

# Health Matters

Our Purpose Is You



## KEEPING YOUR FAMILY HEALTHY

Well-child visits and recommended vaccinations are essential to a child's health and wellness. If a child is not protected by vaccinations, they are more likely to contract different diseases such as measles and whooping cough. Many of these diseases are serious and can be very contagious, especially for younger kids and babies.

Additionally, well-child visits help with:

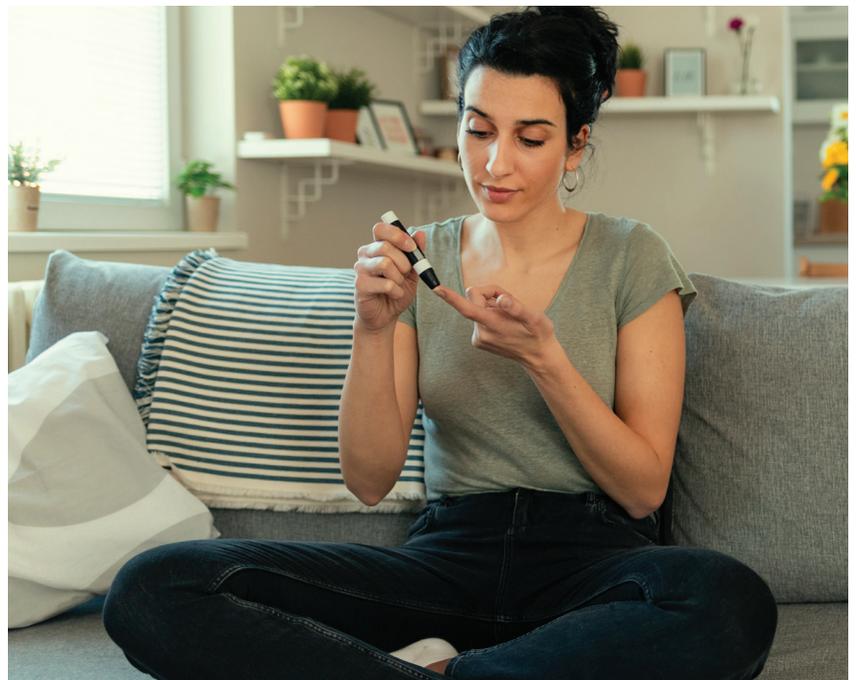
- Prevention of common illnesses the child will encounter.
- Tracking growth and development to better understand your child's progress.
- Addressing concerns about behavior, sleep patterns, eating habits, and other matters.
- Building trust between you, the doctor, and your child.

## STAYING ON TOP OF DIABETES

Are you curious about your blood sugar levels? An A1C test can tell you what they are and if you are at risk for prediabetes or type 2 diabetes.

Also known as the hemoglobin A1C or HbA1c test, it's an easy blood test that measures your average blood sugar levels over a span of 3 months to determine your risks for diabetes. It can also help manage existing cases of diabetes and prevent complications.

Diabetes can affect many areas of your body, including the eyes. The ADA (American Diabetes Association) recommends that people with type 2 diabetes have an eye exam shortly after diagnosis, and within the first five years for type 1 diabetes.





## NEW PROVIDER DIRECTORY

For easier access to the care that you need, use our new provider directory at [CHRISTUShealthplan.org](https://CHRISTUShealthplan.org).



## STROKE AWARENESS SAVES LIVES

According to the CDC, 1 in 7 strokes occur in adolescents and adults aged 15 to 49. Stroke is one of the leading causes of death and serious disability in the world but can be up to 80% preventable. Increased awareness can help.

### WHAT IS A STROKE?

A stroke occurs when blood vessels that carry oxygen and nutrients to the brain are blocked by a clot or burst, causing the brain and brain cells die.

### EFFECTS OF A STROKE

The brain is an extremely complex organ that controls various body functions. If blood can't reach the region that controls a particular body function, that part of the body won't work as it should.

### STROKES ARE PREVENTABLE

Strokes can be prevented with healthy lifestyle choices. Having a healthy diet, staying at a healthy weight, increasing physical activity, and limiting smoking and alcohol can all contribute to the prevention of a stroke.

Source: About stroke. [www.stroke.org](https://www.stroke.org). (n.d.). <https://www.stroke.org/en/about-stroke>

Effects of stroke. [www.stroke.org](https://www.stroke.org). (n.d.). <https://www.stroke.org/en/about-stroke/effects-of-stroke>



## AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

This is the time to focus on scheduling appointments for yourself and family members to ensure that everyone is up to date on annual exams and recommended vaccines, like flu shots, to help prevent serious diseases.

Source: Centers for Disease Control and Prevention. (2022, July 19). National Immunization Awareness Month (NIAM). Centers for Disease Control and Prevention. Retrieved May 1, 2023, from <https://www.cdc.gov/vaccines/events/niam/index.html>

# HEART-HEALTHY SUMMER RECIPE

Keep your family fueled with plenty of nutrition through the busy summer months. With the light, refreshing flavors in this simple recipe, they'll never know they're eating so healthy! Omega-3-rich salmon makes a heart-healthy main ingredient, complemented with plenty of antioxidants from the onion and arugula.

## OVEN-ROASTED SALMON WITH CHARRED LEMON VINAIGRETTE

### INGREDIENTS:

- 1 Lemon
- 2 bulbs fennel, thinly sliced
- 2 small red onions, thinly sliced
- 2 1/2 tablespoons olive oil, divided
- Kosher Salt and Pepper, to taste
- 1 1/4 lb. skin on salmon filet
- 1 teaspoon stone-ground mustard
- 3 cups baby arugula

### INSTRUCTIONS:

1. Heat broiler. Cut pointed ends off lemon, halve crosswise and place on rimmed baking sheet, center cut sides up.
  2. Reduce oven temperature to 400 degrees. On a rimmed baking sheet, toss fennel and onions with 1 1/2 tablespoon oil and 1/4 teaspoon each salt and peppers; arrange around edges of sheet. Place salmon in center of sheet and season with 1/4 teaspoon each salt and pepper. Roast until vegetables are tender and salmon is opaque throughout, 17-20 mins.
  3. Juice charred lemon halves into small bowl and whisk in mustard and remaining tablespoon oil. Remove baking sheet from oven and fold arugula into vegetables. Drizzle charred lemon vinaigrette over fish and vegetables and gently toss vegetables.
- PER SERVING: 305 Calories, 14g Fat (2.5 g saturated fat), 31 g protein, 400 mg sodium, 14g carbs, 5g fiber.



## IMPORTANT PLAN NOTICE

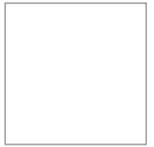
The White House announced that the Public Health Emergency (PHE) related to COVID-19 has come to an end as of May 11, 2023. The changes may affect some USFHP beneficiaries.

This change could result in a loss of coverage or increased costs associated with COVID-19 for some people who are currently eligible for USFHP. Active USFHP members should have received a letter explaining some of the changes. If you have any questions or concerns, contact our Member Service Department toll-free: 800-67-USFHP or 800-678-7347 any weekday from 8am-5pm.

Source: Kitchen, W. D. (2021, November 2). Oven-roasted salmon with charred Lemon Vinaigrette. *Woman's Day*. <https://www.womansday.com/food-recipes/food-drinks/a29464781/oven-roasted-salmon-with-charred-lemon-vinaigrette-recipe/>

For our next newsletter, we want your best seasonal recipe! Send your healthy recipe and contact information to [chpmarketing@christushealth.org](mailto:chpmarketing@christushealth.org) and it may appear in our Autumn newsletter!

FOR QUESTIONS OR HELP WITH YOUR PLAN,  
PLEASE CONTACT MEMBER SERVICES AT 1-800-678-7347



Sales Department  
919 Hidden Ridge  
Irving | TX 75038



Our Purpose Is You

## FRAUD, WASTE, OR ABUSE?

Report potential fraud, waste, or abuse in the CHRISTUS Health Plan Network by submitting details to the Special Investigations Unit via email, secure fax, or phone.

**FWA HOTLINE:** 855.771.8072

**EMAIL:** [ChristusHealthSIU@ChristusHealth.org](mailto:ChristusHealthSIU@ChristusHealth.org)

**SECURE FAX:** 210.766.8849

If you prefer anonymity, call the Integrity Line at 888.728.8383 or visit [ChristusIntegrityLink.org](http://ChristusIntegrityLink.org).

For compliance questions or concerns, you can email us at [CHPCompliance@ChristusHealth.org](mailto:CHPCompliance@ChristusHealth.org)



Get updates and connect with us on Facebook.

[CHRISTUShealthplan.org](http://CHRISTUShealthplan.org)