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## Adults Need Vaccines Too

Every year in the U.S., thousands of adults become seriously ill and are hospitalized because of diseases that vaccines can help prevent. These diseases can be deadly for many adults.

The need for vaccines does not go away with age. In fact, there are specific ages in your adult life when vaccinations are recommended. Protection from vaccines you received as a child can wear off over time, and there are more vaccines available now.

As an adult, vaccines are recommended for protection against:

- **Seasonal flu:** Everyone should get a flu vaccine every year as the best way to reduce the risk of flu and its potentially serious complications.
- **Pertussis (Whooping Cough):** The Tdap vaccine is recommended for adults who have not previously received it.
- **Tetanus and diphtheria:** the Td vaccine is recommended every 10 years.
- **Shingles:** The herpes zoster vaccine is recommended for adults 50 years and older.
- **Pneumococcal disease:** Two pneumococcal vaccines are recommended for adults 65 and older.

Getting vaccinated is one of the safest ways to protect your health. Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

## Summer 2019 Health Matters



### Fitness Tip: Chair Squats

1. Stand in front of a chair with your feet hip width apart.
2. Bend your knees while keeping your shoulders and chest upright.
3. Lower your bottom like you are about to sit down.
4. Before you touch the chair, stand back up to a full upright position.
5. Repeat 10 times.

Chair squats are beneficial in providing confidence, preventing disability, and improving hip flexibility.

### Fraud, Waste, or Abuse?

To report potential fraud, waste, or abuse in the CHRISTUS Health Plan Network, submit 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)

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)

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## Avoid Summer Bummers

Heading outdoors? There are so many ways to enjoy the warm summer weather. Follow these tips to avoid summer bummers like bug bites, sunburn, and other pesky problems.

1. **Make yourself unattractive – to insects!**  
Scented soaps, perfumes, and hair sprays can attract mosquitos and other biting bugs. Also, avoid areas where insects nest or gather, such as pools of still water, uncovered foods, and gardens where flowers are in bloom. Use bug spray with DEET.
2. **Use the 20 minute rule.**  
Drink water at least every 20 minutes. To prevent heat stress and heat stroke, you should stay hydrated when outside on hot, humid days. If you're going to be outside for more than an hour, you should add a sports drink to replenish electrolytes.
3. **Big adventure? Brag about it.**  
Tell someone where you're going and when you expect to be back. Someone needs to know where you plan to be, just in case. Take a first aid kit with you. It should include antibiotic ointment, adhesive bandages, anti-itch gels, an Ace bandage, and emergency hydration and electrolyte replacement drinks or packs.
4. **Scan for bad plants.**  
Learn to recognize poison ivy and poison oak, and steer clear. You should also be familiar with other poisonous plants, like nightshade. When hiking carry a book with photos of plants to refer to in cases of doubt.
5. **Go broad.**  
Use a "broad spectrum" sunscreen. Broad spectrum screens both UVB and UVA rays, and you need it even if it's not a super sunny day. UV rays are strongest between 10 a.m. and 4 p.m.





Dear Friends,  
Welcome to the newest issue of Health Matters. Happy Summer! We hope the warm temperatures and sunny days are well spent with family and friends.


In this issue of Health Matters, we are highlighting safety tips for the summer, 10 warning signs of Alzheimer’s Disease, and tips for emergency preparedness.

We also included information about Posttraumatic Stress Disorder in honor of PTSD Awareness Month, as well as the importance of vaccines for adults.

If you ever have any questions, please call Member Services at **844.282.3026** or visit [christushealthplan.org](http://christushealthplan.org).

Nothing means more to us than knowing we’ve helped make our members’ lives better.

In good health,  
  
Nancy Horstmann  
Chief Executive Officer  
CHRISTUS Health Plan

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# 10 Warning Signs of Alzheimer’s Disease

Your memory often changes as you grow older. Some people recognize changes in themselves before anyone else notices. In other cases, friends and family are the first to observe changes in memory, behavior, or abilities.

It may be hard to know the difference between age-related changes and the first signs of dementia. Dementia is a slow decline in memory, thinking, and reasoning skills. The most common form of dementia is Alzheimer’s disease, a fatal disorder that results in the loss of brain cells and function.



- 1. Memory loss that disrupts daily life
- 2. Challenges in planning or solving problems
- 3. Difficulty completing familiar tasks at home, at work, or at leisure
- 4. Confusion with time or place
- 5. Trouble understanding visual images and spatial relationships
- 6. New problems with words in speaking or writing
- 7. Misplacing things and losing the ability to retrace steps
- 8. Decreased or poor judgment
- 9. Withdrawal from work or social activities
- 10. Changes in mood or personality

Early diagnosis gives you a chance to seek treatment and plan for the future.

## Homemade Hamburger Buns

- Ingredients**
- 1 cup milk
  - 1/4 cup butter
  - 1 package instant yeast
  - 1/2 cup water
  - 4 1/2 cups all-purpose flour
  - 2 tbsp white sugar
  - 1 1/2 tsp
  - 1 egg

**Directions**  
In small saucepan, heat milk, water, and butter until very warm, 120° F.  
Mix 1 3/4 cup flour, yeast, sugar, and salt. Mix milk mixture into flour mixture, then mix in egg. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic - about 8 minutes.



Divide dough into 12 equal pieces. Shape into smooth balls, and place on greased baking sheet. Flatten slightly. Cover, let rise for 30 - 35 minutes. Bake at 400° F for 10 - 12 minutes, or until golden brown.

# Emergency Preparedness for Prescription Medications

Hurricane season is here. It’s important to review your emergency preparedness plans. Lost or damaged medication can be a life-threatening situation. It’s important to prepare for any emergency and remember to include your prescription medications in your plans.

- Here are some tips to be prepared:**
- 1. Keep an updated list of all medications, dosages and phone numbers for your doctors and pharmacies in a waterproof bag or container.
  - 2. Keep your health insurance or prescription drug benefit card with you at all times. Express Scripts or CHRISTUS Health Plan can help you obtain an emergency supply of any lost or damaged medication.
  - 3. Reorder as soon as you are able and consider ordering a 90-day supply.
  - 4. Keep medications in original containers with original labels.
  - 5. If your medication requires refrigeration or electronic equipment, have a plan for temporary storage and administration.
  - 6. Discuss your medication disaster plan with your doctor.
  - 7. Stock a supply kit with any nonprescription medications you may need.
  - 8. Inspect your medication to see if the look or smell of it has changed, as excessive moisture or heat can contaminate the drugs. If you are unsure about its safety, contact your local pharmacist or health care provider.
  - 9. If you haven’t been able to take your medication, contact your local pharmacist or doctor as soon as possible. Never take additional doses to make up for those you’ve missed before talking to your physician.

## Living with Posttraumatic Stress Disorder (PTSD)

Posttraumatic stress disorder (PTSD) is essentially an anxiety disorder. It develops in response to traumatic or life-threatening experiences.

- Some symptoms of PTSD include:
- Emotional: anxiety, anger, depression, irritability, sadness
  - Physical: tiredness, increased perspiration, high or low blood pressure, trouble digesting food

According to the National Center for PTSD (a division of the US Department of Veterans Affairs), roughly 5% of men and 10% of women living in the U.S. will develop PTSD at some point during their lives. This accounts for 6-7 million adults today that suffer from PTSD. Most individuals show early symptoms of PTSD shortly after experiencing a traumatic event, but there can be delayed PTSD reactions months or even years later.

If you think you have PTSD and need to seek treatment, please call Member Services at **844.282.3026** or visit [christushealthplan.org/find-a-provider](http://christushealthplan.org/find-a-provider) to find a provider.



## Honor These Awareness Dates and Stay Healthy

**June**  
Alzheimer’s and Brain Awareness Month  
PTSD Awareness Month  
Family Health and Fitness Day (8)  
Flag Day (14)  
Father’s Day (16)

**July**  
Fireworks Safety Month  
Swimming Safety Month  
Heat Safety Month  
Independence Day (4)

**August**  
Immunization Awareness Month