

For **YOUR** Health

{ SUMMER 2016 | FOR MEMBERS OF GUNDERSEN HEALTH PLAN }

Your *exercise* style

What type of exerciser are you? The answer may help you find activities you're likely to stick with over time.

Planner. These exercisers like familiar activities. Often that means exercising alone. You might enjoy taking brisk walks, riding a bike, or working with hand weights and fitness DVDs at home.

Social butterfly. Does exercising with others sound like fun? Perhaps a partner or a group workout would keep you moving. For instance:

- Join a community sports league
- Sign up for an exercise class or two
- Go on walks or bike rides with friends

Go-getter. Do you like to set goals

and track your progress?

You might:

- Aim to increase your walking or cycling distance a little at a time.
- Train for a 5K race.
- Set a goal for weights or pushups.

Adventurer. Do you love the outdoors? Look into hiking trips or bike tours in your area. Stepping out of your routine and into some gorgeous scenery might be your motivation to move.

Of course, you could relate to more than one style. But these ideas can be a good starting point. When you find an



activity you look forward to, it's easier and more fun to make fitness part of your day.

Sources: American College of Sports Medicine; American Council on Exercise

Better together

GUNDERSEN HEALTH PLAN AND UNITY HEALTH INSURANCE MERGE

Gundersen Health Plan and Unity Health Plans Insurance Corporation are excited to announce that we have finalized our merger agreement. The agreement was approved unanimously by the boards of directors of both companies after clearing the regulatory process in late April.

This new partnership creates an opportunity for both health plans to expand and become stronger. Goals of the partnership include:

- Facilitating a way for patients to access local health systems
- Managing the health of larger populations
- Using the best of each organization's products and practices
- Allowing the organizations to be more competitive at the statewide and regional level

Gundersen Health Plan, a subsidiary

of Gundersen Health System, and Unity Health Insurance, an affiliate of UW Health, will now be operated by a joint management team. We look forward to exciting changes that will benefit our members and customers. As a consolidated organization, we will continue to provide Customer Service from existing health plan offices located in Middleton, Onalaska and Sauk City.

Please continue to contact your local health plan Customer Service team with questions.

Anxiety disorders: Beyond regular worries

Everyone worries sometimes. It's normal. In fact, worry can spur you to act and solve a problem.

But what if these worries overpower other thoughts? It can disrupt work, school or daily life. This is a sign that you may have an anxiety disorder.

Anxiety disorders are common. In fact, even children can have them. Here are some common types:

Generalized anxiety disorder.

People with this disorder become very worried over dealing with routines of everyday life that would not appear threatening to others. This worry may even give them headaches or trouble sleeping.

Panic disorder. This causes feelings of sudden terror, or panic attacks. Those may make you feel short of breath or have chest pain.

Phobias. People with phobias have a very strong fear of things that pose little or no threat. These can include certain animals, water, high places or flying.

Do you think you may have an anxiety disorder? Talk to your doctor. Counseling or medicines—or both—can help.

Sources: American Psychiatric Association; National Institute of Mental Health



Savor the moment

MINDFULNESS CAN BE GOOD FOR YOU

What's on your mind? Chances are, a lot of things—from today's to-do list to tomorrow's worries.

With all that going on, it's easy to overlook the wonders of the present moment. Fully appreciating what's happening right here, right now takes a special type of attention. It's called mindfulness. And according to researchers, mindfulness not only makes you feel good—it's good for your health too.

What is mindfulness?

Mindfulness is being totally aware of the present moment, without judging it. It can help you:

- Manage stress
- Cope better with serious illness
- Let go of regrets and worries

- Sleep better
- Connect more deeply with others

Making it a habit

Becoming more mindful isn't difficult—it just takes practice. One easy way to get started is to take a few minutes to breathe with intention, like this:

- Inhale through your nose for 4 counts.
- Hold for one count.
- Exhale through your mouth for a count of 5.
- Repeat several times.

You can also cultivate mindfulness by tuning in to your senses. Try focusing on one sense at a time.

- 1. Hearing.** Before getting out of bed, lie still and just listen: to the house creaking, the birds singing, the wind or rain, the movement of your pets or neighbors.
- 2. Seeing.** Stand outside and focus on the trees, the colors of the sky, the texture of the grass.
- 3. Smelling.** Pour your morning coffee slowly and savor the aroma. Step outside after the rain and smell the air.
- 4. Tasting.** Eat slowly and consider each flavor: salty, savory, bitter, sweet.
- 5. Touching.** Notice how your skin feels when you hold a child's hand. Scratch your pet's belly and enjoy the soft warmth.

As it becomes a habit, mindfulness can bring more joy and awareness to your life. And you can start right here, right now.

Sources: helpguide.org; National Institutes of Health

>> CARPE DIEM. Is anxiety or depression keeping you from living in the moment? A mental health counselor can help. Talk to your doctor or call Customer Service at (608) 775-0150 or (866) 537-1477 find one in your area.

Know *your rights*

NOTICE OF WOMEN'S HEALTH AND CANCER RIGHTS ACT OF 1998

The *Women's Health and Cancer Rights Act (Women's Health Act)* was signed into law in October 1998. The *Women's Health Act* amended the *Employee Retirement Income Security Act of 1974 (ERISA)* and the *Public Health Service Act (PHS Act)*. This federal law requires group health plans to provide certain coverage for breast reconstruction following mastectomies. This coverage took effect on Jan. 1, 1999.

Your group health plan provides coverage for mastectomies. As part of this coverage, your plan also covers the procedures necessary to effect reconstruction of the breast on which the mastectomy was performed, as well as the cost of prostheses (implants, special bras, etc.) and physical complications of all stages of mastectomy, including lymphedemas.

This mandate also requires your plan

to provide the following coverage to a member who elects breast reconstruction in connection with such mastectomy:

- Reconstruction of the breast on which the mastectomy has been performed
- Surgery and reconstruction of the other breast to produce symmetrical appearance
- Coverage for prostheses and treatment of physical complications of all stages of mastectomy, including lymphedemas, in a manner determined in consultation with the attending physician and the patient.

Under the *Women's Health Act*, coverage of breast reconstruction benefits is subject to the same deductibles, coinsurance and copayments, consistent with those established for other benefits under your plan. Please contact Customer Service if you have any questions regarding this notice.



Protect yourself from colorectal cancer

Colorectal cancer—in the United States, about 1 in 20 people will develop it. But that doesn't have to be the case.

Testing for colorectal cancer—cancers of the colon or rectum—saves lives. But only about 1 in 3 adults in this country gets the necessary testing.

There are three main tests for colorectal cancer. Each can find cancer early. That's when it's most likely to be cured. These tests are:

- Stool tests, which look for blood in the stool.
- Flexible sigmoidoscopy and colonoscopy. Both tests look for cancer and precancerous growths

called polyps in the rectum and colon.

Flexible sigmoidoscopy and colonoscopy can also prevent cancer. That's because doctors can remove polyps during the test—before they turn cancerous.

When should testing start?

Most people should start testing at age 50. But if you're at extra risk for colorectal cancer—for example, if it runs in your family—you may need testing sooner. Ask your

doctor when to begin and which screening test is best for you.

Finally, be aware that diet, exercise and body weight can all affect your risk of getting colorectal cancer. To protect yourself:

- Eat more fruits and veggies and less red and processed meat
- Exercise regularly
- Try to stay at a healthy weight

Sources: American Cancer Society; Centers for Disease Control and Prevention

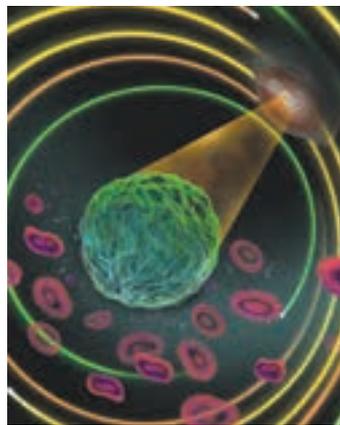


Is this *covered*?

EVALUATING THE USE OF NEW TECHNOLOGY

Gundersen Health Plan frequently evaluates new technology for inclusion as a covered service. In order to cover services that use new technology, all the following criteria must be met:

1. The technology must be nonexperimental and noninvestigational.
2. The new technology must be approved by the appropriate regulatory body.
3. Research and review of evidence-based medicine must demonstrate that the new technology has a positive effect on health and is safe.



4. The new technology must be more beneficial or less expensive than current alternative treatments.

If an evaluation is performed due to a request for coverage from your provider, a decision will be made within five working days after all the

necessary information needed to make the decision is received. If coverage is denied, the criteria for the denial will be communicated to the party requesting the evaluation. An explanation of the grievance process will also be issued.

Give comfort foods a boost

When it comes to fat, salt and sugar content, comfort foods can really take you out of your comfort zone. To make your favorite foods healthier, try these tips:

- For cheesy dishes, choose strong-tasting varieties, like sharp cheddar, and use less.
- Try low-sodium and reduced-fat soups in creamy casseroles.
- Make dips with nonfat Greek yogurt instead of mayo.
- Swap regular french fries for sweet potato fries.
- Instead of a chocolate bar, have chocolate-dipped strawberries.
- Slip spinach into your favorite casseroles and pizza.



Sources: American Diabetes Association; Produce for Better Health Foundation

Contact us

If you have questions, please call Customer Service at (608) 775-0150 or (866) 537-1477. People who are deaf, hard-of-hearing or speech-impaired: Please call TTY 711 or (800) 877-8973. Or you may call through a video relay service of your choice. Interpreter

services are provided free of charge to you. Our office hours are 8 a.m. to 5 p.m., Monday through Friday.

You can also find information on our website at gundersenhealthplan.org or send us an email at hpcustomerservice@gundersenhealth.org.

Need a nurse?

Do you have a health question

or concern? Do you think you may need to go to the doctor, but you aren't sure? You have free access to a Nurse Advisor, 24 hours per day, 7 days a week. Call (800) 858-1050 or (608) 775-4454.

Our network of providers

Do you have a question about whether or not a healthcare

provider is in the Gundersen Health Plan network? If so, there are two ways you can find out:

- Check our Provider Directory online at gundersenhealthplan.org/providerdirectory.
- Call Customer Service at (608) 775-0150 or (866) 537-1477.

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