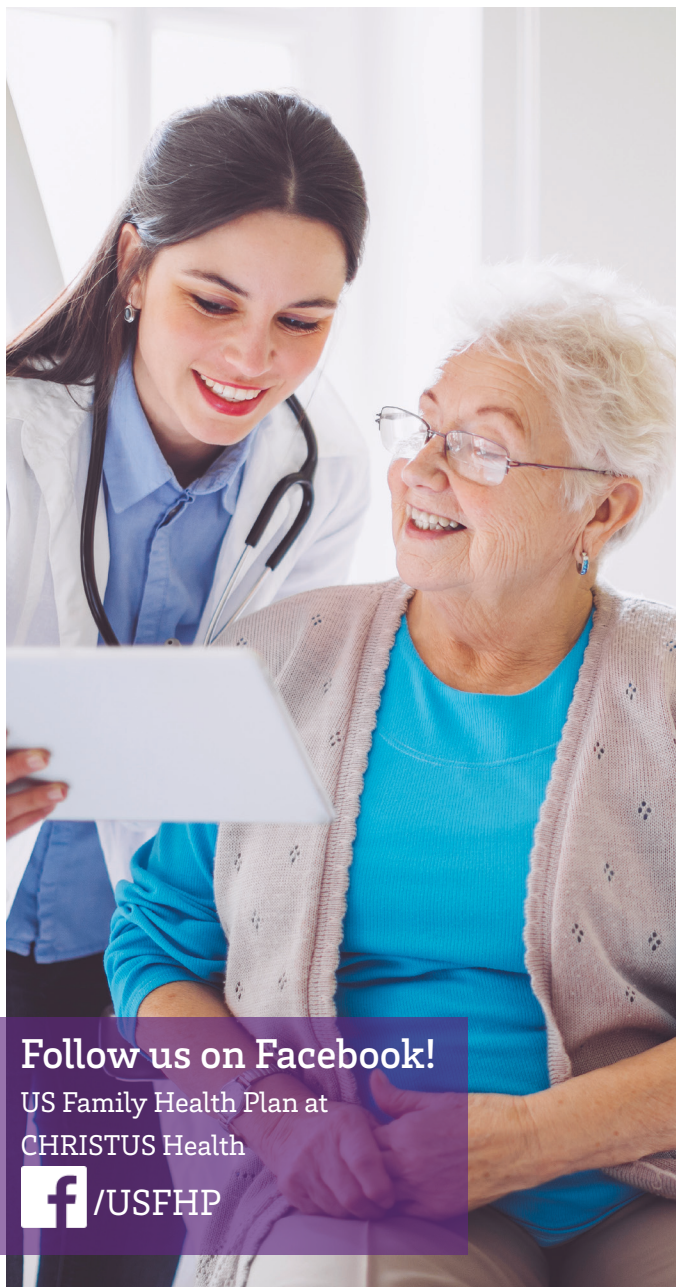


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CHRISTUS Health



We Are Here

At CHRISTUS, we know that emergencies haven't stopped. That's why our hospitals and ERs are open and stand ready to care for you when you need it most.

Taking care of you and your loved ones is what we do. Which is why CHRISTUS hospitals, emergency rooms and clinics work so hard to remain safe places to receive care.

Keeping Health Plan members safe is what matters most to us. Clean hands and clean facilities are more than just top of mind; it's how safe medicine is practiced every day. And many extra precautions have been taken to keep everyone who enters CHRISTUS facilities safe during COVID-19:

- Limiting visitors;
- Screening everyone who comes through the doors;
- Isolating COVID patients to one area of each facility;
- Temperature checks for Associates;
- Requiring everyone on our campuses to wear masks;
- Using telemedicine to treat active COVID-19 patients, so their caregivers and support staff limit the number of times they enter their rooms.

A lot has changed, but our commitment to caring for you is stronger than ever. And when you need care – we are here. We are ready. We're in this together.

This may be an unprecedented time, but CHRISTUS has experienced many of these since our founding 154 years ago. In fact, the first three Sisters who started our ministry in Galveston faced an epidemic of yellow fever within the first six months of opening the very first hospital.

Epidemics and tragedies have been part of our history, and so too has the resolve, after each challenge, to move on in love and service to those in need. We stand today in a rich history that gives us confidence that, with God's help, we can do the same.

Summer 2020 Be Well Informed



The History of Flag Day

The first celebration of the U.S. Flag's birthday was held in 1877 on the 100th anniversary of the Flag Resolution of 1777. However, it is believed that the first annual recognition of the flag's birthday dates back to 1885 when school teacher, BJ Cigrand, first organized a group of Wisconsin school children to observe June 14 – the 108th anniversary of the official adoption of The Stars and Stripes as the Flag's Birthday.

In 1916, the anniversary of the Flag Resolution of 1777 became a nationally observed event by a proclamation by President Woodrow Wilson. However, it was not designated as National Flag Day until August 3rd, 1949, when an Act of Congress designated June 14th of each year as National Flag Day.

Although Flag Day is not an official federal holiday, Pennsylvania celebrates the day as a state holiday. Each year the U.S. president delivers an address that proclaims the week of June 14 as National Flag Week, and Americans are encouraged to fly U.S. flags during the week.

sources: military.com/flag-day
britannica.com/topic/Flag-Day

MC1741



June is Men's Health Month

The goal of Men's Health Month, celebrated every June, is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

According to the CDC, the top 5 causes of death for men across all ages and races include: Heart disease (24%), Cancer (21%), Unintentional injuries (7%), Chronic lower respiratory diseases (5%), and stroke (4%). The causes and percentages vary by age and race.

On average, men die five years younger than women, and die at higher rates from nine of the top 10 causes of death. Men are also less likely than women to be insured. All of this impacts their ability to be involved fathers, supportive partners, and engaged community members.

- **Get a physical.** Most of the factors that contribute to men's shorter, less healthy lives are preventable. And that prevention starts with seeing a health care provider on a regular basis. Establishing baselines for factors such as blood pressure, cholesterol, weight, and PSA (a screening test for prostate cancer risk)—and monitoring how they change over time—will enable the provider to catch potentially dangerous conditions early.
- **Get physical.** The benefits of physical activity are extensive, but many people find it difficult to get motivated for physical activity on their own. Join a recreation league at your local community center, sign up for group personal training sessions, or simply make a routine out of regular walks. Simple, yes, but not always easy.
- **Wear blue.** In 1994, Congress passed a bill declaring the week before Father's Day as Men's Health Week. Encourage everyone you know to wear something blue that week. Wear BLUE Day is celebrated every year on the Friday of Men's Health Week! This year's Wear BLUE Day is Friday, June 19.
- **Learn more.** Men's Health Network (the DC-based nonprofit that helped pass Men's Health Week) has collected more than 300 proclamations from governors, mayors, and Native American communities recognizing Men's Health Month (and Week), the important part that men play as role models for their communities.

sources: health.gov/news-archive/blog-bayw/2018/06/june-is-mens-health-month/index.html
cdc.gov/healthequity/lcod/men/2017/all-races-origins/index.htm



Dear Friends,

Welcome to the newest issue of Be Well Informed. All of us here at CHRISTUS US Family Health Plan hope you and your loved ones are staying safe and well as we navigate to find our new normal.

In this issue, we discuss Men’s Health Month, offer social distancing tips, and how vaccines work in honor of Immunization awareness Month in August.

Be sure to check out all of the Awareness Months and Dates on the opposite page.

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

In good health,

Nancy Horstmann
Chief Executive Officer
CHRISTUS Health
US Family Health Plan

Anti-Fraud

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

Social Distancing Tips

Limiting face-to-face contact with others is the best way to reduce the spread of coronavirus disease 2019 (COVID-19).

What is social distancing?

Social distancing means keeping space between yourself and other people. To practice social or physical distancing:

- Stay at least 6 feet (about 2 arms’ length) from other people
- Avoid large groups of people
- Stay out of crowded places

In addition to everyday steps to prevent COVID-19, keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread. Social distancing is especially important for people who are at higher risk for severe illness from COVID-19.

Why practice social distancing?

COVID-19 spreads among people who are in close contact. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air. Studies indicate that people who are infected but do not have symptoms likely also spread COVID-19.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. COVID-19 can live for hours or days on a surface, depending on factors such as sunlight, humidity, and the type of surface. Social distancing helps limit opportunities to come in contact with contaminated surfaces and infected people outside the home.

Although the risk of severe illness may be different for everyone, anyone can get and spread COVID-19. Everyone has a role to play in slowing the spread and protecting themselves, their family, and their community.

Stay connected

It is very important to stay in touch with friends and family that don’t live in your home. Call, video chat, or stay connected using social media. Everyone reacts differently to stressful situations and having to socially distance yourself from someone you love can be difficult.

source: [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html)

Stay Up to Date

CHRISTUS Health US Family Health Plan values the importance of collaboration and coordinated action for the identification and care of members exhibiting signs of COVID-19, which is why we continue to follow CDC guidelines and work in partnership with local, state and federal government authorities. We are committed to responding to the needs of members in the safest manner necessary.

For more information regarding COVID-19 testing coverage and your Plan, visit ChristusHealthPlan.org/covid19.

For the most up to date information about COVID-19, visit CDC.org/covid19.

To stay up to date with state guidelines, visit your state’s health department website:

- Louisiana Department of Health: ldh.la.gov/coronavirus
- Texas Department of State Health Services: dshs.state.tx.us/coronavirus

Adult Vaccines

According to the Centers for Disease Control and Prevention (CDC), all adults need immunizations to help prevent them from getting sick or spreading diseases that could impact family and friends. The following will list the vaccines available and the timing of when a patient should receive the vaccine.

- Seasonal flu (influenza) – all adults need this vaccine every year. This is especially important for patients with chronic health conditions, pregnant women and older adults
- Tdap/Td – The Tdap should be given once if the patient did not receive it as an adolescent and for pregnant women (27-36 weeks) to protect against pertussis (whooping cough) and then a Td (tetanus, diphtheria) booster shot every 10 years.
- Shingles vaccine – Given to all adults 50 years and older (unless contraindicated by your physician) and protects against shingles and the complications of this disease. This is given in a 2 dose series with the second injection occurring 2-6 months after the original injection.
- Pneumonia – there are two pneumonia vaccines available to adults, PPSV23 and PCV13 which protect against serious pneumococcal disease. Patients who are over 65 may want to receive a dose of PCV13. All patients 65 years and older and those younger 65 years with certain health conditions will need to receive a dose of the PPSV23.
- There is currently no vaccine available for Covid-19

Talk with your doctor or pharmacist to see which vaccines are recommended for you. USFHP pays for these vaccines at 100% with no out of pocket cost to the patient.

source: Maxor Pharmacy



Types of Heat-Related Illnesses

Heat stroke is the most serious heat-related illness. Altogether, there are four types that you should know about and understand each of their symptoms:

- Heat rash is when the skin becomes irritated because sweat is not evaporating from the skin. It looks like clusters of red bumps. Heat rash is the most common issue seen in hot environments.
 - Heat cramps are caused by fluid and electrolyte loss. Sweating causes a loss of body salts, which can lead to heat cramps. These are usually in the form of muscle spasms or pain in the abdomen, arms or legs.
 - Heat exhaustion happens after heavy sweating causes a loss of water and salt. Symptoms include headache, nausea, dizziness, and thirst. They also normally have a faster heart beat and cool and clammy skin.
 - Heat stroke occurs when the body can no longer regulate its core temperature. When a person experiences a heat stroke, they are often confused. They can lose consciousness and experience hallucinations. Their body stops sweating and they may feel chills, exhibit slurred speech or have seizures. Heat stroke is a medical emergency and can lead to death if not treated quickly.
- source: texasmutual.com/blog/posts/2018/07/stay-safe-in-the-summer-heat



Honor These Awareness Dates and Stay Healthy

June

- Alzheimer's and Brain Health Awareness Month
- Men’s Health Month
- PTSD Awareness Month
- Cancer Survivors’ Day (7)
- Family Health & Fitness Day (13)
- Army Birthday (14)
- Flag Day (14)
- Juneteenth (19)
- Father’s Day (21)

July

- Fireworks Safety Month
- Heat Safety Month
- Swimming Safety Month
- Stress Awareness Month
- Independence Day (4)

August

- Child Eye Health & Safety Month
- Immunization Awareness Month
- National Night Out (4)
- Purple Heart Day (7)