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Glaucoma Awareness Month

January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease.

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58% increase.

There are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. The most common forms primarily affect the middle-aged and the elderly, but glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

source: glaucoma.org/news/glaucoma-awareness-month.php



Winter 2019-2020 Health Matters



Ask the Expert: Why Should I Take Care of My Hearing Loss?

In this article, one of Amplifon's resident hearing health care experts, Carrie Meyer, Au.D., points out 4 reasons you *should not wait* to take care of your hearing loss.

Reason #1: Your hearing loss is probably worse than you think
Hearing often declines slowly, typically over a period of years. In many cases, this gradual deterioration allows people to adjust to their own hearing loss and not realize how bad it is. Family and friends of the hearing-impaired individual usually provide a good "barometer" of how significant the problem is.

Reason #2: Waiting may put your overall health at risk
While social isolation definitely has an impact on quality of life, the consequences of untreated hearing loss can be far more serious. Specifically, a number of studies have concluded that hearing loss correlates to an increased risk of life-altering health conditions.

Reason #3: You're covered by your CHRISTUS Health Plan
You are able to save thousands of dollars on the purchase of high-quality hearing aids, as well as the cost of related services and hearing aid batteries through Amplifon's partnership with CHRISTUS Health Plan Generations and Generations Plus.

Reason #4: You can have peace of mind about your decision
A reputable hearing health care provider will do everything possible to ensure your satisfaction. This should include fine-tuning the hearing aids to precisely meet your needs and preferences, as well as addressing your questions and concerns. Another good indicator of a strong commitment to patient satisfaction is a trial period. (The Amplifon program includes a 60-day, risk-free trial period.)

The sooner you get help for your hearing loss, the sooner you can improve your quality of life while protecting your overall health.

Visit amplifonusa.com/christushealthplangenerations or call **866.687.6756** for more details on your hearing health care discounts through Amplifon.
source: Amplifon Hearing Health Care

Fitness Tip: Single Foot Stand

1. Stand behind a steady, unmoveable chair and hold onto the back.
2. Pick up your left foot and balance on your right foot as long as is comfortable.
3. Place your left foot down and then lift up your right foot and balance on your left foot.

This exercise is similar to standing like a flamingo, but less dangerous. You are aiming to be able to stand on one foot without holding the chair for up to one minute.

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

Secure Fax: **210.766.8849**

If you prefer anonymity, call the Integrity Line at **888.728.8383** or visit ChristusIntegrityLink.org.

For compliance questions or concerns, you can email us at CHPCompliance@ChristusHealth.org
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Dear Friends,
Welcome to the newest issue of Health Matters. We hope you're staying warm this winter, surrounded by loved ones.

In this issue of Health Matters, we present the reasons to take care of your hearing health, give tips on how to make and keep resolutions for the new year, and offer a recipe for turkey meatloaf.

January is Glaucoma Awareness Month. February is American Heart Month.

As always, if you ever have any questions, please feel free to contact Member Services at **844.282.3026**.

Nothing means more to us than knowing we've helped make our members' lives better. We wish you and yours a happy and safe holiday season ahead.

In good health,

Nancy Horstmann
Chief Executive Officer
CHRISTUS Health Plan

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Making and Keeping New Year's Resolutions

More than half of all resolutions fail, but this year, they don't have to be yours. Here's how to identify the right resolution to improve your life, create a plan on how to reach it, and become part of the small group of people that successfully achieves their goal.

Pick the right resolution

You'll give yourself your best shot at success if you set a goal that's doable - and meaningful too. A lot of resolutions fail because they're not the right resolutions. A resolution might be wrong for one of 3 main reasons:

- It's a resolution based on what someone else (or society) is telling you to change.
- It's too vague.
- You don't have a realistic plan for achieving your resolution.

Create your plan

Your end goal won't just magically appear. Because you won't just wake up and change your life, you not only need a plan for what to do, but also for what roadblocks you'll come across along the way.

Leap over resolution hurdles

No one's perfect, and your quest for your resolution won't be either. But you can get back on track. What's the best way to tackle problems that arise on your way to success? First, remember no matter how well you plan, change is hard. So before hurdles get in your way, make sure you have a plan to jump over them.

Positive thinking isn't enough. A better technique than positive thinking? Imagine the goal or positive fantasy, but then look at what obstacles are in the way and how to get over them.

Try W.O.O.P. – Wish, Outcome, Obstacle, Plan.

- Wish: What do you want?
- Outcome: What would the ideal outcome be? What will your life look like when you hit your goal?
- Obstacle: What will try to stop you? What sidelined you before?
- Plan: How will you get around it?

Find a community

You don't need to do it alone, especially if your resolution starts in the new year when you'll have plenty of company in trying to make a life change.

You don't necessarily need to find a special group, but you should let a person or two know that you're setting a goal. That way it's a public commitment, and you might feel like you have a community supporting you that wants to see you succeed.

If you miss your goal

You didn't fail. Want to try again? A resolution doesn't need to be tied to the New Year. It won't guarantee success, but you don't need to wait until another year comes around on the calendar to give it another go. And be kind to yourself. When resolutions run off the rails or fall apart but you still want to try again, talk to yourself like a child who's feeling discouraged. You wouldn't say "that's because you're an idiot." You would say, "You can do it."

Source: nytimes.com/guides/smarterliving/resolution-ideas



Facts About Heart Disease in Women

Do you know what causes cardiovascular disease in women? What about the survival rate? Or whether women of all ethnicities share the same risk?

The fact is: **cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year.** That's approximately one woman every minute!

But it doesn't affect all women alike, and the warning signs for women aren't the same in men. What's more: These facts only begin to scratch the surface.

There are several misconceptions about heart disease in women, and they could be putting you at risk. The American Heart Association advocates for more research and swifter action for women's heart health for this very reason.

"It's a man's disease." "Breast cancer is the real threat." If you've heard or said any of this before, you're not alone. The real fact is, relying on these false assumptions can cost you your life.

Myth: Heart disease doesn't affect women who are fit.

Fact: Even if you're a workout fiend, your risk for heart disease isn't completely eliminated. Factors like cholesterol, eating habits and smoking can counterbalance your other healthy habits.

Myth: I don't have any symptoms.

Fact: Sixty-four percent of women who die suddenly of coronary heart disease had no previous symptoms. Because these symptoms vary greatly between men and women, they're often misunderstood. In reality, women are somewhat more likely to experience shortness of breath, nausea or vomiting, and back or jaw pain. Other symptoms include dizziness, feeling lightheaded or fainting, pain in the lower chest or upper abdomen and extreme fatigue.

Myth: Heart disease runs in my family, so there's nothing I can do about it.

Fact: Although women with a family history of heart disease are at higher risk, there's plenty you can do to dramatically reduce it. Simply create an action plan to keep your heart healthy.

Because of healthy choices and knowing the signs, more than 670,000 of women have been saved from heart disease.

Source: goredforwomen.org/en/about-heart-disease-in-women/facts/common-myths-about-heart-disease

Healthy Turkey Loaf

Ingredients

- | | |
|-----------------------------------|--------------------------------------|
| • 1/2 lb. ground turkey | • 1/8 cup chopped yellow bell pepper |
| • 1 egg | • 1/4 cup chopped onion |
| • 1/4 cup salsa | • 1/4 cup dry bread crumbs |
| • 1/8 cup chopped red bell pepper | • lemon pepper to taste |

Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine turkey, egg, salsa, red bell pepper, yellow bell pepper, onion, bread crumbs and lemon pepper. Mix well with hands until blended. Roll into a small loaf and place on a foil-lined baking sheet.
3. Bake in preheated oven for 25 minutes.



Honor These Awareness Dates and Stay Healthy

December

- Pearl Harbor Remembrance Day (7)
- National Guard Birthday (13)
- First Day of Winter (21)
- Christmas Day (25)

January

- New Year's Day (1)
- Cervical Cancer Awareness Month
- Glaucoma Awareness Month
- Martin Luther King, Jr. Day (20)

February

- American Heart Month
- Black History Month
- Super Bowl (2)
- Go Red for Women Day (7)
- Valentine's Day (14)