



Health Matters

Member newsletter

SUMMER 2025

CHRISTUS
Health Plan
**TOP
10**
Small MA
Health Plans
by Deloitte Research

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 Care Management team provide?

- Condition management
- Coordination of appointments
- Health care provider support
- Medicine 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 2, 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.



Contact us

For any questions,
contact member services at
1.844.282.3026

We want to hear from you



Let us know what you would like to see in your next quarterly newsletter by scanning the QR code.

Migraine management

Migraines can disrupt daily life, but proactive management makes a big difference. Identify triggers like stress, lack of sleep or certain foods, and track symptoms to help guide treatment. Talk to your health care provider about medications, lifestyle changes or preventive therapies to keep migraines under control.

Lung disease awareness

Chronic lung diseases like COPD and asthma affect millions. Early signs — such as a persistent cough, shortness of breath or wheezing — shouldn't be ignored. Quitting smoking, avoiding air pollutants and getting regular checkups can improve lung health. Breathe easier by staying informed and proactive.



Importance of vaccinations

Vaccines protect you and those around you from serious illnesses. From flu shots to updated COVID-19 boosters and shingles vaccines, staying current is essential — especially for older adults, children and those with chronic conditions. Talk to your doctor about which vaccines are right for you.

Grief management

Grief affects everyone differently. Whether from loss of a loved one or a major life change, support is key. Talk to a counselor, join a support group or simply take time to care for yourself. Your mental health matters — don't hesitate to ask for help when you need it.

Meet your Care Coordinator, Helen



Helen has been with **CHRISTUS Health** for five months but brings 19 years of health care experience to her role as a care coordinator. Known for her empathy, Helen takes a hands-on approach to assisting members, treating each one like family. Her nurturing nature stems from being the youngest in her family, which taught her the value of care and understanding. Helen strives to provide the best possible support to meet each member's unique needs.

Cardiac self-care

Practice healthy living habits to help prevent high blood pressure.

- Maintain a healthy weight. Choose healthy meals and snack options to help you avoid high blood pressure and its complications. Be sure to eat plenty of fresh fruits and vegetables.
- Be physically active. Being overweight or having obesity increases your risk of high blood pressure.
- Do not smoke. Smoking raises your blood pressure and puts you at a higher risk for heart attack and stroke.
- Limit how much alcohol you drink. Drinking too much alcohol can raise your blood pressure.
- Get enough sleep. Sleep is important for overall health and helps keep your heart and blood vessels healthy. Not getting enough sleep on a regular basis is linked to an increased risk of heart disease, high blood pressure and stroke.
- Manage stress. People who have depression, anxiety, stress or post-traumatic stress disorder over a long period of time may develop other health problems, including an increased heart rate and high blood pressure.

Diabetic self-care

By making some healthy changes, including eating healthier and being active, you can prevent or delay type 2 diabetes and improve your physical and mental health overall.

- Set a weight loss goal.
- Make a nutrition plan for healthier eating.
- Set a physical activity goal for healthier movement.
- Track your progress.
- Prepare for the long run by recognizing the support system that you have.



Making the most of your coverage

- Member Services is a great resource and is always here to help you. Reach out with any questions at 844.282.3026.
- Preventive care is often provided at no cost to you. Make sure you are staying up to date with your annual PCP visits.
- Staying in network saves you money. Visit Find Care - CHRISTUS to find a provider today.

General self-care

General self-care focuses on maintaining physical, mental and emotional well-being through activities like regular exercise, healthy eating, social connections and relaxation techniques. Prioritizing sleep, engaging in

hobbies and seeking regular medical checkups are also crucial for overall health and happiness later in life.

PTSD

- Mental health is an important part of overall health and refers to a person's emotional, psychological and social well-being. Mental health involves how we think, feel, act and make choices.
- A large and growing body of research shows that mental health is associated with risk factors for heart disease before a diagnosis of a mental health disorder and during treatment. These effects can arise both directly, through biological pathways, and indirectly, through risky health behaviors.
- Addressing mental health disorders early by providing access to appropriate services and support to increase healthy behaviors (e.g., increased physical activity, improved diet quality and reduced smoking) can reduce someone's risk of experiencing a heart disease event.

How to stay healthy and beat the heat this summer

- Stay hydrated by drinking water regularly.
- Wear lightweight, light-colored clothing.
- Avoid strenuous activities during the hottest part of the day (10 a.m. – 4 p.m.).
- Take cool showers or baths.
- Never leave anyone (or pets) in a parked car — even for a few minutes.



Grilled salmon with avocado salsa



Ingredients:

- 4 salmon fillets
- 1 tablespoon of olive oil
- Salt and pepper, to taste
- 1 teaspoon of paprika
- 1 teaspoon of garlic powder
- 1 tablespoon of fresh lemon juice
- 1 ripe avocado, diced
- 1 cup of cherry tomatoes, halved
- ¼ red onion, finely chopped
- 1 tablespoon of cilantro, chopped
- 1 tablespoon of lime juice
- A pinch of salt

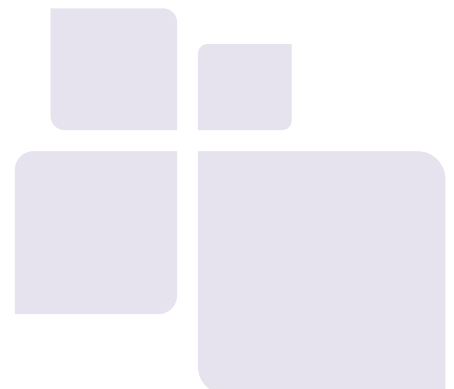
Instructions:

1. Prepare the salmon: Preheat the grill to medium heat. Brush the salmon fillets with olive oil and season with salt, pepper, paprika and garlic powder.
2. Grill the salmon: Place the salmon fillets on the grill and cook for four to five minutes per side, or until the fish flakes easily with a fork. Drizzle with fresh lemon juice just before removing from the grill.
3. Make the avocado salsa: In a bowl, combine the diced avocado, cherry tomatoes, red onion, cilantro, lime juice and a pinch of salt. Gently toss to combine.
4. Serve: Plate the grilled salmon and top with the fresh avocado salsa.

Why it's heart-healthy:

- Salmon is packed with omega-3 fatty acids, which support heart health by reducing inflammation and lowering blood pressure.
- Avocado is rich in healthy fats, particularly monounsaturated fats, which can help reduce bad cholesterol levels.
- Olive oil is a great source of heart-healthy fats and antioxidants.

Enjoy this light, nutritious dish with a side of grilled vegetables or a mixed green salad for a complete, heart-healthy meal.





Access your member portal

Get the latest updates, newsletters and more online. If you haven't already registered for your account, scan the QR code to get started.



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

SECURE FAX: 210.766.8849

If you prefer anonymity, call the Integrity Line at 888.728.8383 or visit **CHRISTUSintegritylink.org**.

For compliance questions or concerns, you can email us at chpcompliance@christushealth.org