, Dietary Fiber 12g 48%, Sugars 6g Protein 13g, Vitamin A 60%, Vitamin C 30%, Calcium 4%, Iron 8%

* Percent Daily Values are based on a 2,000-calorie diet.
Source: Centers for Disease Control and Prevention, "Fruits and Veggies: More Matters"

tame your resting heart rate

A higher resting heart rate (HR) can spell trouble, especially for people with heart disease. Research shows it may be a red flag for more serious heart trouble. Plus, evidence is building that elevated HR may actually cause heart disease, which can lead to heart attack.

The heart normally beats about 60 to 80 times a minute when you're at rest. Resting HR tends to be lower in people who exercise and often rises with age. Heart disease is also linked to higher HR.

Faster HR Endangers Arteries, Increases Heart Attack Risk

When the heart beats faster, it has less time to fill with blood between beats. So it works harder to pump blood. This puts extra pressure on the arteries, which can lead to the damage that causes atherosclerosis.

In fact, studies show that higher HR may indicate atherosclerosis—in which arteries leading to the heart have become

clogged with fatty substances and plaque that can restrict blood flow. This can cause symptoms like shortness of breath or chest pain, or even heart attack.

Elevated HR may actually predict heart attack risk. The *British Journal of Medicine* found that women with an HR higher than 76 beats a minute were more likely to have a heart attack than those with an HR of 76 beats per minute or less. Other studies report that higher HR also signals heart attack risk in men.

Help Your Heart

Here are steps you can take to help lower HR and improve heart function:

- Get regular aerobic exercise like brisk walking, swimming, jogging, or biking.
- Try relaxation techniques, yoga, or meditation.
- Practice slow, deep breathing. 🕒

we want to hear
from you!

We value your feedback and suggestions. How can we improve Arise Health Plan's services, the *Healthy View* newsletter, or our website? If you have questions, comments, or suggestions, please e-mail Lori Turek, R.N., M.S., Director of Quality & Government Programs: lori.turek@arisehealthplan.com.



Visit the new redesigned Arise Health Plan website!





Arise Health Plan Has You Covered

Arise Health Plan covers all routine immunizations as recommended by CDC, and we encourage members to follow these recommendations. For more information, please refer to the CDC website at www.cdc.gov/vaccines.

is your child protected from Hepatitis A?

get the facts to keep you and your family safe

By Thomas Huffer, M.D., M.S.

Many parents are not aware that health care experts recommend that all children ages 1 to 2 receive two doses of the Hepatitis A vaccine. In addition, older children ages 2 to 18 “should be considered” for the vaccine.

The Hepatitis A vaccine recommendations were made in 2006. At that time there were more than 25,000 cases of Hepatitis A nationally every year. However, Hepatitis A is frequently asymptomatic in children under age 6. So there were actually closer to 271,000 infections due to Hepatitis A every year. In other words, many children will get Hepatitis A and be contagious to others, and not even know they have the infection.

Hepatitis A is contagious by the fecal/oral route, which means that the virus is present in the saliva and stool of children who are infected. Hepatitis A is present in urine and saliva of children beginning about two weeks after exposure to the virus, and the period of being contagious typically lasts about three weeks.

This can be a problem at day care settings, where young children are in diapers, and frequently share germs. The problem becomes worse when these children go home and have their diapers changed by parents or grandparents. Although the child might not have symptoms, adults usually do get symptoms from Hepatitis A infection.

Symptoms of Hepatitis A infection include fever, malaise, anorexia, nausea, abdominal discomfort, dark urine, and jaundice. The symptoms usually begin 15 to 50 days after exposure. On average, adults miss 15 days of work when they get infected. The risk of death is less than 2 percent in patients 60 or older. Although Hepatitis A is sometimes relapsing, it is not a chronic illness like Hepatitis B or C.

As with all vaccines, there are small risks associated with receiving the Hepatitis A immunization; however these are outweighed by the risks associated with contracting Hepatitis A. About 10 to 20 percent of people will have redness or other local

reaction to the immunization. Less than 10 percent will have malaise or fatigue for a couple days. More serious reactions to the Hepatitis A immunization are rare.

Arise Health Plan supports the CDC recommendations regarding Hepatitis A immunization. Hepatitis A immunization should be considered for all children ages 2 to 18. Hepatitis A immunization is routinely recommended for the following groups:

- All children ages 1 to 2
- Travelers to countries with higher risk for Hepatitis A such as Mexico, South America, Africa, India and China
- Men who have sex with men
- Users of both injection and non-injection illicit drugs
- Persons with occupational risk of exposure to Hepatitis A
- Persons with chronic clotting disorders who might receive blood products
- Persons with chronic liver disease
- Individuals exposed during a community outbreak since the vaccine has some effectiveness after exposure ☉

members continue to give Arise Health Plan high marks

CAHPS® scores show health plan member satisfaction is high, but AHP remains focused on ways to improve

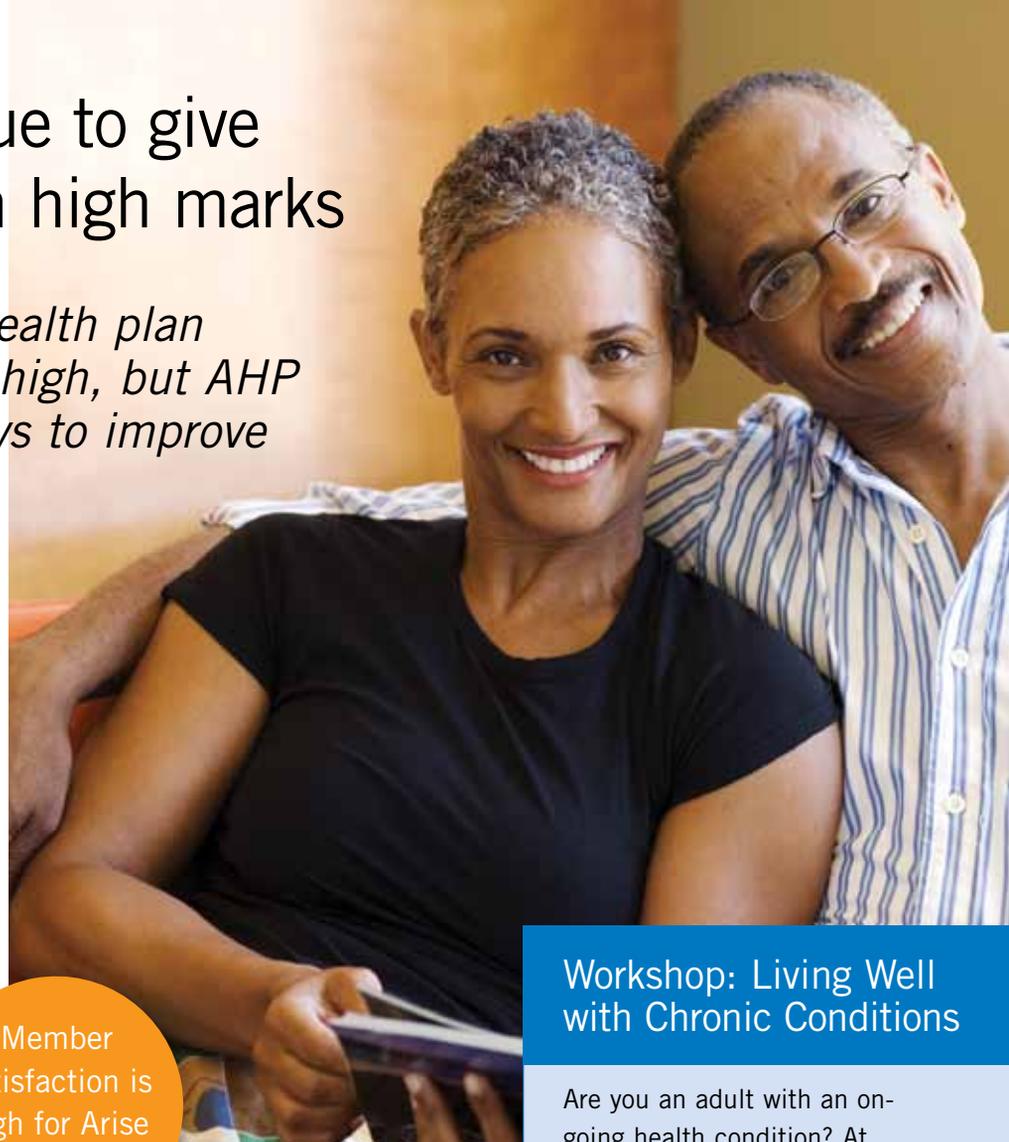
By Thomas Huffer, M.D., M.S.

Every year, Arise Health Plan (AHP) measures our Consumer Assessment of Healthcare Providers and Systems (CAHPS®) scores. The CAHPS® scores assess how satisfied our members are with the health plan, and the medical services they receive from member physicians. These scores measure a variety of different areas ranging from how well physicians communicate with you to how well the claims department processes your claims.

As with all of our quality initiatives, our goal to be among the best in the country in the services we provide. Compared with other health plans, we are in the top 10 percent nationally for how well our doctors communicate with patients. We are in the top 25 percent nationally for whether our members get the care they need from a specialist. In addition, we are in the top 25 percent of health plans for the service provided in our member services area, as well as for how quickly and accurately we process claims.

We know that our service is not always perfect and that some areas still need work. We are above average in many CAHPS® scores such as ratings of your personal doctors and specialists. We are also above average for the overall satisfaction with health care received as well as overall satisfaction with the health plan. Although these scores are above average, our goal is to be the best, and we will continue to work to improve these areas.

We are also encouraging our physicians to engage in shared decision making. Shared decision making occurs when physicians talk with their patients about the different treatment options,



Member satisfaction is high for Arise Health Plan

listen to their patients' concerns and come to a shared decision about which treatments to do. At the same time, we encourage our members to make it clear to our doctors that they would like to be involved in those decisions.

Another area that needs improvement is in advising smokers and other tobacco users to quit. Approximately 57 percent of our members who use tobacco reported that their physicians recommended quitting. We know that tobacco use increases health care costs. By getting more members to quit, we can decrease their health care costs. Getting help from a physician has been shown to help people who would like to quit.

We would like to thank our physicians for the excellent care they provide to our members. We plan to continue to improve the care you receive so that we remain one of the best health plans in the country. ☺

Workshop: Living Well with Chronic Conditions

Are you an adult with an ongoing health condition? At a Living Well with Chronic Conditions Workshop, you'll get the support you need to:

- Find practical ways to deal with pain and fatigue
- Discover better nutrition and exercise choices
- Understand how to evaluate new treatment choices
- Learn how to talk with your doctor and family about your health

Call the Aging & Disability Resource Center of Brown County at **920-448-4300** for more information or to register for a workshop. Enrollment is limited to Brown County residents. Cost is \$20 and includes the book "Living A Healthy Life with Chronic Conditions."

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hit the ski trails for fun and fitness

by Jeff Hlavacka – WPS Wellness

Craving a challenging winter activity? Try what 2.5 million Americans do every winter—get out on the trails and go cross-country skiing! Cross-country skiing (sometimes referred to as Nordic or XC skiing) is a fun, easy-to-learn activity the whole family can enjoy.

Fitness Benefits

Cross-country skiing is one of the healthiest forms of exercise out there. It's also considered one of the best cross-training activities for athletes. Here's why:

- It's low-impact, compared to other types of aerobic exercise, so it puts less stress on the body.
- It's a total-body workout, targeting all the major muscles in the upper and lower body.
- It increases both strength and flexibility.

Cross-country skiing is also an efficient calorie-burner, which makes it a great way to get in shape and stay in shape during the winter.

How to Get Started

Ready to give it a try? Here are some basic tips to help you kick-start your cross-country snow trek:

- **Pick a location:** If you're a beginner, it's a good idea to stick with groomed trails. The Wisconsin Department of Natural Resources (WDNR) maintains more than 700 miles of groomed cross-country trails throughout the state. Go to the

learn more
about cross
country skiing
in Wisconsin

by visiting
<http://dnr.wi.gov>



WDNR website (<http://dnr.wi.gov>) to check out a list of state trails, including current ski conditions. Another good website for Wisconsin ski information is at www.travelwisconsin.com/Cross_Country_Skiing_Directory.aspx.

- **Pack your skis:** If you don't own a pair, many sporting goods stores offer rentals and will show you the basics for adjusting your equipment.
- **Take a quick lesson:** A short, one-hour lesson is all most people need to pick up basic techniques, which often makes for more positive skiing experience, especially the first time out.
- **Fuel up:** Cross-country skiing takes lots of energy, so fuel up before you go and pack water and a few healthy munchies to keep you going.

So what are you waiting for? Take advantage of the snow while it lasts and enjoy some lively winter fun, with fitness benefits that'll stick with you all year long. ☺

Sources: Cross Country Ski Areas Association
National Sporting Goods Association 2004 Sports Participation Study