

HealthyYou

Summer 2016

Enjoy the Sun Safely!

Summer means more time outside in the sun. But too much exposure to the sun is not healthy. Sunburns can permanently damage skin and contribute to skin cancer. Before you go outdoors, protect yourself.

Here are some tips to help you stay safe this summer and avoid sunburn and heat exhaustion.

- Avoid being outside during the strongest rays of the day; between 10:00 a.m. to 4:00 p.m.
- Use a broad-spectrum sunscreen of at least 30 SPF (sun protection factor) or higher.
- Wear sunglasses that block UV rays.
- Cover up. You should not be able to see your hand through the fabric of your clothes.
- Wear a hat to protect your head and face.

- Shade is your friend. Put up a tent or umbrella.
- Check your medications. Some medicines can increase your sensitivity to the sun.
- Drink plenty of water to stay cool and hydrated.

The hat is back!



Water—Drink It Up!



Drinking water has many health benefits, including improving your brain function, boosting energy, and supporting your metabolism.* But it can be a challenge for many of us to meet our daily water intake needs. Use these tips to get more water:

Use your favorite cup. We're more likely to reach for that water when we like the container. So pick up a cup that's personalized with a picture of your grandkids or your favorite sports team.

Add flavor. Mix and match fruit and herbs ahead of time in a large pitcher of water. See "Fruit-Infused Water" on page 3.

Get creative with ice. Use fun shaped ice cube trays such as hearts or stars. You can also freeze fruits and herbs in your ice to add color and flavor, or use crushed ice to change the texture.

Make it feel like a treat. Use a fancy glass, then add a fun straw and wedge of citrus.

**Some
like it
HOT**

Control the temperature. Use a double-insulated water bottle to keep your water ice cold or piping hot—just the way you like it.

If you're still having trouble meeting your daily water goals, try planning your water around daily activities.

*Source: [WebMD.com/diet/healthy-water-9](https://www.webmd.com/diet/healthy-water-9)

Drink one cup when you first wake up, another right before breakfast, and so forth. You'll find that you'll quickly meet your daily water goal before the day is out.

Some like it COLD

Why Water Is Great

- ✓ Adequate water intake helps every **cell and organ** to function properly
- ✓ Boosts your metabolism and **energy**
- ✓ Helps maintain normal **bowel** function
- ✓ Can help **reduce and prevent pain**
- ✓ Supports **brain** function and lowers stress
- ✓ Keeps your **skin** hydrated and looking younger

Daily 8-Cup Water Reminder

Make a plan. Track each day.

Time/Activity	S	M	T	W	T	F	S



Fruit-Infused Water (Aguas Fresca)

This is a healthy and delicious way to stay hydrated. Peel and slice about two cups of fruit per half gallon of water and allow it to infuse in the refrigerator for at least two hours. Serve over ice. Discard after three days.

Mix and match any of the following:

- orange
- cucumber
- lemon
- lime
- watermelon
- cantaloupe
- berries
- mango
- pineapple

Ten Ways to Control Your Blood Pressure

Blood pressure measures the force of pressure your blood puts on your artery walls. When your blood pressure rises above normal levels, you may be at risk of developing high blood pressure. High blood pressure is sometimes called the silent killer. Many people who have high blood pressure might not know. Take steps to prevent or reduce high blood pressure. You can lower your risk for stroke, heart attack, heart failure, and kidney damage by lowering your blood pressure. Here are a few simple things you can do to help keep your blood pressure under control:

1 Reduce your stress. Yoga and breathing techniques are two ways to help lower stress.

2 Move more. Doing 30 or more minutes of moderate physical activity, on most days, not only helps to lower blood pressure, as well as relieve stress and manage weight.

3 Follow a diet with lots of vegetables, fruit, and beans. Also include fish, chicken, and healthy fats such as olive oil and nuts. Avoid trans-fats, fried foods, and processed foods, which often have lots of added salt and chemicals

4 Maintain a healthy weight. Lowering your weight until you are in a healthy range is ideal.

5 Toss the tobacco. Quitting tobacco can help lower your blood pressure. We cover 2 counseling quit attempts (4 sessions each) within a 12-month period.

6 Limit the amount of alcohol you drink, or give it up altogether. Too much alcohol can raise your blood pressure.

7 Check your blood pressure regularly.

8 Talk to your doctor about your blood pressure goals and work together to develop a plan to manage your blood pressure.

9 Take your blood pressure medication as instructed if your doctor has prescribed it for you.

10 Have a support system. If you have a family member or friend with high blood pressure, you can help each other by taking these preventive steps together.

Sources: WebMD.com, American Heart Association

Help When You Need It!

Not sure where to go for help? You can always call the 24-Hour NurseLine for care advice based on your symptoms, or refer to the tips below.



24-Hour NurseLine

- It's after hours and you have a health-related question.
- You need to speak to a medical professional to see if you should go to the doctor or not.
- You have a medical question but don't think you need a doctor.



Urgent Care

- You need care, but your condition isn't life threatening.
- For illness such as: cold, flu, bronchitis, sinus infections, strep throat, ear infections, vomiting, and diarrhea.
- For injuries such as: bumps, bruises, nose bleeds, minor burns, simple fractures, cuts, and dislocations.



Emergency Room

- It's life threatening.
- If you experience trouble breathing, chest pain, choking, severe head injury, seizure, severe burns, or heavy bleeding.
- **If it's an emergency, call 911 or go to the emergency room.**

24-Hour NurseLine

You can call our 24-hour NurseLine any time of the night or day to receive trusted health information and advice. A nurse may call you back with additional advice and information based on your health questions and needs.

Available 24-hours a day, 7 days a week

(855) 834-6150 Toll-free
(844) 514-3774 TTY

Protect Yourself from Fraud

Be wary of “free health screenings” that include genetic testing. Genetic tests must be ordered by your doctor to be covered by Medicare. Before you agree to genetic testing, be sure the genetic test is medically necessary and covered by your plan.

Watch out for this scam:

A booth at a health fair offers free health screenings, including genetic

testing. The representative falsely promises that Medicare will pay for the test, and you simply need to provide a cheek swab, your ID, and Medicare information to receive your test results. They may even ask for your doctor’s name, implying that they will send your results to your doctor. Unfortunately, now they have your health plan or Medicare number, and they can bill Medicare thousands of dollars for medically unnecessary tests or even services that you never receive. They also have personal genetic information regarding your health.

Don’t be a victim of Medicare fraud.

- Never give out your Social Security, Medicare, or health plan numbers or banking information to someone you don’t know.
- Do not consent to any lab tests without your doctor’s order.
- Keep in mind, it is illegal to accept anything of value in exchange for medical services.

For questions about Medicare or for more information, call:

1-800-MEDICARE (1-800-633-4227)

Or visit: [Medicare.gov](https://www.Medicare.gov)

To report suspected fraud, call:

1-877-7SafeRx (1-877-772-3379)



National Coverage Changes

Issued by Centers for Medicare & Medicaid (CMS)

Check our website for more information about National Coverage Determination (NCD) changes.

We post national coverage changes to our website at Medicare.PacificSource.com within 30 days of CMS announcing a change.

Below is a list of recent changes.

- National Coverage Analysis (NCA) for Stem Cell Transplantation (Multiple Myeloma, Myelofibrosis, and Sickle Cell Disease) — Released January 27, 2016
- National Coverage Determination (NCD) for Screening for the Human Immunodeficiency Virus (HIV) Infection (210.7) — Released March 7, 2016
- National Coverage Determination (NCD) for Screening for Cervical Cancer with Human Papillomavirus (HPV) — Released March 7, 2016

For detailed information about these changes, please call our Customer Service team or visit Medicare.PacificSource.com/Search/Drug/NCDChanges.

Don't Lose Sight of Diabetic Eye Disease!

If you have diabetes, the American Diabetes Association recommends that you have a dilated eye exam at least once a year.

How is a dilated eye exam different from a routine vision exam?

During a dilated-eye exam, your eye care provider puts drops in your eyes to make your pupils bigger. This allows the provider to see the back of your eye and check for signs of damage or disease caused by diabetes.

Why do people living with diabetes need a dilated eye exam every year?

Diabetes can cause vision problems, including blindness. Often, there are no symptoms in the early stages of diabetic eye disease. Because there are no warnings, like pain or loss of vision, a dilated-eye exam is the only way to detect early signs of diabetic eye disease and prevent more serious problems later on.

If you have not had a dilated-eye exam in 2016, please call your optometrist or ophthalmologist to schedule one today!

For information about your specific coverage, please refer to your policy or call our Customer Service team. To find an eye doctor, or to make sure your current provider is part of your network, visit our website at Medicare.PacificSource.com or call Customer Service for assistance.



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Health and wellness or
prevention information



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- **Oct. 1 to Feb. 14:** 8:00 a.m. to 8:00 p.m. local time zone, seven days a week.
- **Feb. 15 to Sept. 30:** 8:00 a.m. to 8:00 p.m. local time zone, Monday - Friday.

PacificSource Community Health Plans is an HMO/PPO plan with a Medicare contract. Enrollment in PacificSource Medicare depends on contract renewal.
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