Be Well Informed

SUMMER 2019

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Be Well
Informed

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Family Health and Fitness Day
Saturday, June 8 is Family Health and Fitness Day! Organized by the National Recreation and Parks Association (NRPA), Family Health and Fitness Day promotes the importance of local parks and recreation in keeping communities healthy.

To celebrate, we’re encouraging CHRISTUS Health Plan Members and their families to gather to get active at their local park. NRPA offered its top ways to get fit:

• Take a walk
• Go for a swim
• Enroll in a fitness program
• Play outside

Parks and recreation departments nationwide offer year-round opportunities for families and individuals to stay active and fit. In fact, living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth.

We hope you’ll encourage your patients to celebrate this June 8.

Take Time for Sun Protection

It’s summertime and that means your patients will be spending more time in the sun. It’s important for your patients to be sun smart when playing and working outdoors.

Some reminders for your patients:
1. Wear hats, sunglasses, and protective clothing to protect from the sun.
2. Find shade or stay inside during the midday (10 a.m. to 4 p.m.).
3. No matter the skin tone, use sunscreen, at least SPF 15 and broad spectrum to protect from UVA and UVB rays.
4. Sunscreen should be applied 30 minutes before use is needed, and reapplied every two hours or sooner if swimming or sweating.
5. Use sunscreen on overlooked areas: ears, nose, lips, back of neck, hands, tops of feet, hairline or head.

Other reminders from the CDC:
• Exposure to ultraviolet (UV) rays – from the sun or from artificial light sources like tanning beds – is the most common cause of skin cancer.
• Anyone can get skin cancer – no matter their skin tone.
• Skin cancer is the most common cancer in the United States, but most skin cancers can be prevented.
• Every year, nearly 5 million people are treated for skin cancer at a cost of more than $8 billion.
• Annually, there are about 76,000 new cases of and 9,000 deaths from melanoma, the deadliest form of skin cancer.

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 secure email, fax, or phone.
FWA Hotline: 855.771.8072
Email: CHRISTUSHealthSIU@christushealth.org
Fax: 210.766.8849
If you prefer anonymity, call the Integrity Line at 888.728.8383 or visit CHRISTUSIntegrityLink.org.

For general FDR / Vendor questions or concerns, you can email us at CHPVendorRelations@christushealth.org.

Freedom Over Texas
Join CHRISTUS Health US Family Health Plan Thursday, July 4, for Houston’s biggest Independence Day Celebration, Freedom Over Texas!
There will be live music, food, fun, and of course, a fireworks show. It all starts at 4 p.m. at Eleanor Tinsley and Sam Houston Parks. Stop by and visit with us at the USFHP booth. We can’t wait to see you!

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**Emergency Preparedness**

Hurricane season is here. We are providing your patients with some important information to review for their emergency preparedness plans as lost or damaged medication can be a life-threatening situation. It's important to prepare for any emergency.

Here are some tips we provided to your patients:
1. Make a medication list.
2. Carry your prescription and (or) insurance card.
3. Maxor and USFHP’s network of pharmacies will remain open as long as it is safe for employees and the community.
4. Keep medications in original containers with original labels.
5. Prepare for special needs.
6. Inspect your medication as a safety measure.
7. Contact a health care provider before making up any missed doses.

As a health care provider, make sure you also have an emergency preparedness plan. Some things to consider as part of your plan would be to remember to back up all electronic data in case of a power surge | outage that may erase data and to store paper documents as high as possible in case of flooding.

**Back to School Immunizations**

From newborns to college, you can help protect your patients from 16 serious diseases with vaccination. Make sure you talk to your patients’ parents about any needed vaccines before the back-to-school rush.

**Vaccines for Young Children (Newborn – 6 years)**
- During the early years of life, children need vaccines to help protect them.
- Annual flu vaccines are recommended for children 6 months and older.

**Vaccines for Preteens and Teens (7 years through 18 years old)**
- All preteens and teens need a flu vaccine every year.
- Some children 6 months through 8 years of age require 2 doses of flu vaccine. The first dose should be taken as soon as the flu vaccine is available, and the second dose should be received at least 28 days after the first dose.
- In addition to an annual flu vaccine, 3 vaccines are recommended specifically for preteens:
  - HPV Vaccine
  - Tdap booster
  - Meningococcal conjugate vaccine

If your patients have missed any vaccines, log onto CDC.org and use the Catch-Up Immunization Schedule to get them back on track.

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Dear Friends,

All of us at CHRISTUS Health US Family Health Plan are grateful to our network providers for the care you provide our members.

In this issue we are highlighting the importance of speaking with your patients about staying safe in the sun and preparing for emergencies, as well as back-to-school immunizations.

We’ve also highlighted the importance of screening for PTSD and different providers who help Alzheimer’s Disease patients. If you ever have any questions, please call Member Services at 800.678.7347 or visit CHRISTUShealthplan.org/providers.

We thank you again for the care you provide our members.

David Engleking, MD
Medical Director
CHRISTUS Health Plan

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**PTSD Screening**

There are a number of reasons why health care providers should assess patients for a history of trauma exposure. Some of the most important reasons are:
- Trauma and trauma-related problems are common.
- PTSD affects health.
- PTSD is underrecognized by practitioners.

**Screen for PTSD**

Providers can use the questions below to ask about trauma-related symptoms. Completed screens should be collected and reviewed to identify patients who are likely to be experiencing distressing post-trauma reactions. Screening items can be added to the standard medical history forms.

**Primary Care PTSD Screen (PC-PTSD)**

In your life, have you ever had any experience that was so frightening, horrible, or upsetting that, in the past month, you:
- Have had nightmares about it or thought about it when you did not want to?
- Tried hard not to think about it or went out of your way to avoid situations that reminded you of it?
- Were constantly on guard, watchful, or easily startled?
- Felt numb or detached from others, activities, or your surroundings?

The results of the PC-PTSD should be considered “positive” if the patient answers “yes” to any three items. A positive response does indicate that a patient may have PTSD or trauma-related problems, and further investigation of trauma symptoms by a mental health professional may be warranted.

It is recommended that health care providers routinely screen individuals for trauma-related symptoms. Use of a PTSD screen increases a health care provider’s ability to detect PTSD and to initiate appropriate referral.

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**The Health Care Team for Alzheimer’s Disease**

Warning signs of cognitive decline, such as forgetting conversations or missing appointments, could be early signs of Alzheimer’s disease or another form of dementia. It’s important to figure out what’s wrong, why it’s happening, and what to do.

A PCP is generally the place patients start when questions about cognitive impairment arise. PCPs are likely to know which initial questions to ask and which screening tests to do.

Consultation with one of the following specialists can be valuable. This is especially true when dealing with a more complicated situation, such as people who are younger, whose cognitive symptoms are unusual, or whose medical or psychiatric histories are complex.

The most common specialists consulted for someone with memory or other cognitive symptoms include:
- Geriatrician
- Neurologist
- Psychiatrist
- Psychologist
- Neuropsychologist
- Geriatric Care Manager