

# Here's to Health



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- Surgery Savings
- Vitality News
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## DON'T FORGET

### SPOT PET INSURANCE

With summer around the corner, make sure your fur babies are protected! SPOT offers customizable plans to help keep your feline and canine best friends happy and healthy. Visit the UKG Home page for more information on how to enroll your furry family members.

## WELLNESS INCENTIVE PAYOUTS

### 2024 INCENTIVES

- 1<sup>st</sup> Qtr. - 4/26/2024
- 2<sup>nd</sup> Qtr. - 7/19/2024
- 3<sup>rd</sup> Qtr. - 10/25/2024
- 4<sup>th</sup> Qtr. - 1/31/2025

Incentives paid to the HSA accounts are subject to the IRS maximums. It is your responsibility to ensure the combined amount you elect AND the amount you receive as an incentive do NOT surpass the HSA IRS limit. You may manage this by adjusting the amount of your biweekly HSA contribution. You may manage this by adjusting the amount of your biweekly HSA contribution in the benefits UKG system.

## CareCore+ Wellness Coaching



If you missed the webinar, access with the link below:

<https://vimeo.com/949680542?share=copy> Password-NH24

Or the PowerPoint presentation by clicking here:

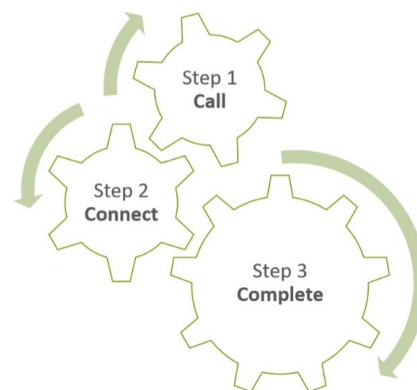
<https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:c6fb0ac3-53ca-4c3e-b51a-eb6fad8da32>

### ELIGIBILITY AND ENROLLMENT

- Who is eligible?
  - Subscribed members and eligible family members prescribed and taking medications for diabetes, cholesterol, coronary artery disease, hypertension and diabetic supplies
- How do you enroll?
  - Members can call 1-855-838-5897 option 2, and a customer service advocate can get them enrolled and connected to their personal health coach
  - Business hours are M-TH 8:30am-8pm EST and Friday 8:30-5pm EST

### STEPS TO MEET THE INCENTIVE

- Contact BCBS Customer Service Advocate at 1-855-838-5897 option 2
- Business hours are M-Th 8:30-8pm EST and F 8:30-5pm EST
- Connect with your personal health coach and complete an assessment





## Surgery Savings

Cash in on health! Did you know you could pocket up to \$600 just by choosing the right facility for a certain surgery? That's right! With the SurgerySavings benefit, exclusive to our NueHealth health plan members, you're not just a patient; you're a savvy saver!

Empower your health decisions and jumpstart your journey to savings! It's easy - sign up at [www.surgerysavings.com](http://www.surgerysavings.com) and discover the benefits that await you and your covered dependents. Plus, act now and score **100 Vitality Bonus Points** just for registering with SurgerySavings.

Questions? Our member experience team is eager to assist! Dial 833-858-4584 for support or send a message to [info@surgerysavings.com](mailto:info@surgerysavings.com). We're here to ensure your health and savings thrive together!



## MEN'S HEALTH

### LEARN ABOUT MEN'S HEALTH ON VITALITY

Men have a lot of unique health issues. Our topics can teach you about everything from hair loss to an enlarged prostate. Are you wondering whether you should have a PSA test? Or what you can do about erection problems? You will find lots of information here to help you make good health decisions and live a longer, healthier life.

Sign into Vitality to access the links below:

Get help making decisions or find how-to tips in topics such as:

- [Interactive Tool: How Bad Are Your Urinary Symptoms From Benign Prostatic Hyperplasia \(BPH\)?](#)
- [Urinary Incontinence](#)
- [Prostate Cancer Screening: Should I Have a PSA Test?](#)
- [Prostate Cancer: Should I Have Radiation or Surgery for Localized Prostate Cancer?](#)



June is National Men's Health Month. The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression (yes, mental health matters). Most of us have men in our lives that we care about being happy, healthy, and productive individuals, and this month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and working to prevent disease.

Although we want to make the men in our lives healthier, it's ultimately their responsibility to take control of their physical and mental health. How can men be more motivated to get healthier in mind, body, and spirit? It is important to realize that small changes, completed over time, can make a big difference.

**Make some small dietary changes:** Consider cutting back on alcohol this month or reducing smoking. You can add in an extra vegetable per meal or increase your intake of healthy fermented foods like sauerkraut and kefir. It takes three weeks to form a habit, so start today!

**Set health goals:** Look at where you are now, and where you want to be. Do you want to lose weight? Gain muscle? Eat less red meat? Increase your intake of fruits and veggies? Set small and achievable goals and work with your doctor to make them a reality.

**Educate yourself:** Read up on common health issues that impact men and see if any of them are issues you're experiencing. There are several online resources you can access with regards to men's health, and you can write down some questions or concerns to discuss with your physician. Asking questions about your health is never a bad thing.

Confront any issues you're having: Are you having persistent back pain? Feelings of sadness and inability to function at full capacity? Does your knee hurt? If so, talk with your doctor! That's what your doctor is here to help with. Don't be scared. The worry and anxiety caused by the fear of the unknown are worse than either finding out you're fine or that you have a problem and need help.

Pamper yourself: Get a massage. Take a nap. Get a pedicure (YES, many men get pedicures!). Play some golf. Walk your dog. These activities are fun and have an added benefit: they keep your mind and body healthy. Encourage a friend to do the same.



Basic ways men can stay healthy include:

- Maintain a healthy weight.
- Eat a diet rich in fruits, veggies, lean meats, and whole grains.
- Exercise for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week.
- Don't smoke, vape, or chew tobacco.
- Limit consumption of alcoholic beverages to two drinks a day. Even less is better.
- Use sunscreen every time you're outside.
- Limit stress and address stressful situations through coping mechanisms like meditation and counseling. Use medications to help if needed.
- Practice safe sex.

The best way for men to maintain good preventive health is to establish a relationship with a primary care provider that they can trust and communicate openly.

At every stage of life, men are encouraged to consider three equally important aspects of their health—physical health, mental health and social connection. Men’s Health Week and Men’s Health Month raise awareness of how these aspects work together and remind men to take charge of their health.

### What is Men’s Health Week?

National Men’s Health Week was established in 1994 as a special campaign to help educate men, boys and their families about the importance of positive health attitudes and preventive health practices. Today, the week is observed around the world as International Men’s Health Week and begins on the Monday before Father’s Day in June and ends on Father’s Day itself.

The aims of the week are to heighten awareness of preventable health problems for males of all ages, to support men and boys to engage in healthier lifestyle choices and to encourage the early detection and treatment of diseases like cancer, heart disease and depression.

### What is Men’s Health Month?

Men’s Health Month in the United States is observed every June. This month aims to raise awareness of the same health concerns of Men’s Health Week but lasts the whole month. It is different from **Movember**, which is held in November and focuses on men’s mental health as well as **prostate cancer**. During the month of June, men are encouraged to set goals for their own health and wellness and begin to create a roadmap for achieving those goals.



### The physical aspect of men’s health

Men 15-65 years of age are significantly less likely than women to seek preventive care services, and they are more likely to report not having a primary care provider. A good first step on the path toward improved health is to make a call and establish with

a **primary care provider** (PCP). A PCP will review medical, surgical and family history and recommend age- and risk-appropriate health screenings.

### Recommended screenings for young men (18-39)

Men in this age range are encouraged to discuss the health concerns below with their doctors. These discussions can be part of a yearly annual wellness visit. While you may think you don't need some of these tests, establishing a base line can be useful for continued health monitoring as you age, or as more acute health concerns arise.

- Physical exam: check blood pressure, screen for obesity and assess body composition (waist circumference). **Testicular exam** and testicular self-exam are important at this age.
- Metabolic screening: fasting blood sugar and fasting lipid profile based on risk and family history.
- Vaccines: influenza, COVID-19, Hepatitis A/B, HPV, Tdap and MMR should be considered.
- STI screening: HIV, Hepatitis B/C, syphilis, gonorrhea and chlamydia screening should be considered, and pre-exposure prophylaxis for HIV (PreP) should be discussed.
- Assessment of risky behaviors: discuss any use of tobacco, alcohol, recreational drugs, anabolic steroids, as well as use of seatbelts and helmets and gun safety.
- Family planning: “pre-conception” counseling to educate men that adopting a healthy lifestyle—exercising, eating healthy foods, and avoiding substances—at an early age improves the chances of conceiving and having a healthy pregnancy and a healthy child.

### Recommended screenings for adult men over 40

These screenings are similar to those recommended for younger men but start to look at health concerns that most often appear in middle age.

- Physical exam: check blood pressure, screen for obesity, measure body composition and consider prostate exam (in some cases).
- Metabolic screening: fasting blood sugar and fasting lipid profile and estimation of cardiovascular risk.
- Vaccines: influenza, covid-19, Hepatitis A/B, HPV (through age 45), Tdap and MMR. **Shingles** vaccine is recommended for adults over 50.
- STI screening: HIV, Hepatitis B/C, syphilis, gonorrhea and chlamydia screening should be considered, and pre-exposure prophylaxis for HIV (PreP) should be discussed.
- Cardiovascular screening: based on risk and symptoms (may include stress testing or coronary artery calcium score).

- Cancer screening: based on family history and personal risks. May include prostate, colon and lung cancer screening as well as skin exam.
- Eye exam.

## Recommended screenings for adult men over 65

Older men should continue to evaluate their health and make lifestyle changes based on conversations with their doctors to ensure they are able to live life to the fullest.

- Physical exam: blood pressure, height and weight, waist circumference and prostate exam.
- Metabolic screening: fasting blood sugar, fasting lipid profile, thyroid function (in some cases).
- Vaccines: influenza, covid-19, Hepatitis A/B, Tdap, Pneumovax/Prevnar and Shingles.
- STI screening: based on risk.
- Cardiovascular screening: abdominal ultrasound, coronary artery calcium score and stress testing based on risk and symptoms.
- Cancer screening: prostate, colon and lung as well as skin exam.
- **Osteoporosis**: screening should be considered in men over 70, men who lose height over time or have a low impact fracture. Fall risk assessment should be completed.
- Eye exam.

## Men's Mental Health

**Mental health** is an important determinant of overall health and quality of life at every age. Although men are more likely to suffer “deaths of despair” including alcoholism, overdose and suicide, they are far less likely than women to seek out mental health services. Undiagnosed and untreated mood disorders in young men are associated with impaired learning, risk-taking behaviors, use of substances and violence. Adult men with chronic diseases like diabetes and cardiovascular disease have worse outcomes when they also suffer from depression, and **depression** is associated with decreased longevity in older men.

Men should be aware of the symptoms of depression and anxiety and know when it's time to seek help. Organizations like **HeadsUpGuys**, the **National Black Men's Health Network**, **Don't Change Much** and the Movember Foundation provide useful tips for self-care and have online self-assessment tools to help men know when it's time to speak with a healthcare professional. **Opening up** about mental health and normalizing a discussion around depression, anxiety and suicide risk is something that men can do for themselves and for each other.



## The Importance of Social Connection

Social connection is essential to our health and well-being, and an increasing number of Americans report **loneliness and social isolation**. Research shows that people who experience loneliness and isolation are at increased risk of heart disease, dementia, stroke, depression and anxiety. Lacking social connection can even increase the risk of premature death to levels comparable to smoking. On the other hand, maintaining social connection promotes better physical and mental health, eases stress and even promotes a healthier immune system. Taking simple steps like answering a phone call from a friend, inviting someone to share a meal or volunteering in your community can help you to feel connected. The US Surgeon General recently issued a first-of-its kind advisory on the **epidemic of loneliness and isolation**. In it, Vice Admiral Vivek H. Murthy outlines actions that we can take on a national, local and individual level to help us all stay connected.

Men's Health Month is the perfect time to chart your course to improved health. Keep up with health screenings and listening to your body when symptoms come up. Make mental health a priority and take steps to manage stress and stay connected.



“

# VULNERABILITY

sounds like truth  
and feels like courage.

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Truth and courage  
aren't always comfortable,

**BUT THEY'RE  
NEVER WEAKNESS.”**

- BRENÉ BROWN



## YOUR HEALTHIEST SELF

# Physical Wellness Checklist

Positive physical health habits can help decrease your stress, lower your risk of disease, and increase your energy. Here are tips for improving your physical health:



## BUILD HEALTHY HABITS

We know that making healthy choices can help us feel better and live longer. Maybe you've already tried to eat better, get more exercise or sleep, quit smoking, or reduce stress. It's not easy. But research shows how you can boost your ability to create and sustain a healthy lifestyle.

### TO BUILD HEALTHY HABITS:

- Plan.** Identify unhealthy patterns and triggers. Set realistic goals.
- Change your surroundings.** Find ways to make healthier choices easy choices. Remove temptations. Work for changes in your community, like safe places to walk.
- Ask for support.** Find friends, family, co-workers, neighbors, or groups for support.
- Fill your time with healthy activities.** Try exercise, a favorite hobby, or spending time with family and friends.
- Track your progress.** Record how things are going to help you stay focused and catch slip-ups.
- Imagine the future.** Think about future benefits to stay on track.
- Reward yourself.** Give yourself a healthy reward when you've achieved a small goal or milestone, like a massage.
- Be patient.** Improvement takes time, and setbacks happen. Focus on progress, not perfection.

## Be Well Cooking Corner



### Fish Tacos with Guacamole



Total Time:

Prep 25 min. Cook: 10 min. Serves 4

#### Ingredients

2 cups angel hair coleslaw mix

1-1/2 teaspoons canola oil

1-1/2 teaspoons lime juice

##### Guacamole:

1 medium ripe avocado, peeled and quartered

2 tablespoons fat-free sour cream

1 tablespoon finely chopped onion

1 tablespoon minced fresh cilantro

1/8 teaspoon salt

Dash pepper

##### Tacos:

1 pound tilapia fillets, cut into 1-inch pieces

1/4 teaspoon salt

1/8 teaspoon pepper

2 teaspoons canola oil

8 corn tortillas (6 inches), warmed

Optional toppings: Hot pepper sauce, chopped tomatoes, green onions and jalapeno pepper

#### Directions

1. In a small bowl, toss coleslaw mix with oil and lime juice; refrigerate until serving. In another bowl, mash avocado with a fork; stir in sour cream, onion, cilantro, salt and pepper.
2. Sprinkle tilapia with salt and pepper. In a large nonstick skillet, heat oil over medium-high heat. Add tilapia; cook until fish just begins to flake easily with a fork, 3-4 minutes on each side. Serve in tortillas with coleslaw, guacamole and desired toppings.

#### Nutrition Facts

2 tacos: 308 calories, 12g fat (2g saturated fat), 56mg cholesterol, 299mg sodium, 28g carbohydrate (2g sugars, 6g fiber), 25g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 2 fat.





# JUNE IS MEN'S HEALTH MONTH

This is a great time to talk to dads, husbands and all the other men in our lives about health screenings and healthy aging. The names of 20 topics to discuss are hidden in this puzzle.

- ALCOHOL
- BONE DENSITY
- CHOLESTEROL
- COLONOSCOPY
- DENTIST
- DEPRESSION
- DIABETES
- DOCTOR VISITS
- EXERCISE
- EYE HEALTH
- FALL RISK
- HEARING
- HYPERTENSION
- IMMUNIZATIONS
- MENTAL HEALTH
- PROSTATE
- SKIN CANCER
- SMOKING
- SOCIALIZATION
- WEIGHT

B L S H A L C O H O L G P X R D Y  
 R Y J S H Y P E R T E N S I O N P  
 M R Y F N U H S K W E I G H T L O  
 U D D F A O X T J O H K H Z T P C  
 S O C I A L I Z A T I O N D P Z S  
 T C X O A L E T L M R M D W K B O  
 O T H M R D L A A E H S A Q X O N  
 B O A O P S E R C Z T E X Y L N O  
 U R O F L H I N I P I J A D X E L  
 J V F X E E A R T S R N F R H D O  
 G I G Y O C S X I I K O U Y I E C  
 S S E L N L C T J Y S K S M Y N T  
 Z I D I A B E T E S L T W T M S G  
 B T K V M E S I C R E X E T A I M  
 Y S D E P R E S S I O N E U S T M  
 F G M E N T A L H E A L T H U Y E  
 I K P U T A U K Z F Z J M W K Y F