Mental Health Awareness

In the United States, almost half of adults (46.4%) will experience a mental illness during their lifetime. Only 41% of the people who experienced mental illness in the past year sought professional health care or other services.

Ways to Improve Mental Health

- Seek professional help, whether a doctor or therapist
- Exercise
- Eat a healthy diet
- Practice self-compassion
- Do something you love

CHRISTUS Health Plan believes mental health is as important as physical health. If you believe you are experiencing depression, anxiety, or other mental illness and need to seek treatment, call Member Services at 800.678.7347, or visit ChristusHealthPlan.org to search for a provider.

source: nami.org/miaw

Breast Cancer Screening

What to Know Before You Go

A mammogram is an X-ray of the breast that helps detect breast cancer early. It can find lumps that are too small to be felt during a clinical breast exam.

When Should I Get a Mammogram?

Typically, women should receive mammograms annually starting at age 40. You may need to get one done before turning 40 if you are at an increased risk for breast cancer.

Two Types of Mammograms

There are 2 types of mammograms: screening and diagnostic.

Screening mammograms are completed as part of a regular check up, even if you are not having symptoms. This type of mammogram allows your provider to see what is normal for your breasts and if there are any changes since your last mammogram.

Diagnostic mammograms focus on potential breast problem areas.

Always describe any problems and breast changes you are having to the technician performing your mammogram.

Describe any medical history that could affect your risk for breast cancer, such as family history of breast cancer, surgery, hormone use, or previous breast cancer.

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US Family Health Plan at CHRISTUS Health

MC1340

Veterans Day

Steve來 from a long line of service members. His family members have served in every major American conflict dating back to the American Revolution, and even further. On his father’s side alone, his grandfather, father, and uncles have all served in the Navy and Coast Guard; however, Steve says he “broke ranks” when he joined the Army as a Medic in 1990.

Joking that he “doesn’t like boats that much,” Steve says ultimately his decision rested in the research he did on the Army. “The Army seemed the most appealing,” seemingly offering the most opportunities to do and learn different things. A lifelong learner, Steve’s favorite part of being a Medic was the requirement to stay current, going back for continuing education classes and hours.

After finishing his undergraduate degree in Psychology, Steve has since earned two master’s degrees in Health Care Administration and International Security Studies, and is working on a third in Legal Studies with a focus in health care. He’s also considering a Ph.D. in International Security Studies and eventually teaching.

Although he retired from the Army in 2014 as a Master Sergeant, for the past three and a half years, Steve has served our health plan members. He cites his experiences as a veteran as key to helping him prioritize and understand the importance of things. Moreover, as a retired service member, he can relate firsthand to our USFHP members through “shared experiences and shared backgrounds.” Relating to our members so closely makes Steve feel like he’s still those serving those that serve this country.

This Veterans Day, we are so thankful for Steve and the work he does for our members, as well as our many veteran health plan members. Thank you all for serving our country.
**Protect Yourself Against the Flu**

Influenza is a potentially serious illness that can lead to hospitalization and sometimes death. Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year. An annual seasonal flu vaccine is the best way to help protect against flu. Vaccination has been shown to have many benefits, including reducing risk of flu illness and hospitalization.

You should get a flu vaccine before flu begins spreading in your community. It takes about 2 weeks after vaccination for the antibodies that protect against the flu to develop in the body. The CDC recommends that people get a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season.

Flu vaccines are a covered benefit for all CHRISTUS Health USFHP members.

source: cdc.gov/flu/prevent/keyfacts.htm

**Quality Program**

We want you to know about our Quality Program. A summary is available on the website that explains the CHRISTUS Health US Family Health Plan Quality Program, our goals, successes and opportunities for improvement. USFHPenroll.com also contains important information on how to use your benefits. You’ll find information on:

- Member rights and responsibilities
- How to use your health care coverage
- Covered and non-covered benefits
- Pharmacy procedures
- How to access medical and behavioral health services
- How to appeal payment decisions and the right to external review
- Population Health Management programs, including wellness programs, case management and other mamer safety initiatives
- Moving from pediatric to adult care
- Member satisfaction surveys and other quality measures
- Utilization Management (UM) procedures
- Guidelines for decision making
- Clinical criteria for decision making
- How to file a complaint
- Continuity of care

**Utilization Management Affirmative Statement**

1. CHRISTUS Health Plan UM decision making is based on only the appropriateness of care and service, and existence of coverage.
2. CHRISTUS Health Plan does not specifically reward providers or other individuals for issuing denials of coverage.
3. Financial incentives for UM decision makers do not encourage decisions that result in underutilization.

**Member Rights and Responsibilities**

Visit ChristusHealthPlan.org/Member-Resources/Rights-And-Responsibilities to learn about your member rights and responsibilities. This information is also in your Member Handbook. If you have any questions, Member Services is available at 800.678.7347.

**Diabetes Myths: Busted**

On behalf of the millions of Americans who live with or are at risk for diabetes, CHRISTUS Health Plan is committed to helping our members understand this chronic disease. In honor of American Diabetes Month (November), we hope you’ll learn more about the disease by allowing us to bust some myths.

If you’re overweight, will you always develop Type 2 diabetes?

Being overweight is a risk factor for developing diabetes, but other risk factors such as how much physical activity you get, family history, ethnicity, and age also play roles. Many people with Type 2 diabetes are at a normal weight or moderately overweight.

Is diabetes a serious disease?

Yes. Diabetes causes more deaths over year than breast cancer and AIDS combined, and having diabetes nearly doubles your chance of having a heart attack. However, managing your diabetes can reduce your risk for diabetes complications.

Do people with diabetes need to eat special foods?

A healthy meal plan for people with diabetes is generally the same as healthy eating for anyone - low in saturated fat, moderate in salt and sugar, with meals based on lean protein, non–starchy vegetables, whole grains, healthy fats, and fruit.

Can people with diabetes eat sweets or chocolate?

If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no ‘off limits’ to people with diabetes than they are to people without diabetes.

Does taking insulin mean you’re failing to take care of your diabetes?

Using insulin to get blood glucose levels to a healthy level is a good thing, not a backslide. For most people, Type 2 diabetes is a progressive disease. When first diagnosed, many people can keep with blood glucose at a healthy level with meal planning, physical activity, and taking oral medications. Over time, the body gradually produces less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels in a healthy range.

**NEW TRICARE Tier 4**

The National Defense Authorization Act (NDAA), Section 702 allows for the TRICARE Pharmacy Tier 4 – Not Covered drugs. The rule allows for complete exclusion of drugs from TRICARE pharmacy benefit coverage when certain criteria are met.

Complete exclusion of drugs from the TRICARE pharmacy benefit applies to both new and current users.

Effective August 28, 2019, the following drugs will be excluded from the TRICARE pharmacy benefit coverage:

- Glumetza, both brand and generic
- Vimofo
- Lexette

For more information, visit federalregister.gov/documents/2018/12/11/2018–26562/tricare-pharmacy-benefitprogram-reforms