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Our Purpose Is You

## 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)



Get updates and connect with us on Facebook.

[www.facebook.com/CHRISTUSHealthPlan](https://www.facebook.com/CHRISTUSHealthPlan)

## COLORECTAL CANCER IS PREVENTABLE!

**WITH OVER 150,000 NEW CASES IDENTIFIED AND 50,000 DEATHS ANNUALLY, A SIGNIFICANT OPPORTUNITY EXISTS TO REDUCE UNNECESSARY DEATH AND SUFFERING FROM THIS PREVENTABLE DISEASE.**

Screening tests are available at no out of pocket costs to a patient in the age range of 45-75.

Colonoscopy is the preferred test and is readily available to most all patients. This test can truly prevent colon cancer by finding and removing polyps that if left unremoved can become cancerous.

Other stool-based tests, including Cologuard and fecal occult blood tests, can detect other signs that point to the need for a colonoscopy. They are not a substitute for a colonoscopy but are an alternative for someone who refuses or cannot do a colonoscopy.

Please contact your healthcare provider to be tested today!



## SMOKING CESSATION

**SMOKING CESSATION CAN SAVE YOUR LIFE...AND YOUR MONEY**

Tobacco dependence is a chronic, relapsing condition driven by addiction to nicotine, but cessation treatment and proper education can help people quit. The 2020 Surgeon General's Report highlights the latest evidence on the benefits of smoking cessation. One of the most important actions people can take to improve their health is to quit smoking, no matter how old they are or how long they've been smoking.



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## WE WANT TO HEAR FROM YOU!

Your health matters and we are dedicated to your best care. In mid-February, you may have received a survey in the mail asking you to evaluate your experiences with our health plan and healthcare providers. We hope you take this opportunity to share your thoughts with us.

If you have questions or concerns, you can count on us to help. Contact Member Services with any questions at [1-800-678-7347].



### SMOKING CESSATION (CONTINUED FROM COVER)

#### BENEFITS OF STOPPING SMOKING:

- Reduces the risk of premature death, improves health, and enhances quality of life. Quitting can add as much as a decade to life expectancy.
- Reduces the risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD), and multiple types of cancer.
- Benefits people already diagnosed with coronary heart disease or COPD.
- Improves the health of pregnant women as well as their children.

#### SMOKE CESSATION QUICK FACTS:

- Smoking kills more than 8 million people each year. More than 7 million of those deaths are the result of direct tobacco use while around 1 million are the result of non-smokers being exposed to second-hand smoke.
- Tobacco kills up to half of its users.
- Over 80% of the world's 1.3 billion tobacco users live in low- and middle-income countries.

## ARE YOU AT HIGHER RISK OF SEVERE ILLNESS FROM COVID-19?

### PEOPLE WHO ARE AT HIGHER RISK FOR SEVERE ILLNESS FROM COVID-19 INCLUDE:

#### OLDER ADULTS

#### PEOPLE OF ANY AGE WITH THE FOLLOWING CONDITIONS:

- Pregnancy.
- Cancer.
- Chronic kidney disease.
- COPD (chronic obstructive pulmonary disease.)

- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies.
- Immunocompromised state (weakened immune system) from solid organ transplant.
- Obesity (body mass index [BMI] of 30 kg/m<sup>2</sup> or higher but < 40 kg/m<sup>2</sup>.)
- Severe Obesity (BMI ≥ 40 kg/m<sup>2</sup>.)
- Sick cell disease.
- Smoking.
- Type 2 diabetes mellitus.

### IF YOU'RE AT RISK, TRY THE FOLLOWING TIPS TO HELP PROTECT YOURSELF:

- Get a COVID-19 vaccine.
- Limit contact with other people as much as possible.
- Wash your hands often.
- Avoid close contact with others outside of your household.
- Clean and disinfect frequently touched surfaces.
- Avoid all unnecessary travel.

If you think you may be sick, please contact your healthcare provider.

## LOW BACK PAIN

**WHAT IS LOW BACK PAIN (LBP)?** Back pain can range from a muscle aching to a shooting, burning or stabbing sensation. The pain may radiate down your leg or worsen with bending, twisting, lifting, standing or walking.

According to the National Committee for Quality Assurance, approximately 2.5 million Americans visit outpatient clinical settings for low back pain each year. Approximately 75% of adults will experience low back pain at some time in their lives.

You can take measures to prevent or relieve most back pain episodes. If prevention fails, simple home treatment and proper body mechanics will often relieve symptoms within a few weeks. Surgery is rarely needed to treat back pain.

#### CAUSES:

- Muscle or ligament strain-repeated heavy lifting or a sudden awkward movement can strain back muscles and spinal ligaments
- Bulging or ruptured disks-disks act as cushions between the bones (vertebrae) in your spine.
- Arthritis - osteoarthritis can affect the lower back.
- Osteoporosis - your spine's vertebrae can develop painful fractures if your bones become porous and brittle.

#### WHEN TO SEE A DOCTOR:

- Pain persists for more than a few weeks.
- Pain is severe and doesn't improve with rest.
- The pain spreads down one or both legs, especially if the pain extends below the knee.
- It causes weakness, numbness or tingling in one or both legs.
- In rare cases, back pain can signal a serious medical problem. Seek immediate care if your back pain: Is accompanied by unexplained weight loss or a fever.
- Causes new bowel or bladder problems.
- Follows a fall, blow to your back or other injury.

#### COMMON TREATMENTS:

- Nonsteroidal anti-inflammatory (NSAIDS) drug or acetaminophen (Tylenol.)
- Application of heat or cold.
- Activity.
- Physical Therapy.

#### PREVENTION:

- Exercise regularly.
- Build muscle strength and flexibility.
- Maintain a healthy weight.
- Quit smoking.
- Stand smart. Don't slouch and maintain a neutral pelvic position.
- Sit smart and with proper posture.
- Avoid heavy lifting. If you must lift something heavy, let your legs do the work instead of your back.



## DEPRESSION

Everyone feels sad sometimes, but depression is not like common sadness or grief. Depression is a disorder of the brain with a variety of possible causes, including genetic, biological, environmental, and psychological factors that is prolonged and can affect normal, day to day activities.

It affects more than 19 million teens and adults in the United States. When diagnosed, a healthcare provider may order blood testing to help in identifying if there is an underlying disorder or condition such as anemia or thyroid disease that may be causing depression. If you are diagnosed, it's important to get treatment as soon as possible to begin recovery.

A depression screening (also may be called a depression test) is used to help diagnose depression. Your primary care provider or your provider's staff may complete a depression screening during a physical exam or other health visit. This type of screening will help identify if you may be at risk or have signs or symptoms of depression.