

healthmatters



Routine and Risk-Based Vaccines at a Glance

**A quick guide to vaccines that help protect your family at every stage of life.
Check with your healthcare provider to see what is due.**

Routine and risk-based vaccines by Life Stage

Age	When to check	Routine and risk-based vaccines
Birth–6 Build early protection	At baby and well-child visits	Hep B, DTaP, polio, MMR, chickenpox, flu, COVID-19 (as recommended), and other routine childhood vaccines
7–18 Stay school and teen ready	At yearly checkups and school milestones	Tdap, HPV, meningococcal, flu, COVID-19 (as recommended), plus catch-up doses if needed
19–49 Protect your busy years	At annual visits, pregnancy visits, or before travel	Flu, COVID-19 (as recommended), tetanus boosters, and vaccines based on travel, pregnancy, work, or health needs
50–64 Keep prevention on track	At checkups and pharmacy visits	Flu, COVID-19 (as recommended), shingles, RSV for some adults, tetanus boosters, and other risk-based vaccines
65+ Support healthy aging	At wellness visits and seasonal vaccine appointments	Flu, COVID-19 (as recommended), pneumococcal, shingles, RSV, and tetanus boosters

Check what is due. Vaccine recommendations vary by age, health, pregnancy, travel, work, and past vaccines, so check with your provider to see what is recommended for you or your child.

Did you know? Routine and risk-based vaccines do more than protect one person—they help protect families and communities at every stage of life by lowering the risk of serious illness and reducing the spread of disease.

Key takeaway: Routine and risk-based vaccines help protect your family at every stage of life.

More information: See the CDC vaccine schedules at [cdc.gov/vaccines](https://www.cdc.gov/vaccines) for current guidance.

Source: Centers for Disease Control and Prevention (CDC) Immunization Schedules, 2026.

Your health plan resources

Have you registered for your member portal yet? It's easy! Join the thousands of other USFHP beneficiaries who have everything they need to manage their health plan at their fingertips. Scan here to get started or login now!

- Beneficiary Handbook
- Provider Search tool
- Link to TRICARE costs
- And more!
- Pharmacy information



Member portal

Resources can also be found at Member Resources: scan for more info.

Visit www.christushealthplan.org/member-resources/us-family-health-plan or give us a call at 800.678.7347.

Our Member Services department is available to help you with questions or concerns you may have, from 8:00am – 5:00pm, local time, Monday through Friday.



Member resources

Welcome to your health, your plan, your future

Dear US Family Health Plan Beneficiaries,
Welcome to this edition of our US Family Health Plan magazine.

My name is Dean Cannon, MD, MSc, and I am honored to serve as the Chief Medical Officer for CHRISTUS Health US Family Health Plan. I am a board-certified pediatrician who has spent the past 25 years caring for children, adolescents, and young adults during some of life's most challenging moments, whether illness, injury, or complex medical conditions.



Before I became a physician leader, I chose primary care because I believed in two simple but powerful ideas: **prevention and whole-person health**. I was drawn to the opportunity to help people stay healthy, identify potential health concerns before they become serious, and support their physical, emotional, and social well-being throughout life. These same beliefs continue to guide our work at CHRISTUS Health US Family Health Plan today.

Over the years, I have learned that some of the most important healthcare happens before someone ever becomes sick. While treating illness is essential, preventing it whenever possible is even better. Many serious conditions, including high blood pressure, diabetes, heart disease, and certain cancers can develop quietly, without obvious symptoms. Regular checkups, screenings, vaccinations, healthy habits, and attention to mental well-being can help identify risks early and improve long-term health outcomes.

I also understand that life can be busy. Between family responsibilities, work, military service, retirement, and everything else competing for your attention, it is easy to put your own health on the back burner, especially when you feel fine. Yet small steps taken today can make a meaningful difference in your health tomorrow.

At CHRISTUS Health US Family Health Plan, we are committed to being a trusted partner throughout your healthcare journey and believe our responsibility goes beyond providing health insurance coverage. Our goal is to also help you achieve health assurance—the confidence that you have a team supporting you, helping you navigate healthcare decisions, connect with the right resources, and live your healthiest life.

As you explore this magazine, I hope you find practical advice, helpful resources, and encouragement to take charge of your health and well-being. My goal for every beneficiary and family we serve is simple: not just to receive care when you need it, but to thrive.

Thank you for allowing us to be part of your healthcare journey and for the privilege of serving you and your family.

Warm regards,

Dean M. Cannon, MD, MSc
Chief Medical Officer

CHRISTUS Health US Family Health Plan

The Truth About PREVENTATIVE SCREENINGS

We all want to live long, healthy lives, but let's be honest, scheduling preventive screenings can bring up a lot of hesitation. Whether it's a fear of what the doctor might find, worry about physical discomfort, or navigating outdated rumors, it's easy to keep pushing these appointments to the bottom of the to-do list.

The truth is that many cancers develop quietly, without noticeable symptoms early on. This makes preventive screenings a simple, routine way to catch the small things before they become something more serious.

Breast Cancer Screening, Mammogram:

Annual mammograms should begin at age 40.

MYTH: MAMMOGRAMS ARE PAINFUL

WHAT IT ACTUALLY FEELS LIKE: You will feel a very firm, brief squeezing sensation. While it may be uncomfortable, it is incredibly brief. You're done and out the door in about 30 minutes.

Your appointment breakdown:

1. You will change into your robe and go over your medical history with a technologist.
2. You will be guided into a private room with the digital mammogram machine.
3. One at a time, each breast is positioned on a flat, plastic plate while a second plate gently but firmly presses down on the tissue from above for about 10 to 15 seconds. This is so the X-ray can capture a clear picture.
4. You may be asked to hold your breath for a few seconds while the image is taken.

A mammogram is quick, safe, and over before you know it and is one of the most effective ways to catch concerns early.



Scan the QR code to learn more:
Your First Mammogram: What to Expect |
CHRISTUS Health

Prostate Cancer Screening, PSA (Prostate-Specific Antigen) Blood Test:

Men at average risk should discuss prostate cancer screening with a healthcare provider starting at age 50.

MYTH: PROSTATE SCREENINGS ALWAYS NEED AN UNCOMFORTABLE PHYSICAL EXAM RIGHT OUT OF THE GATE.

REALITY: For most people, the primary screening tool is actually just a simple blood test called a **PSA (Prostate-Specific Antigen)** test.

Your appointment breakdown:

1. You will sit down with your doctor to talk about your overall health history, any family history of prostate issues, and whether you are experiencing any urinary symptoms.
2. A phlebotomist or nurse will draw a small blood sample from your arm, just like any standard lab test.
3. The sample is sent to a lab to check the level of PSA, a protein produced by the prostate.
4. Your doctor will review the results with you, usually within a few day.

If your PSA test results come back higher than expected, or if your doctor needs more information, they may recommend performing a quick physical check called a **Digital Rectal Exam (DRE) at a follow-up appointment to get a more complete picture of your prostate health.**



Colorectal Screenings, Colonoscopies: Routine screening should begin at age 45 for adults at average risk.

MYTH: A COLONOSCOPY ONLY DETECTS CANCER, AND IT'S TOO AWFUL TO GO THROUGH.

REALITY: Colonoscopies can actually help prevent cancer. Unlike tests that find cancer after it forms, a colonoscopy allows a doctor to find and remove precancerous polyps during the procedure, stopping cancer before it even has a chance to start.

What it's actually like: Honestly, you won't feel much of anything, since you will be sedated through the process. While the preparation the day before is the most inconvenient part, the procedure itself takes only about 30 minutes.

Your pre-appointment breakdown:

The secret to a smooth colonoscopy is all in the prep to ensure a clear view.

1. A few days before your appointment, you'll swap to a low-fiber diet. The day before, you'll only drink clear liquids like water, black coffee, or clear broths.
2. The evening before and the morning of your exam, you will take a prescribed laxative solution to fully clear your system.

It's not the most enjoyable part, but it's temporary and essential for an accurate, effective exam.

Your appointment breakdown:

1. After a quick health review, you will change into a gown. A nurse will start an IV to deliver fluids and your sedative.
2. In the procedure room, you will lie on your left side with your knees bent. The medical team will start your sedation.
3. Once you are asleep, the doctor gently inserts a thin, flexible tube called a colonoscope. The scope pumps a small amount of air to expand the colon for a clear view, which you won't feel.
4. As the scope is withdrawn, your colon lining will be examined, and any polyps (small growths) will be safely removed.

You will wake up in recovery as the sedation wears off. You might feel a little bloated, which is completely normal, and you'll need someone to drive you home.

Your annual wellness exams and age-appropriate routine cancer screenings are fully covered, which means you will have a \$0 copay! Just remember to book your appointment with an in-network doctor so you don't run into any unexpected costs.

Take control of your health with support you can trust

You don't have to manage it alone

Living with a chronic or complex condition can feel like a full time job. Doctor visits, medications, referrals, and daily routines all add up, leaving you feeling overwhelmed.. **But you are not alone.**

With CHRISTUS Health's Care Management program, you gain a dedicated partner. A nurse or care coordinator will be your personal advocate to guide you through the healthcare system and help you feel more confident in managing your health.

Together, you'll build a personalized plan. Your care team will work with you to review your conditions, medications, treatment plans, and support network to help you reach your short- and long-term health goals. Whether you are managing chronic medical conditions or mental health concerns, you'll have someone in your corner, ready to answer questions, coordinate care, and help you stay on track.

The best part? This service is available at no cost to you.

Ready to take control? **Call 800.446.1730 option 2,** Monday through Friday, 9 a.m. to 5 p.m., to get started today.

Explore wellness benefits with WholeHealth Living®

Managing stress or chronic pain? There's additional support available.

It's hard to think about prevention when you're simply trying to feel better day by day.

Acupuncture can help support your body's response to inflammation. Massage therapy can reduce stress and lower your risk of high blood pressure. Through the Choices by WholeHealth Living program you have access to these therapies and more - including naturopathy and chiropractic care - all at a reduced cost. WholeHealth Living providers focus on natural



treatment options and pain management strategies to support your wellness, mobility, and stress relief.

Beneficiaries also get up to 50% off local and national lifestyle products and services, including:

- Fitness accessories
- Nutrition & weight loss
- Vitamins
- Hearing, dental, & vision
- Home products
- Pet care

Explore the options, find an integrative health practitioner near you, and register for Choices by WholeHealth Living today.

Utilize your transportation benefit with SafeRide Health™

Even the best health intentions can be derailed by something as simple as getting to your appointment. Transportation challenges can lead to missed or delayed care, making it harder to stay on track with routine and preventive health visits. **That's where your transportation benefit comes in.**

CHRISTUS Health USFHP has partnered with SafeRide Health™ to make getting to your non-emergency medical appointments easier and more reliable. Pre-scheduled rides and transportation types are matched to your needs, and real-time ride monitoring helps ensure one-time pickups and drop-offs, so you can focus on what matters most – your health.

Take advantage of up to **48 one-way rides** (up to 150 miles per trip) each year!

Call **800.678.7347** to schedule your ride and stay on track with your care.

SafeRide Health

Meet Mindy

For Chief Master Sergeant (Ret.) Mindy, military life isn't just a career, it's a lifelong legacy. A self-described "Air Force brat," her childhood was shaped by the rhythm of military bases across the globe, from elementary school at Clark Air Base in the Philippines to graduating high school in Greenacres, Florida.

Mindy dedicated 28 years of distinguished service to the United States Air Force, retiring at the highest enlisted rank of Chief Master Sergeant. In the administrative career field, she held numerous leadership positions and deployed to Panama, Saudi Arabia, and Afghanistan, including a one-year remote assignment in Pakistan.

After hanging up her uniform in 2023, Mindy and Jim, her husband of over 30 years, planted roots in Texas. The family's military tradition lives on through their two sons: their oldest serves in the Air Force, stationed in San Antonio with his wife and daughters, while their youngest is in the Space Force and preparing to relocate to California.

A partner you can trust

With nearly three decades of service, Mindy doesn't just understand the military lifestyle- she lives it. That's exactly why USFHP beneficiaries can trust her guidance.

"I have a deep, personal understanding of the TRICARE system and how it works," Mindy says. "My goal is to break down benefits, eligibility requirements, coverage options, and available



resources in a clear, accurate, and accessible way. I want to provide the reliable information our beneficiaries need to make informed healthcare decisions and navigate the system with absolute confidence."

Mindy brought that drive to CHRISTUS Health | US Family Health Plan because she recognized the same values she'd lived for years: genuine commitment to those who serve and to the families who support them.

What Mindy values most is something no benefits package can capture: human connection. USFHP beneficiaries aren't routed through an impersonal national call center. They're supported by local representatives dedicated to the military community. And when questions get complex, they have people like Mindy to turn to.

**Get help anytime from
someone you can trust**

24hour NURSE
LINE - Call 800-455-9355

Nurses are available through this service, 24 hours a day, 7 days a week, 365 days a year, to answer questions about medication, help you decide when and where to

seek care or simply provide reassurance when you need it.

If you are experiencing a life-threatening emergency, such as a heart attack or stroke, call **911** or go to the emergency room.

Suicide and Crisis Hotline

The **988** Suicide & Crisis Lifeline understands that life's challenges can sometimes be difficult.

Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, their caring counselors are here for you. You are not alone.

Call or text **988** 24 hours a day to get judgement-free, confidential care. Connecting with someone can help save your life.



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

Need a little extra help?

Use findhelp.org to connect with free or reduced-cost services in your community. Whether you're looking for food pantries, housing support, financial assistance or other resources, you can search by ZIP code to find help near you.



FindHelp.org

Your health is our priority. By completing your **Health Risk Assessment (HRA)**, you help us and your PCP tailor your care to your specific needs. Log in to your Member Portal and click "Health Risk Assessment" under "My Health" to complete your HRA today!



Member portal

Find a provider: www.christushealthplan.org/find-a-provider

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 below.



Feedback

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

A photograph of a young woman with long dark hair, wearing a blue shirt, smiling and helping an elderly woman. The elderly woman is wearing glasses and a light-colored top. They are outdoors in a grassy area.

**"As you grow older, you will
discover that you have
two hands, one for helping
yourself, the other for helping
others." - Maya Angelou**

