



Western Health Advantage

WINTER 2017

# ADVANTAGE

Your resource for health and wellness

## WINTER WORKOUTS

Fun options for staying fit—whether you're outdoors or in

FLU SHOTS: WHAT YOUR FAMILY NEEDS  
FOOT CARE: TIPS FOR EXERCISING  
HYPERTENSION: SHAKE THE SALT HABIT  
RECIPE: CHICKEN AND CELERY STIR-FRY

advantage > you



## Welcome to WHA



Welcome new members! At Western Health Advantage (WHA), you'll be greeted with fast, accurate and personal service. We're eager to help you learn how your health plan coverage, benefits and services work.

As a new member, one of the first things you should do is create a secure account at [mywha.org](http://mywha.org) and download the WHA mobile app. Once you're logged in, visit our Healthy Living section for access to gym discounts, health education classes, materials and services to help you find balance and live healthier. Our wellness program, MyWHAWellness, has one-click access to online health and wellness tools, disease management services, and a Nurse24 advice line.

You should also choose your primary care physician (PCP). Your plan fully covers most preventive care, so schedule an appointment soon with your PCP.

We're here to help. To get the most out of your health plan when you have questions, please call our Member Services department at 888.563.2250.

### Garry Maisel

CEO, Western Health Advantage

## TIDBITS

### You can save time and eat well when you cook with a wok

No matter your vocation or avocation, your life is probably busy. It might seem like a huge hassle to take an hour (or more) out of your day to cook a fully balanced meal. But with a wok, a small amount of oil and a healthy pile of veggies, you can make a nutritious and delicious stir-fry with minimal prep work and cooking time. If you're ready to get started with your own wok, try these tips:

**Season your wok.** The more you use your wok, the more flavor it will absorb. Discoloration is a sign of seasoning; don't try to scrub spots off!

**Preheat your wok** to medium-high while you prep ingredients. It will mean less time cooking later!

**Choose the right oil.** Avoid olive oil and butter, which can burn. Instead, consider using peanut oil, sesame oil, canola oil or a vegetable oil blend.

**Marinate your meat (if you are adding any).** Unlike cooking meat on a barbecue, however, you need only five minutes to flavor the bite-size pieces of meat.

**Avoid crowding.** Your wok needs room to work its magic. Don't stuff too much in it or it will braise the food instead.

Sources: *Diabetes Forecast*, *Epicurious*, *Whole Foods*, *New York Times*



Western  
Health  
Advantage



#### ADVANTAGE MAGAZINE

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## Key Questions

Get updates on your coverage from  
Lisa Angst of WHA Member Services



### Are there any health plan changes for 2017?

As of Jan. 1, 2017, pediatric dental benefits (included on WHA small group and individual plans) moved from Access Dental to DeltaCare USA, administered by Delta Dental. Please select a dental provider through DeltaCare USA at [deltadentalins.com](http://deltadentalins.com). If your employer group currently has a dental rider, check with them for any changes.

### What is MyWHA Wellness?

MyWHA Wellness is WHA's online wellness program. WHA's program helps you set realistic, individualized wellness goals; create personalized action plans; track your progress; and view health links, articles and videos. To get started, visit your health and wellness portal at [mywha.org/wellness](http://mywha.org/wellness).

### What else is available under MyWHA?

Once you log in to the secure portal, you can change your doctor and order, print and email replacement ID cards; view your eligibility information; use the service cost estimator; order printed materials; choose language preferences; view your accumulator and request a reimbursement—and more!

### If I receive a bill in 2017 for services that were provided in 2016, does the bill apply toward my 2017 deductible or out-of-pocket maximum?

On Jan. 1, 2017, the calendar year deductible and out-of-pocket maximum restart. If you had any services in 2016, those services would apply toward your 2016 deductible and/or out-of-pocket maximum. Any covered services you receive in 2017 will apply toward your 2017 deductible and/or out-of-pocket maximum.



## HOT TICKET

Contact [community@westernhealth.com](mailto:community@westernhealth.com) to join WHA's team for either of the events below or make a tax-deductible donation.

### Sacramento Undy 5K Run/Walk

Feb. 25, 2017 – 9 a.m., William Land Park

WHA is one of the sponsors of the Undy Run and has a team, WHAtch Your Tushie. Join us and interact with vendors and attend a special ceremony honoring everyone affected by colon cancer.

### Walk a Mile in Her Shoes

May 6, 2017 – 11 a.m., Capitol Mall

About 1,000 men will walk, run and limp along a 1-mile course while wearing high heels to support WEAVE and ensure 24-hour services are available for victims of sexual assault and domestic violence. WHA is the presenting sponsor for this event.

## DID YOU KNOW?

Woodland Memorial Hospital's local and national recognitions include:

- Primary Stroke Center
- Accredited Chest Pain Center
- Get with the Guidelines® — Stroke Silver Plus Quality Achievement Award
- HCAHPS Best Performer
- Baby Friendly Hospital
- HomeCare Elite Top Agency

Find more info at [dignityhealth.org/woodland](http://dignityhealth.org/woodland).

### FDA Bans Most Antibacterial Soaps

The idea that antibacterial soaps offer consumers extra protection is not supported by current research, according to the U.S. Food and Drug Administration, which recently announced that it was banning many of these products. The FDA has given companies a year to remove 19 different chemical additives from consumer hand washes and bar soaps, citing long-term safety concerns and doubts about these products' effectiveness when compared with washing with traditional soap and water. For more info, visit [fda.gov](http://fda.gov).

### Weight Loss Smarts

When it comes to losing weight, you may tend to go for big changes—fasting, daily trips to the gym, nixing carbohydrates. However, some studies have shown that small changes in diet and physical activity can actually have a bigger, and longer-lasting, impact on weight loss. Walking five minutes more a day, putting down utensils in between bites, or cutting down on milk in your coffee are simple steps that are both manageable and can lead to a sense of accomplishment. With weight management, as is true of many things, a little can go a long way.

Sources: *Annals of Behavioral Medicine*, Cornell University

## Tone Up With Dr. Tanji

Put your best foot forward with tips from Jeffrey Tanji, M.D., associate medical director, Sports Medicine, UC Davis Health System

**F**oot injuries are fairly frequent occurrences in fitness buffs and athletes. Typical foot injuries are plantar fasciitis (inflammation of the ligament that connects your heel bone to your toes), pain in the arch of the foot and, less commonly, stress fractures of the metatarsals. Foot injuries are hard to ignore—the pain worsens and it makes people stop exercising and seek medical care. Foot ailments that force you to stop exercising—limping, walking on the edge of the foot for comfort—are important to pay attention to because the pain is a sign of injury.

As in many kinds of exercise, the advice to start slowly and gradually ramp up your training also applies to athletes' foot care. It makes sense to do a small amount at first—tip your toe into the water, to use a bad analogy. Be mindful of wear and tear on shoes, and also be aware of the exercising surface. The more forgiving the exercise surface, the less chance of injury. For example, it is easier to run on grass compared with concrete.

FYI: Don't underestimate the importance of wearing proper shoes and socks. I think that shoe stores that cater to exercisers and check your foot type actually do a great service. They will look at more than your foot size and make recommendations based upon your foot type (high arch, flat foot or neutral). Socks that are comfortable and breathe are also very important. I like the newer synthetic socks that are light, very soft and yet provide great support. (Balega is one example.)

Know this too: People most at risk for foot injuries are those who are not careful about shoe type (wear shoes that are too old or have lost the midsole shock-absorbing parts of the shoe). I am not a fan of the barefoot running craze; this used to also be big in the 1970s, but most people do better with well-fitted shoes.





## Fighting Flu Through the Ages

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

**W**hen it comes to preventing the flu, the most important thing you can do is get immunized every year. With a few exceptions, vaccination is recommended for just about everybody over the age of 6 months.

For this flu season, the Centers for Disease Control and Prevention (CDC) has made a couple of notable changes to its recommendations.

- The nasal spray vaccine is no longer recommended, meaning everyone—kids included—should get the flu shot. The influenza virus changes every year and the CDC believes that the nasal spray is not likely to be nearly as effective as the flu shot this year. Aside from that, the CDC doesn't have a preference among approved vaccines.
- If you have an egg allergy and it's not severe, you can now get any approved age-appropriate flu vaccine without being monitored afterward.

- A few years ago, the CDC extended the recommendation to all adults in order to reduce influenza in the community and protect people who are at high risk for complications, including children who are too young to get shots.

### Here are some special considerations for a few high-risk groups:

#### Children

- Among children ages 5 and younger, the flu can be more severe, particularly in children under age 2.
- If children are between 6 months and 8 years old and it's the first time they've ever had a flu vaccine, they need two doses at least 28 days apart.
- It's important for parents to keep in mind that with any vaccine, while the needle certainly can hurt, the benefits outweigh that discomfort.

- Caregivers and people around the household should get the shot too.

#### Pregnant and breastfeeding women

- When you're pregnant, your immune system changes, increasing risks for severe flu symptoms.
- Vaccination helps prevent complications and can pass antibodies to the baby that offer protection during the first six months of life.
- Again, make sure other family members get immunized too.

#### Older adults

- Adults ages 65 and older are one of the groups that's at highest risk for complications from the flu. As you get older, your immune system is not as strong and you tend to have more medical complications as well.

#### FYI

People of any age with chronic conditions such as diabetes, COPD and asthma should also make sure they get a flu shot.



# WINTER ACTIVITIES Wonderland

Dashing through the snow (or ice) on skis, snowshoes and skates

WHEN THE TEMPERATURE DROPS, DON'T LET YOUR FITNESS ROUTINE DECLINE WITH IT. WHETHER YOU PREFER HIKING, PLAYING IN THE SNOW OR WORKING UP A SWEAT INDOORS, OUR WINTER RECREATION GUIDE IS FOR YOU. YOU'LL DISCOVER HEALTH-PROMOTING ACTIVITIES FOR THE WHOLE FAMILY IN SPIRIT-LIFTING LOCATIONS.



# Winter Sports for Everyone

can be great exercise and good family fun

**W**hen you think of winter sports, downhill skiing and snowboarding might come to mind first, but there are many options for staying active throughout the season.

In fact, if you can walk, you can snowshoe. Snowshoeing at a steady pace burns calories at a rate comparable to walking. If you pick up the pace—and a pair of ski poles—you can burn more and work out your upper body.

Other activities that can keep your family moving all winter long include cross-country skiing, ice skating, downhill skiing, snowboarding, sledding and playing in the snow.

Whatever activity you choose, stay safe in the snow by:

- Conditioning and getting fit before your outing (especially for snowboarding and skiing)
- Dressing in layers

- Using proper equipment and protective gear, such as gloves, goggles and helmets, and making sure everything functions and fits
- Warming up
- Taking a lesson if you're a beginner, sticking to trails within your ability level and calling it a day when you get tired
- Avoiding going out alone and telling someone your planned route and estimated time of return
- Staying hydrated and applying sunscreen and lip balm

Cardiac patients: Consult with your doctor before taking up a winter sport, since exercising in cold weather increases strain on the heart. At high elevations, take it easy for a day or so to acclimate before attempting strenuous exercise.

Try the following activities at these family-friendly spots in Placer and El Dorado counties. Call ahead to check conditions.

## Tahoe City

The nonprofit Tahoe Cross Country Ski Education Association operates two areas for snowshoeing and cross-country skiing in the Tahoe City area. Downtown, the Tahoe City Golf Course transforms into the Tahoe City Winter Sports Park with gently rolling groomed trails that are friendly to beginners, a sledding hill and an outdoor ice rink. Three miles away, the Tahoe Cross Country Ski Area has 65 kilometers of trails with scenic views and three warming huts.

Both locations offer rentals, including pulk sleds for pulling small children. Trail pass required. Lessons are available. To plan your visit, call 530.583.5475 or visit [tahoexc.org](http://tahoexc.org).

## Ed Z'berg Sugar Pine Point State Park

Imagine going for gold as you snowshoe or cross-country ski at the site of some of the events of the 1960 Olympics. The Sierra State Parks Foundation grooms 12 miles of trails near the west shore of Lake Tahoe and hosts full-moon snowshoe tours and ranger-guided ski tours. The park also has a sledding hill and snow play opportunities.

\$5/vehicle. Bring your own equipment. To plan your visit, call 530.583.9911 or visit [sierrastateparks.org](http://sierrastateparks.org). To check conditions, call 530.525.7982.

## North Tahoe Regional Park

Take in views of Lake Tahoe and the surrounding peaks on more than 10 kilometers of tree-lined trails for cross-country skiing and snowshoeing in Tahoe Vista. Additional attractions include a low-cost sledging hill, Treetop Adventure Course and snow play areas. Sledding hill admission includes disc or sled rental—and a bonus workout of walking uphill before each exhilarating ride.

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**\$5/vehicle. Bring your own equipment.**  
To plan your visit, call 530.546.4212 or visit [northtahoe parks.com](http://northtahoe parks.com).

## Ski Resorts

Sacramento provides convenient access to world-class ski resorts that offer a variety of activities, including downhill skiing, snowboarding, ice skating, snow tubing, cross-country skiing, snowshoeing and more.

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For assistance with planning your outing, call the Placer County Visitors Bureau at 530.887.2111 or the El Dorado County Visitors Authority at 800.457.6279.

## Sacramento: Downtown Ice Rink

WHA members get a \$5 discount thanks to WHA's sponsorship. Open Nov. 4 to Jan. 16.

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For more information, please visit [godowntownsac.com](http://godowntownsac.com).

# All-Weather Workouts

Rain or shine, activities at these climate-controlled spots will keep you moving all winter long

## Sacramento County

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**Sacramento Central YMCA:** Purchase a day pass to access lap swimming and water exercise classes in an indoor, heated pool; fitness classes, including strength training, yoga, tai chi, cycling, Zumba, yoga and Aging Well classes for older adults; open-gym basketball; and cardio room and weight room. 916.452.9622, [ymcasuperiorcal.org](http://ymcasuperiorcal.org)

**Swimstitute (Rancho Cordova):** Lap swimming, water aerobics classes, swim lessons and weekend family programs at an indoor aquatic facility. 916.851.0840, [swimstitute.com](http://swimstitute.com)

**The Ballroom of Sacramento:** Group dance lessons most days for ballroom, Latin, swing, country western and more. Dance parties on weekends. 916.456.2616, [theballroomofsacramento.com](http://theballroomofsacramento.com)

**Southgate Recreation and Park District (Sacramento):** Zumba and Jazzercise classes. Adult volleyball league. 916.428.1171

**Folsom Sports Complex:** Drop-in soccer, basketball, table tennis, pickleball and batting cages. 916.984.2850

## El Dorado County

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**City of Placerville Recreation & Parks:** Dance and fitness classes. Adult basketball and volleyball leagues. Registration required. 530.642.5232, [teamsideline.com/placerville](http://teamsideline.com/placerville)

## Marin County

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**Albert J. Boro Community Center (San Rafael):** Open-gym basketball and volleyball. 415.485.3077

**City of Mill Valley Aquatics and Fitness Center:** Lap swimming and water aerobics classes at an indoor pool with a retractable roof. Drop-in fitness classes include cardio barre, spin and yoga. 415.383.1370, [cityofmillvalley.org](http://cityofmillvalley.org)

## Napa County

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**Napa Parks and Recreation.** Open-gym badminton, basketball and volleyball. 707.257.9210, [naparec.com/adult-programs](http://naparec.com/adult-programs)



# Local Trails for All Seasons

Weather permitting, walking is a great year-round workout. Check conditions before you go.

## Placer County

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**Mike Shellito Indoor Pool (Roseville):** Drop-in lap swimming and water fitness classes. 916.774.5957

**Skatetown (Roseville):** Daily public ice skating sessions. Drop-in hockey. 916.783.8550, [skatetown.biz](http://skatetown.biz)

## Solano County

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**Mare Island Sports Complex (Vallejo):** Drop-in basketball, soccer, volleyball and football. Adult soccer leagues. Monthly memberships available. 707.562.4625, [gvrd.org](http://gvrd.org)

**Vacaville Ice Sports:** Daily public ice skating sessions. Pick-up hockey and adult hockey clinic. 707.455.0225, [vacavilleicesport.com](http://vacavilleicesport.com)

## Sonoma County

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**Mentor Me Cavanagh Recreation Center (Petaluma):** Open-gym basketball and volleyball, 707.559.3517, [wearementorme.org](http://wearementorme.org)

**Cal Skate (Rohnert Park):** Public roller/inline skating, including adults only and kids skate sessions. 707.585.0494, [calskate.com](http://calskate.com)

## Yolo County

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**Norcal Indoor Sports (Woodland):** Public roller/inline skating sessions, batting cages (including a Wiffle ball cage) and drop-in inline hockey. 530.406.1100, [norcalindoorsports.com](http://norcalindoorsports.com)

## American River Parkway

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The Jedediah Smith Memorial Trail offers 32 miles of mostly level pavement for a mud-free walk, jog or bike ride along the American River. For a peek of seasonal bright red toyon berries, park on Nimbus Road off of Gold Country Boulevard near Hazel Bridge and Nimbus Fish Hatchery. Head west and turn around at the historic Fair Oaks pedestrian bridge for a 4-mile out-and-back stroll. Old Town Fair Oaks and the fish hatchery visitor center make for fun attractions. \$5/vehicle. *For more info, visit [sacparks.net](http://sacparks.net).*

Bring binoculars to zoom in on migratory birds and other wildlife as you walk along the river. A good spot: Effie Yeaw Nature Center at Ancil Hoffman County Park, where you can take a 1.5-mile nature loop in oak woodlands and find interpretive panels about the riparian habitat. Also visit the Nature Center's resident owls, hawks and other animals (closed Mondays). \$5/vehicle. *For info, call 916.489.4918 or visit [sacnaturecenter.net](http://sacnaturecenter.net).*

## Napa

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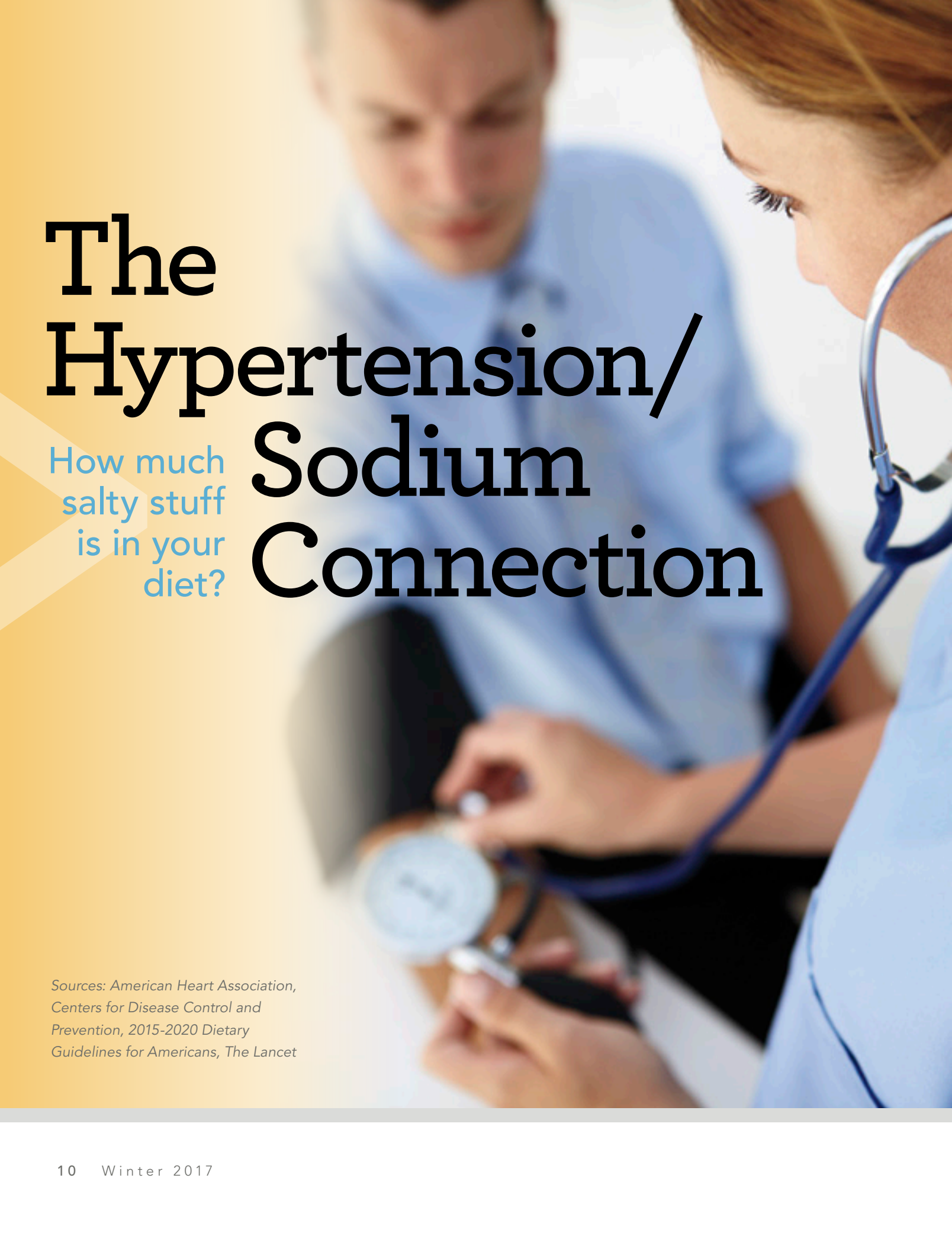
Skyline Wilderness Park in Napa boasts more than 20 miles of hiking trails, including the popular Lake Marie Road Trail. The 2.5-mile trip to Lake Marie is uphill, but the incline is

gradual and benches are available. Be aware—the wide gravel road is shared by horseback riders, cyclists and park vehicles. Extend your hike on connecting trails at Lake Marie or head back downhill and explore the Martha Walker Native Habitat Garden. The park also has picnic areas and two disc golf ranges. Day-use fee depends on activity. *For more info, visit [skylinepark.org](http://skylinepark.org) or call 707.252.0481.*

## Marin

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Scenic Lake Lagunitas in Fairfax is a popular destination for all ages. As you walk or cycle the fairly level 1.2-mile loop around the lake, look out for western pond turtles, ospreys, cormorants and the occasional bald eagle. Park at the Sky Oaks Watershed Headquarters, which also provides access to a relatively flat 4-mile trek around Bon Tempe Reservoir. Pack refreshments for the picnic area. If you have a fishing license, bring your poles—lakes are stocked with trout in the winter. \$8/vehicle. *For info, visit [marinwater.org](http://marinwater.org) or call 415.945.1180.*



# The Hypertension/ Sodium Connection

How much  
salty stuff  
is in your  
diet?

Sources: American Heart Association,  
Centers for Disease Control and  
Prevention, 2015-2020 Dietary  
Guidelines for Americans, The Lancet

Sodium can hurt your heart, and if you're like most people, you're probably getting too much of it. A natural mineral in foods, sodium is often added to foods during manufacturing. Table salt contains sodium as well as chloride. A high-sodium diet can put you at risk for developing serious conditions such as high blood pressure, heart disease and stroke.



The average American adult consumes more than 3,400 milligrams of sodium daily. The 2015-2020 Dietary Guidelines for Americans recommends consuming no more than 2,300 milligrams of sodium daily as part of a healthy diet. The American Heart Association (AHA) recommends aiming for no more than 1,500 milligrams per day but says if your intake is very high, even cutting back to 2,400 milligrams will help. The habit begins early: Researchers at the Centers for Disease Control and Prevention (CDC) found that nearly 90 percent of kids are eating too much salt.

Want to cut back? Don't let your taste buds fool you. There's plenty of hidden sodium in many foods that don't necessarily taste salty. According to the CDC, most of the salt that people consume—over 75 percent—comes from processed food and restaurant meals. So while grocery shopping, be sure to read labels, and when dining out, avoid cocktail sauce and foods that are smoked or in broth, in au jus, or in soy or teriyaki sauce.

## AHA Advice: Cut Back on the 'Salty Six'

- **Breads and rolls.** Check labels and opt for products with less sodium.
- **Cured meats and cold cuts.** Six thin slices of deli meat clock in at half of the daily recommended sodium intake. Choose lower-sodium varieties.
- **Pizza.** For a healthier slice, limit the cheese and pile on more veggies.
- **Poultry.** Buy poultry that hasn't been injected with a sodium solution. Check the packaging's fine print for "saline," "sodium solution" or "broth."
- **Soup.** Canned soup can contain as much as 940 milligrams of sodium—roughly half of the recommended daily amount. Choose low-salt versions.
- **Sandwiches.** Instead of a fast-food sandwich or burger, have a side salad and just half a sandwich.



# Health Notes From A to Z

Helpful info and topics to boost your awareness and wellness, from diagnosing

## ADHD

Parents may be all too familiar with easily distracted children, but how do you know whether your little one's daydreaming and misbehavior are normal youthful antics or signs of a bigger problem?

Attention deficit hyperactivity disorder, or ADHD, is one of the most common neurobehavioral disorders in children and can seriously impact both home and school life.

- **Signs and symptoms:** A 2015 study by the Centers for Disease Control and Prevention found that 1 in 10 school-aged children in the United States have been diagnosed with ADHD by a health care provider (that's 6.4 million kids). Parents who notice an uptick in behaviors such as constant motion and fidgeting, interrupting, and difficulty sitting should consult their primary care provider.

Guidelines set forth by the American Psychiatric Association advise doctors to evaluate a child's levels of inattention, hyperactivity and impulsivity, as well as look at his/her conduct in multiple settings (school, home). According to the American Academy of Pediatrics, input from parents/guardians, teachers and any others involved in a child's care should be considered too.

- **Co-existing conditions:** Making diagnosis even more complicated are the many behavioral, mood and



learning issues that overlap symptoms with ADHD and can often go along with the disorder. One of the most common coexisting conditions is oppositional defiant disorder (ODD). Nearly 40 percent of ADHD sufferers have ODD; symptoms include extreme anger and argumentativeness, refusal to follow rules, and vindictiveness.

Co-occurring mood disorders such as depression or mania affect nearly 40 percent of adults with ADHD; children also experience mood disorders and have shown elevated rates of depression as well.

Learning disorders such as dyslexia are a bigger problem for young people, affecting up to 50 percent

of children with ADHD. Other issues such as substance abuse, anxiety and sleep problems also have high rates of incidence.

- **Treatment options:** Treatment can be very effective and varies by age, according to the CDC; management with behavioral therapy and medication is most common.

Sources: American Academy of Pediatrics, Centers for Disease Control and Prevention, National Resource Center on ADHD

## Alcohol Abuse

### Help for Alcohol Dependency

Identifying patients with alcohol dependence is important to WHA and our medical groups. Recognizing

## ADHD to avoiding Zika infection

patients with alcohol dependence early on and referring them promptly to behavioral health services is a key to the most effective treatment. To ensure members get the help they need, WHA and our medical groups are focusing on identifying, referring, and following up to confirm alcohol dependence services are received.

Need help? Contact your behavioral health provider:

- Magellan Healthcare: 800.424.1778
- Optum® (UCD employees): 888.440.8225

### Asthma DID YOU KNOW?

According to a 2013 *Asthma in California* report, asthma results in an estimated 11.8 million days of work/activities missed per year among adults and 1.2 days of school/day care missed per year among children.

Through a partnership with Optum®, a disease management organization accredited by the National Committee for Quality Assurance, WHA offers disease management programs to members living with certain chronic conditions at no additional cost. For more information about WHA's asthma program, visit [mywha.org/dm](http://mywha.org/dm) or call Optum® at 877.793.3655, Monday through Thursday, 9 a.m. to 7 p.m., Friday and Saturday, 9 a.m. to 6 p.m.

### Colorectal Cancer DID YOU KNOW?

California's colon and rectum cancer incidence and mortality rates have sharply declined in most racial/ethnic groups. In fact, colorectal cancer risk has steadily decreased in the state over the past 25 years, a reduction largely attributed to increased screening. For more info about colorectal cancer screening, visit [mywha.org/advantage](http://mywha.org/advantage) and select the Winter 2016 issue, page 5.

Source: *California Cancer Registry*

### Zika

With the Centers for Disease Control reporting more than 4,300 Zika cases in the United States, and Congress allocating \$1.1 billion to fight the spread and effects of the virus, there is no denying we are dealing with a national public health emergency.

• **Cause and effect:** Zika is primarily spread through the bite of an infected *Aedes* species mosquito—it can be sexually transmitted as well. It poses the biggest threat to pregnant women, who can pass Zika to the fetus, potentially causing a birth defect known as microcephaly, which greatly reduces the size of the infant's head. Other ramifications of Zika infection during pregnancy include birth defects affecting the child's brain, vision and joints, as well as impaired movement.

• **Symptoms:** Zika's primary symptoms are fever, rash, joint pain, conjunctivitis, muscle pain and headache, although many infected people won't present with any symptoms at all.

• **Prevention:** While there is currently no known vaccine for Zika, the best defense against the virus is prevention of mosquito bites. The CDC recommends pregnant women (and those trying to conceive) avoid travel to areas with reported cases of mosquito-borne Zika. Florida currently has the highest incidence of cases in the United States, with more than 33,000 cases reported in U.S. territories.

The CDC advises men who have visited areas with active Zika transmission to refrain from unprotected sex for at least six months after travel; the guideline for women is eight weeks, although the World Health Organization recommends both men and women wait a full six months.

Sources: *Centers for Disease Control and Prevention, World Health Organization*

# HELP WHA COMBAT FRAUD, WASTE AND ABUSE

## Find out what you can do to protect yourself and how to report suspicious behavior

Western Health Advantage is committed to detecting and preventing fraud, waste and abuse. Nationally, fraud, waste and abuse cost the health care system billions of dollars every year.

Fraud can include a doctor billing for services not provided, an enrollee letting someone else use his or her medical ID card to get health care services, filing false

claims, falsifying medical records and even medical identity theft.

What can you do to protect yourself? Review your health care bills for services you never received or for dates you did not receive medical care. Keep your medical ID card and number safe, treat it like your Social Security card and driver's license, and do not share it with anyone. Consider asking for

a second opinion if your doctor suggests you have tests and exams that you do not think are medically necessary.

If you suspect fraud, waste or abuse in your health care, please report it to Western Health Advantage at our Fraud Complaint Hotline at 916.563.2250 or 888.563.2250. You may choose to share the information anonymously or leave your name and information and we will contact you if we have questions. You may also send an email about your concerns to [compliance@westernhealth.com](mailto:compliance@westernhealth.com), but email reports cannot be guaranteed to be anonymous. Please provide as much information as possible so that we can investigate your concerns.

Working together, we can fight fraud, waste and abuse in the health care system!





## CHICKEN AND CELERY STIR-FRY

You'd be hard-pressed to find a healthier, more delicious meal than this stir-fry, especially if you serve it over whole-grain brown rice.

### INGREDIENTS

- 1 tablespoon peanut oil or vegetable oil
- 1 tablespoon ginger, minced
- 1 tablespoon garlic, minced (about 2–3 cloves)
- 1 tablespoon fresh scallions (green onions), rinsed and minced
- 2 cups celery, rinsed and sliced
- 1 cup carrots, rinsed and peeled into very thin strips
- 1 tablespoon cornstarch
- 1 cup low-sodium chicken broth
- 2 tablespoons rice vinegar
- 12 ounces boneless, skinless chicken breast, cut into thin strips
- 1 tablespoon lite soy sauce
- ½ tablespoon sesame oil (optional)
- 1 tablespoon sesame seeds, toasted (optional)

### DIRECTIONS

1. Heat oil in a large wok or saute pan. Add ginger, garlic and scallions, and stir-fry briefly until cooked, but not brown, about 30 seconds to 1 minute.
2. Add celery and carrots, and continue to cook gently until the celery begins to soften.
3. In a bowl, mix cornstarch with chicken broth, and add to the pan. Add rice vinegar, and bring to a boil over high heat. Lower temperature to a gentle simmer.
4. Add chicken, and stir continually for 5–8 minutes.
5. Add soy sauce, sesame oil (optional) and sesame seeds (optional), and mix gently.
6. Serve 1 cup chicken stir-fry.

Makes 4 servings; serving size: 1 cup

### NUTRITION INFORMATION

Calories: 188	Total fiber: 2 g
Total fat: 7 g	Protein: 22 g
Saturated fat: 2 g	Carbohydrates: 8 g
Cholesterol: 51 mg	Potassium: 370 mg
Sodium: 237 mg	

Source: National Heart, Lung, and Blood Institute



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