



919 Hidden Ridge
Irving | TX 75038

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How to Select a Sunscreen

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

Sunscreen is an important tool in the fight against skin cancer, including melanoma, the deadliest form of skin cancer. One in five Americans will develop skin cancer in their lifetime.

The American Academy of Dermatology recommends choosing a sunscreen that states the following on the label:

- **Broad Spectrum:** This means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.
- **SPF 30 or Higher:** This indicates how well a sunscreen protects you from sunburn.
- **Water Resistant:** While sunscreen can be “water resistant” (for 40 minutes) or “very water resistant” (for 80 minutes), sunscreens are not waterproof or sweatproof and need to be reapplied.

Most adults need about an ounce of sunscreen to fully cover their body. Be sure to rub the sunscreen thoroughly into your skin. It takes approximately 15 minutes for your skin to absorb the sunscreen and protect you.

Don't forget to apply sunscreen to your neck, face, ears, tops of your feet and legs. If your hair is thinning, you should apply sunscreen to your scalp or wear a wide-brimmed hat. You should also protect your lips by wearing a lip balm with at least 15 SPF.

source: aad.org/public/everyday-care/sun-protection/sunscreen/how-to-select-sunscreen



Spring 2021 Health Matters



What to Know About COVID-19 and Strokes

COVID-19, the disease caused by SARS-CoV-2, usually attacks the lungs. It causes symptoms that include cough and difficulty breathing – but doctors are noticing a disturbing trend. People as young as 30 are experiencing strokes, even when their symptoms were mild.

“The coronavirus has been shown to cause development of microthrombi [small clots]. These clots can travel to the lung and obstruct blood flow to the lung, which is called pulmonary embolism, or travel to brain circulation and cause ischemic stroke,” said Dr. Theresa Capriotti, DO, MSN, RN, at Villanova University.

“It seems to be happening to those affected with severe COVID symptoms,” Capriotti said. “It can occur in any age group and it occurs suddenly.” Symptoms of stroke to watch out for include:

- weakness or paralysis of the extremities on one side of the body
- lack of sensation in extremities on one side of the body
- facial droop on one side of the face
- speech impairment

According to Dr. Christopher P. Kellner, professor of neurosurgery at Mount Sinai, the kind of stroke that's happening is **severe stroke** – meaning the patients had a large blood clot attach to one of the large arteries in the brain.

Recently published research finds COVID-19 and other diseases that cause severe inflammation throughout the body can increase the risk of fatty plaque buildup and blood vessels rupturing. This can lead to stroke and other cardiovascular diseases.

Although typically considered a lung infection, COVID-19 has been found to cause blood clots that can cause severe stroke. Experts say that this can happen in any patients regardless of age, and even in those with few or no symptoms.

A study released in May also found that severe inflammation from COVID-19 might lead to a build up of plaque that can increase the risk of stroke.

source: healthline.com/health-news/what-to-know-about-covid-19-and-strokes#New-York-doctors-sound-the-alarm

Fitness Tip: Wall Angels

1. Stand about 3 inches away from the wall and place your head and lower back flat against the wall.
2. Put your hands at your sides with the palms out and the backs of your hands against the wall.
3. Keeping your arms touching the wall, raise them up above your head (or as high as is comfortable).

This exercise helps to open up your chest and to decrease the tightness in the middle of your back that develops as a result of looking down.

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 safe and healthy.

In this issue of Health Matters, discuss how COVID-19 is affecting the heart, Colorectal Cancer Awareness Month, and how to select the right sunscreen.

If you are looking for a COVID-19 vaccine, we encourage you to stay tuned to your local health system as well as the local health department.

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.

In good health,

Nancy Horstmann
Chief Executive Officer
CHRISTUS Health Plan

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March is Colorectal Cancer Awareness Month

Cancer didn't stop because COVID-19 started. Colorectal cancer screening can save your life. You have options for how to get screened, including at-home tests. And all screening options are safe.

Now is the time to get screened. To find out which screening option is best for you, visit quiz.getscreened.org. Take control of YOUR health—know your own risk and get checked now.

If you are currently experiencing symptoms, such as rectal bleeding, abdominal discomfort, or a change in bowel habits, contact your primary care physician or gastroenterologist (GI doctor) today.

Screening (testing for colorectal cancer) is the best way you can prevent colon cancer and rectal cancer.

With screening, colorectal cancer is one of the most preventable cancers. Colon cancer and rectal cancer are also highly treatable if caught early. That's why on-time screening is essential and lifesaving! Screening should begin at age 45.

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.

Some types of Colorectal Cancer Screening:

- Colonoscopy: A colonoscopy is a simple and safe procedure in which your doctor uses a long tube with a light and camera to detect polyps. Polyps can be removed during the procedure if found. This is the standard test for colorectal cancer screening.
- Fecal Immunochemical Test (FIT or iFOBOT): Tests for blood that comes from a tumor or polyp. Users swab bowel movement and place it on a card, then send it to a lab for analysis. This test is done at home and is fairly inexpensive. A colonoscopy will be required if blood is detected.
- Flexible Sigmoidoscopy: This test, like a colonoscopy, is done at a doctor's office. It can detect and remove polyps. No sedation is required. This test views only the left part of the colon, meaning it can miss tumors developing on the right side. A colonoscopy is needed if larger polyps or other issues are detected.

If you have any questions about colorectal cancer or the screenings available to you, be sure to speak to your primary care provider about them. If you need to schedule an appointment or need to find a new primary care provider, CHRISTUS Health Plan Member Services can assist you, Monday - Friday, 8 a.m. to 5 p.m., at **844.282.3025**.

Source: ccalliance.org/screening-prevention/get-screened



Ask the Expert: How Can I Make the Most of My Hearing Benefit?

May is Better Speech and Hearing Month. Through your CHRISTUS Health Plan Generations or Generations Plus membership, you have access to a three-tier hearing aid formulary with Amplifon Hearing Health Care.

If you've never been to a hearing care provider or had hearing aids in the past, you may not know how to take advantage of the additional value available to you. Here's five things you can do you make the most of your hearing benefit.

Ask questions: If you don't know where the nearest hearing care provider is, or have questions about the program, a Patient Care Advocate will be there for you every step of the way to answer questions and point you in the right direction to get the best care for your hearing. You can get in contact with a Patient Care Advocate by calling **888.402.1397** or by using our online chat at amplifonusa.com.

Find the right fit: Finding the right hearing aids can sometimes be like buying a new car. You have to decide which brand and model will meet your needs and which features you 'can't live without.' Similarly, your hearing care provider will work with you to select a hearing aid that suits both your lifestyle and degree of hearing loss. With your Amplifon benefit, you can try your hearing aids risk-free for 60-days. If for any reason you find that your hearing aids just aren't the perfect match, you can return them with no return or restocking fees.

Take advantage of follow-up care: Just like any other piece of technology, hearing aids need to be adjusted in order to feel comfortable. It's important that you work with your provider to get your hearing aids adjusted properly, which is why Amplifon offers one-year of adjustments, cleanings, and other services at no additional cost to you.

Get batteries sent directly to you: The average lifespan of a hearing aid battery is between 3 and 7 days, depending on the size of the battery your hearing aids take. With your Amplifon benefit, you can get two years of free batteries mailed to your doorstep, meaning fewer trips to the store and more money in your pocket.

Know you're covered: Accidents happen, but with your Amplifon benefit, you can rest easy knowing that you're covered by a three-year warranty for loss, damage, or repairs.

Check your benefits by giving Amplifon a call at **888.402.1397** or by visiting: go.amplifonusa.com/hearing-benefits.

Source: blog.amplifonusa.com/make-the-most-of-your-hearing-benefit-1

Health Risk Assessment

We are glad to have you as a member of our health plan and value your participation with us.

In partnership with your primary care physician, we want to help you stay as healthy as possible. One way we do this is by asking you some questions about your health and lifestyle. We hope you will help us determine how we can best serve you by answering the questions in the our health risk assessment at the link below.

ChristusHealthPlan.org/prevention-and-care/preventing-health-issues/health-risk-assessment



Honor These Awareness Dates and Stay Healthy

March

Brain Injury Awareness Month

Colorectal Cancer Awareness Month

Doctor's Day (30)

April

Donate Life Month

National Minority Health Month

Parkinson's Awareness Month

Stress Awareness Month

Easter (4)

May

American Stroke Month

Asthma and Allergy Awareness Month

Better Speech & Hearing Month

Month of the Military Caregiver

Skin Cancer Awareness Month

Nurses Week (6-12)

Military Spouse Appreciation Day (7)

Mother's Day (9)

Memorial Day (31)