



Sales Department  
919 Hidden Ridge  
Irving | TX 75038

Name  
Company  
Street Address  
City, State Zip



Our Purpose Is You



Get updates and connect  
with us on Facebook.

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

## 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)



SUMMER 2022

# Health Matters

Our Purpose Is You



## LIVING WITH HIGH BLOOD PRESSURE

### IF YOU HAVE HIGH BLOOD PRESSURE, MANAGING IT CAN BE SIMPLE:

- Get at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week)
- Do not smoke
- Eat a healthy diet, including limiting sodium (salt) and alcohol
- Maintain a healthy weight
- Manage stress

In addition to making positive lifestyle changes, some people with high blood pressure need to take medicine to manage their blood pressure.

By taking action to lower your blood pressure, you can help protect yourself against heart disease and stroke, also sometimes called cardiovascular disease (CVD). Learn more by speaking to your healthcare provider today!



## PREGNANT? JUST HAD A BABY? WE'RE HERE TO HELP!

New moms and moms-to-be, CHRISTUS Health would love to help and answer any questions you have during this special time. We can assist you with finding a provider in your area or connect you with a nurse to talk about concerns you may have. Call Patricia Smith at 469-282-1451.





## DEPRESSION IS COMMON AND HELP IS AVAILABLE

**IT’S A FACT: ACCORDING TO THE CDC, ONE OUT OF EVERY SIX ADULTS WILL EXPERIENCE DEPRESSION AT SOME TIME IN THEIR LIVES.** But the good news is depression can be treated in a variety of ways, including medication, counseling or a combination of the two.

Common signs and symptoms include:

- Persistent sad, anxious, or “empty mood”
- Feelings of hopelessness, guilt or irritability
- Decreased energy or fatigue
- Difficulty sleeping, early morning awakening, or oversleeping
- Loss of interest or pleasure in hobbies and activities
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Changes in appetite or weight
- Aches, pains, headache or digestive issues that do not respond to treatment
- Thoughts of death or suicide

If you or someone you know is having thoughts about self-harm or suicide, please seek immediate help:

- Call the Suicide & Crisis Lifeline at 988 for free and confidential help that is available 24 hours a day, seven days a week
- Call your mental health provider if you have one
- Talk to your primary doctor or other healthcare provider
- Reach out to a close friend or loved one
- Contact a minister, spiritual leader, or someone else in your faith community

## PREVENTING FALLS & KNOWING THE RISKS

Most older adults seek to maintain independence as they age, but an unexpected fall could interfere.

Some of the common risk factors for falls include obstacles in the home environment and certain medical conditions. These conditions include diabetes, arthritis, heart conditions, vertigo, vision and hearing issues, limb and foot diseases as well as vitamin deficiencies and more. Additionally, the use of some medicines such as tranquilizers, sedatives, anti-depressants, and some over-the-counter medicines, can affect balance and increase fall risk as well.

### TO HELP PREVENT FALLS:

- Complete a fall assessment with your doctor
- Review your list of medications with your doctor, determine if any could affect balance or increase a fall risk, and form a plan to mitigate risk
- Ask your doctor or a healthcare provider about taking vitamin D supplements to improve bone, muscle, and nerve health
- Have your visions and hearing checked regularly. Keep your glasses up to date
- Stay physically active and do strength, balance, and flexibility exercises
- Get enough sleep to prevent drowsiness
- Reduce or eliminate alcohol consumption
- Use a cane or walker to maintain balance
- Wear non-skid, rubber-soled, low-heeled shoes or lace-up shoes with non-skid soles that fully support the feet
- Always keep your cell phone or emergency necklace nearby in case of an emergency
- Report any falls to your doctor for evaluation
- Remove any obstacles, extra furniture or clutter from your home
- Do not walk around your home without lights
- Repair all walking hazards in the home



### QUITTING SMOKING CAN SAVE YOUR LIFE!

**THE BENEFITS OF SMOKING CESSATION ARE:**

- Increased life expectancy
- Reduced risk for many health conditions like heart disease, cancer and more
- Improved outcomes for individuals with existing heart disease
- Benefits the health of pregnant women, fetuses, and babies
- Reduces the risk of disease and death from stroke



## DIABETES FAQS

### IS DIABETES A SERIOUS DISEASE?

Diabetes causes more deaths per year than breast cancer and AIDS combined, and having diabetes nearly doubles your chance of having a heart attack. But managing your diabetes can greatly reduce your risk for complications.

### IS DIABETES CAUSED BY EATING SUGAR?

Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease. Type 2 diabetes is not cause by sugar, but by genetics and lifestyle factors.

### IF YOU'RE OVERWEIGHT, WILL YOU ALWAYS DEVELOP TYPE 2 DIABETES?

While being overweight is a risk factor, it is not necessarily the only factor that determines if you will develop diabetes. Other risk factors can affect your chances, including how much physical activity you get, your family history, ethnicity, and age.

### CAN YOU CATCH DIABETES FROM SOMEONE ELSE?

No. Although we don't know exactly why some people develop diabetes and others do not, we know diabetes is not contagious.

### ARE PEOPLE WITH DIABETES MORE LIKELY TO GET COLDS AND OTHER ILLNESSES?

You are no more likely to get a cold or other illness if you have diabetes. However, any illness can make diabetes more difficult to control. Because people with diabetes who get the flu are more likely than others to go on to develop serious complications, it is advisable for people with diabetes to get flu shots.

### FRUIT IS A HEALTHY FOOD, SO IS IT OK TO EAT AS MUCH OF IT AS YOU WANT?

Because fruits contain carbohydrates, they raise blood glucose and that needs to be taken into consideration when meal planning.

### WHAT ARE SOME STEPS YOU CAN TAKE TO TAKE CONTROL OF YOUR DIABETES?

- Contact your PCP to talk about your quarterly A1C testing
- Self-test blood glucose on a daily basis
- Eat a healthy diet and exercise regularly
- Adhere to prescriptions
- Schedule a dilated eye exam (no referral needed)