

HEALTH *Matters*

Winter 2018



Start the New Year off by committing to live a healthier life! CHRISTUS Health offers a FREE tobacco cessation guide and workbook to help you reach your tobacco-free goals. The purpose of these tools is to assist you in quitting forever, and to help prevent the urge to start again.

These tools are designed to help you be tobacco-free in just three weeks, so you can get on to leading a healthier life. The program is divided into five sessions and is accompanied by supplemental materials. In this New Year, commit to starting your journey to quit.

By quitting smoking, you can experience the benefits within...

- 20 minutes: Heart rate and blood pressure drop
- 12 hours: Carbon monoxide in blood stream drops to normal
- 2 weeks–3 months: Circulation and lung function improve, heart attack risk begins to drop
- 1–9 months: Coughing becomes less frequent and breathing becomes easier
- 1 year: The risk of coronary heart disease is cut in half
- 2–5 years: The risk of cancer of mouth, throat, esophagus, and bladder is cut in half; stroke risk is reduced to that of a nonsmoker
- 10 years: The probability of dying from lung cancer is cut in half; the risk of kidney or pancreatic cancer decreases
- 15 years: The risk of coronary heart disease is the same as a nonsmoker's risk

Visit <https://www.christushealth.org/services-treatments/cancer-care/smoking-cessation> for more details.

MC595

The Express Scripts Pharmacy **VACCINATION PROGRAM**

Vaccinations for the flu and other illnesses are now easier than ever to get.

You can prevent many diseases and illnesses by getting vaccinated. To receive more convenient care, you can now receive vaccines administered at your local retail pharmacy through CHRISTUS Health Plan's Individual and Family prescription drug benefits. Vaccines administered at your retail pharmacy typically do not require an appointment and are the same effective medications you get at your physician's office.

To take advantage of the Express Scripts Pharmacy Vaccination Program:

- 1** Locate a participating pharmacy by either:
 - Signing in at **Express-Scripts.com** and clicking on "Locate a Pharmacy"OR
 - Calling the number on your Express Scripts member ID card.
- 2** Contact your network pharmacy in advance to inquire about vaccine availability, age restrictions, and current vaccination schedules.
- 3** Always remember to bring your member ID card with you.

DEAR FRIENDS,

Welcome to the newest issue of “Health Matters.” As you can see, we are beginning the New Year with a fresh new look! But you can rest assured we remain just as focused as ever on bringing you and your family the most relevant health information and highest-quality health care. In this issue, you’ll find information to help you avoid the flu this season, tips and assistance for smokers who’d like to quit, and, as always, simple recipes designed to make your day a little easier and your life a lot healthier. Nothing means more to us than knowing we’ve helped make our members’ lives better. That’s why we’re so thankful for the privilege of spending a healthy and prosperous 2018 together!

In good health,

Nancy Horstmann
Chief Executive Officer
CHRISTUS Health Plan



CHIPOTLE
CHICKEN
QUINOA
BURRITO
BOWL



Loading this bowl with vegetables and using quinoa in place of rice add nutrition for a healthy dinner.

INGREDIENTS

- 1 tablespoon finely chopped chipotle peppers in adobo sauce
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- 1 pound boneless, skinless chicken breast
- ¼ teaspoon salt
- 2 cups cooked quinoa
- 2 cups shredded romaine lettuce
- 1 cup canned pinto beans, rinsed
- 1 ripe avocado, diced
- ¼ cup prepared pico de gallo or other salsa
- ¼ cup shredded cheddar or Monterey Jack cheese
- Lime wedges for serving

DIRECTIONS

1. Preheat grill to medium-high or preheat broiler.
2. Combine chipotles, oil, garlic powder, and cumin in a small bowl.
3. Oil the grill rack or a rimmed baking sheet, if broiling. Season chicken with salt. Grill the chicken for 5 minutes or broil it on the prepared baking sheet for 9 minutes. Turn, brush with the chipotle glaze, and continue cooking for 3-5 minutes if grilling, or 9 minutes if broiling, until the thickest part registers 165°F with an instant-read thermometer. Transfer to a clean cutting board. Chop into bite-size pieces.
4. Assemble each burrito bowl with ½ cup quinoa, ½ cup chicken, ½ cup lettuce, ¼ cup beans, ¼ avocado, 1 tablespoon pico de gallo (or other salsa), and 1 tablespoon cheese. Serve with a lime wedge.



PREVENTING THE FLU
Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year. You can also practice good health habits all year round to stop the spread of germs and prevent respiratory illnesses.



Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.



Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.



Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. This may prevent those around you from getting sick.



Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.



Avoid touching your eyes, nose, or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.



Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

HONOR THESE
AWARENESS
DATES AND
GET HEALTHY!

Source: U.S. Department of Health and Human Services Centers for Disease Control and Prevention

JAN

Cervical Health
Awareness Month

FEB

American
Heart Month

MAR

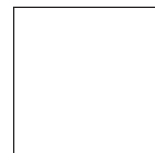
Colorectal Cancer
Awareness Month



Sales Department
919 Hidden Ridge
Irving, TX 75038

Address Service Requested

NAME
COMPANY
STREET ADDRESS
CITY, STATE ZIP



QUALITY *is our priority!*

At CHRISTUS Health, we want you and your family to have the information you need to make the most informed decisions about your health care.

Your health is important to us. We know sometimes it is necessary to miss preventive and chronic condition screenings, tests, and medications. But it is never too late to get back on track!

We have a team of trained, nonclinical outreach staff who focus on member education, appointment scheduling, and assistance with transportation or other help you may need. They are available to help you at 1-844-282-3025. Or, if we see you have missed a preventive screening, this member-focused team may reach out to you.

We want you to take good care of yourself, stay well, and most importantly, visit your doctor regularly!

