

ADVANTAGE

Your resource for health and wellness



BLOOM TIME

Stop and smell the
flowers in our regional
gardens and parks

WORKOUTS: THE BENEFITS OF GROUP EXERCISE
PREVENTION: FIGHT OFF SEASONAL ILLNESS
HEART DISEASE: CONNECT WITH NATURE
FOR BETTER HEALTH

advantage > you

Preventive Care



Whether you have symptoms or not, it's important to see your doctor for a physical every year. If you are new to WHA, this first visit gives your doctor a baseline to use for your future health care needs. An annual exam offers a valuable opportunity to discuss your overall health with your doctor.

Annual exams include several screenings recommended by the U.S. Preventive Services Task Force (USPSTF), a panel of national experts in evidence-based medicine. Visit mywha.org/guidelines to learn which screenings the USPSTF recommends based on your gender and age. Your doctor may also recommend other tests, based on your health history and his or her findings.

Preventive care and early treatment are the best medicine. If it's been one year or more since your last physical, make an appointment with your doctor today.

If you are a new member, you should also create a secure account at mywha.org and download the WHA mobile app. If you haven't yet signed up for access, please visit mywha.org/new today.

Donald B. Hufford, M.D.

Chief Medical Officer, Western Health Advantage



TIDBITS

The berry good health benefits of strawberries

Whether you eat them in salads or on shortcake, strawberries are a yummy spring treat—and one that is good for you.

The juicy fruit is rich in antioxidants (which help your body protect against disease), fiber and especially vitamin C; a cup of berries has more vitamin C than an orange. And strawberries are low in calories, making them a good dessert choice—at least, if you don't pile on the whipped cream.

Studies have also found that strawberries can help protect against heart disease, cancer and diabetes, among other problems.


California is one of the top spots for strawberries in the country—1.2 billion pounds were produced in 2018—and you can find organic berries at the store and local farmers market. Strawberry lovers can even enjoy fruity festivals around the state each year, including the BerryFest Strawberry Festival in Roseville. Dig into strawberry pancakes and other delicious dishes at the May 11-12 event; visit feedmeberries.com for more details.

Sources: California Strawberry Commission, Journal of Agricultural and Food Chemistry, USDA

Western
Health
Advantage



ADVANTAGE MAGAZINE

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3 Questions

Bea Pennington of WHA Member Services answers your WHA-related questions



Does WHA provide coverage when a member is traveling in another country?

Yes, you are covered for emergency and urgent care visits wherever you are in the world. As a member of Western Health Advantage, you benefit from the added comfort provided by Assist America. Any time you travel 100 miles or more away from home, even in a foreign country, you are eligible for Assist America's services. See mywha.org/travel for additional details.

It's springtime, which means it's peak season for allergies. Is allergy testing a covered benefit?

Yes, this benefit falls under your office visit copayment. Please contact your primary care physician (PCP) to schedule a visit.

I received a letter informing me that my network is changing from Meritage Medical Network to St. Joseph Health Medical Network. Why is my network changing?

St. Joseph Health was originally part of the Meritage Medical Network. It has recently become its own fully credentialed medical group. Members affected by this will keep their PCP, but because their PCP's medical group is changing, WHA will be sending out updated ID cards. For specialist appointments, contact our Member Services team at 888.563.2250 to confirm if your specialists are under Meritage or St. Joseph and if any additional steps are needed to ensure there is no break in care.



HOT TICKET

Art lovers, don't miss pay-what-you-wish admission at the Crocker Art Museum

- WHERE: 216 O St., Sacramento
- ADMISSION ON THIRD SUNDAYS: You set the price! Courtesy of WHA's continued financial support of Crocker Art Museum.
- REGULAR ADMISSION (OTHER DAYS): Free for Crocker members. Nonmembers: Various prices for various ages, all less than the cost of a movie ticket; free for kids ages 5 and under.
- HOURS: Tuesday–Sunday, 10 a.m.–5 p.m.; Thursday, 10 a.m.–9 p.m.
- FOR MORE INFORMATION: Please visit crockerart.org.

DID YOU KNOW?

New Medical Office Building in Citrus Heights

Dignity Health is opening a new Mercy Medical Group Citrus Heights medical office building in late spring/summer. Located at 7115 Greenback Lane, the expansion will be home to 50 providers including physicians, nurse practitioners and physician assistants, providing a range of primary and specialty care services. The site will serve the growing medical needs of the community and improve access to quality care for residents. For opening date updates, visit mymercymedicalgroup.org.

TO YOUR (MENTAL) HEALTH

Taking care of yourself when you are feeling anxious or alone can be tough. Read on for some easy ways to help chase away the blues.

Move it. Regular exercise (at least 30 minutes of moderate activity a day) helps with depression and anxiety.

Eat right. A good diet is important for overall health, but it can help you emotionally too. Omega-3 fatty acids (think wild salmon or walnuts) have been linked to lower depression rates.

Sleep well. Studies have linked poor sleep with depression. Set a regular sleeping and wake time, create a relaxing nightly ritual, and avoid alcohol four to six hours before bed.

Connect with others. Reach out to old friends, make new ones through volunteering, or seek out like-minded people at local support groups, such as those for veterans. Even hanging out with animals can lower the stress hormone cortisol and increase oxytocin, which helps you feel happier.

Seek professional help. If you have lasting depression or thoughts of self-harm, talk to a behavioral health care provider. WHA members can call Magellan Health Services at 800.424.1778 or search the provider directory at magellanassist.com. UC employees should call Optum at 888.440.8225.

Sources: Harvard Health, Mayo Clinic, Mental Health America

Expert Advice for Smart Workouts

Orthopedic surgeon Robert Lucas, M.D., on the value of group exercise



While exercise is always good for you, studies have shown that working out with others—whether in classes at the gym or taking a walk with friends—has additional benefits. Mercy Medical Group's Dr. Lucas talks about the positive impact that group exercise has on your body and mind.

What are the main benefits of exercising with other people?

Certainly, you get motivation from others in the group. You may push yourself harder when you see what those around you are doing, and not give up as easily. You may spend more time working out, or try something new to keep up with the group. You're also more likely to show up to class with other people—not just yourself—holding you accountable. It also might help you be more consistent with your exercise. If you are starting group exercise classes at the gym, try a beginner class so you get comfortable. For example, if you are new to yoga and try an advanced group class, you may be more likely to get discouraged if you can't keep up.

What about the social benefits?

You may talk with other people in the class, get feedback on how you are doing, or form a bond with them since you are all in the same situation. At some point, you are going to rely on others to keep you going, and they will do the same for you, so there is a real support system.

How else can people be active with others outside the gym?

In addition to team sports, there are bicycling, swimming and walking clubs. You may try going on a short walk with a group of co-workers during lunch. There are plenty of ways to bring a social aspect into your healthy activities.



Fighting Off Seasonal Illnesses

From the desk of Gary Plundo, D.O., M.P.M., FACOFP, medical director

No one wants to spend a beautiful day sick in bed. Fortunately, there are some simple steps you can take to lower your chances of getting a spring cold or other seasonal illness.

PROTECT AGAINST GERMS

Many illnesses are caused by infection, so you can catch them from someone who's sick. Viruses cause the common cold and flu. If you get strep throat—signs include a raw throat, soreness when swallowing and a fever—bacteria is most often the culprit. Either a virus or bacteria can cause bronchitis, a lung infection that brings a bad cough and fever. Conjunctivitis, better known as pinkeye, is also caused by bacteria or a virus.

You can pick up germs by touching infected objects like toys and

doorknobs. If you then touch your face or your food, those germs get a free ride into your body and can make you sick.

To stop germs in their tracks, wash your hands regularly with soap and water for at least 20 seconds, scrubbing the backs of your hands and underneath your fingernails. When you're on the go, carry a small container of hand sanitizer that's at least 60 percent alcohol. Rub it all over your hands after you contact a surface that others have touched, like ATM machines, grocery carts and gym equipment.

Also, keep your hands away from your eyes, nose and mouth. If you have pinkeye, you can spread the infection from one eye to the other, so it's very important to avoid touching your eyes.

BLOCK THE FLU

Last year, the flu sent more people to the hospital than in any previous flu season. To help flu prevention, nearly everyone 6 months of age and older should get a flu shot. The shot is safe for most people, including pregnant women, but talk to your doctor first if you have an egg allergy that causes severe symptoms like breathing trouble or lightheadedness.

BOOST YOUR IMMUNITY

A healthy lifestyle is always important, no matter the time of year. Eat right, including plenty of fruits and vegetables, which can help strengthen your body's ability to fight off infections. Also make sure to exercise regularly; get at least seven hours of sleep; and drink plenty of fluids, especially water.

Flower Power

The Conservatory of
Flowers in San Francisco

PUT SPRING IN YOUR
STEP THIS SEASON WITH A
FLORA-FOCUSED OUTING

Enjoy the sights, sounds and smells of spring with a visit to a local public garden or wildflower-dotted trail—many of which are free and all of which will brighten up your day.

Whether you like to walk among the wildflowers or roses, know that the number of flowers and the timing of their bloom depend on the weather, so check conditions before you go.

Botanical Beauties

UNIVERSITY OF CALIFORNIA BOTANICAL GARDEN AT BERKELEY

This living museum nestled in the hills above UC Berkeley has plants from all over the world, including many rare and unusual types. In the spring, look for the bright orange California poppy, blue or white California lilac, and soft pink or white manzanita in the California Collection. Pops of color can also be found in the Asia Collection, Southern Africa Collection, Tropical House and Garden of Old Roses. Seasonal programs and events include

butterfly walks (fourth Tuesdays, 3 p.m.); classes on flower design, edible flowers and perfume making (dates TBA); and a special Mother's Day weekend featuring flower and herb crafts and a tea service. Drop in for a docent-led Plants of the World tour Thursday through Sunday (and first Wednesdays) at 1:30 p.m. Open daily (except for first Tuesdays), 9 a.m.–5 p.m. Admission \$7–\$12 (free for kids 6 and under; free for all on first Wednesdays). For more



The University of California
Botanical Garden at Berkeley

info, visit botanicalgarden.berkeley.edu or call 510.643.2755.

CONSERVATORY OF FLOWERS (SAN FRANCISCO)

This Victorian-era wood and glass greenhouse—Golden Gate Park's oldest formal structure—holds a huge collection of rare and endangered tropical plants and flowers. Highlights include bright hibiscus and heliconia in the Aquatic Plants Gallery, rare orchids in the Highland Tropics Display

and unusual flowering plants in the Potted Plants Gallery. Open Tues.–Sun., 10 a.m.–4:30 p.m. Admission \$2–\$9 (free for children 4 and under; free for all on first Wednesdays). Tours offered most days. For more info, visit conservatoryofflowers.org.

Don't miss Golden Gate Park's Rhododendron Dell, Fuchsia Dell and Dahlia Garden—all of which begin blooming in the spring and are a short walk from the Conservatory.

LUTHER BURBANK HOME AND GARDENS (SANTA ROSA)

Famed horticulturist Luther Burbank developed more than 800 new plant varieties, including hundreds of flowers. He did many of his experiments at his Santa Rosa gardens, which are open daily from 8 a.m. to dusk (free admission). For a fee, take a docent-led tour, which also shows off Burbank's home and greenhouse (Tues.–Sat., 10 a.m.–4 p.m. and Sun., 11 a.m.–3 p.m.). Spring blossoms include the bright white Shasta daisy, which Burbank spent 17 years perfecting, as well as Mexican flowering dogwood, iris, foxglove, azalea and roses. Enjoy treats and family fun at the Mother's Day Chosen Spot Plant Expo & Sale on May 12, 11 a.m.–3 p.m. For more info, visit lutherburbank.org.



Smell the Roses



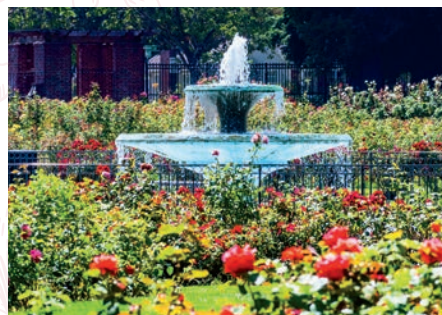
MCKINLEY ROSE GARDEN (SACRAMENTO)

This volunteer-staffed garden at McKinley Park has star-studded connections. It made a cameo in the 2017 Oscar-nominated film *Lady Bird* and is home to roses named for Marilyn Monroe, Julia Child, Betty Boop, George Burns and Dick Clark. The best time to visit is in mid- to late-April, when the 1,200 bushes and more than 80 varieties are in full bloom. The garden also features large collections of climbing and tree roses. Friends of East Sacramento holds regular volunteer days—including the Annual Volunteer Appreciation/Deadheading

Event on April 27—and leads garden tours. To schedule a tour, email friendsofeastsac@aol.com. For more info, visit mckinleyparkcenter.org.

SAN JOSE MUNICIPAL ROSE GARDEN

This 5.5-acre public rose garden is a popular spot for weddings, but you don't have to get hitched to enjoy its approximately 4,000 bushes and 200 varieties. Discover something old (the historic garden dates to 1937), something new (the garden is a test site for new varieties) and even something blue (the Wild Blue Yonder rose). The grounds feature a fountain, benches and a redwood grove. While in the



area, head over to the Rosicrucian Egyptian Museum, just a short block away. Open daily, 8 a.m. to a half-hour past sunset. Peak season is May through July. For more info, visit sanjoseca.gov (search "rose garden").

THE GARDENS AT HEATHER FARM (WALNUT CREEK)

One of The Gardens' most popular areas is the Cowden Rose Garden, featuring more than 1,000 bushes and 150 varieties. Color can also be found in the Children's, Sensory, Meadow, Blue Star Memorial and Butterfly gardens. The Diablo Ascent Garden faces majestic Mount Diablo and shows off California native species and other plants that thrive in Mediterranean climates—including some eye-catching blossoms. Admission is free. Open daily during daylight hours (except during private events; closed for weddings most weekend afternoons between April and November). Before you go, call 925.947.1678 to check the schedule. Visit gardenshf.org for more information.

Wild for Wildflowers

EAST BAY REGIONAL PARK DISTRICT

One of the Bay Area's best wildflower displays can be found in the **Sunol Regional Wilderness**. During peak season—usually mid-March to mid-May—wildflowers carpet whole fields. While driving into the park, look for the purple colors of lthuriel's spear and shooting star. Yellow and cream blooms called butter-and-eggs grow on the valley floor around the visitor center, which is open weekends and sells pocket wildflower guides (\$6). To see blossoms from the trail, take the Indian Joe Creek Trail and turn around at Cave Rocks Road for a moderate out-and-back hike of 2.8 miles. On April 14, the annual Wildflower Festival features guided hikes, music, and spring-themed crafts and games (11 a.m.–4 p.m.). On April 28, catch the final docent-led hike of the Wildflowers of the Wilderness series (9–11:30 a.m.). \$5 per vehicle (weekends and holidays). For more info, call 510.544.3249 or visit ebparks.org/sunol. To download a photo guide to wildflowers in East Bay regional parks, visit ebparks.org (search "wildflowers guide").

The Vollmer Peak area of Tilden Regional Park is another reliable spot for blooms such as mule's ears, blue-eyed grass, blue dicks, fiddleneck, herb Robert, lupine, wild cucumber, checkerbloom and yarrow. Park at the steam trains overflow lot and admire the flowers and vistas from the Seaview Trail, an out-and-back route

that goes up to Vollmer Peak's 1,905-foot summit. For a loop of roughly 1.5 miles, return to the parking lot via the connecting Vollmer Peak Trail. To plan your visit, call 510.544.2233 or visit ebparks.org/tilden.

DAFFODIL HILL (VOLCANO)

Play among thousands of daffodils (and some farm animals) at this family-owned ranch, which opens its gates to the public for free during bloom season. A typical season goes from mid-March through mid-April, but weather conditions affect bloom timing and the daily schedule. (The ranch closes on rainy days and reopens after walkways have dried; last year, late winter storms damaged the flowers and kept Daffodil Hill from opening entirely.) Call the hotline at 209.296.7048 the day you plan to visit to make sure it's open, and go on weekdays to avoid the crowds. For more info, visit facebook.com/daffodilhill.

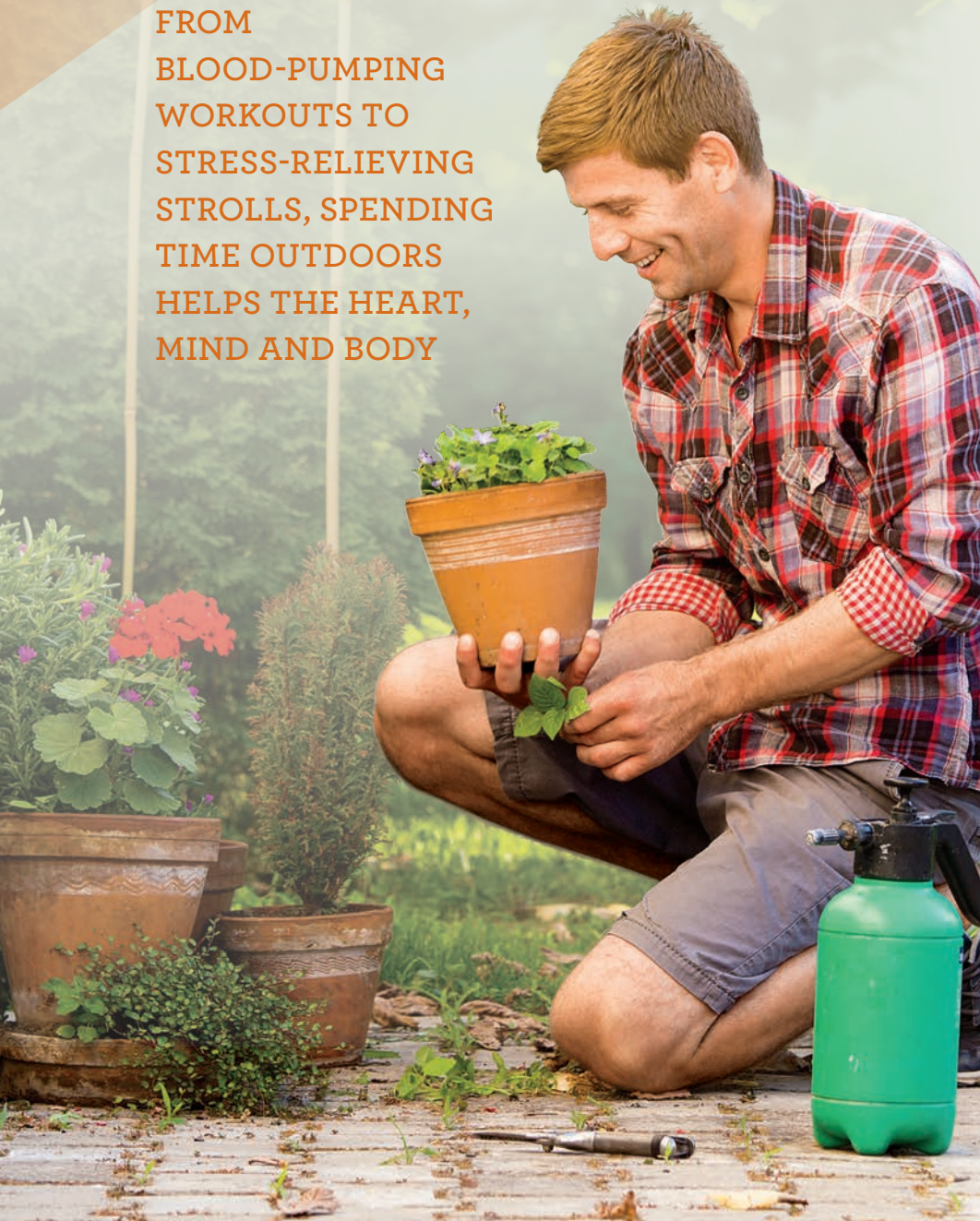


MOUNT TAMALPAIS STATE PARK

Peak wildflower season on Mount Tam is mid-April to early May. Park at Pantoll lot and look for shooting star, hound's tongue, milkmaid, California poppy, Douglas iris, bicolor lupine and columbine along the Matt Davis Trail and connecting Bolinas Ridge Trail, a moderate out-and-back walk over rolling hills. Enjoy the shade of bay laurel during the first mile, then views of the ocean and Bolinas Lagoon after the trail opens into grassland. For a round trip of 4 miles, turn around when you see the old car wreck on your left. For an easy, paved, mostly flat hike, park at East Peak and take the three-quarter-mile Verna Dunshee Trail loop. Look for blooms including manzanita, Indian warrior, Indian paintbrush, sticky monkey flower and yerba santa as you enjoy 360-degree views. Parking at both locations is \$8 (cash only). For more info, visit parks.ca.gov (search "Mount Tamalpais State Park") or call 415.388.2070.

Connect With Nature for a Healthier Heart

FROM
BLOOD-PUMPING
WORKOUTS TO
STRESS-RELIEVING
STROLLS, SPENDING
TIME OUTDOORS
HELPS THE HEART,
MIND AND BODY



When was the last time you hiked in the woods, or even walked around your own neighborhood? By spending so much time indoors, people are missing out on ways to connect with nature—and raise their heart rates.

Outdoor activities not only get you moving—which helps prevent problems like heart disease, heart attack and stroke—but they can also inspire a love of nature, and might even make you enjoy exercise more. Plus, doing something outdoors is a great way to spend time with family and friends, which is also good for the heart.

GET OUT AND ABOUT

There are many ways to add open-air activities into your life. Try the following:

- **Walk around the block.** Walking is one of easiest ways to exercise, since you can do it pretty much anywhere and just need a pair of supportive shoes. Studies have found that people who walk regularly have a lower risk of heart problems.
- **Park it.** Head to your nearest park to play catch or tag, kick around a soccer ball, shoot hoops or climb on the playground equipment. Better yet, walk or bicycle there.
- **Dig in your garden.** Gardening and yardwork such as mowing, digging and shoveling are

excellent exercise. And growing and eating your own fruits and veggies helps your diet, too.

- **Head for the hills.** A 2015 study suggests walking in nature (see page 6 for some ideas) may be more beneficial for mental health than walking in an urban area for the same amount of time.

HELPING BODY—AND MIND

More and more, researchers are considering how mental health affects the risk of heart disease. Some experts believe stress itself may be a risk factor, increasing your blood pressure and heart rate. Additionally, unhealthy reactions to stress, such as eating junk food, smoking and drinking too much alcohol, can harm the heart. People who are depressed have a greater risk of developing heart disease—and vice versa.

Luckily, studies have found that getting in touch with nature can help improve mood, thinking, stress levels and mental health. For example, there is a popular Japanese practice called *shinrin-yoku* (forest bathing), which involves relaxing in a forest. A 2010 study showed *shinrin-yoku* helped lead to healthy changes, including lower levels of the stress hormone cortisol, lower heart rate, lower blood pressure and calmer nerves. Another study found that people reported feeling less depressed and having more energy after spending time among the trees, with those who were chronically stressed benefiting the most.

Even looking at greenery can help. One study found that patients recovering from gallbladder surgery in hospital rooms with views of trees needed less pain medicine and were discharged more quickly compared to patients whose rooms faced a brick wall. In a 2015 study, Toronto residents living in areas with more trees reported being in better health and having fewer chronic conditions such as heart disease, stroke, diabetes and high blood pressure.

Sunshine is also good. It helps your body produce vitamin D, which may prevent heart disease and control blood pressure. And a dose of sunlight, particularly in the morning, may help

you sleep better. Poor sleep has been linked to heart disease risk factors like obesity, high blood pressure, diabetes, stroke and coronary artery disease.

So head outside (remember to put on sunscreen), and enjoy the many heart-health benefits of nature.

Sources: American Heart Association, Cleveland Clinic, Department of Health and Human Services, Environmental Health and Preventive Medicine, Harvard Health Publications, Harvard T.H. Chan School of Public Health, Mayo Clinic, National Institutes of Health, National Sleep Foundation, Public Health, Science, Scientific Reports

HEART SMARTS FOR KIDS

Here are some other ways to start heart-healthy habits at an early age

- **Set more play dates.** A recent study showed that kids are more active when they get together—even more so if they play outdoors.
- **Limit screen time.** Instead of movie night, have a game night or dance party.
- **Go low on sugar and salt.** Offer sweet alternatives for dessert, such as fruit and granola, and seek out low-sodium options whenever possible.
- **Add more produce.** Load up sandwiches with lettuce, tomatoes, roasted red peppers and artichoke hearts; combine fruits and veggies for sweet and crunchy salads; and have your kids pick out fruits or veggies at the store.
- **Start small.** Try mixing refined and whole-grain products—for example, two kinds of pasta—before switching to the whole-grain version.

Sources: Academy of Nutrition and Dietetics, American Heart Association, Cleveland Clinic



How to Obtain After-Hours Medical Care

Health problems don't occur at our convenience. You may experience an issue late at night or on the weekend. Even though your primary care physician's (PCP) office is closed, you should still reach out for help.

URGENT CARE

If you have a non-emergency condition after clinic hours, call your PCP's office and explain your condition to the physician on call. He or she will direct your care. If you can't reach your PCP, you should go to an urgent care facility affiliated with your medical group.

Please note that some medical groups require prior authorization to visit an urgent care center. You can use WHA's online provider directory to find an urgent care facility that is affiliated with your PCP's medical group.

NURSE24

Another option when you have a medical concern and are not sure what to do is to call WHA's 24/7 nurse advice line, Nurse24, at 877.793.3655. WHA's nurse advice line is staffed with experienced and highly trained California-licensed registered nurses. They will advise you on where to seek treatment. Bilingual nurses are available 24/7.



EMERGENCY CARE

Know the contact information and location of the closest emergency room, your medical group's contracted urgent care center(s), poison control and closest friend/relative. If you have a medical emergency—such as a heart attack, stroke, serious injury, severe pain or a condition that is quickly worsening—call 911 or go to the closest emergency room. If you are hospitalized at a non-participating facility because of an emergency, you must notify WHA within 24 hours or as soon as possible. If you are unable to make the call, have someone else make it for you, such as a family member, friend or hospital staff member. Please note that

emergency room visits are not covered for non-emergency situations.

FOLLOW-UP CARE

If you have been seen at an urgent care center or emergency room, be sure to get your follow-up care and any additional treatment from your PCP. If your health problem requires a specialist, your PCP will refer you to a participating provider. Non-emergency follow-up care received at an urgent care or emergency facility or out-of-network hospital is not covered by your health plan.

To learn more about emergency, urgent and after-hours care, visit mywha.org/er.

Create a MyWHA Account and Have 24/7 Access to Your Health Plan

Through WHA's secure, members-only website, you will find a wealth of resources to help you make the most of your health plan.

It's easy! All it takes is some basic information from you along with your WHA member ID number or the last four digits of your Social Security number. Simply visit mywha.org/signup and follow the prompts. Once registered, access the details of your personal benefit information online—24 hours a day, seven days a week.

Your health benefit information is accessible from the MyDocuments tool bar.

Once you are logged in, you can view your plan's copayment summary(ies), which describe your coverage benefits, as well as your Combined Evidence of Coverage and Disclosure Form booklet, which has details about your health plan.

Manage your health plan with these online tools.

- Order/print ID cards or other printed materials.

- Change your primary care physician.
- View your preferred drug list, if you have prescription coverage.
- Review deductible balances, using the accumulator, if you are enrolled in a deductible plan.
- Access health and wellness information and tools.

You can also get your WHA info straight from your smartphone. Download the MyWHA app from the iTunes App Store or Google Play.



The Magic of the Mundane

Kelly Brothers on finding calm and comfort while doing the dishes



My skills around the house are limited, but if there is one thing I do well, it is dishes. When the kids were really small, I never had enough patience with the chaos of bath time so my wife would handle those duties while I cleaned the kitchen. I still prefer to do it every night, even if others volunteer.

So I recently read with great interest an article that described how both Bill Gates and Jeff Bezos, two of the richest men in the world, love to do the dinner dishes. Either could afford to pay an army of dishwashers, yet choose to stand at the sink every single night. Why?

Turns out multiple studies have shown that rolling up your sleeves and doing the dishes can reduce stress

and boost creativity. One study out of UC Santa Barbara showed that doing mindless tasks allows the mind to wander and engage in creative problem-solving. I must admit that after I wipe down the counters, clean the sink and turn down the lights, I feel a small sense of accomplishment and contribution to the family effort. Subconsciously, it is probably the window of time where I digest what happened during the day.

So the next time you see a pile of dishes in the sink, don't view it as an annoyance. Turn on your favorite music or a ballgame and let the water heat up. Take advantage of an opportunity to feel calmer, to let your mind wander, and to leave the kitchen a little better than you found it. Who knew that the secret to stress relief was dishpan hands?

Preventing Fraud, Waste and Abuse

Fraud is the No. 1 threat to the health care system, costing Americans billions of dollars each year. Here, we share tips on how you can help prevent fraud, waste and abuse in regard to your own health care.

DO:

- Only enroll yourself and eligible dependents in your health plan.
- Submit claims only for services provided.
- Protect your ID card and other information—do not share your personal information without knowing that the person asking is legitimate.
- Read your benefits statements and other paperwork regarding your medical care. If you see something wrong, call Member Services at 888.563.2250.

DON'T:

- Enroll a non-eligible person, like a friend, as a dependent on your health plan.
- Intentionally submit claims for services not provided.
- Allow someone else to use your ID card to get medical services.
- Forge any documents.

Western Health Advantage is committed to detecting and investigating suspected health care fraud and abuse. You can help report possible fraudulent activity by calling WHA's toll-free Fraud and Compliance Hotline at 833.310.0007 or submit a report online at lighthouse-services.com/westernhealth.



Avocado-Strawberry Salad With Toasted Pine Nuts

This luscious salad is worthy of a special occasion, yet simple to make.

4 servings

INGREDIENTS

1 ripe avocado (preferably Hass variety), peeled, pitted and cut into chunks	2 tablespoons raspberry vinegar
Juice of 1 lemon or lime	2 teaspoons honey
1 cup strawberries, hulled and cut into ½-inch-thick slices	Salt, to taste
1 tablespoon extra-virgin olive oil, walnut oil or hazelnut oil	Freshly ground black pepper, to taste
	2 cups bite-size pieces arugula or watercress
	2 tablespoons toasted pine nuts

DIRECTIONS

Combine avocado with lemon juice in a large nonreactive bowl. Add berries, oil, vinegar, honey, salt and pepper and combine well. Serve over a bed of arugula or watercress on each of the four plates. Garnish with pine nuts.

NUTRITION INFORMATION (PER SERVING)

Calories: 160	Carbohydrates: 14 g
Fat: 12 g	Fiber: 4 g
Saturated fat: 1.5 g	Sugar: 8 g
Sodium: 10 mg	Protein: 2 g

Source: American Diabetes Association



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Big Day of Giving

**Make a difference.
Feel good.
Donate locally.**

**Participate in the Sacramento region's
Big Day Of Giving on Thursday, May 2**

24 hours, from 12:00 a.m. to midnight

Choose from more than 600 local nonprofits.
Give to a cause you care about and
strengthen our community!



Western Health Advantage
visit bigdayofgiving.org for more info
or to make a donation on May 2



WHA is a proud sponsor of the Sacramento Region Community Foundation's 2019 Big Day of Giving