

# the BETTER BULLETIN

2021 Spring/Summer Edition



**IN THIS ISSUE:** Stay Safe This Summer | Walk to a Healthier You | Substitutes for Healthy Recipes

## Stay Safe and Healthy This Summer

*The temperatures are rising and the days are getting longer. It's summertime once again. Here are some tips to help make your summer the best, and healthiest, one yet.*



### Grill and Chill

Whether you prefer burgers off the grill or a picnic in the park, one thing you don't want on the menu this summer is foodborne illness. Take these steps to help keep germs at bay.

- Wash your hands before and after handling food.
- When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.
- When using a charcoal grill, preheat the coals for 20 to 30 minutes, or until they are lightly coated with ash.
- Use a meat thermometer to ensure food reaches a safe internal temperature.
- Never let raw meat, cooked food, or fresh-cut fruits or vegetables sit at room temperature more than two hours before putting them in the cooler or refrigerator (one hour when the temperature is above 90°F).
- Make sure to pack plenty of extra ice or freezer packs in your cooler to ensure a constant cold temperature.



## STAY SAFE AND HEALTHY THIS SUMMER CONTINUED

### Beat the Heat

Heat-related illnesses claim the lives of hundreds of people each year, so it's important to take these precautions when working or playing outside during the hot summer months.

- Drink plenty of water or other non-alcoholic beverages;
- Wear lightweight, loose-fitting clothing that is light in color;
- Reduce strenuous activities or do them during the cooler parts of the day.

### Fun in the Sun

Your summer plans may include hitting the beach, or just spending more time outdoors. Make sure you plan to avoid sunburn, which can increase your risk of skin cancer.

- Seek shade, especially during midday hours (10 a.m. to 4 p.m.), when UV rays are strongest and do the most damage.
- Cover up with clothing to protect exposed skin. A long-sleeved shirt and long pants with a tight weave are best.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Grab sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Rub on sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.

### Swim Safe

Swimming is a fun way to stay cool and be active. Before diving in, make sure you know these tips for staying healthy and safe while swimming.

- Avoid swallowing pool water or even getting it in your mouth.
- Shower before swimming and wash your hands after using the toilet or changing diapers.
- Take children on bathroom breaks or check diapers often.
- Keep an eye on children at all times. Kids can drown in seconds and in silence.
- Never swim alone or in unsupervised locations. Teach children to always swim with a buddy.
- Don't use air-filled swimming aids (such as "water wings") with children in place of life jackets or life preservers.

## WALK TOWARD A HEALTHIER YOU:

# 25 Ways to Increase Your Daily Steps

Walking is an easy way to become healthier. According to The Mayo Clinic, taking regular walks may help you lose weight, prevent heart disease and type 2 diabetes, and boost your mood. How to step it up:

1. Take small, movement-filled breaks throughout the day.
2. Take your dog for a stroll.
3. Volunteer to walk dogs at your local animal shelter.
4. Pace while you're on the phone.
5. Think of house cleaning as exercise.
6. Whenever it's an option, take the stairs.
7. Ask your company to provide you a treadmill desk.
8. Always choose a parking spot far away from the door.
9. Make it a practice to walk after every meal, even if it's only for 10 or 15 minutes.
10. No matter where you're going, take the longest on-foot route possible.
11. Coach a kids' team.
12. Get off your bus a stop or two early.
13. Play with your kids or grandkids.
14. Plan a walking date with your significant other.
15. Walk in place during television commercials.
16. Take up gardening.
17. Take up photography and use it as an excuse to visit parks and other spots with great scenery.
18. Hike. No matter what shape you're in, hiking can adapt to fit your current condition.
19. Act as "server," filling other people's coffee cups at the office.
20. Buy a step counter to make walking more fun.
21. Drink plenty of water. You won't feel like moving if you're dehydrated.
22. Partner up with a friend and hold each other accountable.
23. Get the kids involved.
24. Keep a journal.
25. Celebrate your success.



## TELEHEALTH

You can virtually see a doctor at no cost! Get their advice on exercises to help with health challenges you may face and other non-emergency issues. Learn more about Virtual Health Services at [teladoc.com/ambetter](https://teladoc.com/ambetter).

*\$0 copays are for in-network medical care. \$0 Telehealth copay does not apply to plans with HSA until the deductible is met.*

Most humans begin walking around their first birthdays. There's no reason to slow down now.



## Discover Healthy Substitutes for Recipes and Meals

Finding ways to substitute unhealthy ingredients with wholesome and nutritious ones can help you manage your health. These changes can also reduce your risk for some chronic illnesses like type 2 diabetes or heart disease.

By making just a few adjustments in your recipes, you can enjoy a healthy dish that still tastes good, too. Instead of cooking with butter or shortening, try using olive, canola, or another vegetable oil.

**For a quick and healthy breakfast**, fill a bowl with less cereal and add sliced strawberries, bananas, or blueberries. Enjoy with either 1% or skim milk instead of whole milk. Start the day with added nutrients that can help you stay full until lunchtime.

**At dinner**, use lean ground beef or ground turkey to make juicy burgers or delicious tacos. Try baked, grilled or broiled instead of fried chicken or fish. Add a healthy side of steamed broccoli or a baked potato topped with low-fat plain yogurt for a more nutritious meal.

You can also make substitutions with bread and pasta.

Choose whole-wheat bread for sandwiches in place of white bread and opt for whole-wheat pasta noodles. You can even add unsweetened, whole-grain cereal on top of salads and soups for a healthy crunch.

**If you take a break with an afternoon snack**, choose healthy options like fresh fruit, carrot slices, or celery sticks with hummus, low-salt pretzels, or low-fat yogurt. You can also make your own trail mix with unsweetened raisins or dried fruit and low-salt or unsalted mixed nuts. Bringing your own snacks can help you avoid buying chips or candy from a vending machine, allowing you to take charge of your nutrition and your health.

Plan your meals and snacks ahead of time, so you can save time at the grocery store. You can also take advantage of weekly discounts to keep your healthy choices more budget-friendly, too.

## YOUR ONLINE HEALTH PLAN RESOURCES

### WHERE TO FIND MORE INFORMATION ABOUT YOUR HEALTH PLAN

<b>WEBSITE</b> <a href="http://Ambetter.AZCompleteHealth.com">Ambetter.AZCompleteHealth.com</a>	
<b>SECURE ONLINE MEMBER ACCOUNT</b> <a href="http://Member.AmbetterHealth.com">Member.AmbetterHealth.com</a>	
<b>PHONE</b> 1-888-926-5057 (TTY: 711)	
<p><b>MEMBER HANDBOOK</b></p> <p>Your Member Handbook is a helpful resource. It provides you with information on how to get the most out of your plan. And it helps you better understand your health insurance coverage and services available to you.</p>	<p>Find your Member Handbook at <a href="http://Ambetter.AZCompleteHealth.com">Ambetter.AZCompleteHealth.com</a>. Click on the <i>For Members</i> Section and then on the <i>Forms and Materials</i> Link.</p>
<p><b>SUMMARY OF BENEFITS</b></p> <p>Your Summary of Benefits is a summary of your covered services. It lists covered benefits available to you and lets you know when you are eligible to receive them. It also has information about your specific copayment, cost sharing, and deductible amounts.</p>	<p>Your Summary of Benefits and Major Medical Expense Policy can be found when you log in to your secure, online member account at <a href="http://Member.AmbetterHealth.com">Member.AmbetterHealth.com</a>.</p>
<p><b>MAJOR MEDICAL EXPENSE POLICY</b></p> <p>Your Major Medical Expense Policy is a detailed document that lists all of the services and benefits that your particular plan covers. Your Major Medical Expense Policy can help you understand how to access medical care, what health services are covered by Ambetter, and what portion of healthcare costs you will be required to pay.</p>	<p>After you're logged in, go to: Coverage → Covered Services → 2021 Plan Documents</p>

If you have any additional questions, please visit:

**[Ambetter.AZCompleteHealth.com](http://Ambetter.AZCompleteHealth.com)**

Contact Member Services for print versions of all informational materials: 1-888-926-5057 (TTY: 711)

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