



# BETTERforYOU

YOUR HEALTH PLAN NEWSLETTER TO HELP YOU GET AND STAY HEALTHY! • SPRING 2014

## Recharge and Renew!

HOW TO BE HEALTHIER WHEN YOU EAT, SLEEP, AND HAVE SOME FUN

Improving your health doesn't have to be hard work, and it doesn't mean you can't have fun. In fact, things that make you happier often make you healthier as well. Try these wellness tips today:

**1 Do an easier workout.** If you dive into a new exercise program, but quickly give it up, you may be pushing too hard. People who make small fitness changes are more likely to keep exercising in the long run. Add just 10 minutes of walking each day to your routine.

**2 Sleep more.** Not getting enough sleep is a common health problem, according to the Centers for Disease Control and Prevention. If you aren't getting 7 to 8 hours of sleep each night, you may increase your risk for heart disease, diabetes, and depression. Set a time for "lights out," and turn off TVs, computers, and phones to help yourself fall asleep.

**3 Start with breakfast.** You need calories and carbohydrates in the morning, or you'll crave the wrong kind of food the rest of the day, says dietitian Tamara Duker Freuman, MS, RD. Research has linked missing breakfast to higher risk for heart disease and diabetes. Have a bowl of oatmeal or some yogurt with fruit before you run out the door.

**4 Don't forget to snack.** To stick to a healthy diet, don't let your hunger get out of control, Duker Freuman says. "Once you're starving, you can't make good choices in terms of food options or portion control." If you're hungry within 2 hours of eating, you didn't eat enough, she says. If you're hungry 3 to 4 hours after a meal, have a 150- to 200-calorie snack to take the edge off. Try an apple with a tablespoon of peanut butter.

**5 Just smile.** It might seem silly, but smiling really can lift your mood. "When you're stressed and have negative emotions, you can fight that with a smile," says UCLA researcher Alex Korb, PhD. Smiling affects the activity in the emotional parts of the brain and promotes positive feelings,

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and carbohydrates  
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Korb says. One study found that smiling when you are in a tough situation actually lowers stress levels.

## Put a spring in your step and live better this season

Spring is a great time to refocus on healthy living. Warm weather gets us moving outside again, and local markets begin to blossom with great produce. Healthy living doesn't have to be a chore! Walk with a friend in your neighborhood. Liven up your recipes with a healthy new ingredient, such as fresh spinach. We've got a recipe inside to help you get started.

You can find more healthy recipes and coupons on our website, [www.NHHealthyFamilies.com](http://www.NHHealthyFamilies.com). Click on the Coupon Saver Program icon and then "Get Coupons." Even better, when you look at a recipe, see ingredients on sale in your area—look for the yellow dollar sign (\$).

Happy spring!  
Caroline Vitiello, RN, BSN, CCM, CMAC  
Vice President, Medical Management

We are sending you the enclosed coupons for extra support in addition to your benefits. Each of the companies issuing the coupons is an independent company that does not provide products or services for New Hampshire Healthy Families. New Hampshire Healthy Families does not receive any payment from the selection or distribution of any coupons included as part of this service. New Hampshire Healthy Families is not responsible for nor endorses the coupons or products and services offered.



## Your Rights and Responsibilities

As a New Hampshire Healthy Families member, you have many rights and responsibilities. These rights cover your treatment, privacy, and access to information.

Your rights include, but are not limited to:

- The right to receive all services that we must provide.
- Being treated with dignity and respect when receiving care.
- Knowing that your medical record information will be kept private.
- Getting a copy of your medical record and asking for changes or corrections.
- The right to file an appeal, a grievance, or complaint, or to request a fair hearing from the NH Department of Health and Human Services (DHHS), if your appeal is not resolved to your satisfaction by New Hampshire Healthy Families.

Some of your responsibilities include:

- Asking questions if you don't understand your rights.
- Keeping your scheduled appointments.
- Bringing your ID card with you to all appointments.
- Contacting your Primary Care Provider (PCP) first if you have a medical need that is not an emergency.
- Telling your PCP if you receive care in an emergency room.

To learn more about our privacy policies, your benefits, access to care and your rights and responsibilities, please refer to your member handbook. You can also look in the "For Members" section of our website [www.NHHealthyFamilies.com](http://www.NHHealthyFamilies.com).

# Get to Know Your Cholesterol

## MAKE SMALL CHANGES TO HELP KEEP YOUR HEART HEALTHY

Ready for some good news? You can cut your risk for heart disease by as much as 50% by managing your cholesterol levels. Even better, you can help manage your cholesterol just by making good everyday choices, such as eating the right foods and staying active.

But first, if you haven't had your cholesterol tested in the past year, schedule a screening at your next check-up. Ask your doctor for your LDL, HDL, and total cholesterol number, then try these strategies to keep cholesterol at healthy levels:



**Avoid trans fat.** This type of fat raises levels of LDL ("bad") cholesterol and lowers levels of HDL ("good") cholesterol. Trans fats are often found in packaged cookies, crackers, pastries, and margarine. Eat less of these foods.

**Eat less saturated fat.** This fat also increases your LDL levels. Try to reduce the amount of red meat, dairy, and fried foods you eat, says Christine Lawless, MD, of the American College of Cardiology.

**Ask your doctor about eggs.** One egg yolk has 185 mg of cholesterol, about two-thirds of the recommended daily limit. For most people, eating a few eggs each week is fine because only some of the cholesterol in food ends up as cholesterol in your blood, Dr. Lawless says.

**Fill up with fiber.** Soluble fiber reduces overall cholesterol. Aim for 5 to 10 grams of soluble fiber a day. Beans, nuts, and oats are good sources.

**Go fish.** The American Heart Association recommends that at least twice a week you eat fish high in omega-3 fatty acids, such as salmon and trout.

**Quit smoking.** It's proven that smoking has a huge effect on cholesterol numbers. Quitting can raise levels of good cholesterol by 50%, Dr. Lawless says.

**Walk, run, move.** Exercising at moderate intensity (brisk walking) for 150 minutes each week or vigorous intensity (jogging) for 75 minutes a week is a good way to increase HDL, according to the American Heart Association.



## Good vs. Bad Cholesterol

**The Good:** HDL "sweeps up" LDL particles from your arteries and takes them to the liver to get rid of them.

**The Bad:** LDL can build up inside your arteries, which makes it easier for blood clots to clog up your arteries and cause a heart attack or stroke.

# Spring Salad with Strawberries

## Ingredients

- 1/4 cup + 2 tsp extra virgin olive oil
- 4 boneless, skinless chicken breasts (4 oz each)
- 6 oz baby spinach
- 2 cups sugar snap peas
- 1 cup strawberries, cut into quarters
- 1 ripe Hass avocado, cut into 1/2" cubes
- 1/4 red onion, sliced
- 2 Tbsp balsamic vinegar

1. Heat 2 teaspoons of the oil in a large pan over medium-high heat.

2. Add chicken to pan. Season with salt and black pepper. Cook 7 minutes per side, or until the chicken is no longer pink. Remove from pan, and let chicken stand 2 to 3 minutes.

3. Toss spinach, snap peas, strawberries, avocado, and onion in large bowl to combine. Slice chicken into thin strips, and add to salad.

4. Whisk remaining oil and vinegar in small bowl. Add to salad, and toss to combine. Serve immediately.



## Makes 4 servings

**Per serving:** 411 calories, 24 g fat, 4 g saturated fat, 30 g protein, 22 g carbohydrates, 8 g fiber, 198 mg sodium



## Be Informed – Know Your Prescription Drug Coverage

New Hampshire Healthy Families is committed to providing appropriate, quality, and cost-effective drug therapy to you, our member. New Hampshire Healthy Families covers prescription medications and certain over-the-counter medications with a written order from a New Hampshire Healthy Families provider. Not all medications are covered, some medications require permission before they are covered, and other medications have limits on how they are covered.

Medically necessary pharmacy services may also be covered as well.

New Hampshire Healthy Families follows a set Medicaid Preferred Drug List (PDL). The PDL is a list of drugs, determined by doctors and pharmacists, to be effective. This list is regularly reviewed and updated to maintain the quality of your care.

For more information on the PDL, call Member Services or visit [www.NHHealthyFamilies.com](http://www.NHHealthyFamilies.com).

## Treating Depression

Everyone feels sad once in a while. But when you have depression, it makes daily life difficult. However, most people with depression can get better with proper medical care.

Many patients require continuing treatment with medication and/or counseling. Some need only a limited time for treatment to get past the feeling of depression. If you have questions or concerns about the treatment you are receiving, speak to your doctor. Some common thoughts that you may have are:

**“I’m feeling better.”** That’s great news, and it may be the right time to stop treatment. It is important to talk to your doctor and ask how long you should continue your medications and to make sure you both agree on your treatment plan. Stopping medication suddenly could result in a return of your depression or

withdrawal symptoms such as sleep problems, dizziness, and anxiety.

**“I don’t like the side effects.”** If side effects are bothering you, let your doctor know what they are and when they happen so they can make adjustments to your treatment. It is important to know that side effects often get better with time.

**“It’s not working.”** Make sure you’ve given it enough time. Medication can take several weeks or even longer to start working. If one medication doesn’t work, discuss changing to another with your doctor. Also, you can try talk therapy. Adding counseling can be more effective than just taking medication alone.

Once you and your doctor figure out the right treatment plan for you, you’ll be well on your way to feeling good again.

## We Can Help Coordinate Your Care!

If you have several health problems, you may see many doctors for treatment. It can be hard to understand and keep track of those conditions and what to do to care for them. New Hampshire Healthy Families can help.

New Hampshire Healthy Families offers Care Management for our members. Care Management is when nurses or social workers, called Care Managers:

- Help you better understand your health problems.
- Work with you and your doctor to help

you get the care you need.

- Help set up home health services.

Call our Member Services to get Care Management if you have one or more of the following conditions.

- Diabetes
- Multiple Sclerosis
- HIV/AIDS
- Kidney or Renal Disease
- Hemophilia
- Brain Injury
- Severe Mental Illness

To find out if you or your family member may be able to get Care Coordination, call Member Services.



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[www.NHHealthyFamilies.com](http://www.NHHealthyFamilies.com)

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Member Services (866) 769-3085

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Find more ways to get healthy and  
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Click on the Better For You Coupon  
Saver Program.

