

A Healthier You

Compliments of Health Coaching



Health Coach | 2

Spring Into a Healthier You | 3

Get Out, Be Active! | 4
One Relationship | 5

The Heart of the Matter | 6

Breathe Smart | 6

Screening Saves Lives | 7

Migraine Pain | 7

Small Steps | 7

What is Health Coaching?

Health coaching is a voluntary program for members with certain health and wellness concerns. We take a personalized and tailored approach that helps you manage your health and cope with everyday issues so you can meet your health goals.

Our coaches are health care professionals from a variety of backgrounds, including registered nurses, dietitians, respiratory therapists and health educators. They have extensive training and knowledge to help support, guide and motivate you to make healthy lifestyle changes at your own pace.

We understand how difficult it can be to make a lifestyle change and stick to it. Our staff works to ensure you have the information and tools you need to succeed.

Is Health Coaching for Me?

Health coaching is especially helpful for members who:

- Want to know more about managing their health.
- Make frequent emergency room (ER) visits.
- Use multiple medications to manage their health.
- Experience frequent hospitalization.

Participant's Bill of Rights

Health coaches respect the wishes of participants and their family members and recognize that participants have RIGHTS and RESPONSIBILITIES, including the:

- Right to know the philosophy and characteristics of the health coaching program.
- Right to have personally identifiable health information shared by the coaching program only in accordance with state and federal law.
- Right to identify a staff member and his or her job title and to speak with a supervisor of a staff member if requested.
- Right to receive accurate information from the health coaching program.
- Right to receive administrative information about changes in or termination of the health coaching program.
- Right to decline participation, revoke consent or withdraw at any time.
- Responsibility to submit any forms necessary to participate in the program, to the extent the law requires.
- Responsibility to give accurate clinical and contact information and to notify the health coaching program of changes in this information.
- Responsibility to notify your treating providers of your participation in the health coaching program, if applicable.

You Make the Choice

Health coaching is completely voluntary and free. Your decision to participate will not affect your health benefits in any way. If you decide that having a personal health coach is not for you, you can opt out of the program at any time by calling 855-838-5897.

If you have a problem or complaint during your health coaching experience, you can call 855-838-5897 and ask to speak to the program manager. In an emergency, please contact your doctor or call 911.



Spring Into a Healthier You

High cholesterol, high blood pressure and being overweight are major risk factors for heart disease and diabetes. These conditions often have no signs or symptoms. That's why it's important to eat a heart-healthy diet, be physically active and see your doctor regularly. If you have heart disease or diabetes, you should have your cholesterol measured at least once a year, with a fasting test of all your blood fats (lipids). Get your blood pressure measured at every doctor's visit.

Work with your doctor to determine your "goal" levels. Here are some general recommendations for most people:

Factor	Goal
Total cholesterol	Less than 200 mg/dL
LDL ("bad") cholesterol	Less than 100 mg/dL
HDL ("good") cholesterol	50 mg/dL or higher
Triglycerides	Less than 150 mg/dL
Blood pressure	Less than 120/80 mmHg
Body mass index (BMI)	Less than 25 Kg/m
Exercise	Minimum of 30 minutes on most days
Sodium intake	No more than 1,500 mg/day

Did you know that losing as little as 10 pounds can make a difference in your health? Here are some quick tips to help you get started:

- Add more healthful foods like fruits, vegetables, lean protein and whole grains to your diet.
- Cut back on less healthy options like cake, cookies, fried foods and processed meats (i.e., bacon, lunch meats, etc.).
- Make an effort to move more every day.



Get Out, Be Active!

Ahhh, Spring is in the air. There's no better time than the present to get out and get active! Research shows that being outside not only improves your physical health, it can also improve your overall sense of well-being. These tips can help you feel your best in the warm-weather months:

- Moving for just 10-15 minutes each day can benefit your health. Choose activities you enjoy to help you stay on track. Here are a few ideas:
 - **Biking, hiking and camping:** Take advantage of the longer daylight hours and find a park near you.
 - **Swimming** is not only fun, it's also great exercise. If you or your children need help polishing up your swimming skills, try taking a class at your local gym.
 - Many recreational centers have **day camps** for you or your children to take part in based on your interests.
- Pack healthy snacks and stay hydrated! Good, balanced nutrition is the key when being active.
- Practice sun safety by wearing sunscreen with at least an SPF of 30. Sunburns result in permanent damage that can lead to skin cancer. No matter your skin type, keep it protected.
- If you have asthma or chronic obstructive pulmonary disease (COPD), take steps to avoid your triggers, take controller medications as directed and take your quick-relief medicines when you first notice flare-up symptoms.



Did you know...

One in every 20 Americans over the age of 50 has peripheral artery disease (PAD)? It develops when arteries in your legs become clogged with plaque fatty deposits that limit blood flow to your legs. Just like clogged arteries in the heart, clogged arteries in the legs mean you are at risk for having a heart attack or stroke.

PAD does not always cause symptoms; many people have PAD and don't know it. People who do experience symptoms, such as pain or cramping in their legs, often do not report them. Talk with your health care provider about the risk factors for PAD.

ONE RELATIONSHIP

THAT CAN IMPROVE YOUR HEALTH

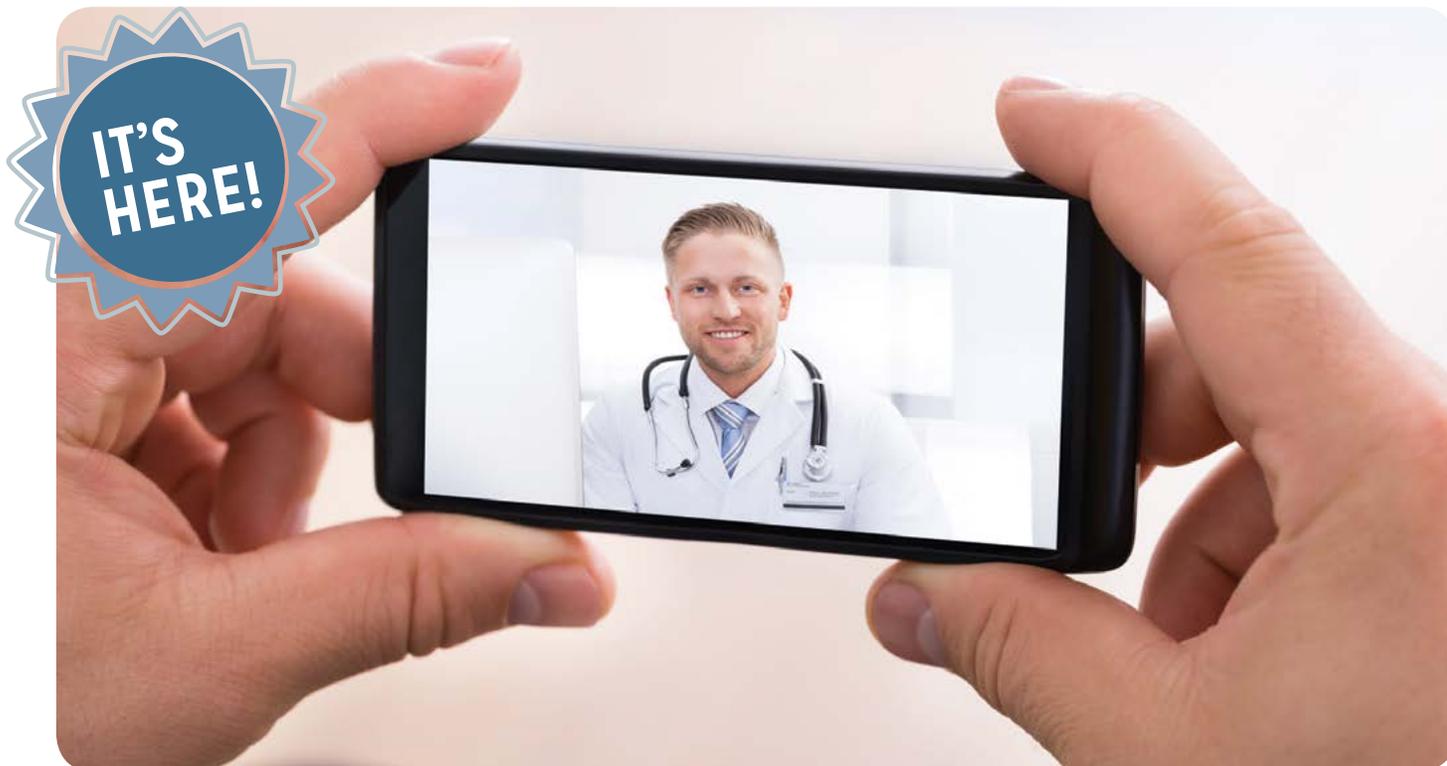
There are all sorts of relationships - some more healthy than others. But there is one relationship that's guaranteed to improve your health. That's the relationship between you and your doctor. Whether you are young and in great health or you have a health condition, everyone needs a primary care physician (PCP). When you partner with a PCP, he or she becomes familiar with your health history. This allows you to receive personalized care that is tailored to your specific health and goals. Most insurance plans cover checkups with a PCP at no cost to you.

If you have an unexpected health issue when your doctor's office is closed, it's important to know your options:

- Free-standing urgent care: Illness and injuries often happen unexpectedly. If you aren't able to see your primary doctor, urgent care may be your next best option. Urgent care is typically available outside of normal business hours, including nights and weekends. One of the best things about urgent care is that it offers convenient care that is typically faster and less expensive than the ER. Your health insurance covers visits to in-network facilities, and they are the best places to go for unexpected, non-life threatening symptoms when your doctor's office is closed.
- The ER should handle life-threatening emergencies. Some examples of life-threatening emergencies are signs of a heart attack or stroke, severe and uncontrollable bleeding, injuries to the head or eyes, sudden or unexplained loss of consciousness, poisoning or drug overdose.
- Did you know that Blue CareOnDemandSM is now available? For more information see page 6.

The last thing you need to worry about when you have an unexpected health issue is where you are going to get help. Make it your goal to have a plan for when these urgent times occur!





Blue CareOnDemand

VISIT WITH A DOCTOR 24/7/365!

You can now visit with a doctor faster and more easily than ever. With Blue CareOnDemand, you can visit with a doctor via smartphone, tablet or computer, rather than visiting an office or urgent care facility. Doctors will diagnose and write prescriptions as appropriate.

When should you use Blue CareOnDemand?

- If you should see a doctor, but can't fit it into your schedule
- The doctor's office is closed
- You are too sick to drive
- You have kids at home
- You are traveling

Download the app via the App Store or Google Play and sign up for Blue CareOnDemand today!
Visit www.BlueChoiceSC.com.

What types of conditions can Blue CareOnDemand doctors treat?

- Colds
- Flu
- Fever
- Rash
- Pinkeye
- Ear infection
- Migraines

Blue CareOnDemand is not available to members located in Alaska, Texas or Arkansas.
Doctors cannot prescribe medications via video to members located in Indiana.



THE HEART OF THE MATTER

Heart disease is the leading cause of death in both men and women. Heart disease puts you at increased risk for stroke and heart attack. Talk to your doctor about factors, such as diabetes, high blood pressure and high cholesterol that put you at a higher risk for a heart attack. If you are on medication for high cholesterol or diabetes, such as an ACE, ARB, diuretic or digoxin, talk to your doctor about the routine lab tests used to monitor these conditions. Recommended tests are:

- Serum potassium therapeutic monitoring test AND serum creatinine therapeutic monitoring test
- Digoxin test (digoxin users only)

For more information, visit www.heart.org/HEARTORG/.

This link leads to an independent site. That organization is solely responsible for the contents and privacy policies on its site.

Breathe Smart, Breathe Easier

If you have asthma or chronic obstructive pulmonary disease (COPD), you know how hard it can be at certain times of the year to breathe easy. COPD includes two conditions: emphysema and chronic bronchitis. Asthma affects millions of Americans. Spring and fall can be especially difficult when you have asthma and COPD. Here are some tips to help you breathe easier:

Avoid these things, if they trigger your asthma or COPD

Outdoors

Smoking

Dirt

Pollen

Physical exertion

Indoors

Fragrant room sprays

Dust

Mold

Pet dander

If you have asthma or COPD, quitting smoking can keep it from getting worse. Don't forget to take your controller medication(s) daily. Taking your medicines as directed and keeping any rescue inhalers near you can help you breathe easier! For more information, visit www.lung.org/.



A HEART ATTACK CAN OCCUR WITH FEW OR NO SYMPTOMS IN PEOPLE WITH DIABETES. PLEASE SEE THE CHART FOR POSSIBLE SIGNS OF A HEART ATTACK:

Men	Women
Mild chest or shoulder pain	Squeezing or pressure in center of chest
Indigestion or heartburn	Pain or discomfort in one or both arms, back, neck, jaw or stomach
Pressure on chest or arm pain	Shortness of breath
Anxiety, nausea or vomiting	Dizziness, lightheadedness or fainting
Sweating or cold clammy skin	Extreme fatigue
Shortness of breath	Stomach pain

Know the signs of a stroke, and act FAST!

Face drooping

Arm weakness

Speech difficulty or slurring

Time to call 911

Screenings Save Lives!

Colorectal cancer affects men and women of all racial and ethnic groups, and is most often found in people 50 and older. In the United States, it is the third most common cancer for men and women.



Colorectal cancer screening saves lives. It can find precancerous polyps – abnormal growths in the colon or rectum – so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure. About 9 in 10 people whose colorectal cancers are found early and are treated appropriately are still alive five years later. If you are 50 or older, get screened now. Do you think you may be at higher risk for colorectal cancer? Talk with your health care provider about getting screened early.

Get Ahead of Migraine Pain



Migraines are much more than simple headaches. To best manage your migraine headaches, pay attention to signs that you are getting a migraine, and take action before the pain fully starts. You may notice signs and symptoms as much as two days before the start of migraine pain. These symptoms include:

- Changes in your appetite
- Depression and/or irritability
- Feeling very happy or very animated
- Feeling restless or nervous
- Fatigue or sleepiness

If you notice any of these early symptoms, take steps to limit the intensity and/or duration of a full-blown migraine. If you use preventive medication, take it as your health care provider recommends.

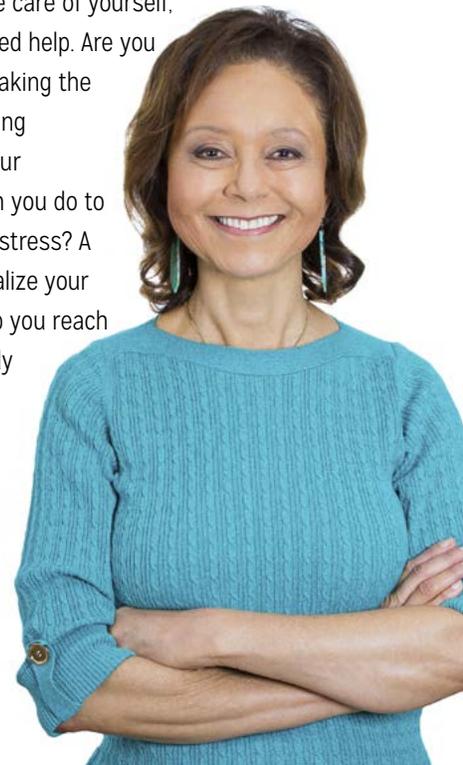
Small Steps that Can Lead to Big Results

For many people, the thought of going on a diet causes stress, anxiety and overeating. If this sounds like you, maybe you are not ready to make drastic changes. Shifting toward a more healthy diet doesn't have to be an all or nothing move. Start small; Try some of these tips to help you create healthy eating habits.

- Get tempting foods out of your home
- Stay busy. Don't eat just because you are bored
- Make sure you are getting enough sleep. Poor sleep increases your risk for diabetes and obesity
- Put your fork or spoon down between every bite
- Sip water frequently between bites
- Use a smaller plate. The more food in front of you, the more you will eat – regardless of how hungry you are
- Avoid white foods

Be Good to Yourself

You try to do your best to take care of yourself, but sometimes, you simply need help. Are you seeing the right doctors and taking the right medications? Are you doing everything you can to keep your symptoms in check? What can you do to simplify your life and manage stress? A health coach can help personalize your plan for better health and help you reach your goals. If you're not already working with a health coach, call us at 855-838-5897 to get started today.





LIVE FEARLESS[®]



BlueChoice[®]
HealthPlan

South Carolina

WITH THE CARD THAT OPENS DOORS IN 50 STATES

BLUECHOICESC.COM