

# ADVANTAGE

Your resource for health and wellness

## LET'S PLAY!

Indoor and  
open-air ideas to  
bring the fun to  
family time

EXERCISE: Healthy home workouts  
DIABETES: What you need to know  
COVID-19: Lessons from the pandemic

advantage > you



## Straight Talk



Our team remains deeply committed to supporting members during the pandemic. As shelter in place began to look likely in those earliest days, WHA was preparing to move all operations to remote work. Like many in our community, the WHA team has been juggling children and/or pets at home while continuing

to do a stellar job. We are grateful for their resilience and unwavering dedication to you, the member.

WHA continues to do what we can to help you during this global crisis. Early on, we waived copays on coronavirus screening and testing. We further intensified member support by waiving copays on COVID-19 treatment costs.

Thank you to our network partners—Dignity Health (Mercy Medical Group and Woodland Clinic), NorthBay Healthcare, St. Joseph Health Medical Network, Hill Physicians and Meritage Medical Network—that have made significant arrangements to ensure patients with non-COVID-19 medical issues remain safe during in-person visits. See page 3 to learn more about getting routine care.

Remember, virtual visits can be a good alternative to in-person care, and many doctors have extended office hours, including weekends, through virtual visits. We encourage you to visit [mywha.org/covid19](https://mywha.org/covid19) to get the most up-to-date information on COVID-19 and [mywha.org/virtual](https://mywha.org/virtual) to discover the telehealth options available to you.

**Khuram Arif, MD, MBA, CPE**

Chief Medical Officer, Western Health Advantage

## Quick Bites

### The DASH Diet for All

The DASH diet, which stands for Dietary Approaches to Stop Hypertension, is often recommended for people looking to control their blood pressure, but there may be health benefits from the low-sodium menu for others as well.

The food plan—named by *U.S. News & World Report* as America's top diet for healthy eating—limits sodium intake and portion size while offering diverse food options. There are many versions of the diet, based on your sodium and calorie needs. For example, the 2,000-calorie-a-day plan suggests six to eight daily servings of grains; four to five each of vegetables and fruit; and two to three servings of low- and fat-free dairy. Lean meats, nuts and seeds, fats, and even some sweets are permitted in moderation.

Studies have shown a slight dip in blood pressure within two weeks of trying the DASH diet, and drops of as many as 8 to 14 points in those who follow it for the long term. The plan may also reduce the risk of heart failure, depression, osteoporosis, stroke, cancer and diabetes, and potentially lead to weight loss, depending on the version you are following.

It may take some time to get used to having less salt in your meal choices, so don't be afraid to start small and work your way toward a healthier diet.

Sources: [Dashdiet.org](https://dashdiet.org); Mayo Clinic; National Heart, Lung, and Blood Institute

Western  
Health  
Advantage



#### ADVANTAGE MAGAZINE

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## Frequently Asked Questions

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



**My doctor's office has told patients that it is operating under limited office hours. Has WHA shortened its hours as well?**

Our hours have not changed, even during the recent stay-at-home orders. Our No. 1 priority is to be here for you. WHA is ready to take your calls regarding your benefits, services or anything else you would like to discuss. Our customer service team is available Monday through Friday, 8 a.m. to 6 p.m.

(7 a.m. to 8 p.m. for our CalPERS members).

You can also chat online with a WHA representative during normal business hours, or send a message through WHA's Secure Message Center any time, day or night, and get a response within one business day. Both are available by logging in to your MyWHA account and visiting Contact Us. These are just a few examples of how WHA is quickly adapting to the changing environment.

**I had my annual physical in August 2019. Can I schedule a new physical any time this year?**

Annual physicals, or well visits, are scheduled based on the date of your previous physical exam. If your last annual appointment was Aug. 10, 2019, for example, you will need to schedule no sooner than Aug. 10, 2020.

**I heard that WHA is now providing services via telehealth. What is telehealth, and is it covered under my plan?**

Telehealth or telemedicine are virtual visits, sometimes referred to as e-visits, with a qualified physician. WHA covers the telehealth visit at the same copay or cost-sharing as an office visit, as indicated on your plan's copayment summary. In other words, a telehealth visit would be covered the same as a regular office visit, whether with your PCP or a specialist.

## Getting Routine Care During COVID-19

WHA and our health care partners are concerned that members are avoiding seeking care because they are fearful of contracting COVID-19. Keeping patients and health care staff safe is everyone's priority. Rest assured that measures have been taken to protect patients in all medical facilities, including mask wearing, strict visitor policies, ample protective supplies and isolation of COVID-19 patients.

**Procedures/surgeries:** Our partners have started rescheduling elective surgeries that had previously been canceled. All elective cases that involve general anesthesia or other aerosol-generating procedures are tested for COVID-19.

**Urgent/emergency care:** If you experience an acute condition such as sudden chest pain, go to your network hospital emergency room at once. If you have a symptom that seems less urgent, call your doctor or WHA's Nurse24 advice line at 877.793.3655.

**Office visits:** Don't put off essential preventive services or routine appointments for chronic conditions, and see your child's pediatrician to keep up with immunizations. For conditions like diabetes, make a plan with your doctor about continued care.

## COMMUNITY CORNER

Supporting the communities in which we live and work is of utmost importance to us, especially during such unprecedented times. Among WHA's recent initiatives are:

**FAMILY MEAL SACRAMENTO** In April, WHA pledged a \$10,000 matching donation to this family meal program that supplies meals for people in need while keeping local restaurants operational. [insidesacramento.com/support-family-meal-sacramento](https://insidesacramento.com/support-family-meal-sacramento)

**BIG DAY OF GIVING** WHA proudly partnered with Big Day of Giving (BDOG), a one-day online giving challenge supporting Sacramento-area nonprofits. BDOG efforts reached a record-breaking \$12 million! On May 7, WHA employees contributed \$7,000 across 55 organizations; their donations were matched dollar for dollar by WHA. [bigdayofgiving.org](https://bigdayofgiving.org)



### PHARMACY SAFETY TIPS

Communication is a key part of medication safety and something you should keep in mind from the moment you pick up your prescription.

- **Double-check your prescription.** Make sure your name, ordering physician, medication and dosage are correct. If the color or shape has changed, ask the pharmacist.
- **Talk with your pharmacist.** Engaging with your pharmacist is a chance for him or her to spot dispensing errors and discuss overall medication safety, including potential side effects. Keep a list of your medications (including over-the-counter drugs, vitamins and supplements) so your pharmacist can check for any potential drug interactions.
- **Understand the directions.** Know when and how often you need to take your medication. If you take a lot of medication, use a pill case.
- **Never make dosage adjustments.** Always talk with your doctor before making any changes.
- **Practice safety.** Take your medication in a well-lit room to avoid mistakes, keep bottles out of children's reach, and properly dispose of unused medication. For added security, try Safer Lock™ medication caps, available through OptumRx at no cost to Western Health Advantage members.

Sources: Mental Health America, Substance Abuse and Mental Health Services Administration

## Healthy at Home

Exercising in your own space has never been easier

**S**taying fit doesn't have to mean working out at the gym; there are plenty of ways to keep active at home—and even have some fun along the way.

The recommended exercise guidelines for adults include at least 150 minutes of moderate activity, or 75 minutes of vigorous aerobic activity, a week. Strengthening exercises such as pushups, exercise band workouts and lifting weights are also an important part of any regular routine and can easily be done at home.

Online workouts led by trained instructors on YouTube, among other sites, can be viewed through your computer, smart TV or other digital devices; make sure you have enough room to move wherever you set up. Some cable providers offer on-demand exercise programs as well. More



free-form activities can be done in the backyard, or carve out a workout spot in a spare room. Get the whole family involved and encourage the kids to schedule their own active time.

If you are already used to a workout routine, stick to an exercise schedule at

home just as you would for classes at the gym, and consider enlisting a family member as a workout partner. If you haven't been regularly exercising, go slow; look for beginner classes online or start with simple stretches and low-level aerobics so you don't get discouraged by taking on too much. There are even virtual personal trainers available who provide motivation, accountability and customized workouts. You can also track your progress through various fitness apps.

Variety is the spice of life, and that is true when it comes to exercise as well. Yes, yoga is great for balance and flexibility, but what about raising your heart rate through a dance class or kickboxing session? With home workouts, the world is at your fingertips, so get exploring.



## Avoiding Summertime Asthma Flare-Ups

From the desk of medical director Gary Plundo, DO, MPM, FACOFP

As the weather warms, grasses grow taller and flowers burst into bloom. With that seasonal beauty comes pollen, which can trigger asthma attacks. Meanwhile, rising temperatures hike up the ground-level ozone, which can irritate the lungs, while hot air makes it more difficult to breathe for some people with asthma.

If you have asthma, it's important to have an action plan—no matter the time of year—to help keep your condition under control. An asthma action plan lists your asthma triggers, any medications you take, and a list of symptoms or peak flow measurements (if you use a peak flow meter) that signal your asthma is worsening. Visit the American Lung Association at [lung.org](http://lung.org) to download an asthma action plan.

Before heading outside to enjoy warm weather fun, it's worth taking extra steps to keep asthma symptoms at bay. Visit [airnow.gov](http://airnow.gov) daily to check the air quality in your area, and monitor pollen counts at the American Academy of Allergy, Asthma & Immunology website, [aaaai.org](http://aaaai.org), so you can stay indoors when air quality is low.

When mowing your lawn or tending your garden, wear a filtering mask to protect yourself from pollen. Going camping? If you have a campfire, sit or stand upwind of the smoke to avoid an asthma trigger.

Also, take steps to maintain air quality at home and in your car. Keep the windows closed and use air conditioning to help filter out pollen and mold spores.

If your asthma symptoms worsen, don't ignore them. If you need to use your quick-relief inhaler more than twice a week, or you wake in the night with asthma symptoms more than twice in a month, see your doctor for guidance.

Also keep in mind that respiratory viruses are the most common trigger for asthma attacks. At the moment, experts are still unsure if COVID-19 might exacerbate asthma, but it's important to wash your hands and take other measures to avoid getting sick. And if you use a nebulizer at home, use it on a porch or patio to reduce the chance of exposing others in your household to potentially infected air droplets.

Learn more about living with asthma through the Optum Asthma management program at [westernhealth.com](http://westernhealth.com).



# PLAYTIME



Leave worries behind and have some fun this summer with these family-friendly active adventures

Summer is here, along with longer days and warmer temperatures. It's an ideal season to rediscover the joys of childhood, get moving and bring a little fun to family time. Read on for some creative suggestions—ones that can be done farther afield and closer to home—to keep your entire clan engaged, entertained and off screens.

## OUTDOOR ATTRACTIONS

These activities capture summer's carefree spirit while also providing the opportunity to connect with your family and the natural world.

### Hit the beach

There's the ocean, yes, but some local lakes and rivers also have quality spots to dig your feet into the sand without crowding too close to other water lovers. Sonoma County's Russian River features several lovely beaches, like the laid-back Monte Rio Community Beach. At Lake Natoma in Folsom, you can walk or bike along a path until you find the perfect swimming stop. For a more rustic, out-of-the-way locale, find a swimming hole like the ones reviewed at [swimmingholes.org/ca](http://swimmingholes.org/ca). The site gives you insider tips on how to get to the



spot, where to park and what to bring. (Note: Some involve hiking, so read carefully.) Two family-friendly options to try: Happy Valley and Twin Bridges, both along the Cosumnes River near Placerville.

### Go berry picking

Oh, the bliss of a perfectly ripe, straight-off-the-bush berry! And picking berries appeals to young and old family members alike—especially if they get to enjoy the sweet fruit of their labors. Start early in the morning, when it's cooler, and head to your nearest pick-your-own farm, like Pacific Star Gardens in Woodland and Berry Heaven in Garden Valley (search for both Pacific Star and Berry Heaven on Facebook), or Harris Family Farm in Pollock Pines ([harristreefarm.com](http://harristreefarm.com)). Check online to verify the farm is open for business and to see what's ripe before you go; make sure to bring your own containers to carry home the goods.

### Pull out the squirt guns

Laughter is pretty much guaranteed if you spend a hot afternoon chasing one another around the yard with water pistols in hand (yes, that means you too, Mom and Dad!). When the battle loses steam, you can always enlist the wet warriors in helping you wash the car or the dog.





### Make an encouragement station

Why not spread a little cheer and create an “encouragement station” near your mailbox? Fill a decorated shoebox with positive handwritten messages (like “neighbors make great friends”) and post a sign urging others to leave their own contributions. Place a small notepad and pens nearby (plus some hand sanitizer). You’ll enjoy making others smile and, hopefully, receive some wonderful messages in return.

### Visit a farmers market

Shopping at your local farmers market ensures you get the most locally sourced, seasonal items. Plus, it’s fun! Many markets offer live music or other free entertainment. While you’re there, purchase at least one thing you’ve never tried and ask the vendor for tips on how to prepare it. For instance, Napa Farmers Market on Sunday mornings features items like microgreens, unusual varieties of tomatoes (try the oddly named white pony) and exotic mushrooms ([napafarmersmarket.org](http://napafarmersmarket.org)).

### Take a family bike ride

Northern California is perfect bike country, and you’ll find dozens of options suitable to bikers of all levels and preferences. One no-fail option is the Jedediah Smith Memorial Trail (also called the American Bike Trail), which runs 32 miles from Sacramento to Folsom. The trail is paved and mostly shady, and offers many pit stops, river dips and dining choices along the way. Another



excellent spot: Golden Gate Park in San Francisco. The park has long stretches of cycling space and its main road, J.F.K. Drive, closes to vehicular traffic on Sundays and holidays. When you get tired of pedaling, pull over to enjoy one of the park’s many attractions or simply lie in the grass and watch the world go by.

### Plan a scavenger hunt

Participants must follow clues to certain locations and then do something funny—recorded on camera—at each spot. Make the last destination your favorite ice cream parlor or boba tea shop. You can find lots of clue ideas online, or make up your own related to your family or town. Two examples to

get your juices flowing: Get your entire team onto the slide at your local park and take a photo. Sing a happy song to a stranger and record it on video.

### Host your own Olympics

The Summer Olympics in Tokyo have been postponed until 2021, so why not create your own event at home or a local park? Try the 100-meter dash, long jump, table tennis, badminton and fencing (with wrapping paper tubes). Then cap off the day with a Japanese meal and some Olympic trivia questions. Medals optional.

### Look for shooting stars

Bring snacks and blankets and set up stargazing shop on a grassy hill away from the city. The less light the better, so aim for the days closest to a new moon (July 20 and Aug. 18). The best meteor show of the summer will take place Aug. 11–13, when the Perseid meteors appear in the sky. For information on that and other shooting star prospects, check out the meteor calendar at [amsmeteors.org](http://amsmeteors.org).





## INDOOR AMUSEMENTS

Even if you prefer to stay close to home, there are a wealth of ways to excite young minds and enjoy some old-school entertainments.

### Make homemade ice cream

Ice cream is surprisingly simple to make; just use heavy cream, milk, sugar, salt and eggs, plus some add-ins to create your flavor of choice. An ice cream machine is a plus, but even those without the appliance can find no-churn recipes online.

### Host a game show night

Re-create one of your favorite TV game shows at home, like *Family Feud*, *Minute to Win It* or *Jeopardy!*. All these and more are available as board games or you can make your own. Prizes help to raise the stakes (and interest), but you can keep them simple and silly: funky sunglasses, temporary tattoos or a Mad Libs book.

### Do some mad science

Try collecting rocks, leaves or bugs from your backyard and examining them under a magnifying glass. Or do some kitchen chemistry and create Play-Doh using items from your pantry: flour, salt, cream of tartar, oil, water and food coloring.

### Build a fort

Bring out some old sheets and blankets, boxes, and clothespins to hold it all together. Have your kids decide whether the fort is a superhero hideaway or home for their stuffed animals, and let their imaginations go wild.



### Learn a few card tricks

Kids love to wow and amaze others, so encourage them to master a bit of magic using a deck of cards. YouTube or other online resources can provide the instruction. Practice on one another, then invite the grandparents or neighbor kids to watch the show.

### Read out loud

When it's time to slow down and relax, gather to read a favorite book or poem together. A few perennial book favorites include *Mary Poppins*, *The Chronicles of Narnia* series, *Charlotte's Web* and *The Call of the Wild*. For poetry, look for an anthology with something for everyone, like Caroline Kennedy's *A Family of Poems: My Favorite Poetry for Children*.

### Start a starter

For a joint science and cooking project, make, borrow or buy a fermented starter for sourdough bread, kombucha, kefir or yogurt. Your family will have fun taking turns feeding it and watching it bubble and grow (it's alive!). Sow the creative seeds for cooking some of your favorite foods all summer long.

### Play a vintage board game

Pull an oldie but goodie from the back of the closet, like *Clue*, *Scrabble*, *Stratego* or *Life*. These games keep brains exercised while helping pass a hot summer afternoon.

# DIABETES: A1C to Zzzzs

Everything you need to know about this medical condition



**D**iabetes is all too prevalent in the U.S., with more than 34 million adults living with the condition. Generally speaking, people with diabetes are not able to produce or use insulin properly. The most common form of diabetes is type 2, which has been linked with lifestyle factors; type 1 usually affects younger people and is thought to be hereditary. Read on for some terms you need to know.

## **A is for A1C**

A blood test that indicates your average levels of blood sugar over the past two to three months; it can be used to

identify prediabetes, diagnose diabetes and monitor treatment.

## **B is for blood sugar**

Blood sugar comes from the food you eat and helps give your body energy.

## **C is for complications**

Diabetes can impact your blood vessels, eyes, heart, nervous system, skin, teeth and gums, and kidneys.

## **D is for diagnosis**

Diagnostic tests include A1C, fasting plasma glucose (this checks your blood sugar levels when you haven't eaten or drunk anything besides water for eight

hours) and the random plasma glucose tolerance test. These tests are usually repeated on a second day to confirm the diagnosis.

## **E is for exercise**

Regular physical activity is an important part of any diabetes management plan and may help you reverse prediabetes.

## **F is for foot care**

People living with diabetes are prone to developing problems with their feet, including nerve damage and poor circulation. Check your feet every day for cuts, swelling, redness or sores.

### **G is for glucose**

This is a type of sugar, also known as blood sugar (see previous page).

### **H is for hypertension**

High blood pressure, or hypertension, is very common among people with diabetes.

### **I is for insulin**

This is a hormone in your body that helps manage blood sugar levels. With diabetes, insulin is not produced correctly, so a pill or injectable form of the hormone is often needed.

### **J is for joints**

Diabetes and joint conditions, including pain, stiffness and swelling, often go hand in hand.

### **K is for kidney health**

Diabetes is a big risk factor for kidney disease as it can prevent the kidneys from properly cleaning your blood.

### **L is for lifestyle changes**

You can help manage your diabetes through healthier habits including proper diet and portion control, regular exercise and limiting alcohol.

### **M is for medication**

Treatment for diabetes often involves insulin injections and other medications to lower your blood sugar.

### **N is for neuropathy**

Diabetic neuropathy is a type of nerve damage that occurs most often in the legs and feet.

### **O is for Optum Diabetes program**

WHA members can get access to education materials and, for high-risk people, regularly scheduled calls with a

diabetes nurse care manager. Find out more at [westernhealth.com](http://westernhealth.com) (search for “managing diabetes”).

### **P is for prediabetes**

Prediabetes occurs when your blood sugar levels are higher than normal but less than the level indicating diabetes. About 1 in 3 adults in the U.S. have prediabetes.

### **Q is for quitting smoking**

Cigarette smoking is a risk factor for diabetes—smokers are 30% to 40% more likely to develop type 2 diabetes than nonsmokers—and can lead to complications such as eye, heart and kidney diseases. Quitting smoking helps people living with diabetes better control their blood sugar levels.

### **R is for risk factors**

There are several risk factors for type 2 diabetes including family history, weight, activity level and age, among others.

### **S is for self-management**

Monitoring your blood sugar, keeping up on medical visits, having healthy meal and activity plans, and taking medication help manage your diabetes.

### **T is for type 1 diabetes**

This less common form of diabetes is a condition in which the immune system attacks the insulin-producing cells of the pancreas and causes high blood sugar levels.

### **U is for unique care plan**

There isn't a one-size-fits-all way to treat diabetes. Work with your care

providers to develop a plan that suits your situation.

### **V is for vision**

Diabetes can have both short-term and long-term effects on your eyesight. People with diabetes can experience blurriness caused by swelling in the lens that results from high blood sugar and will go away. Over time, diabetes can also damage small blood vessels and cause problems with the retina.

### **W is for weight loss**

Excess fat increases the body's resistance to insulin.

### **X is for eXtra support**

Involving your loved ones in your diabetes management plan or seeking out a support group can help you come to grips with a new diagnosis.

### **Y is for your health care team**

You may partner with a variety of care providers in addition to your physician including a dietitian, endocrinologist, nurse and diabetes educator.

### **Z is for zzzzs**

Studies have linked type 2 diabetes with disorders such as sleep apnea and restless leg syndrome. Getting a good night's sleep is important for people living with prediabetes as it can help with blood sugar management.

*Sources: American Diabetes Association, Centers for Disease Control and Prevention, Mayo Clinic, Harvard Health Publishing, Medical News Today, National Institute of Diabetes and Digestive and Kidney Diseases, National Kidney Foundation*



# Lessons From COVID-19

The pandemic has given us valuable health information we can use now and in the future

Even as the information around COVID-19 continues to evolve, there are lasting lessons from the pandemic. The top learnings we should keep in mind long after the crisis is over include the following:

**Wash your hands often.** If there is one important thing we've learned, good health is all about hand hygiene. Washing your hands frequently for at least 20 seconds (sing or hum "Happy Birthday" twice) with warm soapy water has proved to help lower the risk of contamination. The combination of soap and scrubbing helps break up the bonds that allow bacteria and viruses to stick to surfaces. Bonus: Washing your hands also helps combat colds, flus and other viruses. It's a simple, effective way to stay healthy.

**Keep hands away from your face.** We're constantly touching contaminated surfaces, allowing germs to find their way into the mucous membranes of your eyes, nose, ears and mouth. These have direct pathways to the throat and lungs that can lead to respiratory infections including pneumonia and the flu. Here are some tips to break the face-touching cycle:

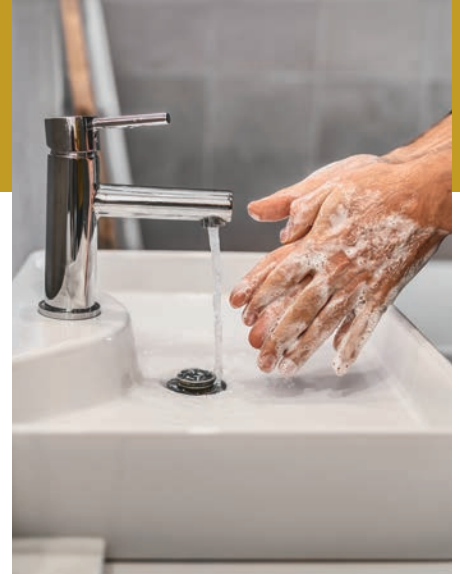
- Place sticky notes and other hands-off reminders around the house.
- Keep your hands busy (folding laundry or holding something in your hands).

- If you do have to touch your face, use a tissue and then throw it away.
- Use a scented lotion or hand sanitizer to heighten your awareness of your hands.
- Lace your hands together and keep them on your lap during meetings.

**History is a great teacher.** In 1918, the Spanish flu caused a global pandemic, infecting more than one-fifth of the world population and killing more than 50 million people. Tactics such as school closures and restricting mass gatherings, hand hygiene, and mask wearing helped cities that adopted these practices early lower disease and death rates, according to a survey done by the Loyola University Health System. Applying these and other lessons learned from the Spanish flu and later pandemics allows science and society to improve outcomes in the future.

**Focus on preventive care.** Get a flu shot every year and stay up to date with your immunizations, no matter your age. Make sure everyone in your close social circle of family and friends do, too. Those annual wellness visits help bolster your immune system, while keeping current with your health screenings can detect medical issues early.

**Stay connected.** Talking with loved ones, virtually or in person, benefits your body and mind. Isolation can hurt



your health even in the best of times. If you feel like you need to speak to a professional, Magellan Healthcare offers telehealth sessions (both on the phone or via webcam on your computer or digital device) with providers in its behavioral health network. Visit [mywha.org/directory](https://mywha.org/directory) to find a behavioral health provider for an in-person or telehealth visit.

**Support your community health.** Perhaps one of the clearest lessons from the health crisis is the knowledge that we're all in this together. From helping neighbors in need to social distancing, it's crucial that we support the health of everyone in our community. Vaccinations, staying home when you are sick, and coughing into your elbow rather than into the air or your hand all contribute to your well-being and the health of those around you.

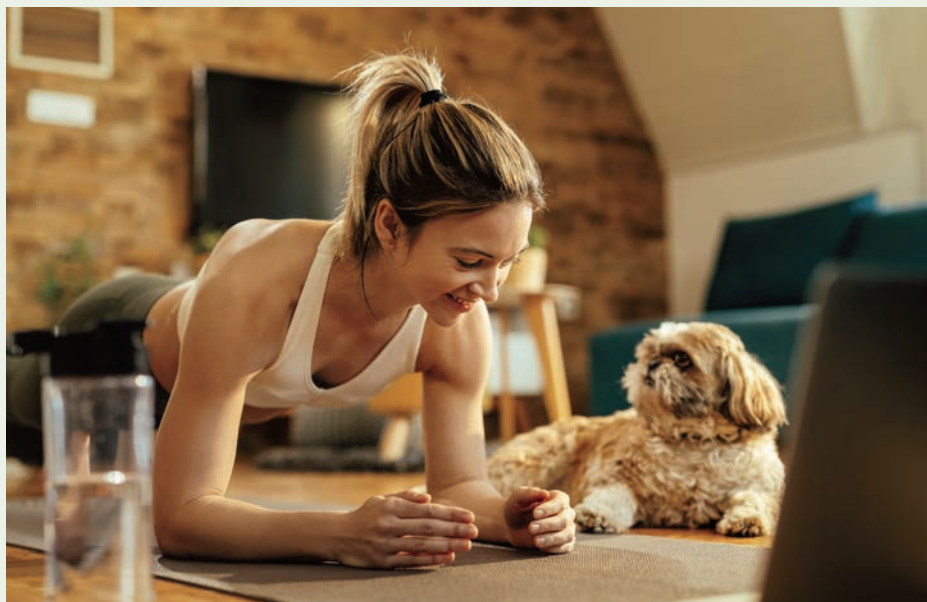
# Breathing Lessons

## SMART STRATEGIES FOR KEEPING YOUR LUNGS HEALTHY AND STRONG

**W**hen you breathe in, your lungs welcome life-sustaining oxygen into the bloodstream; when you breathe out, they help get rid of carbon dioxide. Lungs play a major role in your health and well-being, so it's vital that you take good care of them.

To promote healthy lungs, the American Lung Association recommends these actions:

- **Avoid smoking and vaping.** This is the most important thing you can do for your lungs, since smoking is the leading risk factor for both lung cancer and chronic obstructive pulmonary disease. Smoking also causes airways to narrow, which interferes with breathing, and makes the lungs swell—putting you at risk for chronic bronchitis. Smoking may also increase your risk for severe illness from COVID-19. Visit [mywha.org/quit](https://mywha.org/quit) for resources to help you quit.
- **Clear the air at home.** Make sure you have working carbon monoxide detectors and test your home for a colorless, odorless gas called radon, which is the second main cause of lung cancer (and the leading cause among nonsmokers). Prevent indoor pollution by banning smoking, fixing drips and leaks to prevent mold, using an air conditioner or dehumidifier to limit moisture, and using nontoxic or less toxic cleaning supplies. Ventilate your home by using kitchen and bathroom fans, opening windows when painting and using chemicals,



and venting gas-powered and other combustion appliances entirely to the outdoors. For more tips, visit [lung.org/clean-air/at-home](https://lung.org/clean-air/at-home).

- **Take preventive health measures.** Keep up your careful hand-washing technique. Get the flu shot every year and ask your doctor if you should be vaccinated against pneumonia. Take good care of your teeth and gums and go to the dentist at least twice a year; proper oral hygiene can prevent bacteria in your mouth from traveling to your lungs and causing infection.

It's also important to schedule regular doctor visits, even if you don't feel ill. If you are a current or former smoker age 55 or older, your doctor might recommend you be screened for lung cancer with a

low-dose CT scan, which is a special type of X-ray. Call your doctor if you're having respiratory symptoms such as lasting cough, shortness of breath, wheezing, chronic mucus production or coughing up blood.

- **Move for 30 minutes a day, five days a week.** Being active can help strengthen your heart and lungs and lower your risk for heart disease, lung cancer and other health problems. Try a variety of activities—such as brisk walking, bicycling, gardening, lifting weights and Pilates—since cardio and muscle-strengthening exercises are good for the lungs.

Sources: American Cancer Society, American Lung Association, Cleveland Clinic, Environmental Protection Agency, Harvard Health Publications, Mayo Clinic

## Label Conscious

Updates to the nutrition facts labels on packaged foods help consumers make smart choices

A majority of the items on your grocery store shelves now have a slightly different look to them.

In January, many manufacturers of packaged foods and drinks introduced revised nutrition facts labels on their products, with others to follow by January 2021. The modifications come in response to changes in FDA rules that aim to help consumers make better food choices and reduce the risk of developing chronic conditions such as high blood pressure and heart disease.

AMONG THE CHANGES ARE:

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1 cup (230g)</b>
Amount per serving	
<b>Calories</b>	<b>250</b>
% Daily Value*	
<b>Total Fat</b> 12g	<b>14%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 8mg	<b>3%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%
*The Percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Servings are now in larger, bolder type. Updated serving sizes better reflect what people typically eat and drink.

Calories are in larger type.

Added sugars, vitamin D and potassium are now included (calories from fat and vitamins A and C have been deleted).

Manufacturers must include the amount (in milligrams or micrograms) in addition to percent daily value (%DV) for vitamins and minerals.

Footnotes explain daily values, and recommended calories eaten in a day have been added.

## LANGUAGE ASSISTANCE FROM WHA

It's crucial that you can clearly communicate with your doctor during an office visit and when discussing your health. For non-English speakers, this may be especially difficult and an added stress in getting health care. WHA and our providers offer a variety of language assistance services, including American Sign Language (ASL), to our members for no additional cost. Be sure to let the doctor's office know at the time of scheduling an appointment that you or your family member will need help in a language other than English.

In addition to language interpretation services, you can request printed materials and correspondence from WHA in languages other than English as well as alternative formats such as large print, audio or accessible electronic formats

To better serve you, let us know your preferred spoken and written language using the Language Preferences tool at [mywha.org](http://mywha.org). Your preferences will be kept confidential and be used only for official and legitimate health plan purposes. To request any of these language assistance resources, contact WHA Member Services.





## Grilled Fish Tacos With Strawberry-Mango Salsa

Fruit salsa gives a festive kick to this heart-healthy fish taco dish (it's also good for people living with diabetes).

4 servings

### INGREDIENTS

#### Taco filling and marinade

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons lime juice (freshly squeezed)
- 1 teaspoon lime zest (freshly grated)
- ¼ teaspoon chipotle chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon fine sea salt
- ¼ teaspoon freshly ground black pepper
- 1 pound cod fillets (or similar flaky white fish)
- 8 corn tortillas

#### Salsa

- ½ cup strawberries (chopped)
- ½ cup mango (chopped)
- 1 small shallot (minced)
- 2 tablespoons lime juice (freshly squeezed)
- ¼ teaspoon lime zest (freshly grated)
- ¼ cup fresh cilantro (chopped)

### DIRECTIONS

In a medium bowl, whisk together the oil, lime juice, lime zest, chili powder, cumin, salt and pepper. Add the cod and marinate in the refrigerator for 15–20 minutes.

While fish is marinating, stir together all the salsa ingredients in a medium bowl. Preheat an outdoor grill or grill pan to medium-high heat.

Remove the cod from the marinade and grill for 3–4 minutes on one side. Then flip and grill 1–2 minutes on the other side, or until fish flakes easily with a fork.

Transfer the cod to a plate and let it rest for 5 minutes, then use a fork to flake it into bite-size pieces.

Working in batches if necessary, grill the tortillas for 20 seconds each. Divide the fish evenly among the tortillas, garnish with the salsa (about 2 tablespoons per taco) and serve.

### NUTRITION INFORMATION (PER SERVING)

Calories: 260	Fiber: 4 g
Saturated fat: 0.5 g	Sugars: 5 g
Sodium: 170 mg	Protein: 24 g
Carbohydrates: 31 g	

Source: *Whole Cooking and Nutrition/Katie Cavuto/American Diabetes Association*



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# Get started with MyWHA Wellness

## Health and wellness at your fingertips

WHA's MyWHA Wellness program helps you set personal health and wellness goals while providing easy tools to help you achieve those goals. This online portal is the central hub for all wellness program components from Optum® including:

- Online assessment, which will give you a wellness score along with a personalized report about your medical and behavioral health risks
- All-day access to Nurse24 advice line staffed with California licensed registered nurses
- Programs that help members living with a chronic illness manage and control their condition, at no additional cost
- Library and interactive decision aids to guide you through important health decisions

Learn about these benefits by logging into the MyWHA Wellness portal at [mywha.org/wellness](https://mywha.org/wellness).



Always looking for ways to improve your Western Health Advantage experience!