

FAMM

A US FAMILY HEALTH PLAN MAGAZINE



*“The ties that bind us together;
are stronger than those that tear us apart.”*

In recognition of Military Appreciation Day!

Congratulations
to the
OPERATION HOMEFRONT
2019 COAST GUARD MILITARY
CHILD OF THE YEAR
KYLIE MCGUIRE



Kylie McGuire received the 2019 Coast Guard Military Child of the Year[®] Award as a 17-year-old senior from Hamilton, New Jersey. Kylie is the daughter of Coast Guard Lieutenant Commander Austin McGuire and Cathi McGuire.

In her short life so far, Kylie has had experiences most youth her age may never encounter – saving a classmate’s life and assisting with university-level research that may be published.

While eating lunch on a 2018 school field trip, a student was laughing and started choking. Kylie quickly performed the Heimlich Maneuver, dislodging the obstruction from her windpipe. For her heroic action, The Chapel of Four Chaplains presented Kylie with its Legion of Honor Award. Kylie’s mother said her quick thinking and brave action can be attributed to belonging to a Coast Guard family because that branch of service’s motto is “Semper Paratus,” or “Always Ready.”

We celebrate you!



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Who We Are

The Uniformed Services Family Health Plan (USFHP) @ Saint Vincents is a TRICARE® Prime military health plan sponsored by the Department of Defense (DoD). We've been providing comprehensive care for military families and retirees for over 35 years. We provide the full TRICARE® Prime benefit including routine doctor visits, specialty care, hospitalization, urgent and emergent care, preventative health care services and prescription coverage—plus extras such as \$0 to low cost eyeglass benefit, annual physical exams and discounts to fitness clubs. USFHP members have access to some of the best hospitals and physicians in the nation.

We pride ourselves on providing friendly, personal service. If you have questions call us toll free (800) 241-4848. You can visit our website @ www.usfhp.net or at <https://www.facebook.com/usfhp.net/timeline>.



A US FAMILY HEALTH PLAN
MAGAZINE

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From the Executive Director



No one dreams about getting great results from a physical exam. We don't smile while asleep because our cholesterol level is normal. Our dreams are reserved for our families & friends, vacation, good times, watching our children grow and flourish. When you are hit with a health challenge those whimsical dreams can be awakened by a health nightmare.

We know...

US Family Health Plan has teamed up with some of the best doctors, hospitals, and health organizations to reinvent how quality healthcare should work. Offering members a choice of an enhanced preventative and diagnostic benefit at \$0 cost is a step in the right direction. We are committed to make the hard easy, the complicated simple, the expensive affordable, the impossible possible... From how you enroll, to scheduling an appointment, to getting that much needed second opinion, we are here to help you.

By tearing down the barriers that stand in the way of creating a seamless healthcare experience, we can improve health care delivery for both care givers and care seekers.

Re-engineering an antiquated system is not easy. It takes the right partners with a shared vision to impact change.

Our continued commitment to the men and women we serve is steadfast. Providing you with personalized care ensures you get and stay healthy; so you can get back to living the life that dreams are made of.

Sweet Dreams,
Jeff Bloom

SPOTLIGHT on Beth Lapoint



Beth Lapoint is a hometown athlete, a Soldier, and a community volunteer. She serves as the President of the Enlisted Association of the National Guard and Secretary of the Crossroads of the Revolution Chapter of the Adjutant's General Corps Regimental Affiliation.

But most importantly, Beth identifies as a mother who puts her family first. In our short interview for this Spotlight, it was

clear that her family, especially her children, Katie and Raymond, are the centerpiece in her life.

In fact, it was hard to get her to talk about herself without mentioning how proud she was of her children, which is why she is our choice for this month's spotlight in FAM!

Where did you grow up?

What sports or hobbies did you have?

I was born and raised in Brick Township, NJ, where I was a high school cheerleader and the school mascot for The Brick Memorial Mustangs senior year. I also helped form the very first swim team at my school. My hobbies include volunteering, kayaking, beach cruiser bicycling, swimming, camping, crafts, and time with my family. My children are amazing and make me so proud to be their mother. I really enjoy taking last minute, small weekend getaways!

What made you decide to join the Army?

What was your job?

I joined the US Army in 1997 after a semester working full-time to pay for college. When a recruiter told me the Army would pay for my education if I enlisted, I joined within a few weeks. I eventually joined the NJ Army National Guard, where I have been serving on Active Guard Reserve Duty ever since 2004. It took me 20 years to earn my Bachelor's in Social Sciences from Thomas Edison University. As promised, The Army paid for my education in full. I am currently earning a Master of Science in Human Resource



Management at Thomas Edison University. I also have the opportunity to pass my Montgomery GI Bill education benefits on to my children. I am currently serving as a First Sergeant with the 42D Regional Support Group in Somerset, and work full-time as a Senior Human Resources Sergeant for the G1 at Joint Force Headquarters, JBMDL.



What was your favorite duty station?

So far, my best duty station was with the 1-150th Assault Helicopter Battalion, Lakehurst, NJ. The Soldiers and Officers in this unit are extremely caring,

supportive and dedicated to ensuring all supported. I volunteered to join them in 2008, two months before a scheduled deployment to Iraq. I was a bit nervous to take this position without having much experience. But, I felt it was my time to deploy after watching so many of my comrades make sacrifices. The Aviation Battalion took me under their wings, where I received the most mentorship and guidance in advancing in my career and duty position. I became a better leader and Soldier after my assignment with them.

What were some of your favorite military experiences?

One of my favorite events each year is volunteering at the NJ Army National Guard Youth Camp. I have been working there for more than 12 years and find it extremely rewarding working with our Guardsmen children.

I also enjoy serving as the First Sergeant of the 42D Regional Support Group. I try to make each and every training exercise for my Soldiers as realistic as possible. From Road Marches, Obstacle Course and Land Navigation Training, MWR flights, to Holiday and Summer Social Events, the 65 Soldiers assigned to my unit come to drill weekends excited to train and work hard!



Military Appreciation Month

A special month for both those in and out of the military.

In 1999 Senator John McCain introduced legislation to designate the month of May as National Military Appreciation Month. Both the Senate and House of Representatives adopted resolutions calling for Americans to recognize and honor U.S. Service Members during NMAM.

US Family Health Plan honors and celebrates the sacrifices of our valiant armed forces during the month of May and every day of the year.

Our Spring FAM cover is a compilation of the many faces of military families that are representative of the **Army, Navy, Air Force, Coast Guard, Marines** and **National Guard**. These families are the backbone of our armed forces.

Military Appreciation Day

Many locations also celebrate a specific Military Appreciation Day. Although not a nationally recognized holiday, areas use the day to hold parties and picnics in honor of their local active duty, Guard, Reserve and military veteran communities. Local businesses may offer discounts, while local sports teams may give free entrance to military families and veterans.

Read more: <https://militarybenefits.info/national-military-appreciation-month/#ixzz5hEI1QMAC>

Photo by Samuel King, Air Force

NATIONAL OBSERVANCES during National Military Appreciation Month

LOYALTY DAY

Wednesday, May 1st, 2019

Loyalty Day kicks off our Nation's month-long celebration of military appreciation. It is a day set aside for the reaffirmation of loyalty to the United States, and to reflect on the proud heritage of our American freedom.

PUBLIC SERVICE RECOGNITION WEEK (PSRW)

Sunday, May 5th – Saturday, May 11th, 2019

Celebrated the first full week in May.

A time set aside to honor the men and women who serve our nation as federal, state, county and local government employees and ensure that our government is the best in the world.

VICTORY IN EUROPE DAY AKA V-E DAY OR VE DAY

Wednesday, May 8th, 2019

May 8th, 1945 is the day when Germans throughout Europe unconditionally surrendered to the Allies. This day marked the end of World War II in Europe.

MILITARY SPOUSE APPRECIATION DAY

Friday, May 10th, 2019

Traditionally set for the Friday before Mother's Day.

A day to honor military spouses with appropriate ceremonies and activities. Recognizes the important role our military families play in keeping our Armed Forces strong and our country safe.

ARMED FORCES DAY

Saturday, May 18th, 2019

Celebrated the third Saturday in May every year.

A single holiday for citizens to come together and thank our military members for their patriotic service in support of our country. This day honors everyone serving in the U.S. Military branches; Air Force, Army, Coast Guard, Marines, Navy. There is also Armed Forces Week which typically leads up to Armed Forces Day, although it is not an official observance, many activities are planned nonetheless during the week.

MEMORIAL DAY

Monday, May 27th, 2019. A Federal holiday observed on the last Monday in May.

A remembrance of our veterans. Commemorates the men and women who died while in military service.



Are cases of the measles on the rise in the U.S.?



At least 228 cases of measles have been reported since January 1st, 2019 in the United States, according to the US Centers for Disease Control and Prevention.

The number of cases is inching closer to the 372 cases in all of 2018, which was the second highest annual total for cases of the disease in more than two decades.

In the vast majority of these states, the disease has been traveling among people who either have not had the vaccine at all or haven't had the second dose. The measles vaccine is 97 percent effective when both doses are given.

A severe measles outbreak has been plaguing Rockland County in New York since October. County Executive Ed Day declared an unprecedented public health emergency that bars children and teenagers who are not vaccinated against measles from public places.

"We must not allow this outbreak to continue indefinitely or worsen again," Mr. Day said. "We will not sit idly by while children in our community are at risk."

Rockland County, with a population of more than 300,000, has had 153 confirmed cases of measles since October. Of those, 48 have occurred in 2019.

Measles is one of the most contagious of all infectious diseases; up to 9 out of 10 susceptible persons with close contact to a measles patient will develop measles. The virus is transmitted by direct contact with infectious droplets or by airborne spread when an infected person breathes, coughs, or sneezes. Measles virus can remain infectious in the air for up to two hours after an infected person leaves an area. Measles can be prevented with measles-containing vaccine, which is primarily administered as the combination measles-mumps-rubella (MMR) vaccine. The combination measles-mumps-rubellavaricella (MMRV) vaccine can be used for

children aged 12 months through 12 years for protection against measles, mumps, rubella and varicella. One dose of MMR vaccine is approximately 93% effective at preventing measles; two doses are approximately 97% effective. Almost everyone who does not respond to the measles component of the first dose of MMR vaccine at age 12 months or older will respond to the second dose. Therefore, the second dose of MMR is administered to address primary vaccine failure.

If left untreated, encephalitis, a potentially fatal inflammation of the brain, can develop.

Measles is often brought into the United States by unvaccinated people who become infected in other countries, the CDC says.

The good news is vaccination rates have increased amid concerns over the outbreak. The Washington State Health Department says about 530 people were immunized against measles in January 2018. This January, there were more than 3,000 immunizations reported.

Vaccine Recommendations

Children CDC recommends routine childhood immunization for MMR vaccine starting with the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age or at least 28 days following the first dose.

Students at post-high school educational institutions without evidence of measles immunity need two doses of MMR vaccine, with the second dose administered no earlier than 28 days after the first dose.

Adults born during or after 1957 who do not have evidence of immunity against measles should get at least one dose of MMR vaccine.



How do you effectively talk to your doctor?

Preparation!

Wouldn't it be wonderful if talking to your doctor was as easy as actors make it look in movies and on television? In reality, effectively communicating with your doctor and then following through on recommended advice is a skill for both doctors and patients, and as human beings, it's not our strongest suit. Research suggests patients forget 80% of what they hear during a routine medical visit, while 81% of patients actually conceal information from their physician.

Your provider's ability to determine what is wrong and how to treat it depends almost entirely on communication. From scheduling an appointment to wrapping up your visit, effective communication will help ensure that you get what you need.





Here are a few communication tips:

Know how to make appointments.

The communication during this step is crucial. When making an appointment with your physician explain the reason for the appointment, so the receptionist knows how much time you'll need. Be as clear as possible but remember that you don't need to give a full health history or disclose any private information.

Here are some good examples:

“My back has been bothering me for several months and I would like to schedule an appointment within the next week or two to have it evaluated.”

“I’ve had a cough for a week and now I feel worse with a high fever and pain. I would like an appointment today.”

Bring your healthcare records.

If you are seeing a new provider, bring a copy of your healthcare records and the results of any previous tests or procedures.

It is important to remember that your healthcare records belong to you. You have a right to your own medical information and may request this from any provider or hospital.

This is particularly helpful when people are seeing multiple providers for complex health issues. Consider putting together a notebook or filing system to maintain all of your records in an orderly fashion.

Arrive prepared to tell your story.

Since the average doctor's appointment is about fifteen minutes, it is helpful to prepare for your visit. Write a list of your concerns and use it to jog your memory. It is important to have the chance to discuss your health while you are comfortable in your street clothes (prior to disrobing and having an examination).

Include the following information:

- What symptoms you are experiencing.
- When they began.
- What makes the condition better or worse.
- What questions or concerns you have.
- What medications you take, including prescriptions or over the counter medications, vitamins or supplements.

Even if you feel worried, anxious, or embarrassed about your health concern, don't wait until the end of the visit to bring up your real reason for the appointment or the provider won't have time to deal with it.

Honesty is the best policy.

Using acupuncture for pain management? Tell your physical therapist. Thinking about trying valerian to help your insomnia? Share this with your general practitioner.

Healthcare practitioners can often tell you how your therapies might complement one another, or offer you vital information about how certain treatment combinations might be less healthy or even dangerous.

Whatever treatment you're using or planning to try, whether it's integrative or conventional, always let everyone involved with your health care know about everyone and everything you are accessing to address your needs.

Consider bringing a friend or family member.

Whether you bring someone with you to your appointment is up to you. The person who accompanies you on your visit can be another set of ears. This will help you remember after the appointment what was said. It is often helpful to have this person write information down so that you have a written record of what was discussed or done.

Effective communication between you and your healthcare provider can save you grief down the road and lead to better health outcomes. If you need assistance in choosing a provider call us @ 1-800-241-4848.



6 THINGS You May Not Know About SEASONAL ALLERGIES

If you suffer from hay fever, these realities can affect how you feel and function during pollen season.



WITH THE season of sniffing and sneezing in full swing, you may be surprised to discover that what you thought you knew about seasonal allergies may not be true. You're hardly alone. An estimated 40 to 60 million people in the U.S. suffer from allergic rhinitis (aka hay fever), according to the American College of Allergy, Asthma & Immunology, and yet many have misconceptions about seasonal allergies.

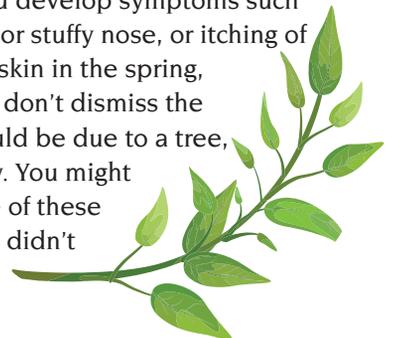
"One of the biggest misconceptions people have about allergic rhinitis is that it's a trivial condition – it's certainly not trivial to the people who have it," says Dr. Michael Schatz, an allergist/immunologist at Kaiser Permanente Medical Center in San Diego and past president of the American Academy of Allergy, Asthma & Immunology. "Besides causing considerable discomfort, seasonal allergies can disrupt sleep and cause fatigue and lost productivity."

Here are six other things many of us don't realize about seasonal allergies.



You Can Develop Hay Fever as an Adult Even If You Didn't Have It as a Child

While it's common for allergies to emerge in childhood or young adulthood, "people can develop allergic rhinitis at any age," says Dr. Nicholas Hartog, an allergist and clinical immunologist at Spectrum Health/Helen DeVos Children's Hospital in Grand Rapids, Michigan. "Even elderly people can develop significant symptoms for the first time." In those who come from an allergy-prone family, the predisposition to develop an allergy is always present, but what brings it out at a certain age or stage of life isn't yet understood. So if you develop symptoms such as sneezing, a runny or stuffy nose, or itching of your eyes, mouth or skin in the spring, summer or early fall, don't dismiss the possibility that it could be due to a tree, grass or weed allergy. You might have developed one of these allergies even if you didn't have hay fever when you were younger.





What you're Allergic to Can Change Over Time



If you were reactive to grass pollen as a child, it's not out of the realm of possibility that you could develop an allergy to certain trees or weeds later in life. The truth is, **you can develop new allergies at any age**. "Some of it has to do with changes in exposure or the intensity of a particular pollen season," Schatz says.

Plus, if you get allergy shots for, say, a **ragweed allergy**, you might develop immunity to that particular allergen. But since you still have an allergic tendency, years later you might develop an allergy to certain trees that you didn't previously react to. But without immunotherapy, which helps your body become desensitized to the effects of a particular allergen over time, "we typically don't see allergies disappear," Hartog says.

Seasonal Allergies Can Trigger Asthma Flare-ups



Many people don't realize the extent to which allergies and **asthma** are connected. "Eighty percent of kids with asthma have some environmental allergies, and we often see asthma flares in allergy season," Hartog says. Sometimes this phenomenon is referred to as allergic asthma, which means that allergens **trigger asthma symptoms** such as coughing, wheezing, chest tightness or shortness of breath. "That needs to be treated differently than allergies are – namely, with medications such as inhaled steroids or bronchodilators for the asthma symptoms," Schatz says. There's also an injectable drug called Xolair (omalizumab), which is designed to treat moderate to severe persistent allergic asthma, Hartog notes.



Moving to a New Geographic Region Won't Cure Your Allergies

If you have allergies and you **move to a different part of the country**, "you may have a year or two where you're much better, but then the body catches up and you can develop new allergies to stuff in the new environment," Hartog says. The reality is, every geographic region has allergens in the environment. So even if you ditch your ragweed allergy by moving west of the Rockies, for example, "if you have a tendency toward allergy, you can develop allergies to local pollens such as grass pollens," Schatz says.

It's Best to Start Taking Antihistamines Before You Have Symptoms

Believe it or not, it's more effective to try to prevent allergy symptoms than to try to eliminate them. Here's why: "With the process of allergy, histamine [a chemical that's part of the immune response] is released, and by the time the person has symptoms such as nasal congestion, itching and sneezing, histamines are already present," Schatz explains. "If you start taking antihistamines before symptoms appear, they can block histamine before it has an effect on you." If your **allergy symptoms** have a pretty consistent seasonal pattern, it's best to start taking antihistamines on a daily basis a week or two before the offending type of pollen emerges. Since the release of pollens can vary from year to year, allergists often recommend starting your medication regimen in early February if you're allergic to trees, early June if you're allergic to grasses and early August if you're allergic to ragweed.

Keep in mind, though, that while antihistamines help with sneezing and itchiness, they usually don't help with nasal stuffiness, which is better relieved by using a nasal steroid spray along with an antihistamine, Schatz says. Since nasal steroid sprays take a week or two to have the desired anti-inflammatory effects, you should also start using these before symptoms appear, Hartog adds.

Allergy Shots Are Not the Only Long-Term Solution



Allergy shots used to be the lone long-term solution before sublingual tablets, which dissolve under your tongue, became available in 2014 for certain **grass and ragweed allergies**. Taken once a day at home starting several months before and continuing during allergy season, these tablets desensitize you to specific allergens by introducing them into your body in tiny amounts; over time, your immune system builds up a tolerance to the allergens and becomes less reactive to them in the environment, thereby preventing symptoms.

Taking the tablets is certainly more convenient than having to go to a doctor for weekly or monthly allergy shots, Schatz says. "The tablets are very effective and they have the potential to bring allergy desensitization to more patients." The main drawback: If you're allergic to multiple allergens, you won't be able to cure the problem with just one type of tablet.

Stacey Colino, Contributor



TEST YOUR ALLERGY IQ

- 1) Which is most likely to cause allergies?
 - Daffodils
 - Bark Mulch
 - Crabapple trees
- 2) If you're allergic to ragweed, you might not want to eat:
 - Bananas
 - Grapes
 - Seaweed
- 3) Can showering at night relieve allergy symptoms?
 - Yes
 - No
- 4) Pollen allergies are only a problem in the spring and fall.
 - True
 - False
- 5) When are pollen levels highest?
 - In the morning
 - In the afternoon
 - In the evening
- 6) How long before allergy shots help you feel better?
 - A day or two
 - A few weeks
 - Several months
- 7) Certain over-the-counter nasal sprays can make your nose stuffier.
 - True
 - False
- 8) What can you wear to protect your eyes from pollen?
 - A hoodie
 - A hat
 - A scarf
- 9) Moving to a different city will solve your allergy problems.
 - True
 - False

Did you know?

That you are only responsible to pay the applicable co-pays when you use a network provider. Network providers cannot balance bill you or request you to pay out of pocket. When you receive care always present your USFHP ID card. Remind providers to send claims to the address on the back of card to avoid being unnecessarily billed.

Remember:

Always present your US Family Health Plan card for all health related services!

If you do receive a bill, remember the three C's:

Call the provider to verify that they have the correct billing information on file.

Confirm with the provider's office that the claim was submitted to US Family Health Plan.

Contact customer service @ 1-800-241-4848 to let us know about the bill. Our staff will follow-up with the provider on your behalf.

If you have other commercial insurance that is primary to USFHP, the provider MUST submit claims to that insurance first. When the provider receives payment, they should submit the primary insurance EOB (Explanation of Benefits) with the claim to the US Family Health Plan to provide any appropriate secondary coverage.

Answers to Allergy Quiz on page 10

1) B. Bark Mulch. Many fruit trees and plants with colorful flowers, such as roses and daffodils, have larger pollen grains that don't blow around. You don't need to worry about them. It's the tiny pollen that you can't see that causes sneezing and itchy, runny noses.

Pollen isn't the only problem, though. Some people are allergic to molds from compost and bark mulch as it breaks down. Buy finished compost if you have a mold allergy.

2) A. Bananas. This pesky weed, which grows across the U.S., bothers 75% of Americans with pollen allergies.

If you have a ragweed allergy, watch what you eat and drink. Bananas, cucumbers, zucchini, melons, and sunflower seeds can cause you to itch and swell around your mouth. Your body confuses the proteins in these foods with the proteins in the plant.

3) Yes. It washes off pollen that might be in your hair and on your skin, and keeps it off your pillow and bed. An evening bath works fine, too.

If you've been outside when the pollen count is high, change your clothes near your washing machine if you can. That'll keep you from bringing the pollen throughout your home. Put them in the laundry before bathing. It's also a good idea to keep windows and doors shut, and use an air conditioner with a HEPA filter.

4) False. Trees put out pollen in the late winter and spring, and grass releases the sneezy stuff in the late spring and summer.

Weeds cause hay fever -- the common name for seasonal allergies -- in the late summer and fall.

Some people are allergic to pollen in cedar trees, which peak in late winter as well as spring. Warmer

winters cause trouble for people with spring allergies. That's because their symptoms start earlier.

5) A. In the Morning. Pollen levels usually peak between 5 a.m. and 10. Plan outdoor activities for the afternoon, if you can.

Warm, dry, and breezy days help pollen travel. Rain washes it away, and counts are usually lowest during or just after a downpour.

6) C. Several months. Don't expect to feel better right after your first one. Everybody reacts differently, but it usually takes 4 to 6 months of shots before you feel relief. Most people's symptoms get better after the first year of the treatment. Allergy shots contain a small amount of the thing you're allergic to, so your body can slowly get used to it and not react to it anymore.

7) True. Using an OTC decongestant nasal spray for more than 3 days at a time could make you more congested. When the effects of it wear off, the tissue inside your nose and sinuses could swell more. You might then use more spray -- making the swelling worse. Consider using a steroid nose spray, which reduces swelling, if you're congested often.

8) B. A hat. If allergies are making your eyes watery, itchy, and red, consider wearing a hat with a wide brim when you're outside. It will help keep pollen from blowing into your eyes.

Wear sunglasses, too. And use saline drops after being outdoors to wash away any pollen from the lining of your eyes.

9) False. Taking a vacation might clear up your symptoms for a while, but moving won't make your allergies go away. Some plants and grasses grow all over the U.S., making them tough to escape. And within a few years, you'd likely get allergies to plants and grasses near your new home.

A Day in the Life of an OB/GYN

How one doc brings new life into the world while maintaining her own.

BY LAUREN URBAN, WRITER/EDITOR • JACKIE MOLLOY, PHOTOGRAPHER

“There’s literally nothing else in the world I should be doing,” says Dr. Stephanie McNally, an OB/GYN at Northwell Health. Dr. McNally’s job is her passion, and she works hard to navigate the delicate balance of work and life. From driving soccer carpools to delivering babies and performing surgeries, her daily schedule is packed with responsibility—and she tackles each one with unwavering passion, enthusiasm, and energy. How does she manage it all? We followed her for a day to find out.



Dr. McNally’s day starts around 5 am. “Once the kids are up, it’s go time,” she says. Dr. McNally is on call today, so she makes breakfast and packs lunches while checking in with the hospital for updates on her patients.



A quick snuggle amid the morning rush. Norah (4) and Thomas (7) are accustomed to their mom’s hectic schedule. She’s on call for the next 24 hours, so they know they probably won’t see her again until tomorrow. But they are proud of their mom, and know that she has an important job to do. “They understand that I go help other mommies bring their babies into the world,” says Dr. McNally.



Dr. McNally arrives at North Shore University Hospital in Manhasset to kick off a busy day. She stops in the staff locker room on the labor floor, where shoes tend to be scattered during the change of shift. She grabs the two items she needs for the day—her phone and work ID—as well as a few dollars in case she finds time to eat.



Accompanied by physician’s assistant Lauren Cavalieri, Dr. McNally checks on her first patient of the day. Erika, a first time mom-to-be, is having contractions, but is not in active labor yet.



Dr. McNally scrubs in before her first delivery of the day—a C-section.



It's a girl! A few years ago, the practice delivered the couple's twin boys. "The continuity of being an OB/GYN is like nothing else," she explains. "I could take care of a patient her entire life—help her grow her family, or not. You really have this incredible bond with somebody when you do what I do."

"I'm ferociously protective of my patients, and I frequently assess how everyone is doing and who needs my attention next," she says. "The only thing I want is a healthy mom and baby," she says, reflecting on her second delivery of the day. "That minute, that second, when you know that kid is out there screaming, and the parents' lives are literally changed forever, it is awesome. In the truest sense of the word awesome."



New mom Olga holds her baby for the very first time. "As a parent myself, I know that moment of meeting your child. It's indescribable," says Dr. McNally.

Dr. McNally grabs a black bean burger from the hospital's café and laughs with co-workers in the staff lounge. While her job brings her much joy, it also brings enormous pressure, and she relies on her team for support.

"The most challenging part of my job is the life and death situations, and how things can change in an instant," she says. "You have to stay grounded, and make sure you have the right people around you. I work with wonderful people, including five other fantastic OB/GYNs. If one of us needs something at any time, everyone is willing to help. We work very well together."



A brief video chat with Thomas, who eagerly tells mom about his day. Dr. McNally Facetimes with her kids whenever she has a free moment.

"This sounds cliché, but I'm such a soccer mom," she says. "My kids are into so many sports, and we're always running around. My free time is spent making sure I do active, fun things with my family."



And the babies keep coming—two more in fact—which brings the grand total to four, all girls. "This was actually kind of a slow day," she laughs. "I've delivered as many as 10 babies in one day."



Dr. McNally heads home at 11 pm. She makes a hasty dinner out of whatever's in the fridge and gets some rest...until she's paged less than two hours later to do it all again.

"This is a 24-hour job," she says. "And I wouldn't change it for the world."

CORNER By Jason Prosser

FITNESS



*We all have good intentions of adding exercise to our daily routine. We may even go as far as to join a gym or sign up for the neighborhood yoga class that we never attend. Point being, we've heard the rhetoric and know that exercise may be the key to a longer healthier life but putting that knowledge into action is another story. After eight grueling hours of work, not counting the three commuting hours—we are left with 13 hours to cook, spend time with the family and don't forget the biggest break of the day...**SLEEP**. The issue is not necessarily how; but when? A study that was recently published in *The American Journal of Epidemiology* aimed to answer that question with somewhat of a simple formula that just about everyone can work with: Replace 30 minutes of the time you spend sitting every day with 30 minutes of **light exercise**.*

Start small; instead of spending your lunch hour eating and chatting, why not use 30 minutes of that time to stretch at your desk?

Here are 10 stretches you can do at your desk that will keep you bendy and feeling good... like desk yoga!

- 1. Rubber Neck.** Sit up tall and drop your right ear down towards your right shoulder (you don't have to touch it!) and hold for a few seconds and repeat for the left side.
- 2. Reach for the Stars.** Interlace your fingers and reach up towards the sky, as high as you can ... keeping your palms facing up towards the ceiling.
- 3. Look around.** Turn your head the left and try and look over your shoulder and hold for a few seconds ... repeat on the right.
- 4. Bobble head.** Drop your chin down towards your chest and GENTLY roll your head from side to side.
- 5. Shrugs.** Raise both shoulders up towards your ears and hold for a few seconds and release. Repeat a few times for good measure.
- 6. Chest Opener.** Bring your hands behind your back, press your palms together, sit up tall and hold for 5–10 seconds.
- 7. Seated Toy Soldier.** Sit up tall and extend your right arm all the way up towards the ceiling. Straighten your left leg out and raise it up as you bring your right arm down and try to touch your left foot. Do 8–10 on each side.
- 8. Knee Hugger.** With a bent knee, lift your right leg up and grab it with your arms and pull it in as close to your chest as you can. Hold for 5–10 seconds and make sure and do it on the left side, too.
- 9. Reach and Bend.** Extend your right arm over your head and reach out as far as you can to the left and gently bend over. Hold for a few seconds and do it the other way.
- 10. Knee Press.** This one stretches out the glutes. With your right ankle on your left knee, gently press against the right knee a few times. Of course, after you're done with the right side, be sure and give the left side some love, too.

*I would be remiss if I didn't reiterate what you've probably heard more than once: You can't out-exercise a poor diet.. No matter how lofty you make those fitness goals, if your diet consists mainly of **heavily processed, fast foods**, you'll be sabotaging all the efforts you're making on the exercise front. Swapping processed potato chips at lunch for an apple or other whole fruit, replacing one heavily sweetened beverage with water each day, trying one new "healthier" food option each week – will keep you on track to living a healthier longer life.*

Honey Garlic Glazed SALMON

INGREDIENTS

- 1/3 c. honey
- 1/4 c. soy sauce
- 2 tbsp. lemon juice
- 1 tsp. red pepper flakes
- 3 tbsp. extra-virgin olive oil, divided
- Four 6-oz. salmon fillets, patted dry with a paper towel
- Kosher salt
- Freshly ground black pepper
- 3 cloves garlic, minced
- 1 lemon, sliced into rounds
- Freshly chopped parsley, for garnish

DIRECTIONS

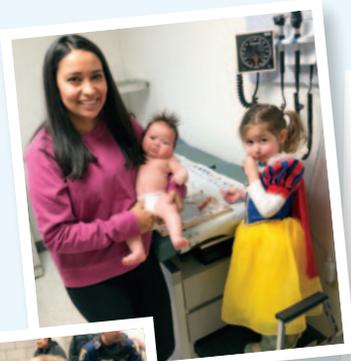
1. In a medium bowl, whisk together honey, soy sauce, lemon juice and red pepper flakes.
2. In a large skillet over medium-high heat, heat two tablespoons oil. When oil is hot but not smoking, add salmon skin-side up and season with salt and pepper. Cook salmon until deeply golden, about 6 minutes, then flip over and add remaining tablespoon of oil.
3. Add garlic to the skillet and cook until fragrant, 1 minute. Add the honey mixture and sliced lemons and cook until sauce is reduced by about 1/3. Baste salmon with the sauce.
4. Garnish with sliced lemon and parsley to serve.

FAM CAM... Out and About

US Family Health Plan sponsors events throughout our service area — See if we captured your SMILE.



Family Fun Day @
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Fort Wadsworth
Luncheon



RAD -
Fort Hamilton
Oct 2018



Women's Veterans
Conference in Cherry Hill, NJ
March 2019



Beth Lapoint @
Enlisted Association
of the New Jersey
National Guard
Conference 2018



A serene beach scene at sunset. The sun is low on the horizon, casting a warm, golden glow over the water and sand. In the foreground, a heart is drawn in the sand using a dark, textured material like seaweed or a stick. The beach is scattered with small, colorful pebbles and shells. In the background, several large, dark rocks are partially submerged in the shallow water. The overall mood is peaceful and inspirational.

THINK POSITIVELY
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
WORRY LESS
DANCE MORE
LOVE OFTEN
BE HAPPY



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