

ADVANTAGE

Your resource for health and wellness

BREATHE FREELY

Fresh ideas for
invigorating outings

WELLNESS: How to Beat Back Pain
BEHAVIOR: The ABCs of ADHD
ANXIETY: Stress-Busting Tips

advantage > you



Welcome New Members!



As a new member, one of the first things you should do is create a secure account at mywha.org and download the WHA mobile app. If you haven't yet signed up for access, please visit mywha.org/signup today.

Once you log in, you can find benefit information, look up claims and prescriptions, order a new ID card, look for contracted providers, change your PCP, and more. You can also 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, MyWHA Wellness, has one-click access to online health and wellness tools, disease management services, and a Nurse 24SM advice line.

We're eager to help you learn how your health plan coverage, benefits and services work. To get the most out of your health plan when you have questions, please call our Member Services department at 800.563.2250. At WHA, you'll be greeted with fast, accurate and personal service.

Garry Maisel
CEO, Western Health Advantage

TIDBITS

Cooking With Oil 101

Good fats. Bad fats. MUFAs. PUFAs. Smoke points. Healthy eating shouldn't be so complicated, but when it comes to cooking with oil, it is all too easy to get lost in the lingo. So before you reach for the saute pan, let's review a few of the basics.

Choose better-for-you fats and use sparingly. USDA guidelines recommend incorporating a small amount of plant-based oils as part of a healthy diet. Opt for oils that are high in monounsaturated fats (MUFAs), such as olive, peanut and canola, or oils rich in polyunsaturated fats (PUFAs), such as soybean, corn and sunflower. Used in moderation and in place of saturated fats (think butter or lard), MUFAs and PUFAs can provide flavor that is also better for your heart. The biggest benefit? According to the American Heart Association, both MUFAs and PUFAs can help reduce bad cholesterol levels in your blood, lowering your risk of heart disease and stroke.

Know your oil's smoke point. The term refers to the temperature at which heated oil starts smoking and starts to lose some nutritional value. Oils with higher smoke points are better for frying; for instance, peanut and corn oil have a high smoke point, while olive and canola oil are better for sauteing over medium heat.

Oils have a shelf life. Oils can degrade over time, losing nutritional quality. Store oils in a cool, dark setting and toss them if they smell bitter or off. Some polyunsaturated oils such as grapeseed or walnut oil may turn rancid quickly and should be refrigerated after opening.

Western
Health
Advantage



ADVANTAGE MAGAZINE

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3 Questions

Lisa Angst of WHA Member Services answers your WHA-related questions



Is it possible to obtain a 90-day supply of my medication?

WHA partners with Express Scripts pharmacy to allow a 90-day supply of your medication to be delivered to you! This program offers free standard shipping, 24/7 access to pharmacists and refill reminders. Starting Jan. 1, 2018, you can obtain a 90-day supply of maintenance medications at a Walgreens Pharmacy. These programs will help you save

money and time. Simply contact your prescribing provider and request a 90-day prescription to get started!

I received a bill for service rendered in 2017; does this apply toward my 2018 Out of Pocket Max (OOP)?

No, services rendered in 2017 will apply toward your 2017 OOP and/or deductible. Any services you receive in 2018 will apply toward your 2018 OOP and/or deductible. You can review your accumulator by logging in to your secure MyWHA portal.

Are there changes starting Jan. 1, 2018?

Yes! First, we've added a new chat feature to the website for members! To send a chat for assistance, log in to your MyWHA account, click on the "Contact Us" page, and send a secure chat directly to one of our customer service representatives. Second, WHA has expanded our coverage area to include San Francisco, Contra Costa, Alameda and San Mateo counties through our partnership with Canopy Health. Now businesses in a larger part of the Bay Area can offer WHA to their employees; employees of WHA groups who live in the Bay Area can choose WHA as well. Learn more at choosewha.com/canopy. This expansion, along with new state laws, means WHA has multiple provider network designations, and you'll start seeing your network assignment on new ID cards in the future.



HOT TICKET

WHA Sponsors Community Walks!

Contact community@westernhealth.com to join WHA's team for either event or make a tax-deductible donation.

Sacramento Undy 5K Run/Walk

Saturday, Feb. 24, 2018, 9 a.m.

William Land Park

Join the WHA team, WHAtch Your Tushie, for this event to raise awareness and funds to fight colon cancer. See page 9 to learn more.

Walk a Mile in Her Shoes

Sunday, May 20, 2018, 11:30 a.m.

Capitol Mall

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

DID YOU KNOW?

UCSF Medical Center Is One of the Best

The 2016-2017 Best Hospitals survey conducted by *U.S. News & World Report* named the University of California, San Francisco Medical Center as the seventh-best hospital in the United States. It is in WHA's network as part of Canopy Health and is the only Northern California hospital on the list. The medical center is also the highest-ranked hospital in the San Francisco-Oakland metro area.

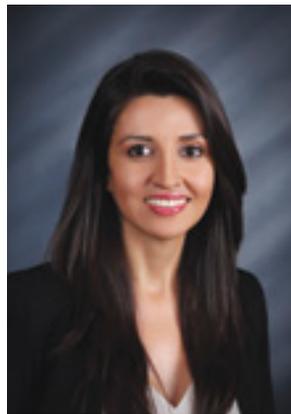
POST-HOLIDAY WORKOUTS: FIVE KEYS TO SUCCESS

Improving fitness after the holidays tops many New Year's resolution lists. But how do you turn intentions into reality?

- 1. Set manageable goals.** A few bench presses won't turn you into a body-builder. Establish realistic measures of success, including smaller goals along the way to making your New Year's resolution come true.
- 2. Start slow.** If you push yourself too hard or pull a muscle, you'll derail your routine before it truly gets going.
- 3. Establish a schedule with a personal trainer or workout partner.** Getting expert help supports fitness objectives and gym safety. For a no-cost option, find a workout buddy. Staying accountable to someone and exercising in tandem with a friend is effective and fun.
- 4. Look for gym discounts.** Health clubs usually get into the spirit of the new year with reduced membership fees. WHA members can also sign up for the Active&Fit Direct program, which allows you to work out at any fitness center in the network for just \$25 a month. Visit mywha.org/gyms for more information on Active&Fit and other fitness center discounts.
- 5. Treat yourself.** Virtue may be its own reward, but a healthy and delicious smoothie after a tough workout isn't bad either. Think of something special to celebrate achieving one of your goals.

Get Fit With Dr. Chinichian

Dr. Shideh Chinichian, a family medicine provider for Mercy Medical Group located in El Dorado Hills, discusses how to support your child in sports



You might know that playing sports helps kids develop coordination, lowers their risk for obesity and can boost their confidence. But did you know that young athletes become better at learning new skills?

Of course, sports are also lots of fun. As a parent, encourage your child to get involved in a sport by making it a positive experience.

If your child is anxious about playing on a team, guide him or her toward individual sports such as tennis, swimming or martial arts. If you'd like to get your child comfort-

able with the idea of being part of a team, watch a game together. Take children to the ball field before practice and let them wear their uniform or sports shoes around the house so they'll get excited about being team players.

Research suggests that kids who specialize in a single sport at a younger age face a higher risk of overuse injuries, as well as increased potential for stress and burnout. So it's best to delay specialization until late adolescence. Playing various sports exercises different groups of muscles and helps create a more well-rounded athlete. It's also a good idea to combine sport-specific training with general training to build overall fitness and avoid the overuse injuries that can come with more focused training.

For safety's sake, make sure your child warms up and cools down correctly, works on proper technique, and understands his or her limitations. Developing flexibility is also important for injury prevention, as is wearing the right gear, especially proper footwear.

To drum up your child's enthusiasm, show an interest in sports yourself, work out together and attend your child's sporting events. Positive feedback is linked to higher performance, so be encouraging. Don't put too much pressure on your child. Avoid making discouraging comments and don't set expectations. Rather than focusing on trophies or external rewards, encourage your child to play for the pure joy of playing.

Flu Shot: It's Not Too Late

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

Winter brings crisp weather, spiced apple cider ... and flu season. A flu epidemic hits the United States every year at this time and causes an average of 20,000 deaths each year. This makes the flu the most common cause of death from a vaccine-preventable illness.

It's not too late to get a flu shot.

The Centers for Disease Control and Prevention recommends an annual flu shot for anyone 6 months of age and older to protect us from getting the flu and spreading it to those who are most vulnerable: infants, people with auto-immune deficiencies and the elderly. This year, the CDC recommends

getting the injectable vaccine since it is still more effective than the nasal spray. The following are special considerations for certain groups of people.

- Children between 6 months and 8 years old: Those getting the flu shot for the first time will need two doses spaced at least 28 days apart.
- Pregnant women: New this year, the flu shot is safe for pregnant women.
- People with egg allergies: The flu shot is safe as long as there is supervision by a health care provider who can help manage any potential reaction.
- People who are 65 and older: People in this age group are at greater risk

of getting severely ill from the flu and are recommended to receive Fluzone, a high-dose flu shot that contains four times the normal amount of antigen, giving your body's immune system an extra boost.

Some helpful tips:

- Avoid being around others who might have the flu.
 - Wash your hands regularly to reduce the spread of germs.
 - Get plenty of rest.
 - Keep your stress level under control.
- And if, despite your best efforts, you still get the flu, see your doctor. There are antiviral flu medications that can be used to treat the symptoms.



Breaths of Fresh Air

Kick off the New Year with a commitment to breathing better and smarter. In this guide, find ideas for relaxing with deep breaths, improving indoor air quality and evading asthma triggers—and discover invigorating outdoor destinations for the whole family.

REJUVENATING OUTINGS

From museum strolls to paved rides to guided hikes, our region has an antidote for any case of cabin fever. Outdoor adventures highlighted here are possible rain or shine, but be sure to check conditions before you go. In case of truly bad weather, we have indoor options as well.

Adventures in History

MAIDU MUSEUM & HISTORIC SITE (ROSEVILLE)

Inside, interactive exhibits and art galleries spotlight the lives and culture of the Nisenan Maidu people, who have inhabited the Roseville area for thousands of years. Outside, follow in their footsteps along the half-mile Historic Site trail, featuring 5,000-year-old petroglyphs and more than 400 bedrock mortars. Guided tours are included with admission on Saturdays at 10 a.m. For more family fun, walk or bike through the interior or around the 2-mile perimeter of Maidu Regional Park, which houses the museum and also features play equipment, sports fields and picnic areas. *For more info, call 916.774.5934 or visit roseville.ca.us.*

SUTTER'S FORT STATE HISTORIC PARK AND STATE INDIAN MUSEUM

Step into the 1840s at Sacramento's first nonindigenous settlement. On select Saturdays from 10 a.m. to 4 p.m., costumed volunteers lead activities such as working the forge, spinning and weaving, and outdoor baking. Save these dates for upcoming Hands on History Days:

- Jan. 20—The Fort in '49
- Feb. 17—They Came by Land and by Sea
- March 17—Women on the Frontier

Next door, the State Indian Museum celebrates nature, spirit and family through hands-on activities and exhibits. As you stroll the park grounds—one lap around the perimeter is a quarter-mile—keep your eye out for native grasses used for basketry and ducklings at the pond in late winter. *For more info, call 916.445.4422 for Sutter's Fort and 916.324.0971 for the State Indian Museum, or visit suttersfort.org.*

Discover Sacramento Museums

Feb. 3 marks the 20th annual Sacramento Museum Day, when nearly 30 Sacramento-area attractions—including Maidu Museum & Historic Site, Sutter's Fort and the State Indian Museum—offer free or half-price admission and special activities. *For details, visit sacmuseums.org.*





Weatherproof Rides and Strides

CLARKSBURG BRANCH LINE TRAIL (WEST SACRAMENTO)

For a round trip of 2.5 miles, traverse the paved stretch of this former railroad right of way between the West Sacramento Recreation Center (where you can park) and Locks Drive. Look for West Sacramento's hired goat team, which frequently munches on overgrown trailside vegetation. To extend your adventure, continue south on unpaved trail to city limits—or purchase a Rec Center day pass to access basketball courts, a climbing wall and other fitness activities. *For more info, visit cityofwestsacramento.org/city/depts/pcs.*

LAGUNA CREEK TRAIL (ELK GROVE)

A new pedestrian bridge connects the recently opened North and South Spurs of the Laguna Creek Trail, which provides access to 4.2 miles of paved trails between Camden Lake and Waterman Road. The South Spur between Camden Lake and Bond Road runs alongside temporary wetlands called vernal pools that support a variety of specially adapted plants and animals. The North Spur includes on-street

bike lanes on lightly trafficked Beckington Drive that connect to the Whitehouse Creek Trail for an approximately 2-mile loop north of Camden Lake. To access the new bridge, park on Allister Way. *For more info, visit elkgrovecity.org.*

Walk and Learn

GOLDEN GATE NATIONAL PARKS CONSERVANCY

Upcoming interpretive walks on the Marin side of Golden Gate National Recreation Area include:

- Point Bonita Lighthouse tours—Saturdays, Sundays and Mondays
- Sunrise Tour of Muir Woods—Jan. 14 and 28, Feb. 11 and 18
- Beginning Birding at Marin Headlands—Jan. 7
- Tennessee Valley Hike—Feb. 24

Free and open to the public. *For details, visit parksconservancy.org/learn/interpretive-walks.*

SOLANO LAND TRUST

Explore Solano County's open spaces with the guidance of knowledgeable docents. Upcoming events include:

- Nature Hike at King-Swett Ranches—every first Saturday
- Get the Rush! at Rush Ranch (family-friendly blacksmith shop activities, science discovery labs and docent-led walk)—every third Saturday
- Yoga for Every Body hike—every third Saturday
- Vernal Pool Tours at Jepson Prairie Reserve—Saturdays and Sundays, March through May

Free and open to the public. *For details, visit solanolandtrust.org.*

A HEALTHY ATMOSPHERE

Rid your home of polluted air

- Establish a smoke-free household. Don't smoke or build wood fires.
- Test your home for radon, a colorless, odorless gas that causes lung cancer. Home improvements might be needed if radon is present.
- Protect your household from carbon monoxide, another harmful invisible gas. Install carbon monoxide detectors near bedrooms. Make sure gas and other combustion appliances vent fully to the outside and are in proper working order.
- Open windows and position fans to move air outside, but keep windows closed when the pollen count is high or air quality is poor.
- Keep humidity below 50 percent. Use a dehumidifier or air conditioner and fix any leaks and drips.
- Vacuum frequently with a high-efficiency filter.
- Control pests, using nonchemical modes if possible.
- Be cautious with cleaning products. Check epa.gov/saferchoice for less toxic options.
- Skip the scented candles, incense and air fresheners.
- Put out the welcome mat. Wiping feet and removing shoes near the door limit the amount of unwelcome pollutants entering the home.
- Get a houseplant. Studies show that common plants can help improve indoor air quality.

For more info, visit lung.org.

Sources: American Lung Association, Berkeley Wellness, CDC, EPA, HortTechnology, NASA

Run in Your Undies

For a breezy experience, don your favorite pair of boxers or briefs (or long johns, as weather can be brisk!) and go to William Land Park for the Sacramento 5K Undy Run/Walk. The Feb. 24 event—which is co-sponsored by WHA—raises awareness and funds to fight colon cancer. For more info, visit undyrunwalk.com.

GO WITH THE FLOW

Beat stress with deep breaths

When life gets hectic, remember to slow down and take a few deep breaths. You'll likely feel more relaxed.

That's because in stressful situations, we tend to breathe shallowly from the chest, which can increase anxiety and muscle tension and even induce headaches. Breathing deeply from the diaphragm allows your lungs to fill to capacity, providing a full exchange of oxygen and carbon dioxide that helps slow the heart rate and steady or decrease blood pressure.

To practice deep breathing, start by getting comfortable. Inhale slowly through your nose, and exhale slowly through your nose or mouth (whichever feels more natural). With a hand on your abdomen and the other on your upper chest, adjust your breathing to make your lower belly expand more than your chest with each inhalation. As you exhale, feel your abdomen gradually contract.

Next, add a dose of mindfulness. Close your eyes and concentrate on the flow of your breath. Acknowledge passing thoughts, but work on redirecting your attention, perhaps with a focus image, word or phrase. With practice, you can filter out negative thoughts and distractions and become more present and relaxed.

Want to go deeper? Check class listings at your local community center or senior center for yoga, tai chi or meditation—stress-busting activities that involve deep breathing and mind-body awareness. In addition to promoting relaxation, the low-impact practices of tai chi and yoga can help improve muscle strength, balance and flexibility.

Sources: American Heart Association, Berkeley Wellness, Harvard Health Publications, Mayo Clinic



Know Your Triggers

Take care to avoid asthma activators that coincide with the colder months

- Get your flu shot and wash your hands often since respiratory infections including the flu, colds and sinus infections can cause flare-ups. (It's not too late to get one!)
- Be weather aware. Check the temperature, air quality and pollen count before heading out. Cold, windy or stormy weather; sudden or extreme temperature changes; and breathing in cold, dry air can trigger symptoms.
- Cover your nose and mouth with a scarf, which helps to warm the air as you breathe in. Try inhaling through your nose and exhaling through your mouth.
- Avoid wood-burning fires. Instead, warm up with a cozy blanket. Be aware that air pollution—another asthma trigger—can be elevated in winter, particularly in areas with significant wood-burning activity.
- Be wary of pet dander when visiting family and friends since pets typically spend more time indoors during the winter. Bring your own pillow or allergen-proof pillow cover if you're spending the night.

Year-round, do what you can to reduce indoor air pollution since pollutants, including smoke, dust mites, pests, mold and scented products, are asthma triggers. Also remember to check air quality before exercising, be aware of food and medicine allergies, and try to keep stress and emotions in check.

Sources: American Academy of Allergy, Asthma & Immunology; American College of Allergy, Asthma & Immunology; American Lung Association; Asthma and Allergy Foundation of America; CDC



Back in Action

BEING ACTIVE CAN HELP PREVENT OR RELIEVE COMMON BACK PAIN

› Got back pain? You might take comfort in learning that you're not alone: More than 80 percent of people in the United States experience back pain at some point in their lives.

But if it's relief you're seeking, try moving more. "There are so many different causes of back pain, but most health professionals feel that the common causes are due to a more sedentary lifestyle," says Steven Langen, PT, manager of Inpatient/Outpatient Rehab Services at Dignity Health Mercy General Hospital in Sacramento. "People don't move as much as they used to. We need to stay active and interrupt the sitting by walking more, stretching, changing positions and getting off the couch."

MOVING AWAY FROM PAIN

Establishing a regular fitness routine can help prevent back pain associated with overactivity or attempting unfamiliar activities. "If you've been sitting at a desk all throughout the week and then you decide to go prune a tree or do a project all day outside, you can develop back issues just because you're not in shape to perform that activity," says Langen. Low-impact activities like walking or swimming can help build endurance without straining your back.

Strengthening the core muscles, which Langen calls “the basis of all our strength,” and maintaining flexibility are also important for preventing injury. “When using our extremities to lift and move and push, we need a strong central core area,” he says. Also remember to practice proper lifting technique—keep your back straight while bending your knees—and maintain good posture when sitting and standing.

Keep in mind that stretching your hamstrings, gluteal area and hip area provides benefits for your back. “We can get in trouble when we need to move farther than expected and we’re so tight,” says Langen. “I always give the example of the running back football player who has to be very strong but also flexible enough to be able to move beyond the normal range of motion when tackled.”

When you make a commitment to being more active, Langen recommends choosing an activity you enjoy so you’re more likely to stick with it. “It can be as complicated as a full program in a gym with a trainer or something simple on your own, such as quick walking,” he says.

MOBILITY IS MEDICINE

In the past, doctors prescribed bed rest as a remedy for back pain. But today, “mobility is medicine,” says Langen.

When your back is aching, you can rest but be sure to incorporate gentle movement into your day. Try walking, stretching (without causing pain) and doing normal everyday activities, while avoiding strenuous exercise. Stop any activity that causes pain or aggravates your back. “The key is not to overdo things but not to underdo them,” says Langen. “You’re not sick, so you don’t need to lie in bed and get stiffer and weaker. You need to get up and keep gently moving and changing positions. You’ll recover so much faster than if you just go lie down and stay there.”

Additional home remedies include applying ice or moist heat to your back. “If your doctor knows what medications you’re taking, you can take over-the-counter [nonsteroidal anti-inflammatory] medications that you know have worked for musculoskeletal strains and injuries in the past,” adds Langen.

IF PAIN PERSISTS

In the vast majority of cases, back pain eventually goes away on its own. Call your doctor if you don’t start to notice improvement after a few days.

Also seek medical attention if your back pain:

- Is accompanied by numbness or weakness in the legs, reduced bladder or bowel function, or unexplained weight loss
- Follows trauma, such as a fall or blow to the back
- Is recurrent and bouts of pain are occurring more frequently

Sources: American Academy of Orthopaedic Surgeons, Cleveland Clinic, Harvard Health Publishing, Mayo Clinic

MOVES YOU CAN USE

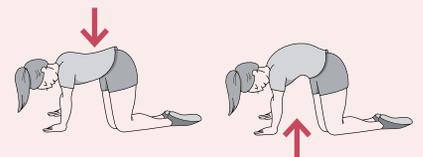
Stretch and strengthen your lower back and core muscles with these simple moves. Remember, these exercises should not cause back pain and you should never force stretches. If you experience pain, stop the activity. If you have a history of back injuries, it’s a good idea to check with your doctor before beginning an exercise program.



Knee to chest: Lie on your back with both feet on the floor. Bring the right knee up to your chest and hold it there. Repeat with your left knee.



Lower back rotational stretch: Lie on your back with your knees bent and your feet flat on the floor. Keeping your shoulders firmly on the floor, roll your bent knees to one side. Return to the starting position and repeat on the opposite side.



Cat stretch: Position yourself on your hands and knees. Slowly let your back and abdomen sag toward the floor and hold. Gradually arch your back, as if you’re pulling your abdomen up toward the ceiling.

A Closer Look



Coping With Anxiety Disorders

BY MAGELLAN HEALTH

Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. About 40 million American adults have these severe worries or fears. Anxiety disorders last for a long time and are not the same as mild stress. They may get in the way of a person's daily life and can get worse if not treated.

Physical symptoms of anxiety include:

- Rapid or uneven heartbeat
- Shortness of breath

- Dizziness
- Light-headedness
- Stomachaches
- Nausea
- Headaches
- Other pains

Causes of anxiety disorders are not fully understood and they often run in families. Fortunately, they can be treated. Unfortunately, only about one-third of people with anxiety get treatment. Without treatment, many people turn to alcohol and drugs to try to control anxiety.

TYPES OF ANXIETY DISORDERS

- Generalized anxiety disorder—extreme worry about everyday things that lasts at least six months
- Panic disorder—severe attacks of terror without a specific cause
- Social anxiety disorder—avoiding social situations due to extreme worry about being judged

- Specific phobias—intense fear of an object, place or situation that leads a person to avoid it
- Agoraphobia—avoiding public places for fear of having a panic attack

IDENTIFYING ANXIETY DISORDERS

If you think you might have an anxiety disorder, you should see a doctor. Your doctor will ask about your health history, your symptoms, and your feelings of worry and tension. He or she may also perform physical exams and medical tests to establish that the anxiety is not caused by a physical problem or by drugs or alcohol.

WAYS TO TREAT ANXIETY DISORDERS

- Self-education can help you feel more at ease and learn about treatments.
- Therapy can help you learn ways to cope with things that cause anxiety.
- Exercise (15 or 20 minutes of mild exercise per day) can ease anxiety.
- Meditation or deep breathing techniques can help you relax.
- Medicines can help with anxiety and depression.

TIPS FOR DEALING WITH ANXIETY

- Discuss your fears with someone you trust.
- Plan for situations that may cause anxiety.
- Don't try to do too much.
- Face your anxieties one at a time.
- Avoid smoking and alcohol.
- Eat healthy foods.

Learn more from the Anxiety and Depression Association of America (adaa.org).

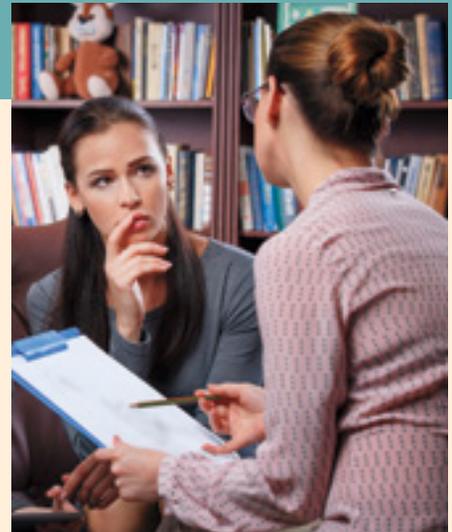
ADHD in Focus

Gathering detailed info about your child's behavior at home, at school and beyond aids in diagnosis and treatment

If you suspect your child might have attention deficit hyperactivity disorder (ADHD), start by talking to your child's teacher. "I'd say the majority of parents who schedule an appointment for an evaluation do so at the request of the teacher," says Bruce Hewett, M.D., pediatrician at NorthBay Center for Primary Care in Vacaville. "The teacher has noticed the child's inability to focus, sit still and follow directions as compared to the other kids in the class."

Dr. Hewett recommends asking teachers for specific examples of behavior that's causing concern. When you see your pediatrician, be prepared to talk about your child's family and home life, school performance, social interactions, and behavior across multiple settings. "I want parents to come in with an open mind and commit to a conversation about their concerns," says Dr. Hewett. "What is the teacher saying? Are the symptoms that the teacher is referencing things that the parent recognizes at home? I want to know all the venues in which the child's distractibility is an issue."

It's particularly helpful, Dr. Hewett adds, when parents and teachers fill out a questionnaire called the NICHQ Vanderbilt Assessment Scales, which can be requested from the doctor's office (or found online at nichq.org). "If that is brought to the appointment or even dropped off before the appointment, you're going to have a higher-quality first appointment," he says. "A positive Vanderbilt plus a positive history of distractibility—those two things combined



are going to lead to a discussion about diagnosis."

If your child has ADHD, you can work with the doctor to create an individualized treatment plan, which often involves a combination of therapies such as behavioral therapy and medication. (Behavioral therapies include having your child sit near the teacher, implementing a system of rewards and consequences, and establishing helpful cues for redirecting attention.) "ADHD is one of my favorite things to treat," says Dr. Hewett. "When you have a supportive family and a kid that wants to do well in school but just can't focus, the different therapy options we have can make a huge difference."

Sources: American Academy of Pediatrics, Harvard Health, Mayo Clinic

KNOW THE SIGNS OF ADHD

Inattention, hyperactivity and impulsivity are the primary behaviors or symptoms of ADHD. Keep in mind that a child with ADHD will display symptoms before age 12 and in at least two settings, such as home and school. For more info about symptoms, visit healthychildren.org/adhd.

THINK UNCONVENTIONALLY

Kelly Brothers on challenging your assumptions in the new year



I've been thinking a lot about "conventional wisdom" and how it is truly a limiting influence for many people. "Conventional wisdom" could be defined as ideas so accepted by the general public (or oneself), they go unquestioned.

Conventional wisdom in the business world has been demolished by technology. People used to think newspapers were invincible; all good TV shows had to come from ABC, CBS or NBC; and taxis could never be replaced. All proven wrong.

Conventional wisdom in the retail sector might have foreseen the advent of Costco or Walmart, but never would have foreseen the day that the biggest retailer in the land—Amazon—would be an e-commerce enterprise.

Conventional wisdom in politics used to hold that a reality-TV star with an undisciplined "loose-cannon" Twitter account could never win a national election.

As we begin 2018, what is the "conventional wisdom" about yourself that might hold you back from accomplishing what you might accomplish this year? This is just another way of looking at New Year's resolutions, but it challenges us to question the assumptions we have held about ourselves, maybe for decades. Why would you assume you couldn't change jobs or careers? Why would you assume losing 20 pounds would be too hard? Why would you assume a broken relationship could not be mended?

Let's face it, most of the limits we face are self-imposed. I wish you a healthy, prosperous, "unconventional" 2018!

Preventing Fraud, Waste and Abuse

In the summer edition of *Advantage* magazine, we let you know that fraud is the No. 1 threat to the health care system, costing Americans billions of dollars each year. In this issue, we share tips on how you can help prevent fraud, waste and abuse in regard to your own health care.

DO:

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

DO NOT:

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

Western Health Advantage is committed to detecting and investigating suspected health care fraud and abuse. You can help by calling WHA's toll-free Fraud and Compliance Hotline at 888.563.2250 to report possible fraudulent activity.



VIETNAMESE BROILED COD WITH ASPARAGUS, PEAS AND WATER CHESTNUTS

4 servings

INGREDIENTS

2 tablespoons oyster sauce	4 scallions, dark and light parts separated
3–4 tablespoons water	4 (6-ounce) cod fillets
2 tablespoons canola oil (divided)	1 bunch asparagus spears (cut into 2-inch pieces)
1 tablespoon brown sugar	2 (8-ounce) cans water chestnuts (drained and sliced)
2-inch ginger piece (peeled, roughly chopped)	1 (13-ounce) bag frozen peas (thawed)
2 garlic cloves (peeled)	

DIRECTIONS

Add oyster sauce, 2 tablespoons water, 1 tablespoon oil, brown sugar, ginger pieces, garlic and light scallion parts into a food processor. Process until mixture is pureed, about 1 minute. Reserve 2 tablespoons of marinade in the fridge for the vegetable mixture. In a shallow container, add cod fillets and pour remaining marinade over them. Cover and refrigerate at least 1 hour and up to 12 hours.

When ready to cook, preheat the broiler. Remove fish fillets from the marinade, wiping the majority of the marinade off each piece of fish. Place onto a foil-lined baking sheet. Broil fish a few inches away from heat with the broiler door cracked slightly open until fish can be easily flaked with a fork, about 10 minutes. Meanwhile, warm 1 tablespoon oil in a large nonstick pan or wok over high heat. Add asparagus; saute, stirring constantly, about 3 minutes until mostly tender. Stir in 2 tablespoons reserved marinade, 1–2 tablespoons water, water chestnuts and peas. Stir constantly until peas are cooked, about 3–4 minutes. Remove from heat and serve stir-fry with the cod.

NUTRITION INFORMATION (per serving)

Calories: 302	Sodium: 538 mg
Total fat: 3.5 g	Fiber: 10.4 g
Saturated fat: 0.4 g	Protein: 39 g
Cholesterol: 73.1 mg	

Source: American Heart Association



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NEW Health Club Options

As a WHA member interested in getting fit and staying healthy, you can choose **Active&Fit Direct**,™ which allows you to work out at any fitness center in their network. The monthly cost is just \$25 (plus tax where applicable)—that's less than \$1 a day!

The Active&Fit Direct program offers:

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Continuing Health Club Partnerships

In addition to Active&Fit Direct, WHA is continuing our partnerships with California Family Fitness, Spare Time Clubs, Synergy Health Club (in Petaluma), and HealthSpring Fitness (in Vacaville). These fitness centers are not affiliated with the Active&Fit network. For details on the available discounts for WHA members at these facilities, their locations, and links to their websites, visit mywha.org/gyms or call Member Services at 888.563.2250. Before starting any exercise program, be sure to check with your doctor.

Take the first steps in reaching your fitness goals | [visit mywha.org/gyms](http://mywha.org/gyms)