



5101 N. O'Connor Blvd.  
Irving, TX 75039



SUMMER 2024

# Health Matters

Our Purpose Is You



## FRAUD, WASTE OR ABUSE?

Report potential fraud, waste or abuse in the CHRISTUS Health Plan Network by submitting details to the Special Investigations Unit via email, secure fax or phone.

**FWA HOTLINE:** 855.771.8072

**EMAIL:** [christushealthsiu@christushealth.org](mailto:christushealthsiu@christushealth.org)

**SECURE FAX:** 210.766.8849

If you prefer anonymity, call the Integrity Line at 888.728.8383 or visit [CHRISTUSintegritylink.org](http://CHRISTUSintegritylink.org).

For compliance questions or concerns, you can email us at [chpcompliance@christushealth.org](mailto:chpcompliance@christushealth.org)

Our Purpose Is You.

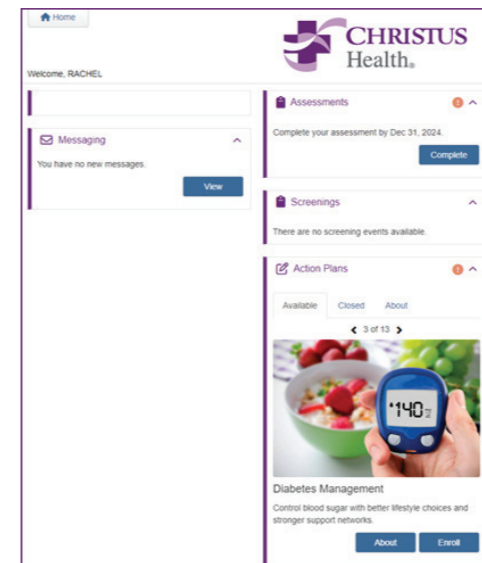
 Get updates and connect with us on Facebook.

[CHRISTUShealthplan.org](http://CHRISTUShealthplan.org)

## PORTAL FEATURE SPOTLIGHT: HEALTH RISK ASSESSMENT

Access personalized care with a simple step. Your doctor can tailor a care plan just for you when you share some quick health info. It's easy! Just take our brief Health Risk Assessment (HRA) - it's right at the top of your new member portal under the "My Health" tab.

Join thousands of others who've already improved their well-being with our guided action plans. From kicking unhealthy habits to managing chronic conditions, we've got you covered. Small steps lead to big changes - let's get started together.



SCAN TO LOG IN OR REGISTER

## BREAST CANCER SCREENING

One in eight women in the United States will be diagnosed with breast cancer in their lifetime. Research shows lifestyle changes can significantly reduce breast cancer risk, even for those at high risk. To lower your risk:

- Limit alcohol: Avoid alcohol or consume it in moderation, as any amount increases breast cancer risk.
- Maintain a healthy weight.
- Stay active: Aim for at least 150 minutes of moderate aerobic exercise weekly to maintain a healthy weight and reduce breast cancer risk.
- Breastfeed: Longer durations of breastfeeding may help lower breast cancer risk.
- Limit hormone therapy: Postmenopausal combination hormone therapy (estrogen and progestin) may increase breast cancer risk. Discuss the risks and benefits with your health care provider.
- Quit Smoking: Some studies suggest smoking increases breast cancer risk. If you smoke, quitting is beneficial.

If you notice changes in your breasts, such as new lumps or skin changes, contact your healthcare provider promptly to schedule a screening.



## MENTAL HEALTH AND SUICIDE PREVENTION

Each year, approximately 60% of adults with a mental illness receive no mental health services.

Suicide is complicated and tragic, but it is often preventable. Knowing the warning signs for suicide and how to get help can help save lives.

### DID YOU KNOW:

- Depression raises the risk for physical health issues like diabetes, heart disease and stroke. Similarly, chronic conditions can increase the risk of mental illness.
- Mental health can fluctuate over time due to stress from work, family, economic hardships or demands that exceed coping abilities.
- Over one in five U.S. adults and youth (ages 13-18) live with a mental illness at some point. About one in 25 U.S. adults have a serious mental illness such as schizophrenia, bipolar disorder or major depression.
- Mental illness can arise from various factors without a single identifiable cause.

### SIGNS AND SYMPTOMS:

- Emotional changes like feeling sad or excessive fear
- Confused thinking, reduced ability to concentrate, detachment from reality
- Withdrawal from friends, trouble relating to others, changes in eating habits
- Significant tiredness, low energy, problems sleeping
- Problems with alcohol/drug use, excessive anger, suicidal thinking

### WARNING SIGNS OF SUICIDE:

- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others

- Withdrawing from family and friends
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often

Friends, family or a health care professional can help you take the first steps toward getting help. Reach out to your primary care physician for a mental health assessment.



## HEART-HEALTHY GRILLED SALMON WITH SUMMER QUINOA SALAD

Grilled salmon is a fantastic, heart-healthy source of lean protein and omega-3 fatty acids.

### INGREDIENTS:

Salmon fillets  
Seasoning of choice  
1 cup quinoa  
1 cucumber, diced  
1 cup cherry tomatoes, halved  
1/2 red onion, finely chopped  
1/4 cup fresh mint, chopped  
2 tablespoons olive oil  
1 tablespoon lemon juice  
Salt and pepper to taste

### INSTRUCTIONS:

1. Cook the quinoa following the package's directions.
2. In a large bowl, combine salad ingredients including quinoa, cucumber, tomatoes, red onion and mint.
3. Whisk olive oil, lemon juice, salt, and pepper. Pour over salad for dressing.
4. Season salmon fillets with seasoning of choice and grill to desired doneness.
5. Serve the grilled salmon alongside the quinoa salad.



## HEART DISEASE

Although heart disease is a leading cause of death of men and women in America today, many risk factors are modifiable. Common symptoms include, chest pain, chest tightness, chest pressure, chest discomfort, shortness of breath and high cholesterol levels. To lower your risk of heart disease, make sure you:

- Don't smoke: Benefits start within a day of quitting, and risk drops significantly after a year.
- Exercise regularly: Aim for 30 to 60 minutes of daily physical activity. It helps control weight and reduces risk factors like high blood pressure and diabetes.
- Eat a heart-healthy diet: Adopt dietary plans like the Mediterranean diet to improve heart health and lower cholesterol and blood pressure.
- Maintain a healthy weight: Reducing even a small amount of weight (3-5%) can improve heart health and lower diabetes risk.
- Get quality sleep: Adults need at least seven hours of sleep per night.
- Manage stress: Manage stress with physical activity, relaxation exercises and mindfulness practices. Seek help for conditions like anxiety or depression.
- Get regular health screenings: Monitor blood pressure, cholesterol and blood sugar levels regularly to detect and manage risk factors early.

If you believe you have symptoms of, or are at risk for heart disease, contact your health care provider to discuss your options.

## GET HELP FROM CARE MANAGEMENT

Our Care Management program can help you plan and manage care for complex, chronic health issues as well as acute, episodic or short-term needs. The goal is to provide quality care, enhance quality of life and manage health care costs.

What types of services does the case management team provide?

- Condition management
- Medicine support
- Coordination of appointments
- Health care provider support
- Self-management goal planning
- A care management referral can come from a provider, member, caregiver or discharge planner

**Care management is provided at no cost. Call 800.446.1730 option two from 9 a.m.-5 p.m. (CST) to speak to a care manager nurse.**

**A 24-hour nurse line is also available at 844.581.3174.**

**FOR ANY QUESTIONS, CONTACT MEMBER SERVICES AT 1.844.282.3025**