



919 Hidden Ridge
Irving | TX 75038



NAME
COMPANY
STREET ADDRESS
CITY, STATE ZIP



TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

The appearance of U.S. Department of Defense (DoD) visual information (imagery) does not imply or constitute DoD endorsement.



Follow us on Facebook!

US Family Health Plan at
CHRISTUS Health



Don't Let Glaucoma Steal Your Sight

Half of people with glaucoma don't know they have it. Get a healthy start by learning about glaucoma and taking steps to reduce your risk of vision loss!

Know the Facts About Glaucoma

Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and even blindness. About 3 million Americans have glaucoma. It is the second leading cause of blindness worldwide.

There are often no early symptoms, There is no cure (yet) for glaucoma, but if it's caught early, you can preserve your vision and prevent vision loss.

Anyone can get glaucoma, but certain groups are at higher risk. These groups include African Americans over age 40, all people over age 60, people with a family history of glaucoma, and people who have diabetes. African Americans are 6 to 8 times more likely to get glaucoma than whites. People with diabetes are 2 times more likely to get glaucoma than people without diabetes.

Take steps to protect your eyes and the vision health of your loved ones by learning about glaucoma and other eye diseases. Know the facts, know the risks, and take action!

Source: cdc.gov/features/glaucoma-awareness/

Winter 2019-2020 Be Well Informed



When is it Too Late to Get a Flu Shot?

While you usually want to get a flu shot well before flu season gets started, that isn't always possible. With flu shot delays or shortages, your child might not always be able to get a flu shot when you want.

The CDC recommends getting vaccinated early, but they also say, "Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later."

So it is really never too late to get a flu vaccine. Source: verywellhealth.com/is-it-too-late-to-get-a-flu-shot-2633822

Cervical Health Awareness Month

According to the American Cancer Society, cervical cancer is most common in women under the age of 50, and rarely occurs in women under age 20.

Why is it important to get cervical cancer screening?

The fact that cervical cancer rarely presents any symptoms in its early stages highlights the importance of regular screening for the disease. If these abnormal cells are found and treated early, cervical cancer can be stopped from developing and if caught at its earliest stage, there is a higher chance of survival.

Source: cancer.org/cancer/cervical-cancer/about/key-statistics.html

MC1586

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 US Family 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 US Family Health Plan.

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/christushealthusfhp or call **866.211.6048** for more details on your hearing health care discounts through Amplifon.

source: Amplifon Hearing Health Care

Dear Friends,

Welcome to the newest issue of Be Well Informed.

In this issue, 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, as well as Cervical Health Awareness Month. February is American Heart Month.

As always, if you ever have any questions, please feel free to contact Member Services at **800.67.USFHP**.

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.

In good health,

Nancy Horstmann
Chief Executive Officer
CHRISTUS Health
US Family Health Plan

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

Facts About Heart Disease in Women

Do you know what causes cardiovascular disease in women? What about the survival rate? Do 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!*

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 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.

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 egg
- 1/4 cup salsa
- 1/8 cup chopped red bell pepper
- 1/8 cup chopped yellow bell pepper
- 1/4 cup chopped onion
- 1/4 cup dry bread crumbs
- 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.



Pharmacy Corner

Pharmacy Copay Increase

On Jan. 1, 2020, **all** copayments for prescription drugs for US Family Health Plan will increase. These changes are required by law and affect TRICARE beneficiaries who are not active duty service members.

You will continue to pay the least for generic formulary drugs and the most for non-formulary drug, regardless of whether you get them from home delivery or a retail pharmacy.

Up to a 30-day supply at network pharmacies:

Generic (Tier 1)	Brand Name (Tier 2)	Non-Formulary (Tier 3)
\$13	\$33	\$60

Up to a 90-day supply at Maxor pharmacies or by MXP Mail Order:

Generic (Tier 1)	Brand Name (Tier 2)	Non-Formulary (Tier 3)
\$10	\$29	\$60

Non-Network pharmacy - up to a 30-day supply:
50% cost share after Point of Service (POS) deductible

New Drug Category - Non-Covered Drugs

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.

MaxorPlus will notify you by letter if one of your current drugs is ever moved to the non-covered drug category.



Smoking Cessation Benefits

All over the counter and prescription smoking cessation drugs are available to you for FREE at MXP Mail Order Pharmacy and Maxor Pharmacies.

Ask your provider about which smoking cessation product is right for you. The provider can send your prescription to MXP Pharmacy or Maxor Pharmacies.

Source: Maxor Pharmacy

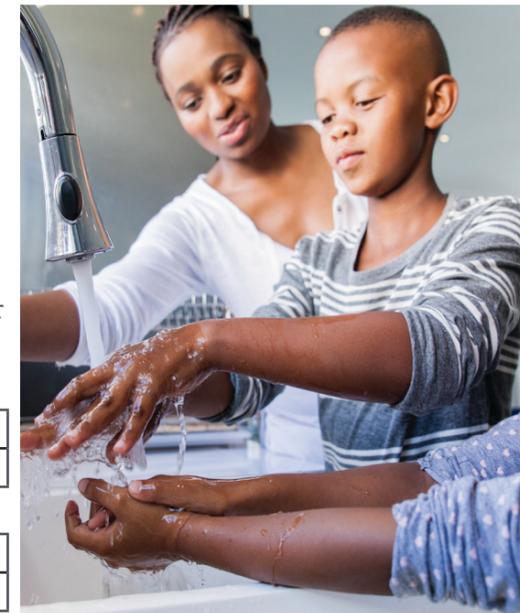
10 Ways to Keep Your Resolutions

A large number, if not the majority, of previous resolutions were probably broken in weeks, days, or even hours. There are some really easy ways to set yourself on the path to success

1. Keep resolutions simple
2. Choose carefully
3. Be realistic
4. Create bite-sized portions
5. Plan a time frame
6. Make notes
7. Treat yourself
8. Receive support
9. Don't give up
10. Put yourself in charge

Now you've read these tips, you are in a great position to consider the best ways to improve your life this New Year. Your happiness is worth the time and effort, so get started, and good luck!

Source: psychcentral.com/lib/10-sure-ways-to-keep-your-new-years-resolutions/



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)