

ADVANTAGE

Your resource for health and wellness

PEDAL POWER

Bicycle your way to fitness

KID ATHLETES: UPDATE ON CONCUSSIONS
FITNESS APPS: HELP OR HYPE?
BREATHE CALIFORNIA BIKE TREK

advantage > you

10 Ways We Stay Connected



It's easy for us to stay in touch. Try:

1. LinkedIn: Search for Garry Maisel.

I write informational articles about the health care industry.

2. Facebook: Like our page at facebook.com/westernhealth.

3. Twitter: Follow and tweet us at twitter.com/westernhealth.

4. mywha.org/blog: Read blog posts with health info or learn about local health-related events.

5. mywha.org: Log in to your personal account and explore health and membership info.

6. WHA Member Services: Call 888.563.2250 or email memberservices@westernhealth.com.

7. Health Resource Guides: These are mailed to appropriate members on topics such as heart health, women's wellness and diabetes.

8. Health reminder postcards and calls: for missed preventive care services.

9. TV and radio programs, with appearances by WHA's wellness manager, Alicia Lowe. Have a question for Alicia to answer in *Advantage*? Email her at Advantage@westernhealth.com.

10. WHA booth: WHA supports over 100 area events, causes and community nonprofit organizations. Stop by our booth and say howdy!

Garry Maisel, CEO, Western Health Advantage



TIDBITS

Produce That's Outside the Box

You know that eating fruits and vegetables is good for you, but maybe you're getting bored eating the same ones every week. If so, consider taking a walk on the wild side next time you're at a farmers market or in the produce section of a grocery store. Try these wacky nutrient-filled foods!

Passion fruit: This high-fiber fruit offers a sweet-tart flavor combination. Cut it in half and spoon out the edible seeds and flesh, or throw it in a blender with your favorite smoothie ingredients.

Radicchio: This beautiful vegetable will add color to your salads, soups or side dishes. Radicchio varies in color from pink to red to burgundy to green. Mix it with other greens for a salad, or saute it and add it to soups or side dishes.


Swiss chard: A member of the beet family, Swiss chard is sure to please your taste buds and the rest of your body. With 60 percent of the vitamin A you need each day in one serving, this green, leafy vegetable is a nutrient-packed powerhouse that can be eaten cooked or raw.

Okra: This vitamin C-rich vegetable is available all year long. It can be steamed, sauteed, fried or even eaten raw. Use okra as a side dish or appetizer, and toss it in a salad, soup or casserole for added flavor.

Western
Health
Advantage



ADVANTAGE MAGAZINE

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3 Questions

Lisa Angst of WHA Member Services explains how new members get settled in



I'm new to WHA. What should I do?

Go to mywha.org/new and follow four easy steps. As mentioned there, make sure that your ID card has arrived with the correct information such as your name, effective date, plan, primary care provider (PCP) and medical group. Next, contact your PCP to make a new-patient appointment, even if you are not sick; becoming an

established patient will allow your provider to coordinate your future care. If you wait to become an established patient, your new provider's office may no longer be able to accept you if they have become closed to new patients.

Is there a charge for a new-patient appointment?

Yes, because a new-patient appointment is considered a regular office visit. Look at your copayment summary to determine what your patient portion would be.

If my doctor allows me to schedule a new-patient appointment and my physical, would I still be responsible for an office visit copayment?

Although a routine physical examination is a covered preventive service, a new-patient appointment is not, so you would be subject to your office visit copayment and/or deductible. Anything that is discussed beyond the routine physical could make the appointment subject to an office visit copayment.

Bonus question: What if I want to change PCPs?

Contact WHA Member Services or go to mywha.org to make a PCP change, which will be effective the first day of the following month.



HOT TICKET

JOIN US SEPTEMBER 16–18 FOR THE BREATHE CALIFORNIA BIKE TREK!

Here's what's in store:

- 2 nights camping at the Napa County Fairgrounds in Calistoga
- 3 days cycling beautiful scenic roads
- All levels of cyclists accommodated (the Trek is not a race)
- Themed rest stops
- Full on-road support
- Delicious catered meals
- In-camp snacks
- Evening entertainment
- FUN!

Western Health Advantage supports Breathe California and its mission to provide outreach and education efforts to ensure that California maintains a level of air quality that allows our region to reach its full potential.

If you can't join WHA's team but would like to support the cause, you can make a donation at mywha.org/biketrek.

Questions on how to be part of WHA's team? Email us at community@westernhealth.com.



DID YOU KNOW?

Congratulations to WHA network hospital Mercy San Juan Medical Center! Mercy San Juan was named one of "America's 100 Best Hospitals" for the second consecutive year by Healthgrades. The hospital also received the "Distinguished Hospital Award for Clinical Excellence" for the fourth year in a row.

Get Active for Good

Come to the remaining 2016 charitable events presented by WHA partners. For more info, visit mywha.org/events.

SEPTEMBER

Breathe Bike Trek – benefiting Breathe California of Sacramento-Emigrant Trails
Sept. 16–18, 2016
Napa County Fairgrounds in Calistoga

2016 Sacramento Heart Walk – benefiting the American Heart Association
Sept. 24, 2016
William Land Park; 5K and 1-mile routes

NOVEMBER

Downtown Sacramento Holiday Ice Rink – benefiting the community/Downtown Sacramento Partnership
Nov. 4, 2016–Jan. 16, 2017
Corner of 7th and K streets

Folsom Historic District Ice Rink – benefiting the community
Nov. 4, 2016–Jan. 16, 2017
Parking at 905 Leidesdorff St., adjacent to the ice rink

WHA Run to Feed the Hungry – benefiting Sacramento Food Bank & Family Services
Nov. 24, 2016
10K Run & 5K Run/Walk
Starts on J Street, near Sac State entrance

DECEMBER

Santa Parade – benefiting Gifts to Share
Dec. 10, 2016
Downtown Sacramento

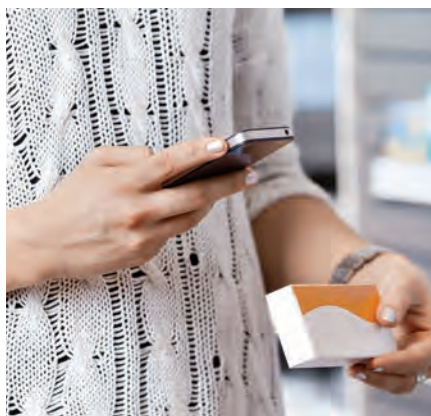
Tone Up With Dr. Tanji

Insight on fitness apps from Dr. Jeffrey Tanji, associate medical director, Sports Medicine, UC Davis Health System

Professional triathlete and Sacramento resident Sally Edwards was one of the first experts to use heart rate monitors 20 years ago for tracking exertion levels in competitive runners and cyclists. Today, it seems like most everyone uses a fitness device or app, a reflection of their growing popularity—and their growing value.

Many of my patients use a wearable fitness device such as a Fitbit or Jawbone, or they use the Apple iPhone Health fitness app to keep track of their steps per day, distance per day, elevation gain per day and even quality of sleep. These devices and apps incentivize exercise by quantifying levels of physical activity. Studies have shown they improve cardiovascular health while decreasing morbidity and mortality rates. And they're only going to become better and more sophisticated—like the Kardia app, which can measure ECG strips for those at risk for arrhythmias. I don't prefer any particular brand of tracker; they all raise awareness of the importance of daily physical activity. The drawbacks? Not everyone is digitally connected, and they can be pricey. Using them assumes a level of sophistication with smartphones and wearable devices. Nevertheless, a large number of people, including a surprising number of seniors, do use these devices and are quite enamored of them.

On the horizon is a whole new generation of devices that will help track many other health parameters such as blood pressure and fluid retention (for heart failure). They may also play a big role in preventing unnecessary hospitalizations for those with chronic diseases by alerting users when certain parameters veer off course and telling them how to get back on the right track. That means more people with chronic diseases will live safely at home, using trackers to monitor health without needing a higher level of supervised care. That'll be good news for them and their loved ones.



Add Your Own Gizmos

Under your account settings of the MyWHA Wellness portal, you can add your own personal devices and applications that will allow you to track your progress on the MyWHA Wellness site. Most devices and apps are supported. See Connection Center for full listing.



Skin Cancer Myth Busters

From the desk of Donald B. Hufford, M.D., WHA chief medical officer

Skin cancer is the most common type of cancer in the country. About 6 million Americans get diagnosed every year. It's also one of the easiest to prevent with sunscreen and other protection from the sun's harmful rays. To help you and your family stay safe, here's the truth behind the most common skin cancer and sun protection myths.

MYTH: All sunscreen is pretty much the same, and using high SPF (over 30) makes no difference.

SPF 30 blocks about 97 percent of UVB rays, while SPF 50 blocks about 98 percent. So anything with SPF 30 or higher is fine. What's more important is using it properly by applying a liberal amount to all exposed areas of skin and reapplying at least every couple of hours.

MYTH: People don't need to worry about sun protection on overcast days or while driving.

It's especially important to wear sun protection on cloudy days because you may get burned without noticing it. The same is true in the car because the side windows don't block UVA rays (the front windshield does). While driving, wear sunscreen on your arms and face so you don't get skin damage over time without realizing it.

MYTH: Tanning beds offer a safe alternative to sunbathing.

Tanning beds are not safe. If you're getting tan, you're doing damage regardless of the light source. Artificial tanning products like sprays and lotions do provide safe tanning alternatives, but they don't offer any protection from sun exposure.

MYTH: Skin cancer affects only older people, so kids and teenagers don't have to worry about sun protection.

Skin cancer results—in part—from cumulative sun exposure throughout your life. On average, people get 80 percent of their lifetime sun exposure during their youth, so it's especially important for young people to use sun protection to reduce their risk later in life.

MYTH: Skin cancer is easily removed and not a big deal.

The most common skin cancers are basal cell and squamous cell carcinomas, which spread only locally. These can be removed without lasting risk, but removal may cause disfigurement depending on the size and location of the cancer. Melanoma, on the other hand, is aggressive, deadly, and very hard to remove or treat once it metastasizes.



Toward a

HEALTHFUL

School Year

Before your kids head back to class, there's plenty you can do to pave the way for positive experiences

» 6 Workable Routines

Once school starts, life can get hectic. Establishing a few basic routines can make things go more smoothly and help everyone stay in control.

1. Connect at mealtime.

With busy schedules, getting the whole family to sit down together can be daunting. But reconnecting at dinner is a perfect opportunity to take a break from other activities and actually talk to one another. For young kids, research shows that dinnertime conversation boosts vocabulary. For adolescents, family meals are strongly linked to future healthy eating habits and a reduced risk of obesity.

2. Get moving.

Recent research indicates that lack of physical exercise—rather than calories consumed—contributes most to the obesity epidemic in kids. Instill good habits and get in your own heart-healthy time by exercising together.

It can be as simple as taking an after-dinner stroll, turning on music and dancing, going for a bike ride, or doing some active chores.

3. Snack smart.

Be sure that kids' after-school cravings don't lead to reaching for a bag of chips. Stock the fridge and pantry with healthy snacks like cut-up raw veggies, a protein-rich dip, fresh

fruit, string cheese and yogurt. On the weekend, help your children bake their own good-for-you treats.

4. Beat the morning scramble.

Organization is the key to avoiding stressful mornings. Pack lunches, pick out clothes, and stock backpacks the night before so everyone can grab and go.

5. Create a homework haven.

Carve out a place that's free of distractions for kids to work. Encourage your children to take breaks, but don't let them put off homework until they're too tired to focus.

6. Don't bend on bedtime.

Growing bodies need plenty of sleep, so enforce a regular bedtime, even if it means your kids climb under the covers and read for a while. Ban computers and TV right before bed so that kids can wind down from all the stimulation of the day.

Sources: *National Sleep Foundation, health.com, phitamerica.org, theconversation.com*



10%–20%

That's the maximum a backpack should weigh as a percentage of your child's body weight. To avoid muscle strains, choose a backpack with wide, padded shoulder straps and remind kids to always use both straps.

Source: *American Academy of Pediatrics*



» Know the Score

Playing sports offers a multitude of benefits beyond physical exercise, but safety is always a priority

Kids' participation in athletics is good for their physical health and also teaches teamwork, promotes strategic thinking and boosts self-esteem. Even so, it's important to ensure that young athletes—encouraged by their coaches—follow some simple guidelines.

- Get a physical exam before participating. Your pediatrician will assess your child's fitness for specific sports.
- Always wear the right protective gear and be sure it fits properly. Bear in mind that gear can't prevent all injuries, but it certainly helps.
- Drink enough liquid before, during and after games, especially on hot days, to avoid dehydration.

- Warm up before playing. Safe Kids Worldwide recommends starting with 10 minutes of jogging or other light activity, then stretching all major muscle groups. Talk to your child's coach about this if it's not being done.

- Take breaks during practices and games to help avoid overuse injuries. If this is not being done, then parents can suggest it to their child's coach.

- Tell coaches, parents or another adult about any pain, injury or illness your child may have before any practices or games.

Sources: nlm.nih.gov/medlineplus, aap.org, safekids.org

About Concussions

Lately, the NFL's experience has shone a spotlight on the problem of concussions (aka traumatic brain injury) from blows to the head. Although not as common, concussions do occur in childhood sports and their effects can be serious. In fact, the U.S. Soccer Federation announced new guidelines banning heading of the ball for players age 10 and under and limiting heading for kids 11 to 13.

If your child receives a bump to the head and shows any of these signs, seek treatment right away: memory problems, loss of consciousness, double or blurred vision, confusion, dizziness, or nausea. The most important treatment later is rest, to allow the brain to heal.

For more info about safeguards against concussion in kids, visit cdc.gov/headsup.

Sources: cdc.gov/headsup, pbs.org, today.com



Sports Make the Grade

In an ESPN survey of parents of 9- to 13-year-olds, 84 percent believe participation in athletics improves their child's grades in school.

» Stand Up to Bullying

One child or a group of kids repeatedly picking on or shaming another child—whether physically or verbally—is unfortunately nothing new. And thanks to the spread of social media, bullying’s power to hurt has been magnified. Such behavior can lead to anxiety, depression, skipping school and even violent acts of retaliation. The good news is that schools are increasingly responding to the issue. Experts also recommend the following positive steps parents can take to quell bullying.

If Your Child Is Being Bullied

- Remind them that it’s not their fault and that no one deserves to be picked on.
- Teach kids to respond by remaining calm, letting the bully know of their disapproval and walking away.
- Enlist the help of school officials to put an end to the behavior and to make sure your child is safe.
- Monitor your child’s social media interactions and texting to be aware of any problems.

If Your Child Is Acting as a Bully

- Make it clear to your child that bullying is never OK.
- Respond decisively with consequences, such as a loss of privileges.
- Work with school staff and the parents of the bullied child to come up with solutions.
- Be a positive role model by treating others with respect. Often, kids who are bullied at home turn out to be bullies at school.

If Your Child Witnesses Bullying

- Encourage kids to tell a trusted adult if they see someone being bullied.
- Teach them not to laugh, encourage the bully or become an audience for the behavior.
- Help them befriend the victim and include him or her in social activities.

There are numerous resources for parents and their children to help them learn how to stop the bullying at mywha.org/teen.

Sources: apa.org, ncpc.org, pacer.org



What Makes a Great Student?

KidsHealth asked 3,600 teachers this question.

Their top three answers:

1. Willing to try his/her best every day
2. Willing to ask questions when he/she doesn’t understand
3. Being polite and respectful to teachers


Be Wise: Immunize

As recent outbreaks of measles and whooping cough demonstrate, it’s more important than ever to make sure your child is up to date on all immunizations. The American Academy of Pediatrics recommends that children 7 to 18 years old be vaccinated against the following diseases:

- Chickenpox (varicella)
- Diphtheria, tetanus, pertussis (DTaP)
- Haemophilus influenzae type b (Hib)
- Hepatitis A
- Hepatitis B
- Human papillomavirus (HPV)
- Measles, mumps, rubella (MMR)
- Meningococcal disease
- Polio

For information about recommended schedules for immunizations, visit mywha.org/teenIZ.

ARE YOU SMART ABOUT DIABETES?



Type 2 diabetes occurs when the body's insulin production can no longer control the blood sugar (glucose) levels. Untreated, it can lead to a wide range of health issues, including blindness, kidney failure and heart disease. Fortunately, most people with type 2 diabetes can live normal, comfortable lives with medication and lifestyle changes.

How much do you know about type 2 diabetes? Take this short quiz to find out.

1. True OR False?

A diagnosis of prediabetes means you should prepare for a life with diabetes.

FALSE: Prediabetes means you have blood glucose levels that are higher than normal but not high enough to be diagnosed as type 2 diabetes. This can lead to diabetes, but it's not inevitable. Consider it an opportunity to improve your health through diet and exercise, and possibly prevent diabetes entirely.

2. TO CONTROL DIABETES

and reduce the risk of cardiovascular disease and other health problems, you should _____.

- a. eliminate sugar from your diet
- b. lose 10 pounds
- c. give yourself regular insulin shots

B. Moderate weight loss can help control blood glucose and reduce heart disease risk by lowering blood pressure and cholesterol levels.

3. True OR False?

Only adults get type 2 diabetes.

FALSE: Type 2 diabetes used to be called adult-onset diabetes. But it has become a serious problem among teenagers and adolescents, along with childhood obesity, over the past 20 years.

Sources: American Diabetes Association, Diabetes Care, Mayo Clinic, World Health Organization

4. HEMOGLOBIN A1C test (HbA1C) is important for people with diabetes because _____.

- a. doctors use it to measure your average blood glucose level for the past 90 days
- b. you can perform it at home to check your current blood glucose level
- c. doctors can measure how your insulin level is doing

A. Your doctor uses HbA1C to measure how well your diabetes is being controlled over time, while at-home blood glucose tests allow people with diabetes to get a snapshot of their levels at various times throughout the day.

5. True OR False?

You need to get screened for diabetes only if you experience symptoms such as fatigue, increased thirst or blurred vision.

FALSE: While these are symptoms of type 2 diabetes, many people don't experience these symptoms right away. People age 45 and older should get regular screenings, and people younger than 45 should get screened if they have risk factors such as obesity, inactive lifestyle, high blood pressure or family history.

6. WHICH of the following increases your risk of getting type 2 diabetes?

- a. Obesity
- b. Family history of diabetes
- c. High blood pressure
- d. All of the above

D. All of the above. Obesity, family history of diabetes and high blood pressure are all common risk factors for type 2 diabetes.

A Closer Look

When You Hit the Road

Follow these tips from travel health experts so your special time away doesn't turn into a hospital stay

Pre-trip Preparation

When planning a trip outside the United States, find the country in the "Travelers' Health" section of the Centers for Disease Control and Prevention website (cdc.gov/travel) to see recommendations for vaccines and other health concerns. If you need shots or preventive medications, make an appointment with your primary care physician at least two months before you leave.

Remember: As a WHA member, you can get pre-trip assistance through Assist America. Know this too: Travel assistance available from Assist America also covers urgent care and emergency care services wherever you are in the world. You can call Assist America 24/7, whether you're in another country or 100 miles (150 kilometers) from home. For more info, visit mywha.org/travel.

Staying Healthy In-Flight

When flying on a plane, protect yourself and others by washing your hands or using hand sanitizer and covering your mouth with a tissue or upper sleeve when you cough or sneeze. When traveling a long distance, minimize jet lag by getting plenty of rest before you leave, avoiding alcohol in-flight, and sticking to local meal and bedtime schedules at your destination.

What to Eat Abroad

Upset stomach and traveler's diarrhea (TD) are the most common travel-related illnesses. TD often results from eating or drinking something contaminated with bacteria such as *E. coli*. Frequent hand-washing is the first line of defense. Also, eat only freshly, fully cooked foods, or raw produce that you peel yourself, like oranges or bananas. Hydration is also important, but unless you know the tap water is safe, stick with bottled drinks, and avoid ice, which could be made from tap water.

Accidents Abroad

The CDC says 25 percent of American deaths abroad are caused by motor vehicle accidents. Always wear your seat belt in taxis or other vehicles, avoid driving or riding at night if possible, and use common sense when, for example, deciding whether to hop on the back of a motor scooter without a helmet—you shouldn't.



WEST NILE, ZIKA VIRUSES

You may have seen recent news reports about mosquito-borne West Nile and Zika viruses. Exposure may be an issue in some areas, and proper mosquito protection—long clothes and insect repellent—is a good idea no matter where you travel. To learn more, visit cdc.gov/zika or cdc.gov/westnile.

Sources: Centers for Disease Control and Prevention, American Academy of Family Physicians

Follow Through With Your Lab Tests

Lab tests help you and your doctor make sure you're on the right track with your health care

Lab tests are often an essential part of health care. Whether they're done to confirm a diagnosis or as part of a routine checkup, lab tests help doctors assess your health, including the short- and long-term impact of any treatment you are receiving or medications you are using, and determine the right medical decisions for you.

It is vital that you complete any test your doctor orders for you. To ensure the most accurate lab results, make sure you adhere to these recommendations before the test:

- Follow the pretest instructions supplied by your doctor or lab facility—for example, nothing to eat or drink before the test.
- Provide your doctor a complete medical history, including any medications and/or supplements—such as vitamins—you are taking.

Another tip: Complete your lab tests before your next doctor's appointment. That will allow your doctor to review your results with you during your appointment.



Become Smoke-Free for Life!

DID YOU KNOW THERE ARE NOW MORE FORMER SMOKERS IN THE U.S. THAN CURRENT SMOKERS?

If you want to quit smoking, you're not alone: Among all current U.S. adult cigarette smokers, nearly seven out of 10 report that they want to nix the habit completely, according to recent statistics. Some people can quit smoking by going cold turkey. But most find success because they asked for help.

As a WHA member, you have a wealth of services, tools and resources available to you. You can attend smoking cessation classes and support groups sponsored by our network's medical groups. Most classes and health programs are free and you can join online.

At myWHA Wellness (mywha.org/wellness), you can complete a wellness assessment and create an action plan to help you quit smoking. At your fingertips, you'll also find links to an abundance of online smoking cessation info from leading medical associations and government agencies.

Remember: Your risk of developing smoking-related diseases—including lung cancer and many other types of cancer, heart disease and stroke—is greatly reduced when you quit smoking. No matter your age, there are benefits to quitting. You are never too old to quit!

To learn more about smoking cessation, visit mywha.org/quit today!

BACK-TO-SCHOOL LESSONS

Kelly Brothers explains how success can come from decades of financial planning



There's a different "back to school" feel for the Brothers family this year. Our eldest child is headed off to college. So instead of buying pens and paper, back-to-school shopping includes a small fridge and snow boots. We are all very excited for Liam's opportunity.

This reminds me that the greatest financial planning lesson I ever learned occurred when I was in college. One year, my parents had four kids in four different Catholic universities (do the math ... \$\$).

Then my dad lost his job. I was the oldest and suddenly realized what a financial burden they were carrying and how difficult it was going to be with no income coming in. I called my dad and suggested I come home and work—and finish my education in a

year or two. He was mad that I would even make that suggestion. "Are you kidding me? Your mom and I have been planning for 20 years for this! Study hard, have fun, and we will see you at graduation."

It was the first time I realized that real financial planning covers decades. Long-term goals being achieved today are the result of sacrifices planned and made long ago.

For the Brothers family of the 1980s, it all worked out. I graduated. My siblings graduated. And within a few years, thanks to our parents' encouragement and support, we all earned graduate degrees as well. All because my parents had a plan that extended for over 20 years.

I hope my kids plan long-term too.

YOUR BEHAVIORAL HEALTH BENEFITS

Here's a brief user's guide

If you feel you need mental health care, such as treatment for depression, or need help with a substance abuse disorder, you can get help.

As a WHA member, you can self-refer to see a behavioral health specialist by contacting your behavioral health provider for prior authorization, using the phone number on the back of your ID card.

Magellan/HAI-CA: Call 800.424.1778.

Optum Health (UCD employees only):
Call 888.440.8225.

Your physician can also make a referral on your behalf. To learn more about your behavioral or mental health benefits, visit mywha.org/bh.



PASSION FRUIT BANANA SMOOTHIES

The sweetness of the tropics comes through in this yogurt-based fruit drink.

INGREDIENTS

- 8 passion fruits, including flesh and seeds
- 3 bananas
- 2 cups nonfat, plain, Greek-style yogurt
- 2 tablespoons honey
- 8 ice cubes

DIRECTIONS

In a blender, combine the passion fruit, bananas, yogurt, honey and ice cubes. Blend until smooth.

NUTRITION INFORMATION

Calories: 207

Carbohydrates: 42.9 g

Protein: 10.6 g

Sugar: 32 g

Fiber: 6.3 g

Potassium: 612 mg

Source: choosemyplate.gov



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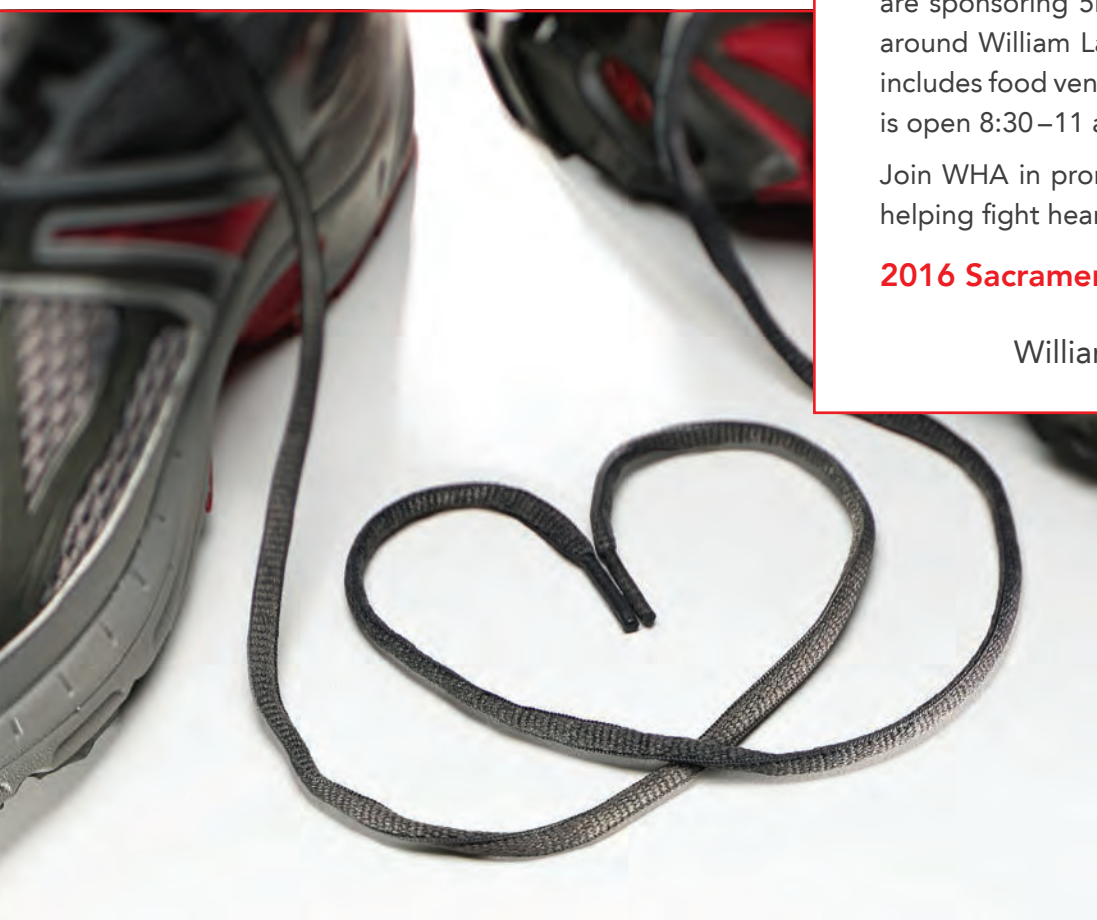
advantage

Put your heart into it.

WHA and the American Heart Association are sponsoring 5k (3.1-mile) and 1-mile walks around William Land Park. The festival, which includes food vendors and information booths, is open 8:30–11 a.m. Walk begins at 9 a.m.

Join WHA in promoting healthy lifestyles and helping fight heart disease and stroke!

2016 Sacramento Heart & Stroke Walk
Saturday, September 24
William Land Park, Sacramento



My Heart. My Life.®

Locally sponsored by



Join the WHA Heart Walk Team | visit mywha.org/heartwalk