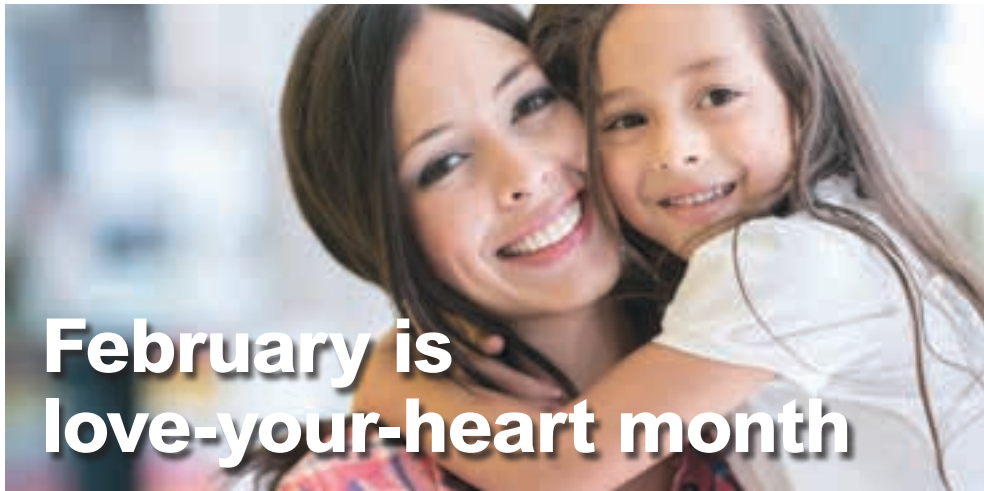


health sense



Winter 2015/Spring 2016



February is
love-your-heart month

We're surrounded by hearts this month. Along with the paper and chocolate versions, there are the human ones: the beating hearts of more than 300 million Americans.

Unfortunately, we're also surrounded by heart disease. In the U.S., it's the leading cause of death for both men and women. But it can be prevented and controlled. Even in a short month's time, you can do a lot to take better care of your heart.

Week 1: Scrutinize labels.

Unhealthy fats and cholesterol can clog arteries. Salt can raise blood pressure. Sugar can pack on pounds. To avoid these risks for heart disease, read nutrition labels when you're grocery shopping. Look for foods with unsaturated fats, omega-3 fatty acids, and low percentages of sodium and sugar.

Also, choose plenty of foods that come without nutrition labels: fresh fruits and vegetables. They

are low in fat and sodium, and they contain fiber, which can help prevent high blood cholesterol.

Week 2: Get moving. Like all muscles, your heart needs exercise. This week—and every week—aim for at least 150 minutes of moderate-intensity aerobic activity, such as brisk walking. Share your heart-healthy habit with a loved one—invite him or her to join you on a walk.

Week 3: Know your numbers. If you don't know your blood pressure and cholesterol numbers, make

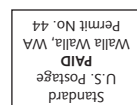
an appointment this week with your doctor to have them checked. Having high blood pressure or too much LDL cholesterol (the bad kind) in your blood can put you at risk for heart disease.

Being overweight also makes heart disease more likely. You probably know if you're carrying too many pounds. But if you aren't sure, it's another thing to discuss with your doctor.

He or she can advise you on lifestyle changes or medicines to help you achieve heart-healthy numbers in all 3 areas.

Week 4: Vow to quit. Smoking harms the heart as well as the lungs. So if you light up, it's important to ditch the habit for good. Smoking also hurts your family and friends, because exposure to secondhand smoke can trigger heart problems in them. So quitting is an act of love—not only for your heart but also for all the hearts that surround you.

Sources: American Heart Association; Centers for Disease Control and Prevention; National Heart, Lung, and Blood Institute



Take heart— and make it healthy



A healthy heart pumps about 100,000 times a day, delivering blood to and from the far reaches of your body.

But if you have heart failure, your heart doesn't work as well as it should. Heart failure is a form of heart disease. Your heart still pumps, but it may not pump enough blood. Or it may not pump with enough force to send enough blood to all of your body's tissues and organs.

Signs of trouble. Symptoms of heart failure can include:

- Feeling tired.
- Feeling short of breath.
- Trouble sleeping.
- Pain in the abdomen.
- Loss of appetite.
- Unexplained weight gain.
- Swollen legs and ankles.
- Frequent dry cough.

See your doctor if you have any of these symptoms on an ongoing basis. During a checkup, your doctor will ask about your symptoms. He or she may also look at your heart with x-ray, echocardiogram or other imaging tests.

Ticker TLC. If you have heart failure, your doctor will develop a treatment plan for you. It is very important that you follow the plan and stay in touch with your doctor.

You may also need to:

- Take certain drugs that can help lower your blood pressure.
- Follow a diet and exercise plan.

Sometimes heart failure may happen because of a heart valve that isn't working right or a blocked artery. Your doctor can tell you more about how these problems can be fixed.

Take control. There are certain risk factors that can't be avoided.

You may be at risk if you:

- Are over age 65.
- Are a man.
- Are African American.
- Have a family history of heart disease.

But there's good news. There are 3 basic good habits that can help prevent heart disease:

Stay away from tobacco. If you smoke, it's time to quit. If there's a smoker in your home, it's time

Learn the truth about women and heart attacks

True or false: The symptoms of a heart attack are exactly the same for both men and women.

The answer is False.

Chest pain is the No. 1 symptom for both men and women—that is true. But other symptoms are common for women. These include:

- Shortness of breath.
- Nausea.
- Vomiting.
- Pain in the arms, back or jaw.

Other symptoms include feeling dizzy or even fainting.

Call 911 right away if you or someone else has any of these symptoms.

Source: American Heart Association

to help him or her quit. Smoking at least doubles your risk of developing heart disease.

Be active. Just 30 minutes a day at least 5 days a week can help lower your risk. Remember that any exercise is better than none.

Eat good foods. The foods we eat can contribute to high cholesterol, high blood pressure, diabetes and weight gain. These are all major risk factors for heart disease. Try to eat lots of vegetables, fruits and whole grains. You'll also want to cut back on salt.

If you already have heart disease or haven't exercised in a while, talk to your doctor about a diet and exercise plan that's best for you.

Sources: American Academy of Family Physicians; American Heart Association



Do you need an interpreter who speaks your language?

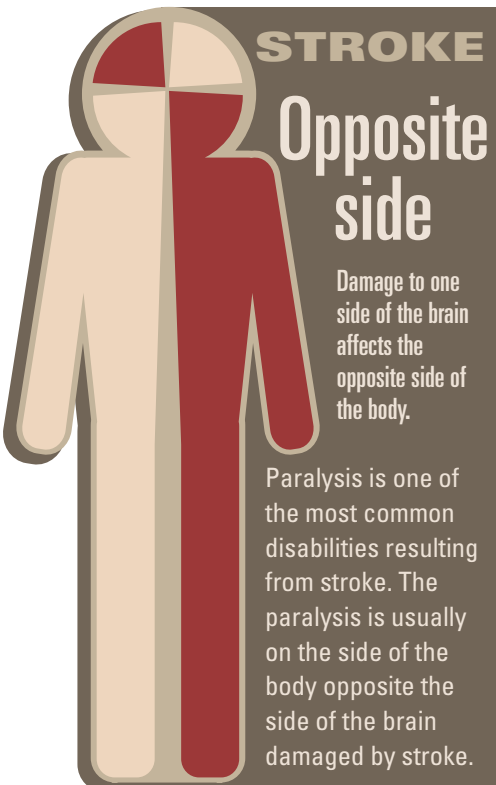
When you're sick, it's easier to talk to a doctor who speaks your language. Our Member Services can help you choose one who does. We have a lot of doctors who speak more than 1 language. But their location may not always work for you.

A second option is interpreter services. We have trained interpreters who can help you by phone and sometimes in person. They speak many languages, including sign language.

Interpreters make sure that you and your doctor know what each other is saying. With their help, you can get all your questions answered.

This service is free and easy to use. If you think you need an interpreter at your next doctor visit, ask for one.

If you have any problems getting an interpreter, call Member Services at **877-661-6230**.



5 TIPS for medicine safety

- 1 When you go to your doctor's office, the pharmacy or the hospital, bring a list or a bag with all your medicines.
- 2 Ask questions about your medicines.
- 3 When you go to the pharmacy, make sure your medicine is what the doctor ordered.
- 4 Ask how to use the medicine correctly.
- 5 Ask about possible side effects.

Source: Agency for Healthcare Research and Quality

Unwanted medications

GOOD—AND SAFE—
RIDDANCE!

Old medicines: What to do? It's best not to flush them down the toilet. They could end up in the ground water.

Opt for these safer methods:

1 Take-back programs.

Check with your pharmacy to see if it offers a take-back program for non-narcotic drugs. Narcotics such as morphine can be dropped off at police departments.

3 **The trash.** Are you unable to take your medications to one of the drop-off locations at right? They can go into the trash. But be sure to do the following:

- Take them out of their original containers.
- Put them in a sealable container (like a plastic bag or coffee can).
- Mix in a little water and an undesirable substance (such as used coffee grounds or cat litter).
- Seal the container. Then put it in the trash.

Note: Do not dispose of syringes or needles with medications.

2 Disposal sites. To dispose of unwanted medications, place pills into a quart-size sealable plastic bag (recycle the empty containers). Remember to black out personal information from prescription labels before putting them in the recycling bin or trash. Liquids should be left in their bottles, but still put into a sealed plastic bag to prevent leakage.

Dispose of your medications at one of these locations:

Alamo

Alamo Sheriff Station
150 Alamo Plaza, Suite C, Alamo
925-837-2902

Moraga

Police Department
329 Rheem Blvd., Moraga
925-284-5010

Clayton

Police Department, City Hall
6000 Heritage Trail, Clayton
925-673-7300

Orinda

City Hall/Police Department
22 Orinda Way, Orinda
925-254-6820

Concord

Police Department
1350 Galindo St., Concord
925-671-3200

Pleasant Hill

Police Department
330 Civic Drive, Pleasant Hill
925-288-4600

Danville

Police Department
510 La Gonda Way, Danville
925-314-3700

Richmond/San Pablo/ West County

West County HHW Collection Facility
101 Pittsburgh Ave., Richmond
888-412-9277

Lafayette

Police Department
3675 Mount Diablo Blvd.,
Suite 130, Lafayette
925-284-5010

San Ramon

Police Department
2401 Crow Canyon Road, San Ramon
925-973-2700

Martinez

Contra Costa Sheriff's Field
Operations Building (dispatch center
for local police departments)
1980 Muir Road, Martinez
925-284-5010
Martinez Police Department
525 Henrietta St., Martinez
925-372-3400

Walnut Creek

Police Department, City Hall
1666 N. Main St., Walnut Creek
925-943-5844

General

County Regional Medical Center
2500 Alhambra Ave., Martinez
925-370-5000

Note: The Household Hazardous Waste Collection Facility in Martinez does not accept medications for disposal.
Source: www.centraisan.org

Keep a sharp lookout!

Sharps are syringes, needles and lancets. They must be disposed of properly to prevent the injury of others and the spreading of germs.














Sharps SHOULD NOT be:

- Placed in recycling containers.
- Flushed down the toilet.
- Thrown in the garbage.

Sharps SHOULD be:

- Placed in a hard plastic container.
- Taken to a drop-off collection site.
- Taken to an accepting pharmacy.

» For more information, visit www.safeneedledisposal.org

CITY	AGENCY/ADDRESS	PHONE	HOURS	SHARPS CONTAINERS
Alamo	Alamo Sheriff Station 150 Alamo Plaza, Suite C	925-837-2902	Monday through Friday, 8 a.m. to 5 p.m.	
Antioch Pittsburg Bay Point East County	Delta HHW Collection Facility 2550 Pittsburg Antioch Highway	925-756-1990	Thursday through Saturday, 9 a.m. to 4 p.m.	 Residents may request 1 sharps container per household. East County ID required.
Clayton	City Hall/Police Station, 2nd floor 6000 Heritage Trail	925-673-7300	Monday through Friday, 9 a.m. to 5 p.m.	
Concord (residents only)	Concord Disposal Services 4080 Mallard Drive	925-682-9113	Monday through Friday, 8 a.m. to 5 p.m.	 Concord ID required.
El Cerrito	El Cerrito Recycling Center 7501 Schmidt Lane	510-215-4350	Monday through Friday, 8 a.m. to 5 p.m. Saturday and Sunday, 9 a.m. to 4:45 p.m.	
Danville	Police Department 510 La Gonda Way	925-314-3700	Monday through Friday, 8:30 a.m. to 5 p.m.	
Lafayette	Fire Protection District Station 15 3338 Mount Diablo Blvd.	925-941-3300	Disposal site is outside station house.	
Martinez	Mountain View Sanitary District 800 Arthur Road	925-228-5635	Monday through Thursday, 8 a.m. to 4:30 p.m. Friday, 8 a.m. to 3:30 p.m.	
Moraga	Fire Department 1280 Moraga Way	925-258-4599	Disposal site is outside station house.	
Orinda	City Hall/Police Department 22 Orinda Way	925-254-6820	Monday through Friday, 8 a.m. to noon and 1 to 5 p.m.	
Richmond San Pablo West County (residents only)	West County HHW Collection Facility 101 Pittsburgh Ave.	888-412-9277	Thursday through Saturday, 9 a.m. to 4 p.m.	 Residents may request 1 sharps container per household. West County ID required.
San Ramon	Fire Department 1500 Bollinger Canyon Road	925-838-6600	Disposal site is outside station house.	
Walnut Creek	Police Department, City Hall 1666 N. Main St. Fire Department 1050 Walnut Ave.	925-943-5800	Disposal site is inside station, open 24 hours/day. Disposal site is outside station house.	



Sharps container is not required, but all disposal material must be in a sealed, puncture-proof plastic container.



Sharps container required.

Keep your kids' teeth healthy

Tooth decay is a problem for a lot of kids. And it can be tough on them. For example, it can cause pain that makes it hard to chew. It can even harm their health and the way they develop.

Prevent decay at every age. From day 1, you can start protecting your baby's teeth. Here's how:

- After every feeding, gently wipe your baby's gums with a clean washcloth.
- Avoid letting baby sleep with

a bottle, unless it contains plain water.

As soon as baby's first tooth arrives, but no later than baby's first birthday, visit the dentist.

Ask your child's dentist or doctor about giving extra fluoride. Your dentist can also explain when to start flossing. At home, clean tiny teeth and gums with a soft-bristled toothbrush and water—and a smear of toothpaste about the size of a grain of rice.

When your toddler turns 3 years old, add a pea-sized dab

of toothpaste to the toothbrush. Help your child brush twice a day. Teach your little one to spit out, not swallow, the toothpaste.

- Until they are 7 or 8 years old, your kids need you to help them:
- Brush for at least 2 minutes after every meal.
 - Floss once a day.

Finally, it's important to limit candy and sugary drinks. And take your child to the dentist twice a year.

Sources: American Academy of Pediatric Dentistry; American Academy of Pediatrics; American Dental Association



Valentine's Chocolate Fondue

Makes 2 servings.
Time: 15 minutes

INGREDIENTS

- 3 ounces bittersweet chocolate, chopped
- 2 tablespoons heavy cream
- 1 tablespoon brewed espresso (optional)
- ½ teaspoon vanilla extract
- Pinch of salt
- Skewers
- Bananas, peeled and cut into small pieces
- Fresh pineapple chunks
- Strawberries

- Angel food cake (small squares)
- Graham crackers
- Marshmallows (large and small sizes)
- Mini pretzels

PREPARATION

Double boiler method:

- Place chopped chocolate in the top of a double boiler over hot water. The water should not be boiling. Stir gently until the chocolate is almost melted. Remove the top of the double boiler from the heat and continue stirring until chocolate is completely melted. Add the heavy cream, espresso, vanilla and salt. Stir thoroughly until

all ingredients are combined.

- Pour the chocolate mixture into small individual serving bowls.
- **Microwave method:** Place chocolate, cream, espresso, vanilla and salt in a medium microwave-safe bowl. Microwave on medium, stirring every 20 seconds, until melted, 1 to 2 minutes.
- Pour the chocolate mixture into small individual serving bowls.



Source: www.eatingwell.com

CASE MANAGERS

Guides for your good health

Would you like help with your health care needs? That's what our case managers do. They are a team of nurses and social workers. These health care experts can help you get the care you need. They will work with you, your family and your doctor to improve your health. In addition, they can connect you to needed local resources. The service is free for Contra Costa Health Plan members. This service is offered over the phone.

Ask for a case manager if you have:

- A hard time getting to your doctor visits, taking your meds as you should or eating well.
- Gone to the emergency room a lot (more than 3 times this year).
- Gone to, or had to stay in, the hospital a lot (more than 2 times this year).



- Difficulty with stable housing, lack of transportation to get to medical appointments, lack of food, or any other situation that may negatively affect your health.
- Changes in your memory, mood, personality or behavior.
- Health issues that need to be watched closely.
- Any worries about caring for yourself or your loved ones.

Call now

Get in touch with a case manager. Call **925-313-6887**.

- Please leave a message.
- Be sure to tell us what time we can reach you.
- We will return your call.
- You have the right to decline or stop this service at any time.

CCHP Utilization Management (UM)

UM's role is to look over all medical requests sent to us by your doctor. These include requests such as the need to see a specialist and approval for getting a wheelchair or hospital bed.

We make decisions based on what care is needed to best support your health and what is covered through your insurance plan. Clinical guidelines are used to make these decisions and are available to you. Our doctors and staff are **not** rewarded or given incentives to deny or to cover any of these requests.

The UM Unit's office hours are Monday through Friday, from 8 a.m. to 5 p.m. If you have a question regarding a request, please call the UM department at **877-661-6230** (press 4).

If you call after work hours or on weekends or holidays, stay on the line to be directed to the Advice Nurse Unit.

4 tasty pizza ideas



Need a quick dinner that your kids will enjoy yet still get enough vegetables from? Try mini pizza!

Pizza can be made any way you wish. For mini pizzas, as dough you can use whole-wheat English muffins, whole-wheat pita, whole-wheat flatbread or whole-wheat bagels (thin). They can be prepared hot or cold. Kids who are proficient with their knife skills can help chop the veggies into small pieces. Younger children can help organize the uncooked dough or bread on the pan or sprinkle the toppings.

Making pizza with your favorite ingredients will guarantee you will use this recipe over and over.

1. The original pizza: Begin by choosing either whole-wheat flatbread or pizza dough, both of which can be purchased at your grocery store. Choose your favorite pizza sauce, or easily create your own with your home-canned tomatoes. Pick 3 or more different-colored vegetables or fruits, such as olives, bell peppers, mushrooms,

pineapple, tomato or onion. Use a part-skim mozzarella cheese as a healthier option. Bake until cheese begins to brown or bread gets crispy.

2. The Mediterranean pizza: Use whole-wheat pita and hummus for the base in this recipe. This pizza should be served cold. Dice up celery, cucumbers and red bell peppers as toppings. Instead of cheese, you can use shredded carrots. To add a little flavor, sprinkle feta cheese (some kids may not like the strong taste).

3. The veggie pizza: Whole-wheat bagels and cream cheese are the base of this cold pizza. Finely chop broccoli florets, cauliflower, tomato and any other vegetable your family enjoys. There is no need for cheese with this one, since the cream cheese is already on the bottom. For added protein, sprinkle chopped sunflower seeds or garbanzo beans on top.

4. The breakfast pizza: Use whole-wheat English muffins as bread and a mixture of sour cream and salsa for sauce (use sparingly). Top with

Mini valentine pizzas

1. Preheat oven to temperature indicated on package of the frozen or refrigerated commercial pizza dough.
2. Using a heart-shaped cookie cutter, begin to cut out heart shapes. Next begin placing individual heart-shaped pizzas on an ungreased cookie sheet.
3. Spread tomato sauce onto the dough. Sprinkle generously with mozzarella cheese.
4. Construct the face with olive slices for eyes, position rosemary spikes as eyelashes, and curve the red pepper into a happy smile.
5. Once your pizzas are built, put them in the oven and bake according to the instructions.



scrambled eggs, cheddar cheese and green bell peppers. Cook in oven at 350 degrees or so until cheese is fully melted and English muffins are toasted.

Source: www.eatdrinkbetter.com

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HEALTH SENSE may also contain general information about plan benefits. Plan benefits vary, and for information about your

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particular benefit plan, please see your Evidence of Coverage booklet or call Member Services at 877-661-6230.

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Si desea este folleto en español, llame al 877-661-6230 (oprima 2).