

LIFESTYLE

Healthy

FALL 2019

WHAT'S THE
DEAL WITH
**FOREST
BATHING?**

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What's the Deal with Forest Bathing?

“Forest bathing” might sound like a New Age-y trend reserved for those who do lots of yoga, go on silent meditation retreats, or sip countless cups of matcha. In reality, the concept is quite simple and attainable for nearly anyone. Forest bathing simply means spending time in nature.

The idea behind forest bathing is that our cave-dwelling ancestors lived outdoors and our brains are hardwired to crave connection with nature. Instead, we spend the majority our time indoors—not to mention plugged into computers, phones, and TV screens—which takes a toll on our physical and mental well-being.

BACK TO NATURE

Increasingly, research reveals that making an effort to mindfully engage with nature can create a seismic shift in how you feel. In fact, doing so may help:

- ▶ Reduce stress
- ▶ Decrease symptoms of depression
- ▶ Increase your energy and focus
- ▶ Make you feel more connected to others
- ▶ Boost the quality of your workouts when you take them outside

GET OUT

Whether you live five minutes from a hiking trail or in the middle of a major city, there are plenty of ways that you can spend more time in the great outdoors. For example, you could:

- ▶ Plan weekend excursions to go hiking or camping instead of staying inside
- ▶ Meet up with friends or a loved one for a walk along a trail rather than going to a café or restaurant
- ▶ Swap your gym workout for a bike ride or a walk in the park

WORKING OUT BENEFITS BRAINPOWER AFTER AGE 50

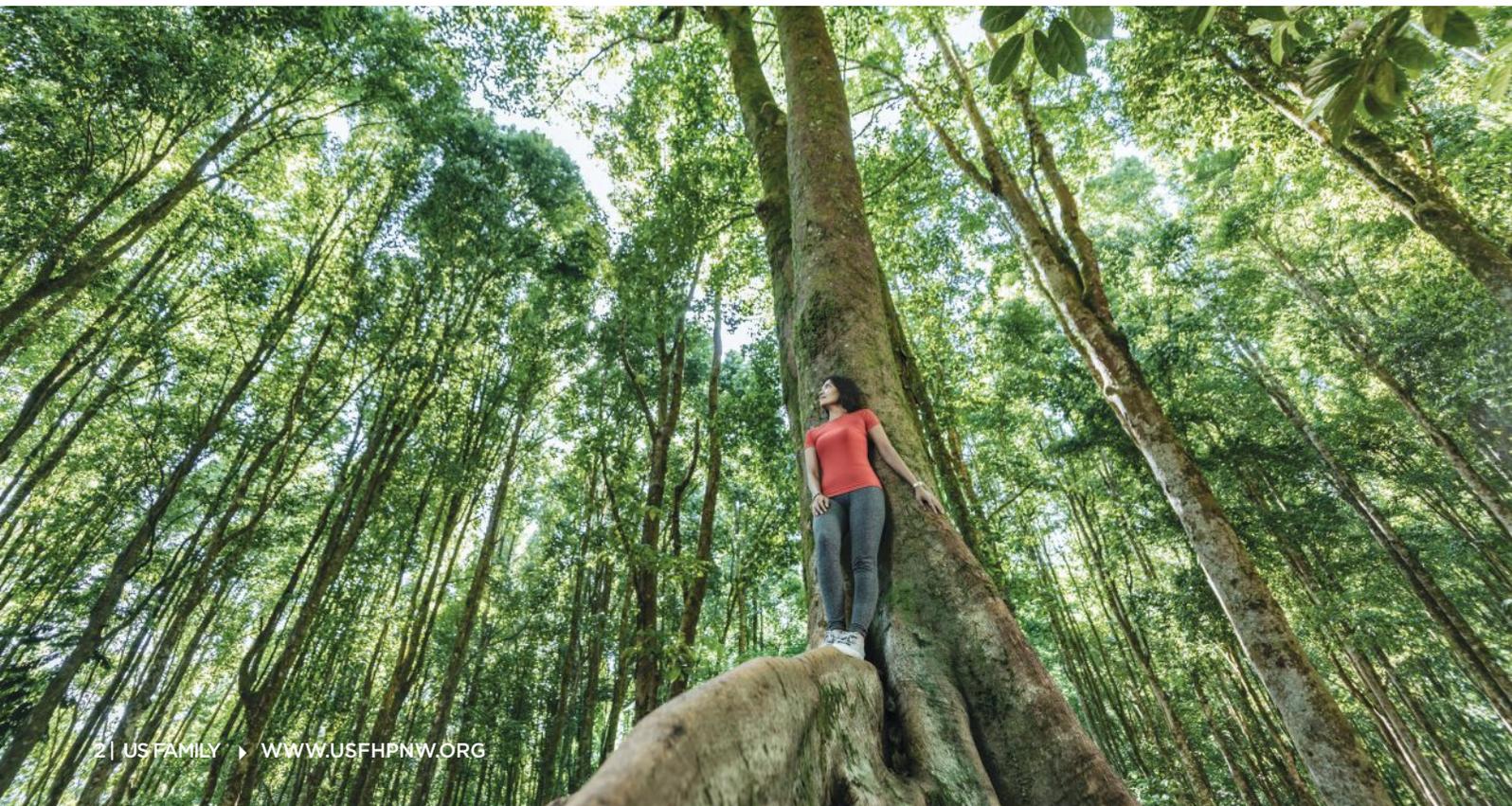
Jogging, swimming, lifting weights. However you work out after age 50, you're doing great things for your mind, a new study shows.

Recently, researchers completed the most comprehensive review to date of the effects of exercise on adults ages 50 and older. They found that regular exercise had a positive impact on brain function, no matter the person's starting mental fitness.



ENTER TO WIN PRIZES WITH THE LIFEBALANCE CONTEST

Throughout August, LifeBalance will be giving out prizes to members who can show they've used a program discount in 2019. Prizes include Victoria Clipper cruises, oceanfront hotel stays, symphony tickets, escape room games, yoga classes, ski lift tickets, and more. Visit LifeBalanceProgram.com/summercontest19 to view contest details and prizes.



Do You Need an Annual Checkup?



Think you don't need an annual physical? Think again. The CDC recommends that a yearly checkup can help find problems before they start. And some experts feel that annual visits help cement the doctor-patient relationship. These exams may also encourage valuable preventive measures, such as cholesterol screenings and mammographies.

TALK WITH YOUR DOCTOR

You and your doctor can decide whether you need an annual physical.

In the meantime, be sure to put these screenings and preventive measures on your calendar:

- ▶ **Mammography.** The American Cancer Society recommends that women should get a mammogram every year starting at age 45. Women ages 55 and older have the option of getting a mammogram every two years, or continuing with the annual screenings.
- ▶ **Pap test.** The United States Preventive Services Task Force suggests that women ages 21 to 65 should get a Pap test

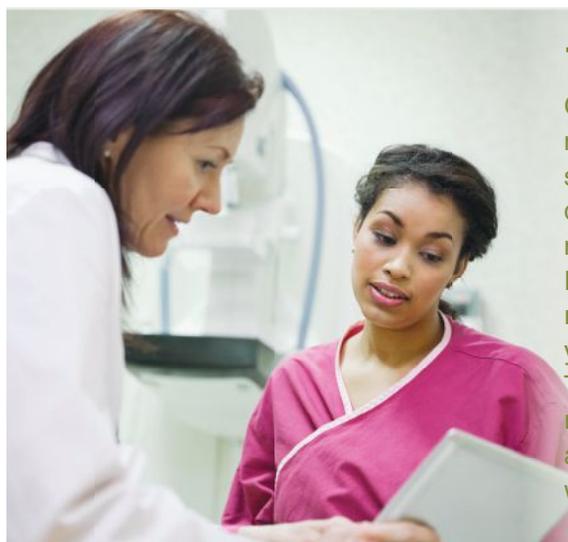
once every three years. Women ages 30 to 65 years can choose to instead have a Pap test once every five years along with a human papillomavirus (HPV) test. Women over 65 who have had normal screenings and do not have a high risk for cervical cancer do not need Pap tests. Talk with your doctor about the schedule that is best for you.

- ▶ **Cholesterol.** Have your cholesterol checked every four to six years after you turn age 20.
- ▶ **Diabetes.** Get tested for diabetes if you are overweight or obese and between the ages of 40 and 70.
- ▶ **Osteoporosis.** Women ages 65 and older, and younger women at high risk, should be screened for osteoporosis.
- ▶ **Colorectal cancer screening.** Start periodic testing for this disease at age 50, or earlier if the disease runs in your family.



PROTECT YOURSELF FROM THE FLU

Ask your primary care provider where you can get a flu shot and which type is best for you and your family. If you get your flu shot at your clinic, your provider should bill USFHP directly. It is a covered service for US Family Health Plan Members.



TIME FOR A MAMMOGRAM?

Getting regular mammograms might save your life or help you save a breast. Experts have different recommendations for mammography. Currently, the U.S. Preventive Services Task Force recommends screening every two years for women ages 50 to 74. The American Cancer Society recommends yearly screening for all women ages 45 to 54, while women ages 55 and older can

transition to screening every other year or continue with an annual mammogram. Women at a high risk for breast cancer because of their personal or family history may need earlier and more frequent screenings. Women should talk with their doctors about their personal risk factors before making a decision about when to start getting mammograms or how often they should get them.

Screenings Spot Health Troubles Early

To help you stay healthy, the U.S. Preventive Services Task Force (USPSTF) recommends these screenings for adults. Some are for everyone, including people who are not sick. Others help make sure the problems you have are not getting worse.

CANCER	
Breast cancer	Mammogram every two years for women ages 50-74*
Cervical cancer	Pap test once every three years for women ages 21-29. Women ages 30-65 can choose to have a Pap test every three years, an HPV test once every five years, or a Pap test and an HPV test once every five years.
Colorectal cancer	Fecal occult blood testing, sigmoidoscopy, or colonoscopy for adults ages 50-75**
Prostate cancer	Prostate-specific antigen (PSA): Men ages 55 to 69 should discuss prostate cancer screening with their health care providers.
HEART AND VASCULAR DISEASES	
High blood pressure	Screening for adults ages 18 and older***
High cholesterol	Screening for all men ages 35 and older Screening for men ages 20-35, and women ages 20 and older, only if you are at an increased risk for coronary heart disease
Diabetes	Screening for type 2 diabetes for adults with blood pressure higher than 135/80 mm Hg
SEXUAL HEALTH	
Sexually transmitted infections	Screening for sexually active women Sexually active men, talk with your doctor to determine if you should be screened
Human immunodeficiency virus (HIV)	Screening for everyone ages 15 to 65 Screening for all pregnant women
BONE DISEASE	
Osteoporosis	Screening for women age 65 or older

*The American Cancer Society recommends yearly mammograms for women ages 45 to 54, and then every two years for women ages 55 and older. Like the USPSTF, the ACS no longer recommends a clinical breast exam (CBE) as a breast cancer screening for women with average risk.

**The American Cancer Society recommends people with an average risk for colorectal cancer start regular screening at age 45. Talk with your doctor about the screening schedule that works best for you. If you have an increased risk for colorectal cancer, you may need to get tested at an earlier age.

***The American Heart Association recommends that adults ages 20 and older get their blood pressure checked at least once every two years if blood pressure is below 120/80 mm Hg. If your blood pressure is higher, your doctor may want to check it more often.





5 Tips for Surviving a Natural Disaster

Natural disasters are in the news frequently, with an estimated 35 million American homes at risk, according to a national survey. Yet just half of American adults will be ready when disaster strikes. You won't be caught unprepared with these steps:

Know your biggest threat. Identify which natural event is most likely to target your area. Knowing what you are up against can help you create the best response plan. For example, if you live in a flood-prone area, make sure your home's furnace, water heater, and electric panel are elevated off the floor. You can learn about hazards to your community on the website of the Federal Emergency Management Agency at www.fema.gov/determine-your-risk.

Pack a disaster kit. Pull together supplies that can help you weather an event. Keep essentials in something that's easy to grab in case you need to evacuate. You may want to include special items for any babies or people with specific health needs in your family.

Have a family emergency plan. Your plan should outline how to safely evacuate your home. Also identify a place outside your neighborhood where loved ones can meet in case you are separated. List the contact information for a friend or relative outside your area.

Learn basic survival skills. You may not be able to depend on emergency medical services, the local fire department, or plumbers and electricians during a disaster. Learn basic first aid and cardiopulmonary resuscitation (CPR). Know how to use a fire extinguisher and how to turn off utilities, such as water, electricity, and gas, in your home.

Make a plan for your pet. Keep canned or dry food and enough water for your pet in your emergency kit. Be sure to have a sturdy leash and/or pet carrier, medicines, your vet's contact info, a comfort item (such as a toy or bed), and a current photo in case your pet goes missing.



LEARN HOW TO PREPARE

The Washington State Department of Health has recommendations on how to prepare for and stay safe during an emergency. For tips, visit www.doh.wa.gov/Emergencies/BePreparedBeSafe.

WHAT TO PUT IN YOUR DISASTER KIT

- ▶ Water (1 gallon a day for each person in your family)
- ▶ Nonperishable foods (canned or boxed foods, powdered milk, canned juices, and peanut butter and jelly)
- ▶ Can opener
- ▶ Flashlight
- ▶ Battery-powered or hand-cranked radio
- ▶ Extra batteries
- ▶ First aid kit
- ▶ Medications
- ▶ Medical items
- ▶ Personal hygiene and sanitation supplies
- ▶ Tools, such as a wrench and pliers, or a multipurpose tool
- ▶ Copies of important documents (prescriptions, medical supply lists, the deed or lease to your home, birth certificates, and insurance policies)
- ▶ Current photos of family members
- ▶ Cellphone charger
- ▶ Emergency contact information
- ▶ Extra cash
- ▶ Emergency blanket
- ▶ Area maps



MAKE SAFETY SWEET THIS HALLOWEEN

15 FUN-SIZED HALLOWEEN TREATS = A SPOOKY NUMBER OF CALORIES

Boo! We scared you, didn't we? Good! It's that time of year. Here's something even scarier: Three fun-size Snickers bars contain 240 calories together. The horror. Learn the calorie counts of your other favorite (trick-or-) treats, plus how much exercise (pumpkin smashing) it'd take to burn 'em off.

DRESS FOR SUCCESS THIS HALLOWEEN

Your child may be the one choosing the costume, but you can make sure that it meets certain safety requirements. For instance, if your child will be trick-or-treating at night, add reflective tape to the costume, shoes, or trick-or-treating bag.

Instead of masks that can interfere with vision and lead to accidents, consider nontoxic makeup or a hat that fits properly. If your child's costume has an accessory such as a sword or cane, check that it's not too long or sharp and encourage your child to leave it at home while trick-or-treating.

Kid-Approved Game Day Sliders

- 1 fresh 5 lb. chicken
- ¼ cup tomato paste
- ¼ cup molasses
- ¼ cup honey
- ¼ cup apple cider vinegar
- 2 tbsp. dried minced onion
- 2 cloves garlic, crushed and minced
- 12 whole wheat dinner rolls

Remove neck and giblets from chicken, rinse, and pat dry. Place chicken in an oven bag. Roast according to bag directions. When done, remove chicken from bag and let cool. Pour drippings from the bag and refrigerate. Pull chicken apart, discarding all skin and bones. Shred or chop light and dark meat together. Refrigerate overnight.

On game day, combine tomato paste, molasses, honey, apple cider vinegar, onion, and garlic in a saucepan, stir well, and bring to a boil. Turn down the heat and add the chicken. Stir to coat and heat thoroughly. Remove fat from the chicken drippings and add a quarter to a third of a cup to the sauce. Put hot chicken mixture in a widemouthed thermos bottle. To serve later, divide chicken among 12 dinner rolls. Makes six servings of two sliders apiece.

Per SERVING: calories-443, fat-10 g, calories from fat-20%, cholesterol-525 mg, sodium-329 mg, carbohydrates-54 g



Don't Make These 4 Medication Excuses

When it comes to your medication, fess up—do you *always* take it as prescribed? If the answer is “no,” you’re not alone—about three in four people make medicine mistakes. Here are four common medication excuses and how to overcome them.

1. It cost too much. If your meds are pricey, ask your doctor about a generic or less expensive option.

2. I forgot! If you’re not used to taking medicine, you may forget to take it.

Make a note on your calendar or do it before or after something else you do regularly, like brushing your teeth.

3. It caused side effects I didn’t like. If you experience side effects, talk with your doctor or pharmacist about how to lessen them.

4. I felt better, so I stopped taking it. For many medications, you must finish a full course of medication for it to work properly.



NEED HELP TAKING YOUR MEDS?

For a free medication record you can print out and use at home, visit www.fda.gov and search for “My Medicine Record.”

OPEN SEASON (NOVEMBER 11 – DECEMBER 9)

The TRICARE Open season is an annual period when you can enroll in a health insurance plan for the next year. With TRICARE, open season will occur each fall, beginning on the Monday of the second full week in November to the Monday of the second full week in December.

DURING OPEN SEASON, YOU CAN:

- ▶ Enroll in a new TRICARE Prime or TRICARE Select plan
- ▶ Change your enrollment (e.g., switch from individual to family enrollment)
- ▶ Enroll in a FEDVIP vision or dental plan (for certain categories of beneficiaries)

If you are satisfied with the health care and service you have received from US Family Health Plan, there is no action you need to take. Your continued enrollment with USFHP will be automatic. Thank you for choosing US Family Health Plan for your TRICARE coverage.



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What happens if I am injured in an accident?

If you receive care due to injuries sustained in an accident for which another party is responsible for payment, call Member Services at **1.800.585-5883**. These accidents might include motor vehicle accidents, slip and falls, or product liability. Tell us whether you intend to seek compensation. If so, ask for an Accidental Injury/Third Party Liability Questionnaire and DD Form 2527.

The government is entitled to reimbursement from the liable party as well as from any other party legally responsible for indemnifying you (including but not limited to underinsured and uninsured coverage on automobile policies).

WHICH PLAN PAYS FIRST IF I HAVE BOTH USFHP AND MEDICARE?

If you have both Medicare and USFHP, you can only use your USFHP card when accessing care. USFHP and Medicare are government-sponsored programs so your Medicare benefits are suspended for as long as you are a USFHP member. To avoid confusion at the doctor's office, do not show your Medicare card. The only exceptions are chiropractic care, which is not covered by USFHP, and if you are enrolled in the End Stage Renal Disease (ESRD) program through Medicare. The Medicare ESRD program is primary to USFHP.



QUESTIONS? Call our toll-free Member Services line at **1-800-585-5883, option 2.**