

For **YOUR** Health

{ SUMMER 2016 | FOR MEMBERS OF GUNDERSEN HEALTH PLAN }



We're in this *together*

A FAMILY PLAN FOR BETTER HEALTH

Board games, movie nights and vacations—lots of things are better as a family. And that includes getting and staying healthy.

So, moms and dads, get the whole family involved in moving more and eating right. If that sounds great in theory but you're not sure how to make better health a family affair, here's a five-step plan:

- 1. Make family time active time.** Bike to the library together or explore a nearby park. Encourage everybody to train for a charity walk or run. Is somebody's birthday coming up? Celebrate with something active—a pool party, volleyball game or hike. And ask your kids for ideas on ways to be active as a family. Then follow through with some of their favorite picks.
- 2. Stay away from screens.** Every moment sitting

is a moment nobody's moving. Limit kids' TV, computer and video game time to one or two hours each day. And remember, kids imitate their parents. So set a good example and minimize your screen time too.

- 3. Keep a family activity log.** Track everyone's progress and post the results on your fridge.
- 4. Provide healthy food choices.** Put a bowl of washed fruit on the table where it's easy to see and grab. And shop smart at the grocery store. Choosing good-for-you foods is easier when foods like chips and candy aren't in your pantry.
- 5. Gather in the kitchen and around the table.** Let your kids help you plan and prepare healthy foods. Eat together as a family, too, as much as you can. Table time helps kids and parents stay close—a real win-win.

Sources: American Academy of Family Physicians; National Institutes of Health

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.

HAVE QUESTIONS? Please continue to contact your local health plan Customer Service team.



PASS ON SUGAR
Sweets can raise your risk for heart disease.

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GOT THE JITTERS?
It could be one of these three anxiety disorders

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DRUG UPDATES
Plus newly discovered drug side effects

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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 your Customer Service representative if you have any questions regarding this notice.

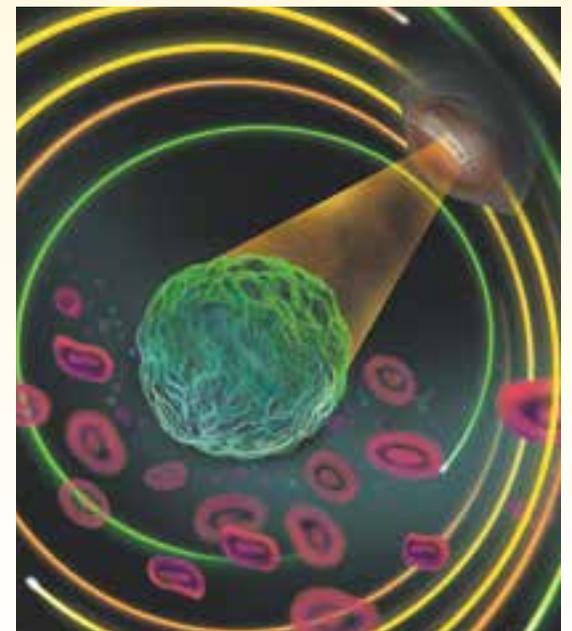
Is this covered?

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.



Always improving

HEDIS 2015 RESULTS DETERMINE GUNDERSEN HEALTH PLAN'S FUTURE GOALS

The Healthcare Effectiveness Data and Information Set (HEDIS®) is a tool health plans use to measure the quality of the care and services we provide—including care that helps you stay healthy and care you need if you get sick. Consumers can use the results to help compare health plans. We use the results to see where we can improve.

HEDIS includes more than 70 standardized measures. These measures address many areas of care—from how

many patients receive beta-blocker medicines after a heart attack to how many have discussed physical activity with their healthcare provider.

Gundersen Health Plan Commercial HMO HEDIS 2015 results

Based on HEDIS 2015, Gundersen Health Plan's Commercial HMO performed above the 90th percentile for many measures, such as breast cancer screening,

controlling high blood pressure and antidepressant medication management. In addition, we are working to improve several measures, such as cervical cancer and chlamydia screening.

For a more detailed overview of all quality measures or for a copy of our program evaluation or description, please contact Gundersen Health Plan Quality Management at **800-897-1923**.

Source: The source for data contained in this article is Quality Compass 2015. Quality Compass and HEDIS are registered trademarks of the National Committee for Quality Assurance.



Learn the truth about women and heart attacks

True or false: The symptoms of a heart attack are exactly the same for both men and women.

The answer is False.

Chest pain is the No. 1 symptom for both men and women—that is true. But other symptoms are common for women. These include:

- Shortness of breath
- Nausea
- Vomiting
- Pain in the arms, back or jaw

Other symptoms include feeling dizzy or even fainting.

Call 911 right away if you or someone else has any of these symptoms.

Source: American Heart Association

Heart disease is the No. 1 cause of death for both men and women.

NOT SO SWEET

How extra sugar *hurts* your heart

Are you about to add another spoonful of sugar to your morning coffee? Sip a sugary soda? Satisfy your craving for a sweet with a handful of candy?

You might want to hold off—at least until you've read the next few paragraphs and had a little food for thought. Here's why:

That sugar you're about to consume has zero nutrients. And too much added sugar in your diet can pile on pounds and heighten your risk of heart disease. What's more, research suggests that—even if you're not overweight—a sugar-rich diet by itself may raise your risk of dying from heart disease. Though exactly why isn't clear.

Easy does it

Still, when it comes to your heart,

added sugar is risky enough that the American Heart Association (AHA) advises limiting it. That doesn't mean cutting back on the kind that occurs naturally in foods like fruit or milk. It's the sugar added to food during processing—or what you use to sweeten your coffee and other food—that can cause problems.

How low should you go? For most men, the AHA recommends limiting added sugar to no more than 150 calories per day—or about 9 teaspoons. For most women, the AHA suggests keeping added sugar to no more than 100 calories per day—or about 6 teaspoons.

Five ways to cut back

To consume less added sugar, try these tips from the AHA:

- 1. Read the fine print.** On food labels, watch for ingredients that

end in “-ose,” such as maltose or fructose. Also look out for corn syrup, molasses, honey or fruit juice concentrate. They're all added sugars.

- 2. Swap out soda.** Thirsty? Make water your first choice. If you want some variety, try sugar-free or low-calorie beverages.
- 3. Trim and trim again.** Cut back half the amount of sugar, syrup and honey you add to cereal, pancakes, coffee, etc. Then gradually reduce from there.
- 4. Satisfy with spice.** Add flavor with ginger, allspice, cinnamon or nutmeg rather than sugar.
- 5. Redo recipes.** When baking cookies, brownies or cakes, reduce the sugar by one-third to one-half. Chances are you won't taste the difference.



FAST FACTS ABOUT FEET

THE HUMAN FOOT AND ANKLE HAVE **26 BONES & 33 JOINTS.**

AS WE AGE, OUR FEET BECOME **LONGER AND WIDER.**

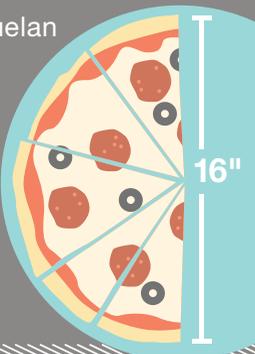


NEW SHOES should **NOT** need to be broken in. You want them to be comfortable from the first step.

QUICK TIP

Shop for shoes at the end of the day. That's when your feet are largest.

In 2014, a young Venezuelan man claimed the title of largest feet (male). His feet measured nearly **16 INCHES LONG.** That's a U.S. size 26 or roughly the diameter of an extra-large pizza.



SHOULD YOU FOOT IT TO THE DOCTOR?

If you have foot or ankle problems, talk with your doctor.

Sources: American Orthopaedic Foot & Ankle Society; American Podiatric Medical Association; Guinness World Records

What type of exerciser are you?

FIND YOUR FITNESS MATCH

If you can find an exercise style you enjoy, you're more likely to stick with it.

Think of it as your fitness personality. For instance, some people go to a gym. Others are happy exercising at home. You might crave heart-pounding workouts or extended bike rides.

Find your groove

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

Here are four main types:

Planner. These exercisers tend to like familiar activities within their comfort zone. Often that means exercising alone. You might enjoy taking brisk walks, riding a bike, working with hand weights and fitness DVDs, or doing pushups and lunges at home.

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

- Join a community sports league
 - Sign up for an exercise class or two
 - Go on regular walks or bike rides with family or friends
- Go-getter.** Do you like to set goals and track your progress? If so, here are a few ways to stay motivated:
- 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—and then work toward it.

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





Savor the present moment

MINDFULNESS IS GOOD FOR YOUR HEALTH—TRY THESE 5 TIPS

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

Research shows that this type of focused awareness is a key element of happiness. Mindfulness may also help you:

- Manage stress
- Cope better with serious illness
- Let go of past regrets and future worries
- Sleep better
- Connect more deeply with others
- Appreciate life's pleasures, big and small

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 while counting to four.
- Hold for one second.
- Exhale through your mouth while counting to five.
- Repeat several times, and try to concentrate on your breath.

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 silhouette of 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 freshness in the air.
- 4. Tasting.** Eat slowly and consider each flavor: salty, savory, bitter, sweet.
- 5. Touching.** Notice how your skin feels when you hold your grandchild'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

What are anxiety disorders?

Jitters, fear, panic. Most of us have these emotions from time to time. Yes, we dread taking a test or giving a speech. But we do it and get through it just fine.

For some people, though, anxiety isn't a passing problem. It's extreme, even crippling. It can derail work and school projects and cut off friends and family.

Millions of people are affected by anxiety disorders, which include:

- **Generalized anxiety disorder.** This involves severe and exaggerated worry about things that others take in stride. People might spend days worrying about chores or minor health problems, for example.
- **Specific phobias.** These are intense fears of specific things or situations. Examples are fears of dogs, flying, blood, confined places or heights.
- **Social anxiety disorders.** These social phobias involve an overwhelming fear of social situations and places. People who have them worry about being embarrassed or looked down upon. They may know that their fears don't make sense, but they can't overcome them.
- **Panic attacks.** These feelings of terror can pop up anytime, anywhere, without a cause. Symptoms can include chest pain, sweating, trembling and a pounding heart.

Getting help

Fortunately, treatment helps people with these disorders. Medicines and counseling are used, alone or together. Most people get relief within weeks or months with proper care.

If you think you have symptoms, see your doctor. Anxiety disorders are serious. But they can be managed.

Sources: American Psychological Association; National Alliance on Mental Illness; National Institute of Mental Health



The worries, fears and phobias of anxiety disorders can disrupt every aspect of life. But treatment can help.

Protect yourself from colorectal cancer



In the United States, about 1 in 20 people will develop colorectal cancer.

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

How will my test be covered?

Mammograms, colonoscopies, Pap smears and cholesterol tests are all examples of tests that can be done as wellness or medical services. The health plan pays for the tests differently, depending on why they are being completed.

Wellness (preventive care)

Wellness services are doctor visits and tests that help you stay healthy. This is care you get when you are not having problems, to help you stay well. These services are paid for in full by your health plan when completed in certain time frames.

Medical (problem-related care)

Medical services are doctor visits and tests that help you when you are sick or have a health problem. These services are paid for by your health plan based on your plan's cost-sharing (deductible, coinsurance and copay amounts).

If you have any questions about your coverage, please call Customer Service.

Helping your teen mature

Watching your teen develop into a young adult can feel good. It can also make you want to pull your hair out.

Teens do not become responsible just because you tell them to do so. It's a skill you have to help them learn.

Your teen needs support to make good decisions. The best support you can give is to talk with your teen often. Be clear and honest, and expect the same from your child.

These tips can help you guide your

teen toward maturity:

- **Be fair and firm.** Set clear rules and consequences for breaking them. If your child tells you he or she will be home for dinner at 6 p.m., arriving at 6:30 p.m. means your teen cooks for himself or herself.
- **Do less.** As your child gets older, you need to step away more and more and let your teen manage his or her own life. For instance, if you stop reminding your teen to do homework,



he or she may forget and receive a lower grade as a result. But this can help him or her learn to make to-do lists and save time for homework.

- **Admit when you're wrong.** Model the way you want your teen to act.

When you are wrong, admit it. If you act poorly, apologize. Your teen will learn respect and to treat others fairly if you are respectful and fair with him or her.

- **Give options.** Teens often think they have only two options when it comes to managing their time. For instance, they might think that they can either do homework or go to a party. Help your child see that there are ways to have fun and get his or her studies done too.

Source: American Academy of Pediatrics

NEWLY DISCOVERED heartburn medication *risks*

Some common prescription medicines used to treat heartburn (acid reflux) are being closely looked at due to safety concerns. Studies have shown there may be health risks for people who use them for a long period of time. Risks include higher chances of dementia, chronic kidney disease and heart attack, among other problems. These medicines are known as Proton Pump Inhibitors (PPIs) and include:

- Omeprazole (Prilosec)
- Pantoprazole (Protonix)
- Lansoprazole (Prevacid)
- Esomeprazole (Nexium)
- Rabeprazole (Aciphex)
- Dexlansoprazole (Dexilant)

The use of PPIs for longer than four to eight weeks is not recommended for

most people. If you have been taking a PPI for a long time, ask your doctor if you need to keep taking it. For most people with heartburn, occasional use of other medicines, such as H₂ blockers or antacids, can work well to treat symptoms. Options include ranitidine, famotidine, chewable calcium and antacids. Lifestyle changes can also be very effective in reducing heartburn symptoms. These include avoiding food and drink triggers, reducing stress, quitting smoking, and losing weight if necessary.

If you have been taking a PPI for a long time, do not stop the medicine all at once. It's best to stop taking it over a two to three week time period. This will help you to avoid heartburn symptoms coming back. First, decrease to the lowest available dose for a week or two.

Then take the lowest dose every other day and then every third day until you stop taking the medicine completely.



DID YOU KNOW? Seventy percent of nonmedical prescription pain reliever users obtain their drugs from a friend or relative. If you have leftover or expired medications, dispose of them in the medication disposal bins at the Gundersen Clinic Pharmacy locations in La Crosse and Onalaska.

Vitamin D—the ‘sun vitamin’ with many benefits

Many studies have now shown that vitamin D is worthwhile to pay attention to, for both the young and old. It is alarming that an estimated 75 percent of teens and adults have low levels of vitamin D. This trend is likely due to less sun exposure and less dietary intake.

A recent study showed that pregnant women who had low levels of vitamin D birthed babies with a two-fold higher lifetime risk of developing multiple sclerosis later in life. Other studies have shown that those with low levels of vitamin D had a harder time losing weight than those with normal vitamin D levels.

Correcting a vitamin D deficiency may even be useful to:

- Prevent certain types of cancer
- Slow mental decline in the elderly
- Improve or maintain bone strength
- Reduce relapse rates in those with multiple sclerosis
- Reduce risk of rheumatoid arthritis
- Reduce rates of depression
- Reduce risk of developing diabetes
- Reduce risk of catching the flu
- Reduced risk of asthma, atopic dermatitis and eczema in children

Ask your provider if supplementing your diet with vitamin D would be beneficial to you.

Jeremy Fejfar, PharmD

Dr. Fejfar has been a pharmacist with Gundersen Clinic Pharmacy since 2003. He is also the health plan clinical pharmacy director. Dr. Fejfar earned his doctorate in pharmacy from South Dakota State University. He is a member of the Pharmacy Society of Wisconsin.



Gundersen Health Plan formulary updates

New additions to tier 1	<ul style="list-style-type: none"> • OLOPATADINE HCL 0.1% EYE DROPS (QL) 		
New additions to tier 2	<ul style="list-style-type: none"> • DUTASTERIDE-TAMSULOSIN 0.5-0.4 (QL) • GENVOYA (QL) • MOLINDONE HCL • NAFTIFINE HCL (QL) • PRADAXA 110 MG CAPSULE (QL) • TAGRISSO (QL, PA) 	New additions to tier 4	<ul style="list-style-type: none"> • ALECENSA (QL, PA) • COTELLIC (QL, PA) • LINEZOLID • NINLARO (QL, PA) • STRENSIQ (QL, PA) • TAGRISSO (QL, PA) • UPTRAVI (QL, PA) • ZEPATIER (QL, PA)
New additions to tier 3	<ul style="list-style-type: none"> • BELBUCA (QL) • DYANAVEL XR 2.5 MG/ML SUSP (QL) • NARCAN 4 MG NASAL SPRAY (QL) • SEEBRI NEOHALER 15.6 MCG INHAL (ST, QL) • TRESIBA FLEXTOUCH (ST) • UTIBRON NEOHALER (QL, ST) • VELTASSA (QL, PA) • VIBERZI (QL, PA) 	New additions to tier 5	<ul style="list-style-type: none"> • NORG-EE 0.18-0.215-0.25/0.025 • TRI-LO-ESTARYLLA TABLET • TRI-LO-MARZIA TABLET • TRI-LO-SPRINTEC TABLET • TRINESSA LO TABLET
		New additions to tier 6	<ul style="list-style-type: none"> • ARISTADA ER • NUCALA • zLINCOMYCIN HCL 3 GM/10 ML VIAL

PA: Requires prior authorization
ST: Requires use of a first line drug under step therapy program
QL: Quantity limits are in place

Injectable and IV drugs may not be added to the formulary due to possible coverage under the medical benefit. These drugs may require an approved

prior authorization to be in place for coverage under your medical benefit. Please note: Nonformulary medications have alternatives, formulary equivalents,

over-the-counter or generic equivalents. Please talk to your healthcare provider or call Customer Service for more details.

Is your child's rash serious?



It's bound to happen: One day your child will have a rash. Chances are, you'll be worried.

But don't panic. The rash may not be serious, but you do need to know how to tell when it is. Here is a quick guide to helping your child.

When to call 911

If a rash comes with certain symptoms, it may be an emergency. Call 911 if your child:

- Has a hard time breathing or swallowing
- Gets a purple or blood-colored rash with a fever
- Is very weak or can't stand

Mild rashes

A mild rash may show up on just one small part of the body, and your child may seem fine.

Mild rashes are often caused by something that touches the skin. For instance, poison ivy or something your child is

allergic to could be to blame.

Try washing the skin—just once. Then avoid using soap on the area. And tell your child not to scratch. If it itches, a cold, wet cloth may help it feel better.

If the rash doesn't get better in two or three days, call your child's provider. Call sooner if it gets worse or if it's bothersome.

Large rashes

Sometimes a rash can cover large parts of the body, but your child will seem OK. A large rash may be caused by a virus or other problem. Many times, this type of rash will get better on its own. The tips above may help. If the rash doesn't improve or it comes with other symptoms that concern you, call your child's provider. You can also contact the Telephone Nurse Advisor at **(800) 858-1050** or **(608) 775-4454**.

Source: American Academy of Pediatrics

Soothe a sore throat

When you or your child has a sore throat, it's likely to go away on its own. But to feel better now, you can:

- Gargle with warm salt water.
- Suck on throat lozenges or hard candy. Don't give these to small children, though. They're a choking hazard.
- Take a pain reliever. (But don't give children aspirin.) Don't take more than the label advises. And if you take acetaminophen, make sure it isn't in more than one of your medicines. You can get too much.

Also do not take an antibiotic unless your provider says to. Taking antibiotics when you don't need them can make them not work as well when you do need them.

When you need help

A sore throat should feel better in a few days. If not, call your provider. Also get help if you or your child has:

- Trouble breathing or swallowing
- A fever above 100.4 degrees
- A rash
- Pus in the back of the throat
- Dehydration. Signs are dry mouth, sunken eyes and tiredness. In babies and young kids, also watch for no tears when crying and no urine for four to six hours. In older kids, watch for no urine for six to eight hours.

Sources: Centers for Disease Control and Prevention; National Institutes of Health; UpToDate

GUNDERSEN HEALTH PLAN

Visit us

Our offices are located at 3190 Gundersen Drive, Onalaska, WI, and at the Resource Center located in the Gundersen Lutheran Medical Center – La Crosse Clinic at 1836 South Ave., La Crosse, WI.



Contact us

Employer Group Plans:

(608) 775-8007

(800) 897-1923

Marketplace Plans:

• GundersenOne:

(608) 775-8092

(855) 685-6404

• Employer Group Plans:

(608) 775-8076

(855) 459-8076

If you 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 company 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.

Visit our website

gundersenhealthplan.org

Email us

hpcustomerservice@gundersenhealth.org

Talk to a nurse 24/7

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 a day, 7 days a week. Call **(800) 858-1050** or **(608) 775-4454**.

Our network of providers

To learn if a healthcare provider is in the Gundersen Health Plan network:

- Check our Provider Directory online at gundersenhealthplan.org/providerdirectory.
- Call Customer Service.

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