

the better bulletin

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FROM



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HEALTHY LIVING

Coping with Stress

Everyone experiences stress at times. Stress can be beneficial by helping people develop the skills they need to cope with and adapt to new and potentially threatening situations throughout life. Using healthy ways to cope and getting the right care and support can put problems in perspective and help stressful feelings and symptoms subside.

Common reactions to a stressful event can include:

- Feeling sad, frustrated, guilty and helpless
- Wanting to be alone
- Loss of appetite
- Sleeping too much or too little
- Reduced interest in usual activities

HEALTHY WAYS TO COPE WITH STRESS

Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Engaging in healthy activities and getting the right care and support can put problems in perspective and help stressful feelings subside in a few days or weeks.

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Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Ambetter from Arkansas Health & Wellness, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí.

Để nói chuyện với một thông dịch viên, xin gọi 1-877-817-0380 (TTY/TDD 1-877-817-0382).



Recognize when you need more help. If problems continue, talk to a psychologist, social worker or professional counselor.

Some tips for beginning to feel better are:

- **Take care of yourself.**
 - Eat healthy, well-balanced meals
 - Exercise on a regular basis
 - Get plenty of sleep
 - Give yourself a break if you feel stressed out
- **Talk to others.** Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor or pastor.
- **Avoid drugs and alcohol.** Drugs and alcohol may seem to help with the stress. In the long run, they create additional problems and increase the stress you are already feeling.
- **Take a break.** If your stress is caused by a national or local event, take breaks from listening to the news stories, which can increase your stress.

Source:
The Centers For Disease Control (CDC) https://www.cdc.gov/violenceprevention/pub/coping_with_stress_tips.html

GO GREEN WITH PAPERLESS BILLING



Sign Up to Receive Your Monthly Invoices Online!

Choose our Paperless Billing option to have your monthly invoices sent to you online instead of receiving them by mail. It's quick and easy to sign up for this option using your secure member account.

LOG IN NOW!



Earn \$75 in *myhealthpays*™ Rewards With Your 2018 Wellness Exam

Schedule your annual wellness exam with your PCP today! You'll earn \$75 in *myhealthpays*™ rewards when you complete your exam.* Seeing your PCP every year for a checkup keeps you updated about any changes to your health.

Use your rewards to help pay for: Your monthly bills such as:

- Utilities
- Telecommunications (cell phone bill)

Healthcare-related costs** such as:

- Your monthly premium payments
- Doctor copays†
- Deductibles
- Coinsurance

Visit Ambetter.ARhealthwellness.com to learn more about the *myhealthpays*™ rewards program.

*Your rewards will be added to your My Health Pays™ Visa® Prepaid Card once the claim from your PCP is paid. This usually takes several weeks.

**Healthcare-related costs will vary by member and the plan in which you are enrolled.

†My Health Pays™ rewards cannot be used for pharmacy copays.

This card is issued by The Bancorp Bank pursuant to a license from Visa U.S.A. Inc. The Bancorp Bank; Member FDIC. Card cannot be used everywhere Visa debit cards are accepted. See Cardholder Agreement for complete usage restrictions.

Use Your Secure Online Member Account to Stay Updated About Your Ambetter Health Plan



Your online member account is the first place you should go when you have questions about your Ambetter health plan benefits. You can log in at any time to view claims, search for an in-network provider, pay your monthly premium and keep track of your doctor visits.

Your secure member account also gives you quick and easy access to:

- Pharmacy and prescription information
- A replacement ID card
- Personalized health alerts
- Your *myhealthpays*™ rewards balance
- Secure messages

Visit Member.AmbetterHealth.com to log in to your account. If you haven't created an account yet, sign up today!



Make Your Monthly Payment on Time, Every Month

Choose Automatic Bill Pay to pay your monthly premium faster and easier. Use your debit card, bank account or credit card to have your premium payment deducted at the same time every month. Enjoy peace of mind knowing your payment is always on time!



See our YouTube video on how automatic bill pay can make your life easier!

WATCH IT NOW

Spring-Clean Your Eating Habits

When you understand your eating habits, you're more likely to be able to make and keep healthy changes.

Think about your current eating habits. Do you find yourself reaching for sweets when you're stressed? Are you skipping breakfast? Is lunch a quick run to a drive-thru? It's important to be honest, because when you're aware of your eating habits, you're more likely to want to change them.

Remember to also recognize the good eating habits you already have. You can build on these as you keep making healthier eating choices.

Get support and encouragement.

See if a co-worker, friend or family member is also interested in making healthy changes.



Suggest activities with friends that **aren't food-focused**.



Add more **fruits and vegetables** to both your meals and snacks.



Keep **healthy snacks nearby**, like air-popped popcorn or dry-roasted mixed nuts.

Consider **keeping a food diary** to take notes about your current eating habits.



Be patient and know that changing your eating habits is going to take time. Don't be discouraged if you have a bad day.



When you're ready to get started, schedule an appointment with your PCP to have your current height and weight measured.

Your PCP may also recommend tests to check your blood sugar and cholesterol levels. You can impact your health in a positive way by changing any unhealthy eating habits.

Read more about healthy eating in this article online at *Your Better Health Center*:

Healthy Eating for a Healthy Weight

READ ARTICLE NOW

Sources:
https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html
https://www.cdc.gov/healthyweight/losing_weight/getting_started.html
https://www.cdc.gov/healthyweight/losing_weight/keepingitoff.html
<https://www.cdc.gov/chronicdisease/resources/infographic/healthy-summer-tips.htm>
https://www.cdc.gov/healthyweight/healthy_eating/cutting_calories.html

How to Make Fruit and Veggie Slaw

Add this flavorful and fresh side dish to your meals. It's quick, easy to make and a healthy substitute for chips.

INGREDIENTS

Servings: 8

1-lb bag (16 oz) shredded cabbage
or slaw mix

½ cup raisins

1 cup shredded carrots

2 Granny Smith apples
(thinly sliced)

⅓ cup vinegar

¼ cup sugar

¼ cup vegetable oil

¼ cup walnuts (toasted)

INSTRUCTIONS



- 1 In a small bowl, whisk together vinegar, sugar and oil and set aside.
- 2 In a large bowl, mix together cabbage, carrots, apples and raisins.
- 3 Combine all ingredients and top with walnuts. Serve chilled.

NUTRITION INFORMATION

Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (m)	Potassium (mg)	Dietary Fiber (g)
175.74	0.96	0	9.31	0	22.82	321.15	3.39

Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
14.5	3.61	1.73	116.9	55.4	45.18	4.23	3.82

WHERE TO FIND MORE INFORMATION ABOUT YOUR HEALTH PLAN

<p>WEBSITE Ambetter.ARhealthwellness.com</p>	
<p>SECURE ONLINE MEMBER ACCOUNT Member.AmbetterHealth.com</p>	
<p>PHONE 1-877-617-0390 (TTY/TDD 1-877-617-0392)</p>	
<p>MEMBER HANDBOOK Your Member Handbook is a helpful resource. It provides you with information on how to get the most out of your plan. And it helps you better understand your health insurance coverage and services available to you.</p>	<p>Find your Member Handbook at Ambetter.ARhealthwellness.com. Click on the <i>For Members</i> section and then on the <i>Member Materials and Forms</i> link.</p>
<p>SCHEDULE OF BENEFITS Your Schedule of Benefits is a summary of your covered services. It lists covered benefits available to you and lets you know when you are eligible to receive them. It also has information about your specific copayment, cost sharing and deductible amounts.</p>	<p>Your Schedule of Benefits and Evidence of Coverage (EOC) can be found when you log in to your secure online member account at Member.AmbetterHealth.com.</p> <p>After you're logged in, go to: My Health → My Benefits → 2018</p>
<p>EVIDENCE OF COVERAGE (EOC) Your Evidence of Coverage (EOC) is a detailed document that lists all of the services and benefits that your particular plan covers. Your EOC can help you understand how to access medical care, what health services are covered by Ambetter and what portion of healthcare costs you will be required to pay.</p>	

If you have any additional questions, please visit:
Ambetter.ARhealthwellness.com



Contact Member Services for print versions of all informational materials: 1-877-617-0390 (TTY/TDD 1-877-617-0392)