

January 2019 Annual Checkup



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Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Annual Checkups.

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Make Prevention your Intention

Do you know your numbers? It's important to know your cholesterol and triglyceride (or fat) levels, blood pressure readings and more.

Talk to your doctor about preventive screenings, and have a follow-up discussion once you have the results. Use these goals as a starting point:

- **Waist measurement:** less than 35 inches for women and less than 40 inches for men
- **Blood glucose (blood sugar) before eating:** less than 100 mg/dL
- **Body mass index (BMI):** less than 25 kg/m²
- **Blood pressure:** less than 120/80 mmHg
- **HDL (good) cholesterol:** 60 mg/dL or higher
- **LDL (bad) cholesterol:** less than 100 mg/dL
- **Total cholesterol:** less than 200 mg/dL
- **Triglycerides:** less than 150 mg/dL

*Have questions about results from health screenings or readings?
Talk to your doctor about what your numbers mean.*

Source: American Heart Association

Learn your numbers to keep healthy odds in your favor



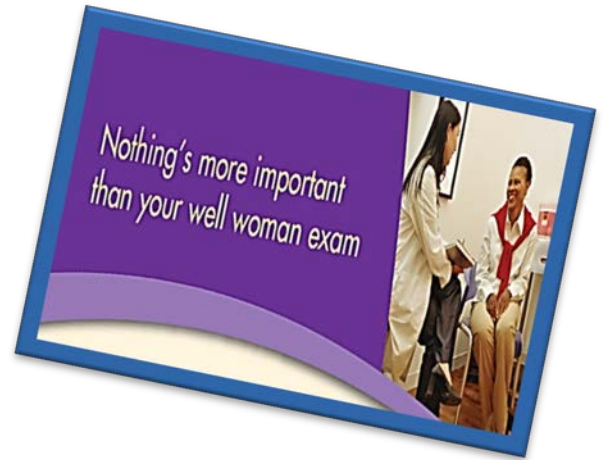
Be Well Advised

An annual mammogram and Pap test can detect cancer early when it's easier to treat.

- Women ages 40 to 44 have the choice to start annual breast cancer screening with mammograms.
- Women ages 45 to 54 should get mammograms every year.
- Women ages 55 and older should switch to mammograms every two years, or chose to continue yearly screening.
- Women age 21 to 29 should have Pap test every three years.
- Women 30 to 65 should have a Pap test and an HPV test every five years.

Discuss any risk factors with your physician and determine the most appropriate screening schedule for you.

Source: American Cancer Society



Pointers for your doctor's visit

Getting quality health care before, during and after

Quality health care is a must when it comes to your good health. Consider these ideas to help you make wiser choices.

Before you go

- Research your health problem, symptoms and care.
- Ask a family member or friend to go with you.
- List questions, medications and health problems and take the list to your visit.

During your visit

- Speak up. Don't wait for the doctor to bring up a subject you're worried about.

- Be honest with your doctor. He or she can't help you if they don't know your concerns.
- Repeat what the doctor has told you in clear terms to make sure you understand.
- Take notes to help jog your memory after the visit.

After you leave

- Watch for reactions from new treatments or medicine.
- Ask how to access your records online to see test results, treatments and diagnoses.
- Get support and health tips to better handle a chronic health problem. Point your health in the right direction by taking action before, during and after your doctor visit.

Source: NIH News in Health



Quality checkup: Go to bcbstx.com and use Provider Finder[®] to find the health care provider that's right for you. Compare doctors, hospitals or other health care facilities before you make an appointment.

IN THE BEST OF HEALTH



Ways to Stop Medical Errors

Today's health care system is complex, and mistakes can happen. Even simple mistakes, like getting the wrong lab test results or the wrong hospital food plan, can happen. But good communication with your doctors can help you make your way through the health care system and also lower the chance of medical errors.

- Make quality comparisons when choosing network hospitals and doctors.
- Stay on top of testing and test schedules for health problems.

Try to follow these safety smarts when it comes to your health:

- Ask for facts about your health problem and medicines you take.
- Ask questions if you do not understand what your doctor tells you.
- Make sure all doctors know what medicines and supplements you are taking and have up-to-date facts about your health problem.
- Use the right tool to measure liquid medicines, not just a household teaspoon.
- Learn more about treatments, tests or procedures. Ask your doctor to explain why you need the test or treatment.
- Before leaving a hospital, read your discharge orders and make sure you can follow them. Speak up if anything doesn't make sense.
- Boost your knowledge about your health problem or medications by researching trusted websites.
- Ask hospital workers if they have washed their hands before giving you care.
- Prevent wrong-site surgery by speaking with your doctor just before the surgery is started.
- Get drug side effects in writing. Bring out the best in your health by taking an active role in your care.

These online resources can be used to help guide your health care choices:

- The U.S. government website for Medicare at Medicare.gov offers comparisons of hospitals, nursing homes, home health care and kidney dialysis centers.
- The National Committee for Quality Assurance (NCQA) at ncqa.org offers quality comparisons.
- Log in to Blue Access for MembersSM at bcbstx.com to find a doctor, hospital or specialist in your provider network. You can use Provider Finder®, your online directory, to help you make smarter health care choices by viewing clinical quality ratings from Blue Cross and Blue Shield as well as independent third parties.



KNOW THE FACTS TO GET THE BEST HEALTH CARE POSSIBLE

Who doesn't want the best health care? Good quality health care is safe. It's given when you need it. It's backed by trusted research and meets national standards for your health problem. Here's how you can take an active role to help make sure you get good quality care:

- Research patient-friendly facts about your health problem.
- Make sure the facts are published by trusted health experts.
- Look at reviews about care from other people.



It's Your Choice Finding the Right Doctor

Taking time to find the right health care provider is one of the best ways to get the most out of your health care dollar. In fact, according to the Agency for Healthcare Research and Quality, people who ask questions and take an active role in their health are happier with their care and see more improvement in their health than patients who do not.

When you need to find a doctor, take the time to research your options. Choosing the right doctor for YOU is just that — your choice. Here are some tips to help you meet your match.

Start with the network

- Health plans like Health Maintenance Organizations (HMO) and Participating Provider Options (PPO) use a certain group of doctors and health care professionals.

This is called a provider network. Before you see a doctor, search Provider Finder® for doctors in your provider network. Finding a doctor in your HMO or PPO network may help keep your costs in line.

- Visit the Blue Access for MembersSM website. Check Provider Finder or call the number on the back of your ID card to find out which doctors are in your network.

Tips to narrow your search

- Ask family members, friends or co-workers for their suggestions.
- Contact your state's department of insurance and see if the doctors you are considering have had complaints filed against them.
- Check Local resources such as network hospitals to see if they have a referral service.

Pick three or four doctors you like who are in your network. Call their offices and ask these questions:

- Can you reconfirm that the doctor is in my network?
- Is the doctor taking new patients?
- What are the office hours?
- What is the doctor's training and is the doctor certified?
- How long has the doctor been in practice?

- Does the doctor or someone in the office speak your language?
- Which hospital(s) does the doctor use to treat patients?
- How long does it take to get an appointment?

Once you've narrowed your list, consider setting up appointments so you can get to know the candidates. Bring a list of questions and be prepared to discuss any concerns. Some offices charge a small fee for a meet and greet, but it could be well worth it.

Get started today to find the doctor that best meets your needs.

Source: *hcbstx.com*

Healthy Game Plan?

Get a yearly checkup even if you feel okay

Talk with your doctor about tests and screenings to help detect or avoid disease and keep you healthier. Men can increase their odds of living longer by making healthy lifestyle choices. Follow these winning tips:

- Get plenty of sleep to help avoid health problems such as obesity, diabetes, heart disease and depression.
- Ask your doctor which adult shots you need.
- Track your numbers for blood pressure, cholesterol, blood sugar and body mass index.
- Add more fruits and vegetables to your diet.
- Tell your doctor right away if you have rashes or sores, problems urinating, shortness of breath or any other problems.
- Try to be active for at least 30 minutes most days of the week.
- Don't use tobacco and limit alcohol use.

Men can help lower their chances of serious health problems by getting screened for colon cancer, heart disease, prostate cancer and other health conditions.

Source: *Centers for Disease Control and Prevention; National Institute of Health; American Cancer Society; Men's Health Network*



Did You Know?



BlueCross BlueShield of Texas | Experience. Wellness. Everywhere.

Get All The Advantages Your Health Plan Offers

Get information about your health benefits, anytime, anywhere. Use your computer, phone or tablet to access the Blue Cross and Blue Shield of Texas (BCBSTX) secure member website, Blue Access for Members (BAM).

With BAM, you can:

- Check the status or history of claim
- View or print Explanation of Benefits statements
- Locate a doctor or hospital in your plan's network
- Find Spanish-speaking providers
- Request a new ID card or print a temporary one
- Visit Health Care School to see articles and videos to help you make the most of your benefits.

It's easy to get started

- 1 Go to bcbstx.com/member
- 2 Click **Register Now**
- 3 Use the information on your BCBSTX ID card to complete the registration process.



Text* BCBSTXAPP to 33633 to get the BCBSTX app that lets you use BAM while you're on the go.

*Message and data rates may apply.

Find what you need with Blue Access for Members

The screenshot shows the user interface of the Blue Access for Members website. At the top, there's a navigation bar with 'Home', 'My Coverage', 'Claims Center', 'My Health', 'Doctors & Hospitals', and 'Forms & Documents'. Below this, a 'MY COVERAGE' section displays plan details like 'Plan Type: PPO', 'Group Number: 0000', and 'ID Number: XOF00000DEMO'. A 'Medical Copays' table lists various services and their costs. On the right, a 'Quick Links' sidebar offers options like 'Get a Temporary ID Card', 'My Blue Community', and 'Manage preferences'. The interface is annotated with numbered callouts (1-10) corresponding to the text on the right.

BAM:

1. **My Coverage**-Review benefit details for you and family members covered under your plan.
2. **Claims Center**-View and organize details such as payments, dates of service, provider names, claims status and more.
3. **My Health**-Make more informed health care decisions by reading about health and wellness topics and researching specific conditions.
4. **Doctors & Hospitals**-Use Provider Finder to locate a network doctor, hospital or other health care provider, and get driving directions.
5. **Forms & Documents**-Use the form finder to get medical, pharmacy and other forms quickly and easily.
6. **Message Center**: Learn about updates to your benefit plan and receive promotional information via secure messaging.
7. **Quick Links**-Go directly to some of the most popular pages, such as medical coverage, replacement ID cards, manage preferences and more.
8. **Settings**-Set up notifications and alerts to receive updates via text and email, review your member information and change your secure password at any time.
9. **Help**-Look up definitions of health insurance terms, get answers to FAQs and find Health Care School articles and videos.
10. **Contact Us**-Submit a question and a customer service advocate will respond by phone or through the message center.

Let's Get Moving!

Move of the Month



30 day BODYWEIGHT CHALLENGE

ARMS	LEGS	BACK	ABS	TOTAL BODY
1 WIDE-GRIP PUSH-UP	2 SURRENDER SQUAT	3 SUPERMAN - LATERAL RAISE	4 SINGLE-LEG V-UP	5 SWITCH JUMP
6 FOREARM CROSSOVER PUSH-UP	7 LUNGE KICK	8 BENT-OVER REVERSE FLY	9 FLUTTER KICKS	10 SQUAT-JUMP-PUNCH
11 SINGLE-ARM PUSH-UP	12 ISOMETRIC SQUAT	13 REVERSE PLANK-UP	14 SIDE PLANK WITH A TWIST	15 BURPEE
16 TRICEPS PUSH-UP	17 AROUND-THE-WORLD LUNGE	18 AIR PULL-UP	19 BODY SAW	20 RUN AND SPRAWL
21 PUSH-UP PRESS	22 GODDESS SQUAT JUMP	23 PLANK BIRD DOG	24 SIDE-TO-SIDE CRUNCH	25 SURFIES
26 CROUCHING TIGER PUSH-UP	27 SIDE-LUNGE TO TUCK JUMP	28 GOOD MORNING	29 FOREARM SPIDER PLANK	30 SINGLE-LEG BURPEE

SHAPE #BODYWEIGHTCHALLENGE

Last Month's Events:

Pre-Retirement Seminar

Upcoming Events:

Health and Wellness Seminar

Topic: Annual Checkups
 Date: Thursday, January 17, 2019
 Time: To be announced
 Location: To be announced

