



Sales Department  
919 Hidden Ridge  
Irving | TX 75038



NAME  
COMPANY  
STREET ADDRESS  
CITY, STATE ZIP

## National Minority Health Month

Celebrated every year in April, National Minority Health Month is an effort to raise awareness about health disparities that continue to affect racial and ethnic minority populations. 2020 will be the 105<sup>th</sup> anniversary of the establishment of Negro Health Week by Booker T. Washington, which led to the month-long initiative observed today.

National Minority Health Month received support from the U.S. Congress in 2002, with a concurrent resolution (H. Con. Res. 388) that "a National Minority Health and Health Disparities Month should be established to promote educational efforts on the health problems currently facing minorities and other health disparity populations." The resolution encouraged "all health organizations and Americans to conduct appropriate programs and activities to promote healthfulness in minority and other health disparity communities."

For the second consecutive year, the theme for National Minority Health Month is Active & Healthy. This year's theme will provide HHS Office of Minority Health (OMH) and minority health advocates around the nation the opportunity to advance health outcomes by highlighting the benefits of incorporating small amounts of moderate-to-vigorous physical activity into our schedules.

sources: [nimhd.nih.gov/programs/edu-training/nmhm/](https://nimhd.nih.gov/programs/edu-training/nmhm/)  
[minorityhealth.hhs.gov/omh/content.aspx?ID=12481](https://minorityhealth.hhs.gov/omh/content.aspx?ID=12481)

# Health Matters

SPRING  
2020

## 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](mailto:ChristusHealthSIU@ChristusHealth.org)

Secure Fax: 210.766.8849

If you prefer anonymity, call the Integrity Line at 888.728.8383 or visit [ChristusIntegrityLink.org](https://ChristusIntegrityLink.org).

For compliance questions or concerns, you can email us at [CHPCompliance@ChristusHealth.org](mailto:CHPCompliance@ChristusHealth.org)

## Follow us on Facebook!

CHRISTUS Health Plan

 /CHRISTUSHealthPlan

US Family Health Plan at  
CHRISTUS Health

 /USFHP



## Take Time to Unwind

Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is invaluable. It's healthy to relax, renew, and rejuvenate.

Long-term stress can lead to a wide range of illnesses — from headaches to stomach disorders to depression — and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

### Combat Your Stress

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stressors, and you may have to try various options.

- Recognize when you don't have control, and let it go.
- Don't get anxious about situations that you cannot change.
- Take control of your own reactions and focus your mind on something that makes you feel calm and in control.

### Relax and Recharge

Be sure to carve out some time to relax and take care of yourself each day — even 10 minutes per day can improve your ability to handle life's stressors. Also, remember that exercise is an excellent stress reliever.

Everyone has different ways they like to relax and unwind. Here are a few ideas to get you started:

- Take a walk
- Read a book
- Go for a run
- Have a cup of tea
- Play a sport
- Spend time with a friend or loved one
- Meditate
- Do yoga

While it's difficult to avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.

source: [foh.psc.gov/calendar/stress.html](https://foh.psc.gov/calendar/stress.html)

PC575



# National Doctors' Day



## THANK YOU.

NATIONAL DOCTORS' DAY

Thank you for the long nights, the endless days, the compassion and patience you show to everyone around you, your commitment to continue to grow as a physician and your tireless persistence to provide complete healing to those you serve. For all these things and more, we're grateful.



Good and gracious God,

You are the source of all healing. In you we have a share of the wonderful ministry we call “healing presence.” Today, we honor physicians for the excellent care they give. We know what we truly celebrate is the way your grace moves through each of them to reveal your healing touch, your compassionate glance, your consoling words. Bless them in a special way today and strengthen them so they might continue to be your healing presence to others.

Bless the patients and their families who will come to them. In their vulnerable state, they need to feel you are with them. Through the respect, dignity and compassion shown to them by their physicians, may patients and families experience your divine presence. We ask this in the power of your Holy Name. Amen.

On this special day, CHRISTUS Health Plan would like to offer our heartfelt thanks to all of our providers. Thank you for the care and treatment you provide to our members. We appreciate you.

## Quality Program

We want you to know about our Quality Program. A summary is available on the website that explains the CHRISTUS Health Plan Quality Program, our goals, successes and opportunities for improvement. You'll find information on:

- Member rights and responsibilities
- How to appeal payment decisions and the right to external review
- Population Health Management programs, including wellness programs, case management and other member safety initiatives

- Continuity of care
- Covered and non-covered benefits
- How to access medical and behavioral health services

### 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

Do you want to know what your patients' rights and responsibilities are as a member of CHRISTUS Health US Family Health Plan or CHRISTUS Health Plan? To review the rights and responsibilities, please visit our website, [christushealthplan.org/member-resources/rights-and-responsibilities](http://christushealthplan.org/member-resources/rights-and-responsibilities). If you have any questions please contact Member Services, **844.282.3100**.

Dear Friends,

In this issue of Health Matters, we are highlighting the importance of taking time to unwind, screening for colorectal cancer, and Minority Health Month, as well as a reminder to keep your information up to date with us.

We here at CHRISTUS Health Plan and US Family Health Plan would also like to wish you a Happy Doctors' Day. We are so lucky to have you as part of our family, taking such great care of our members.

Sincerely,

David Engleking, MD  
Medical Director  
CHRISTUS Health Plan

## Honor These Awareness Dates and Encourage Your Patients to Get Healthy March

- Brain Injury Awareness Month
- Colorectal Cancer Awareness Month
- National Sleep Awareness Week (8-14)
- Doctor's Day (30)

## April

- Donate Life Month
- National Minority Health Month
- Parkinson's Awareness Month
- Stress Awareness Month

## May

- Arthritis Awareness Month
- Asthma and Allergy Awareness Month
- Better Speech & Hearing Month
- American Stroke Month
- Month of the Military Caregiver
- Memorial Day (25)
- Senior Health & Fitness Day (27)

# March is Colorectal Cancer Awareness Month

Although colorectal cancer mortality rates have declined since the mid-1970s, colorectal cancers are the third most common cancer in the United States, and are the second leading cause of cancer deaths. The primary risk factor for colorectal cancer is age, with more than 90% of cases occurring in persons aged 50 years or older.

Risk is increased by a personal or family history of colorectal cancer and/or polyps, or a personal history of inflammatory bowel disease. Other risk factors include smoking, high alcohol consumption, obesity, physical inactivity, a diet high in saturated fat and/or red meat, and inadequate intake of fruits and vegetables.



The US Preventive Services Task Force (USPSTF) recommends that clinicians screen men and women for colorectal cancer beginning at age 50 years and continuing until age 75 years. Previous USPSTF guidance recommended screening with a combination of high-sensitivity fecal occult blood tests (every 3 years) and flexible sigmoidoscopy (every 5 years). Current guidance does not emphasize specific screening approaches but highlights that colorectal cancer screening substantially reduces deaths among adults age 50-75 and not enough patients are being screened.

The American College of Physicians recommends that average-risk adults age 50-75 should be screened for colorectal cancer using:

- Annual high sensitivity gFOBT or FIT
- Flexible sigmoidoscopy every 5 years
- High-sensitivity gFOBT or FIT every 3 years plus flexible sigmoidoscopy every 5 years, or
- Colonoscopy every 10 years; clinicians screen men and women for colorectal cancer beginning at age 50 years and continuing until age 75 years.

source: [ihs.gov/sites/crs/themes/responsive2017/display\\_objects/documents/toolbox/CRCScreeningInfo.pdf](https://ihs.gov/sites/crs/themes/responsive2017/display_objects/documents/toolbox/CRCScreeningInfo.pdf)

# Be Sure to Keep Your Information Up to Date

Does CHRISTUS Health Plan have your current contact information?

- Address
- Phone
- Fax
- Email

If you have not updated your information with us please reach out to ensure we have the proper information in order to communicate with you. You may contact your provider representative with your current information or call the Member Services team.

Health Insurance Exchange: **844.282.3025**  
Medicare Advantage: **844.282.3026**  
US Family Health Plan: **800.678.7347**