

# the better bulletin

FALL 2016 NEWSLETTER



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## LUNG CANCER AWARENESS/TOBACCO CESSATION

# Clearing the Air by Breaking the Habit

Smoking and using other tobacco products can be difficult to quit even though they are linked to so many health risks to both smokers and nonsmokers. The good news is that once you stop smoking, you can experience health benefits, no matter how long you've been a smoker.

Smoking is linked to many health issues, including lung cancer. And the risk of developing lung cancer as a direct result of smoking has been on the rise in recent years because of the harsher chemicals in cigarettes.

You can take charge of your health by quitting the tobacco habit. Your Ambetter health plan includes a tobacco cessation program with helpful information and support. We understand that quitting isn't easy.

Sources:

[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/cessation/quitting/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm)

[http://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/index.htm](http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm)

[http://www.cdc.gov/tobacco/basic\\_information/health\\_effects/cancer/index.htm](http://www.cdc.gov/tobacco/basic_information/health_effects/cancer/index.htm)

QUITTING SMOKING HAS IMMEDIATE BENEFITS



Your **HEART RATE** AND **BLOOD PRESSURE BEGIN TO DROP**

AFTER **24 HOURS**

Your chance of having a **HEART ATTACK** - starts to - **DECREASE**

AFTER **48 HOURS**

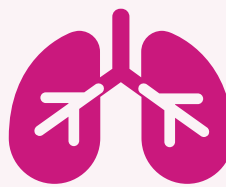
**YOUR SENSES OF TASTE AND SMELL**

**START TO IMPROVE**



AFTER **2 WEEKS TO 3 MONTHS** **BLOOD FLOW** through your body **STARTS TO IMPROVE**

AFTER **1 TO 9 MONTHS**



**YOUR LUNGS ARE CLEANER**



**WHEN YOU'RE READY TO QUIT, WE'LL BE READY TO HELP YOU.**

*Remember, quitting smoking has some immediate benefits. These include having extra money in your wallet, fresher breath and cleaner-smelling clothes.*

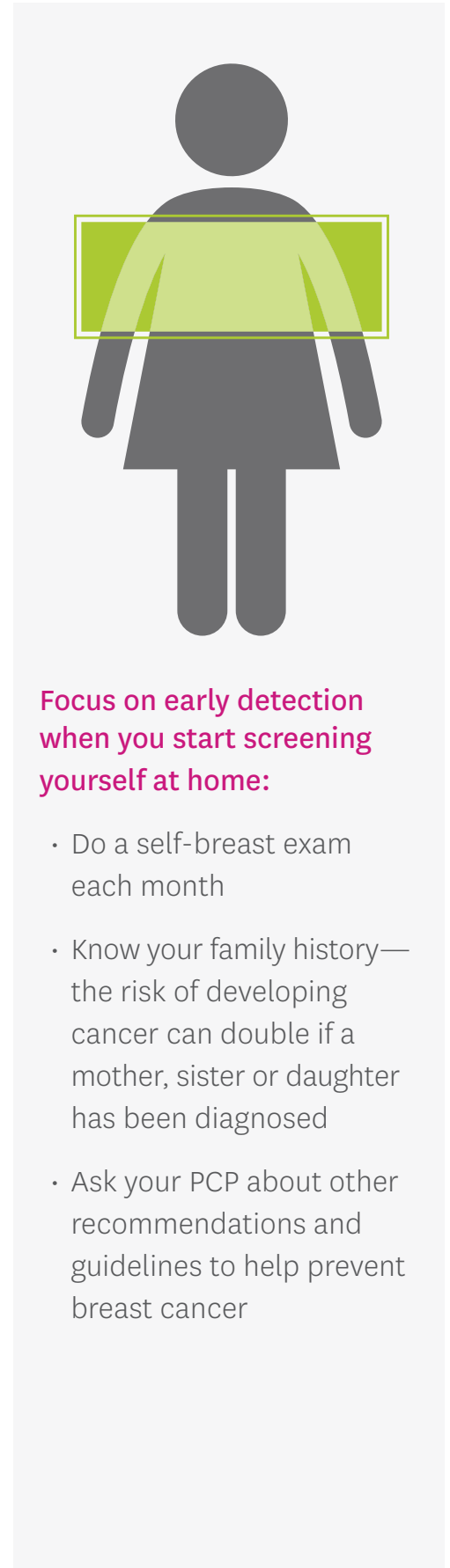
*When you're ready to quit, we'll be ready to help you.*

*Call **1-877-617-0390** (TTY/TDD **1-877-617-0392**) or visit [Ambetter.ARhealthwellness.com](http://Ambetter.ARhealthwellness.com) for more information.*

Here are some steps to take to help you successfully quit smoking:

- **Set a date to quit.** Schedule a date to quit seven to 14 days from today's date. Choose a time when you can relax and focus on this change. Holidays and other stressful times are probably not the best times to quit.
- **Learn from your past.** Think about what you did the last time you tried to quit. What worked? What didn't? Plan for the times, places and activities when you did smoke, like having a cup of coffee, after a meal or driving.
- **Talk to your doctor.** Contact your primary care provider (PCP) about your decision to quit. Your doctor may offer possible medications and products that can help you quit. Some work better than others. Ask for a recommendation.
- **Make a smoke-free environment.** Tell others you are quitting. And set rules that keep other people from smoking in your house, car or in front of you. Take all cigarettes and ashtrays out of your car, home and at work.

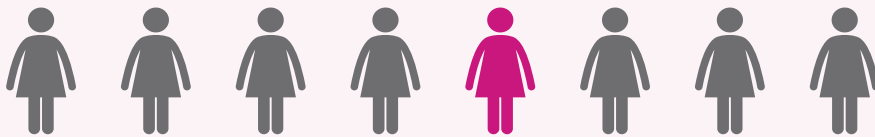
Sources:  
[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/cessation/quitting/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm)  
[http://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/index.htm](http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm)  
[http://www.cdc.gov/tobacco/basic\\_information/health\\_effects/cancer/index.htm](http://www.cdc.gov/tobacco/basic_information/health_effects/cancer/index.htm)



## PROTECT YOUR BREAST HEALTH

Breast cancer affects about one in eight U.S. women. Annual screenings and exams can help detect symptoms early.

Talk with your primary care provider (PCP) about scheduling a mammogram. A mammogram is an X-ray of breast tissue. Annual screening mammograms are available at no cost to women 40 years and older. Mammograms are recommended for all women over 40 every one to two years.\*



**BREAST CANCER AFFECTS  
ONE IN EIGHT WOMEN.**

**Focus on early detection  
when you start screening  
yourself at home:**

- Do a self-breast exam each month
- Know your family history—the risk of developing cancer can double if a mother, sister or daughter has been diagnosed
- Ask your PCP about other recommendations and guidelines to help prevent breast cancer

\*If you have a history of breast cancer in your family, your doctor may recommend getting mammograms earlier and more often.

## HOLIDAYS ARE HAPPIER ON A BUDGET

Planning ahead for the holiday season can help you spend more precious time with your family and friends without overspending.

The holiday season can go nonstop for most people – parties, traveling to family gatherings and presents for everyone! You can avoid the post-holiday stress of too many bills to pay on January 1st.

During the holidays, giving gifts isn't a competition. Some of the ones that are best-remembered and cherished are those that come from the heart. A hand-knitted scarf can mean more than something bought from an expensive store.

**So whether you're gifting or budgeting, keep in mind that it really is the thought that counts.**



Sources:

<http://www.finweb.com/financial-planning/holiday-budgeting-tips.html#axzz4ix9D5vwq>

<http://money.usnews.com/money/blogs/my-money/2014/11/20/5-ways-to-whip-your-budget-into-shape-for-the-holidays>

Here are some simple ways to have a budget-friendly holiday season:

- **Create your holiday budget and stick to it** – include any possible expenses, like gas for travel, food for parties, decorations, cards, stamps and, of course, gifts.
- **Start a holiday fund** of any extra money to use only for buying gifts and expenses. And keep adding to it. You may consider setting up a bank account, so you're less likely to spend it until the holidays.
- **Avoid using credit cards** by only making cash purchases. This can help prevent any possible finance or interest charges later.
- **Buy gifts earlier in the year** and look for sales and special markdowns.
- **Shop for holiday cards and decorations right after holidays** at clearance prices.
- **Plan ahead** for parties, meals and holiday baked goods and buy certain ingredients in bulk.
- **Keep track of all holiday expenses** with your receipts.

## DIABETES AWARENESS AND PREVENTION

November is National Diabetes Month, so now is a good time to learn about the disease and how to lower your risk of developing it.

It is estimated that about one out of every three adults has prediabetes. Prediabetes is having blood sugar levels that are high but not quite high enough to be diagnosed as diabetes. So people with prediabetes may not know they could develop Type 2 diabetes. And you may not notice any symptoms in this early stage of the disease.

Type 2 diabetes is the more common type of the disease. And it means the body is not able to use its insulin, the hormone that helps sugar get into cells.



Talk with your primary care provider (PCP)

about testing your blood sugar level. And see if you need any additional tests.

If you are managing diabetes, ask your PCP about important tests and screenings you may need.

**These exams can help reduce your risk of complications related to your diabetes:**

- An HbA1c test
- A cholesterol test
- A kidney screening
- A dilated eye exam

### You could be at risk for developing diabetes if:



You have a family history of diabetes



You are age 45 years or older



You are overweight



Your physical activity is less than three times per week



You were diagnosed with gestational diabetes during pregnancy



You gave birth to a baby weighing more than nine pounds



## FIGHT THE FLU AND EARN \$25 IN *myhealthpays*™ REWARDS

Ambetter rewards you for taking charge of your health. And for fighting the flu. So earn \$25 in rewards when you get your flu vaccine between 9/1 and 12/31!

Once you get your flu vaccine, your rewards will automatically be added to your *myhealthpays*™ rewards card\*.

Then you can use your rewards to help pay for your health-related costs. Such as:

- Healthy groceries
- Personal care items
- Over-the-counter medicines
- Baby care items



Get your flu vaccine by calling your primary care provider (PCP) and asking for walk-in flu vaccine hours or appointment times.



You can also visit an in-network pharmacy.

- Members aged 9 or older can receive a flu vaccine at a pharmacy with no appointment needed and at no cost to you.
- Visit [Ambetter.ARhealthwellness.com](http://Ambetter.ARhealthwellness.com) to find an in-network pharmacy near you.

In addition to your flu vaccine, you can protect yourself during flu season by:



Always washing your hands or using hand sanitizer



Covering your mouth when you cough

Making sure to get enough sleep



Avoiding people who are sick

\*Your PCP will submit a claim to us for your flu vaccine. Approximately two weeks after we receive the claim, your reward will be added to your My Health Pays™ rewards card.

# MAKE THIS TURKEY OR CHICKEN CHILI A NEW GO-TO FAVORITE!

Cool fall days are a perfect match for this healthy take on traditional chili. This recipe serves 4-6.

## Ingredients:

1 lb. ground turkey  
(white meat or dark/white meat combo) or  
1 lb. ground chicken or  
2-3 chicken breasts  
cooked and cut into chunks  
.....  
2-3 *tbsp.* vegetable or canola oil  
(to brown ground turkey or ground chicken)  
.....  
2-3 *tbsp.* salt-free butter (optional)  
.....  
1 *cup* red bell pepper (chopped)  
.....  
1 *cup* red or yellow onion (chopped)  
.....  
2 *cloves* garlic (minced)  
.....  
1 *tsp.* salt  
.....  
1 *tsp.* black pepper  
.....  
 $\frac{1}{8}$  *tsp.* red pepper flakes  
.....  
 $\frac{1}{2}$  to 1 *tbsp.* chili powder  
.....  
 $\frac{1}{8}$  *tbsp.* ground cumin  
.....  
1 *tsp.* oregano leaves  
.....  
 $\frac{1}{2}$  to 1 *tsp.* to taste Mrs. Dash  
Southwest Chipotle blend or  
Tomato Basil Garlic spice blend  
.....  
1 *large can* chopped tomatoes  
(28 oz. can)  
.....  
1 *small can* tomato sauce (8 oz. can)  
.....  
 $\frac{1}{2}$  to 1 *can* tomato paste  
( $\frac{1}{2}$  or whole 6 oz. can)  
.....  
1 *can* kidney beans, drained  
.....  
1 *can* pinto beans, drained  
.....  
Optional: 1 *small can* chipotle peppers  
in adobo sauce (7 oz. can)  
.....  
Optional: water

## Instructions:

- 1 Brown ground turkey or ground chicken in large frying pan in oil (and butter, if using).
- 2 Add bell pepper, onion until softened (3-5 minutes).
- 3 Add minced garlic, stirring often to prevent garlic from burning.
- 4 If using a large enough frying pan, then add all remaining ingredients; otherwise, transfer turkey or chicken mixture to large stockpot and then add remaining ingredients.
- 5 Add water ( $\frac{1}{4}$  cup to 3 or 4 cups) as necessary, depending on how thick or thin you want your chili.
- 6 Cover and simmer on stovetop for 1-2 hours, stirring occasionally.
- 7 Serve with any of the following: rice, bread, cornbread, crackers, baked potatoes, Fritos, cheddar cheese, chopped onions, etc.



## TAKE ADVANTAGE OF OUR EASY RENEWAL

Look for information in your Ambetter health plan renewal letter, which includes details about your Ambetter insurance coverage for 2017.

Remember, to help make it easy for you, we will automatically re-enroll you in the plan listed in your renewal letter. Review your new health plan information for 2017 and make sure it still fits your health needs and your budget.

If you have any questions, contact us at [1-877-617-0390](tel:1-877-617-0390) (TTY/TDD [1-877-617-0392](tel:1-877-617-0392)), or you can contact your Ambetter broker.

## BETTER IS: HEALTHCARE THAT CARES

Whether you need help understanding insurance, have specific questions about your health plan or just want someone to talk to, we are here and ready to help. You and your family deserve a plan you can count on. And we are here to deliver.

### Here are a few ways we bring our care to life:

- Complete healthcare plans and benefits
- A rewards program
- Engaging, accessible care representatives
- Wellness tools
- A 24/7 nurse advice line
- Health management programs

Your health matters. And so does your opinion. Let us know what you think! As an Ambetter member, you may be contacted about completing an important survey that lets you share your thoughts about us. If you receive a phone call, email or letter about this survey, please share your input. Your participation will help us make your Ambetter experience even better! And we appreciate your time.

Ambetter listens to what our members say. As a result of your comments, we have started making changes in two important areas that will be coming soon:

- Easier, faster phone and online payment processes that include additional payment options
- If you don't already have a primary care provider (PCP), we can help assign you to one



FROM  **arkansas health & wellness.**