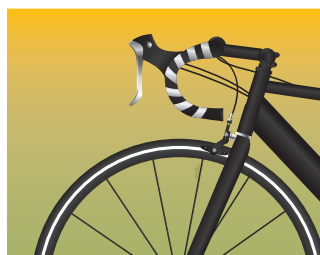


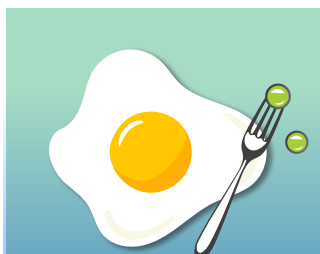
5 Surprising Health Hacks

Everybody loves a good life hack, right? Well make room for these five surprising health hacks! They might be small suggestions, but they actually pack quite a punch if you want to improve your overall quality of life. Give them a try!



1. IF YOU'RE TIRED, EXERCISE!

Can't stop yawning? You might need to literally hit the ground running. Studies show exercise can give you an energy boost.



2. DON'T SKIP BREAKFAST!

Dietitians discovered that eating breakfast within two hours after waking up can give your metabolism a major kickstart.



3. BE OPTIMISTIC! IT'S A LIFESAVER

Looking at the glass half full can add years to your life, according to recent studies.



4. LAUGH! YOUR HEART WILL THANK YOU

Laughter truly is the best medicine! Research shows that laughing decreases stress, inflammation, and the risk of a heart attack.

5. WANT TO LOSE WEIGHT? GO TO SLEEP!

Research finds that getting enough sleep can boost your metabolism, prevent insulin resistance, and help you fight junk food cravings.

Reference: Wardleigh, Chakell. "5 Surprising Health Hacks." SelectHealth, <https://selecthealth.org/blog/2020/09/5-surprising-health-hacks>



Supporting a Healthy Immune System

Although you may not be able to fully prevent an illness this season, a healthy immune system is one way to give your body extra protection. Focusing on nutrient-rich foods and healthy lifestyle behaviors can help you and your family stay a step ahead.

IMMUNE-SUPPORTING NUTRIENTS

The following nutrients play a role in the immune system and can be found in a variety of foods:

- > **Beta Carotene** is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli, and tomatoes.
- > **Vitamin C**-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers, and broccoli.
- > **Vitamin D** is found in fatty fish and eggs. Milk and 100% juices that are fortified with vitamin D also are sources of this important nutrient.
- > **Zinc** tends to be better absorbed from animal sources such as beef and seafood but also is in vegetarian sources such as wheat germ, beans, nuts, and tofu.
- > **Probiotics** are “good” bacteria that promote health. They can be found in cultured dairy products such as yogurt and in fermented foods such as kimchi.
- > **Protein** comes from both animal and plant-based sources, such as milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans, and lentils.

FOCUS ON BALANCE

To help keep your immune system healthy all year long, focus on a balanced eating plan, adequate sleep, and stress management.

Aim for five to seven servings of vegetables and fruits daily to get vitamins, minerals, and antioxidants that may support immune health.

Good hygiene and handwashing help prevent the spread of germs. Remember to wash produce before eating or using in recipes. Clean glasses, forks, spoons, and other utensils to reduce the spread and growth of bacteria.

Find healthy and appropriate ways to cope with stress, such as meditation, listening to music, or writing. Physical activity also is a great way to help manage stress and may help reduce the risk of some chronic diseases that could weaken your immune system further.

Lack of sleep contributes to a variety of health concerns, such as a weakened immune system. Seven to nine hours is recommended each day for adults, and children need eight to 14 hours, depending on their age.

WHAT ABOUT HERBALS?

Many herbal remedies are marketed to help fight colds or shorten their duration, but check with your healthcare provider before taking any supplements or medications. No one food or supplement can prevent illness.

Reference: “How to Keep Your Immune System Healthy.” EatRight, Academy of Nutrition and Dietetics, 23 Oct. 2018, www.eatright.org/health/wellness/preventing-illness/how-to-keep-your-immune-system-healthy.



Did You Know? Gloves and Face Masks Are Covered for Members

Medicaid supports the Centers for Disease Control (CDC) regarding use of face coverings to slow the transmission of COVID-19. The CDC recommendations include:

- > Any person two years of age and older should wear a cloth face covering that covers their nose and mouth when they are in the community.
- > Cloth face coverings should NOT be put on babies or children younger than two because of the danger of suffocation.
- > Children younger than two years of age are listed as an exception, as well as anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the face covering without help.

In support of this recommendation, Medicaid will cover the following:

- > **A4927** *Gloves, nonsterile, per 100* are available to members per 30-day period with a physician's order
- > **A4928** *Surgical masks, per 20* are open to be used for face masks, allowing for one box of 20 masks per 30-day period with a physician's order

If you have questions about these or any other benefits, please call Member Services at **855-442-3234**.

Mental Health Assistance Is Available

Mental health services are resources for those seeking help with mental health challenges and substance use disorders. When considering your health needs, you first need to determine what type of Medicaid plan you have. For Integrated members, mental health benefits are covered by your Community Care plan. For Legacy members, you will need to contact the Prepaid Mental Health Plan for services.

AS AN INTEGRATED MEMBER:

You have access to all in-network licensed mental health and substance use workers—that means all Intermountain and contracted, in-network professionals. We can help connect you to care and make sense of your benefits. Call us at **855-442-3234**. You may also refer to the SelectHealth® Integrated Care Handbook at selecthealth.org/plans/medicaid.

AS A LEGACY MEMBER:

Legacy members will need to contact the Prepaid Mental Health Plan for services. You'll need to contact the service provider for your area. If you are unsure about your plan or who to contact, please call Member Services at **855-442-3234** or Your Health Program Representative at **866-608-9422**. You may also refer to the Medicaid Handbook at selecthealth.org/plans/medicaid.

Available Resources:

CARE MANAGEMENT

A care manager is a registered nurse or licensed health worker who knows the medical system and health insurance. Here are some things they do every day:

- > Answer questions about symptoms and health issues
- > Explain medications
- > Coordinate care with different providers
- > Find online and community resources
- > Provide health education materials
- > Help make appointments

This service is available to you at no extra cost—just call **800-442-5305** weekdays, from 8:00 a.m. to 5:00 p.m. TTY users, please call 711.



EMOTIONAL HEALTH RELIEF HOTLINE

Intermountain Healthcare® is offering a free emotional relief hotline for *anyone* who needs mental health support. For some callers, they may recommend

referrals to treatment options that follow regular billing practices. Be sure to verify your plan benefits prior to getting treatment, if needed.

Mental well-being is central to our mission at all times, but especially right now. The COVID-19 pandemic has many factors that include:

- > Dramatic changes in lifestyle
- > Unpredictability
- > Social isolation that can make stress even worse

Intermountain started the Emotional Health Relief Hotline to create a strong emotional footing to care for ourselves and others.

WHEN CAN I CALL?

This line is open seven days a week from 10:00 a.m. to 10:00 p.m. The phone number is **833-442-2211**. Interpretation services are available.



Supplemental Nutrition Assistance Program (SNAP)

If you're a part-time student enrolled in higher education, you may be eligible for SNAP. You must meet income guidelines as well as one of the following:

1. Are eligible for state or federally funded work-study; or
2. Have an expected family contribution of \$0.00 for the current academic year.

Students who meet these criteria should check income guidelines to see if they qualify for SNAP.

To see if you qualify, use the SNAP benefits calculator found online at uah.org/get-help/calculator.

To apply for SNAP, visit jobs.utah.gov/mycase/.

Member Rights and Responsibilities

We do not deny members service because of current health issues, color, creed, age, national origin, handicap, religion, sex, or sexual orientation. If you have questions or you have not been treated fairly, call the SelectHealth Civil Rights Coordinator at **801-442-9950**.

WHAT ARE MY RIGHTS?

- > Get information on available treatment options and alternatives, regardless of cost or benefit coverage
- > File complaints and get a reply
- > Get information that is easy to understand and right for your care needs
- > Be told the risks, benefits, and results of having or not having treatment
- > Say no to treatment

WHAT ARE MY RESPONSIBILITIES?

- > Follow the rules of your plan
- > Always treat doctors, staff, and other patients with respect
- > Know what will happen if you say no to treatment

These lists are not all inclusive. For a complete list, please visit selecthealth.org/plans/medicaid and click on Rights & Responsibilities. For a free paper copy of these statements, please call Member Services at **855-442-3234**.



Health and wellness or prevention information

P.O. Box 30192
Salt Lake City, Utah 84130



The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your doctor if you have any questions or concerns. The information that is contained in this newsletter does not guarantee benefits. If you have any questions about your benefits or need to confirm your benefits, call Member Services at **855-442-3234**. SelectHealth complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Español

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-538-5038** (TTY: 711).

繁體中文

注意：如果您使用繁體中文，您可以免費獲得 語言援助服務。請致電**1-800-538-5038** (TTY: 711)。

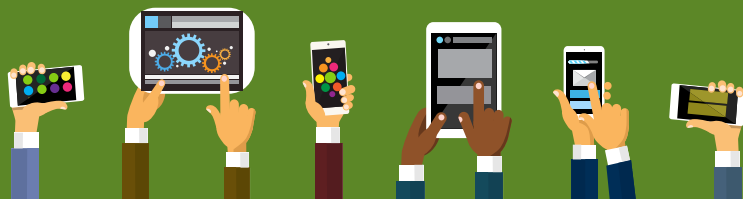
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DON'T MISS A BEAT



If you would like a paper copy of this newsletter, please call Member Services at **800-538-5038**

Receive the annual Health Updates newsletter online at **selecthealth.org/wellness-resources/newsletters**

This newsletter is pretty important. It contains information on topics such as:

- > Our Utah Health Plan Performance Quality of Care Report
- > How to use your pharmacy benefits
- > Where to get the right care when you need it
- > Info about out-of-area coverage
- > How to connect with a Care Manager
- > When to call 911
- > Your rights and responsibilities
- > The appeals process