

care @ share

Member Newsletter

VOLUME 7

WINNING Against Heart Disease

How Exercise can
Improve Heart Health.

Signs of a Stroke:

Can you recognize
them?

Difference between a Physical and a Wellness Visit



Heart-Healthy
Recipe Inside!

Love Life Longer

With SilverSneakers™!

Take Heart

Simple Steps to
Fight Heart
Disease.

In this Issue...

February is Heart Health Month! Care N' Share offers you heart health news and tips to keep you healthy and well.



Ask your HCC:

What are my options on paying my monthly premium?

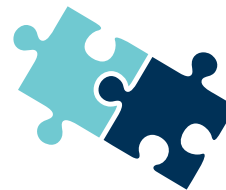
PG 12



Learn to Recognize the Signs of a Stroke:

Minutes Matter.

PG 10



More Providers Now In-Network!

New Providers to the Care N' Care Network

PG 9



Stay Heart Healthy

Healthy information on keeping your Heart in tip top shape:

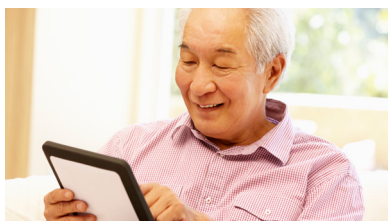
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What's the Difference Between a Physical and Wellness Visit?

Many people find the differences between these exams confusing. Find out what the difference is. PG 11



Get the Most out of Your Plan

Find more information about your included SilverSneakers® fitness benefit and how it can improve your health. PG 14



Stay Connected

Look for important updates including upcoming events, important member-only surveys, and how to find us on social media. PG 15



Find a heart-healthy recipe for Grilled Veggies on Pg 13!



It is estimated that a full 40 percent of Americans make New Year's resolutions. In doing so, we tell ourselves that last year was "the old me" and this year will be different. Yet statistically it's been shown that by as early as January 8, 25 percent of all resolutions have fallen by the wayside and by the time the year ends, fewer than 10 percent are fully kept.

Here we are in February. It's already time to re-check what resolutions you may have made and see how well you are doing with keeping those good intentions. If you're like me (and most people) many of our most important resolutions revolve around good health and happy times. That's why we're devoting much of this newsletter to providing you information that will put you – and keep you – on the road to good health, like keys to keeping your heart healthy and knowing the warning signs of a stroke.

As part of keeping you healthy, Care N' Care members have access to not only an annual physical exam, but also an annual "wellness visit" where you and your doctor can develop and monitor a customized preventive health plan that includes any screenings or immunizations you might need. Read our article in this issue that describes the importance of this benefit and then schedule your wellness visit today.

Also in this issue, be sure to check out your new fitness benefit through our exciting new partnership with SilverSneakers, the nation's leading fitness program designed exclusively for older adults. With SilverSneakers, Care N' Care members have access to free gym memberships, fitness classes for all levels, support from trained instructors, on-demand video workouts and much more – all at no cost. In addition to the physical health benefits, many of these programs provide an opportunity for camaraderie and meeting new people. Social isolation and depression are serious issues for older adults and we are thrilled to provide this opportunity for our members to take care of themselves not only physically but mentally as well.

As humans we love to make things more complicated than they need to be. We're here to help you keep your new year's resolutions by doing just the opposite -- keeping things simple. And there are so many ways to do just that. Maybe it's participating in one of our "Care N' Community" events or enrolling in a new SilverSneakers program. Maybe it's checking out our healthy living guides or a new healthy recipe found on our website. And maybe it's speaking directly with your doctor or your Care N' Care Healthcare Concierge to help provide the inspiration you need to live life to its fullest. Whatever works for you, do it! This is your moment. Stay true to your goals and make 2019 a year worth remembering.

Wendy Karsten

Chief Executive Officer
Care N' Care

Need Assistance?

Call your Healthcare Concierge toll-free at 1-877-374-7993 (TTY 711) for questions related to your Care N' Care Medicare Advantage Plan, October 1 - March 31, 8am to 8pm, CST, seven days a week or April 1 - September 30, 8am to 8pm, CST, Monday through Friday.



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WINNING AGAINST HEART DISEASE



How Exercise can Improve Heart Health

Regular exercise can improve heart health for those with or at risk for heart disease. When you have heart disease, it is even more important to get regular exercise. Exercise can help your heart grow stronger and work better.

Your heart is a muscle. When you use it during exercise, it gets stronger and more efficient — pumping more blood and oxygen to the rest of the body.

Before you start an exercise program, talk to your doctor to discuss your options and create a plan that is safe and most effective for you. Your physician can also teach you how to check your heart rate, and how fast your heart rate should be during exercise.

Aerobics, Stretching, And Strength Training: Three Kinds Of Exercises Everyone Needs To Stay Healthy

Aerobic Exercise

Aerobic exercise increases your breathing rate and pulse. Walking, riding a bike, and swimming are good examples of aerobic exercise.

Stretching

Stretching helps you stay flexible, relieves tension, and may help prevent injuries. Stretching for 10-15 minutes before exercise helps to warm up your muscles.

Strength Training

Strength training helps to strengthen your muscles, bones, and joints. Exercising using light weights can help tone and strengthen your muscles.



THE “TALK-SING” TEST

Using the “talk-sing” test is an easy way to see if you are exercising at the right pace. You should be able to talk while exercising. If you are short of breath- SLOW DOWN. If you can sing while exercising, pick up the pace a little.

As always, do not exercise outdoors when it is very cold, very hot, or very humid.



The Right Shoes Can Help Prevent Toe, Foot, and Ankle Injuries

- Get fitted at an athletic shoe store
- Choose a shoe that conforms closely to the shape of your forefoot (the widest part of the foot)
- Look for roomy footwear with enough room for your toes and the ball of your foot
- Look for shoes made of a material with “give” that stretch
- Look for shoes without seams to prevent rubbing or irritation of the foot
- Always wear socks



Getting Started

- Start Slowly
- Find a Partner
- Choose a type of exercise you enjoy
- Check your heart rate often
- Remember to have fun!



Take Heart.

These Three Simple Steps Can Help You Fight Heart Disease

If you have heart disease, lifestyle changes can improve the quality and length of your life. While change is never easy, three small adjustments to your daily activities can definitely impact your experience with heart disease.

1. Get Active


- Walking is the easiest, low cost way to be active. All it takes is a good pair of shoes and the willingness to keep moving.
- Initially, set an easy walking goal; then increase it a little each day. Ultimately, you want to walk at least 30 minutes each day.
- You don't have to race-walk or run to benefit from walking. Simply walk rapidly enough to increase your heart rate and breathing, but not so fast that you can't talk while walking.
- Speaking of talking, most people find that having a walking buddy increases the commitment to exercise.
- Riding a stationary bike or swimming are also exercises that prove beneficial for people with heart disease, especially if walking creates too great of a strain on your hips and knees.

2. Eat Healthy

- Some people with heart disease have a genetic pre-disposition for the problem, but diet can be a contributing factor. That being the case, if you want to reverse the impact of heart disease, you have to start eating healthier.
- Heart-healthy foods include:
 - Lean meat, poultry, fish, and beans
 - Fruits and vegetables
 - Whole grains and cereals
- Consider working with a dietitian to formulate a personalized healthy eating plan.
- Explore cookbooks that focus on heart-healthy eating. Many people find that cooking is a creative way to relax.

3. Lose Weight

- Being even slightly overweight places a strain on your heart. Getting active and eating a healthy diet can help you lose extra weight.
- When striving to lose weight, don't compare yourself to others. Healthy bodies come in all shapes and sizes.
- If overeating is a challenge, pay attention to why you're eating. Reducing triggers for eating can help you reduce the risk of overeating



**IT'S NOT
TOO LATE**
— FOR A —
FLU SHOT

Setting The Record Straight.

Key facts about the flu vaccine*:



Recommended annually and covered by your health plan. Available in an egg-free vaccine.



Does not give you the flu.**



Reduces the likelihood of getting the flu and severe complications of pneumonia.**

*People with a severe allergy to chicken eggs, and some other individuals, should not be vaccinated without first talking to their doctors.

**According to the Centers for Disease Control and Prevention.

New Providers to Our Network

Our network continues to grow in all specialties. Visit our online provider directory at cnchealthplan.com/search to locate a doctor that meets your needs. You can also contact your Healthcare Concierge for assistance.

PRIMARY CARE PHYSICIANS

Aparicio, Kimberly Ann MD

UT Southwestern MSP
Dallas

Aramath, Sherley MD

Arlington Family Practice PA
Arlington

Burchard, Jeffrey Lee MD

Family Healthcare Associates
Allen

Faigin, Al Edward DO

Wedgewood Family Health Associates
Fort Worth

Flowers, Latosha MD

Neuropathy Pain Clinic of Fort Worth LLC
Arlington

Hays, Randall L MD

Neuropathy Pain Clinic of Fort Worth LLC
Arlington

Jones, Kevin Bruce MD

Mineral Wells

Kellum, Michael W MD

Family Healthcare Associates
Allen

Ly, Thu Mindy DO

Family Healthcare Associates
Allen

McGilvray, Daniel Jetton DO

Texas Health Physicians Group
Fort Worth

Nguyen, Nicole Ngoc DO

Healogics Specialty Physicians of Texas PLLC
Sherman

Pachigolla, Rupa S MD

Rupa Pachigolla MD PSC
Weatherford

Rice, Laura L DO

Arlington Family Practice PA
Arlington

Rogers, Sandra Dawn MD

Family Healthcare Associates
Allen

Sessions, Devin MD

Han Pham Hulen MD PA
Dallas

Soto Lopez, Juan Carlos MD

Healthcare Associates of Irving LLP
McKinney

Truong, Tien My DO

Arlington Family Practice PA
Arlington

Udezi, Victoria MD

UT Southwestern MSP
Dallas

Vasquez, Jaime Javier DO

Dallas

Voit, Jessica Harpham MD

UT Southwestern MSP
Dallas

Wusterhausen, Kris H DO

Campbell Clinic
Weatherford



Signs of a Stroke

If you suddenly experience any of these symptoms, call 911, as they could be signs of a stroke.

- Severe headache
- Slurred speech
- Facial drooping
- Numbness, tingling, clumsiness, paralysis, or muscle weakness on one side of the body, or decreased use of a limb.
- Loss of balance or coordination or difficulty walking.
- Sensory changes, such as in hearing, vision, touch, or taste.
- Trouble swallowing, reading, writing, or understanding others.
- Incontinence
- Dizziness
- Confusion
- Blurry vision

If you think someone's having a stroke, act—

***FAST*: an easy way to remember**



FACE

Ask them to smile. Does the face look uneven?



ARMS

Ask them to raise both arms. Does one arm drift down?



SPEECH

Ask them to repeat a phrase. Does their speech sound strange?



TIME

Quickly Call 911 at any sign of a stroke.



What's the Difference Between a Physical and a Wellness Visit?

As a Care N' Care member, you're covered for both an annual physical exam and an annual wellness visit each year. You're also covered for a one-time "Welcome to Medicare" preventive visit within the first 12 months that you have Medicare Part B. Many people find the differences between these exams confusing.

Annual wellness visit – The purpose of this visit is to work with your PCP (primary care physician) on a preventive health plan including any screenings or immunizations you might need. In order to qualify for the visit, you need to have had Medicare Part B for a least 12 months.

Annual physical exam – The annual physical is a more thorough exam including a complete checkup of your bodily systems (heart, lung, head and neck exam, et.) and a complete review of your medications. There is no copay; however, you may be charged a copay if you are treated for or discuss an existing medical condition during this time.

Welcome to Medicare visit – New to Medicare? A one-time visit is available only during the first 12 months that you have Medicare Part B. The purpose of this visit is to discuss your health status, medical history and preventive screenings. There is no copay; however, you may be charged a copay if you are treated for or discuss an existing medical condition during the visit.

Visiting your PCP for your annual exam is an important part of your health routine. Regular exams are important to help identify risk factors and problems before they become serious.

Need assistance scheduling your annual visit or exam? Call your Healthcare Concierge today to get help with setting your appointment and getting you on the road to a healthier you!



Ask Your Healthcare Concierge

If you have a plan with a monthly premium, you have several options to pay.

1. From your Social Security or Railroad Retirement Board (RRB) – Automatic deduction is an option from your monthly Social Security or RRB benefit check. **Easy and Convenient!**
2. From your Bank Account – Using the Electronic Funds Transfer (EFT) process, you can choose to have your monthly premium automatically deducted from your checking or savings account by completing the Bank Draft Authorization form. **Set it and Forget it!**
3. Pay Online – Pay your monthly premium online using PayPal located on the members page of the Care N' Care website. <https://www.cnchealthplan.com/pay-online/> **It's fast, east and always on time!**
4. Pay by Mail – Chose to receive a monthly invoice from Care N' Care and send your payment via the US Postal Mail.



If you would like to change how you are currently paying your monthly premium, give your Healthcare Concierge a call to walk you through the steps. 1-877-374-7993 (TTY 711) October 1- March 31, 8am to 8pm, CST, seven days a week or April 1- September 30, 8am to 8pm, CST, Monday through Friday.

Reminder!



Be on the lookout! In the coming months you may receive one of the following surveys in the mail. We encourage you to participate! These surveys are your voice – your chance to help us improve our service to you as a Care N' Care member.

Health Outcomes Survey (HOS)

A multiple choice survey that contains a series of questions about your health.

The Consumer Assessment Of Healthcare Providers And Systems Survey (CAHPS)

A multiple choice survey that contains a series of questions about your member experience.

Roasted Garlic Grilled Vegetables



Total Time: 15 Minutes



Servings: 8 Servings

INGREDIENTS

- 1 ear corn, cut into chunks
- 1 medium red onion, cut into thin wedges
- 1 small green bell pepper, cut into chunks
- 1 small red bell pepper, cut into chunks
- 1 small yellow bell pepper, cut into chunks
- 1 small yellow squash, sliced
- 1 cup mushrooms, halved
- 2 tablespoons oil
- 1 tablespoon McCormick® Grill Mates®
Roasted Garlic & Herb Seasoning

INSTRUCTIONS

1. Toss vegetables with oil and Seasoning in a large bowl.
2. Place vegetables in grill basket, grill rack or thread onto skewers.
3. If using wooden skewers, soak thoroughly in water for at least 30 minutes before threading. This prevents them from burning when on the grill.
4. Grill over medium heat for 12 to 15 minutes or until vegetables are tender, turning occasionally.



For charred and smoky vegetables:

Do not cut vegetables. Brush whole vegetables with oil and sprinkle with Seasoning. Grill over medium heat 12 to 15 minutes or until charred, turning occasionally. Slice or cut into bite-size chunks before serving.

For tender and juicy vegetables:

Grill in a foil packet. Place vegetables in center of large sheet of heavy duty aluminum foil. Drizzle vegetables with oil and sprinkle with Seasoning; toss to coat well. Bring up sides of foil; double fold top and ends to tightly seal packet. Grill over medium-high heat 12 to 15 minutes or until vegetables are tender, turning packet over halfway through Total Time.

LOVE LIFE LONGER™ WITH YOUR FREE FITNESS BENEFIT

Improve your health and stay independent with SilverSneakers.

Whether you play tennis, swim laps or lift weights, SilverSneakers® has you covered. You have SilverSneakers from Care N' Care (HMO/PPO) for **FREE**. All you need to get started is your SilverSneakers ID number.

With this benefit you now have:

- the power to take control of your health
- support from trained instructors
- classes for all fitness levels
- access to all 14,000+ participating locations nationwide
- use of all basic amenities*
- group fitness outside traditional gyms
- on-demand workout videos plus health and nutrition tips

88%

of participants say SilverSneakers has improved their quality of life.¹

You have SilverSneakers.

[SilverSneakers.com/StartHere](https://www.silversneakers.com/starthere)

1-888-423-4632 (TTY: **711**) Monday – Friday 8 a.m. – 8 p.m. ET

[SilverSneakers.com](https://www.silversneakers.com)



care@care
Insurance Company, Inc.

SilverSneakers

*Classes and amenities vary by location

1. 2017 SilverSneakers Annual Participant Survey.

This information is not a complete description of benefits. Call 1-877-374-7993 (TTY 711) for more information. ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Call. 1-877-374-7993.

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Stay Connected



Empowerment. Independence. Lifestyle.



Need a Provider?

Do you need to find a new doctor or looking for a facility in our network? Visit the Care N' Care website for real-time provider information. The easy to use search tool is available 24/7 at cnchealthplan.com/search.

We visit many YMCAs, community seniors and senior centers across North Texas. Want to stay in the know about upcoming community events for seniors? Follow us on Facebook or check out our calendar of events at: www.carecommunity.com

Google Us!

Are we doing a good job for you? Let the world know and write a Google review for us.

It's fairly easy to complete a review:

- 1) Go to: bit.ly/CNCGoogle
- 2) In the right corner select "write a review"
- 3) You will have to log into your google account. If you do not have a google (gmail) account, you will be prompted to create one.
- 4) Select star rating and write the review.

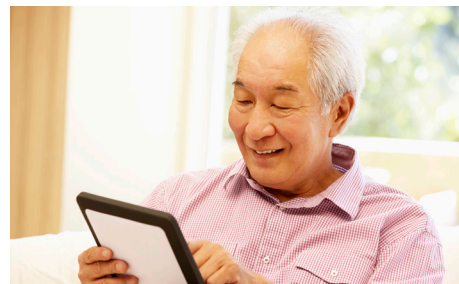


Feeling Hungry?

Discover more recipes on our website!

Looking for dinner inspiration? Browse our list of recipes in the member section of the website.

cnchealthplan.com/explore-healthy-resources



Stay Social



@CareNCare



@CareNCareHealth



@CNCHealthPlan



Care N' Care Insurance Co. Inc.



Insurance Company, Inc.

1701 River Run, Suite 402

Fort Worth, TX 76107

<<FIRST NAME>> <<LAST NAME>>

<<ADDRESS>>

<<CITY>>, <<STATE>> <<ZIP>>

Health and wellness or prevention information.



Need Assistance?

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