

Summer 2019

FAM

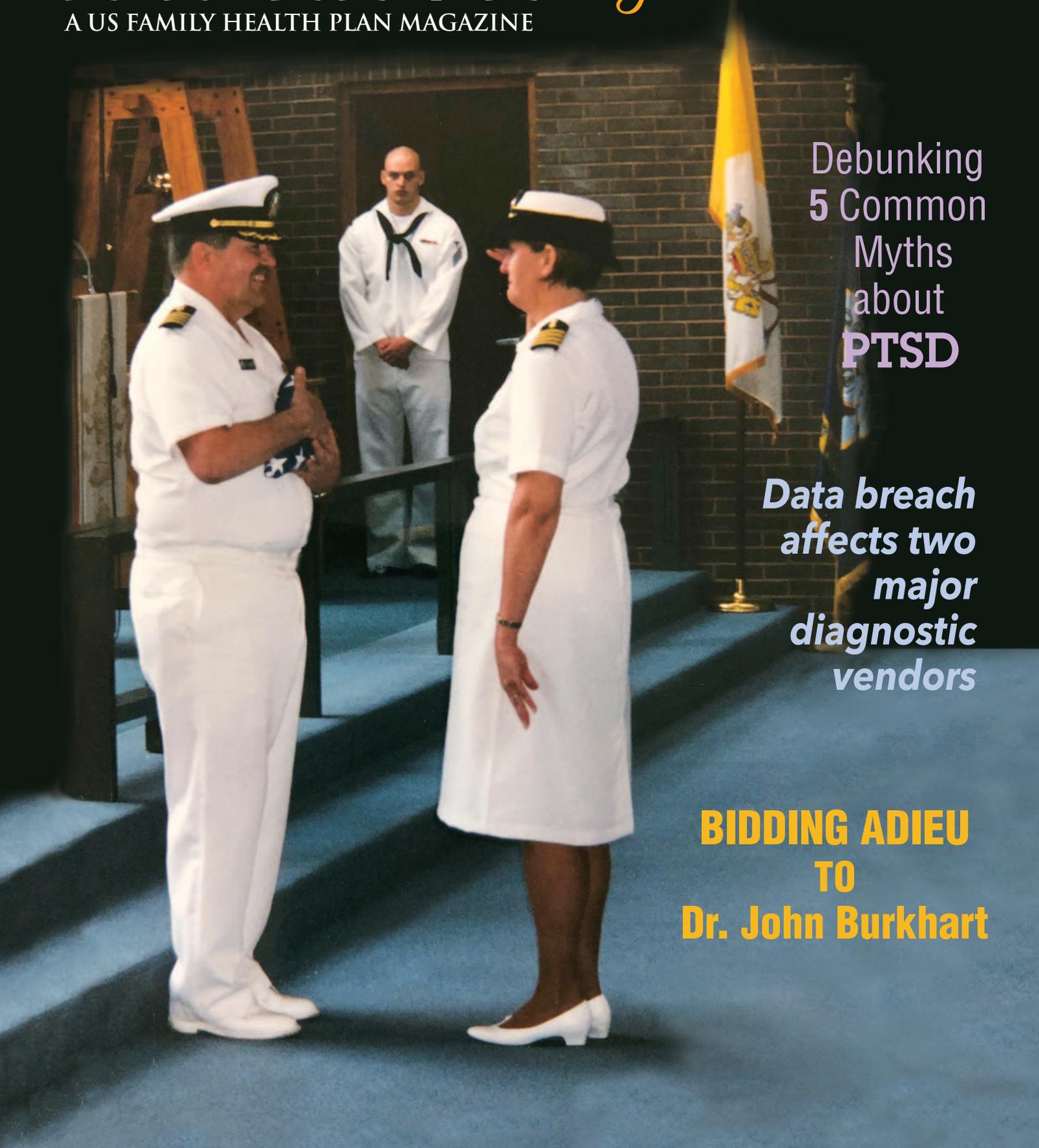
A US FAMILY HEALTH PLAN MAGAZINE

*Is Mindfulness
Good Medicine?*

Debunking
5 Common
Myths
about
PTSD

*Data breach
affects two
major
diagnostic
vendors*

**BIDDING ADIEU
TO
Dr. John Burkhart**



TRICARE® PRIME COVERAGE US FAMILY HEALTH PLAN CARE

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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>.

FAM

A US FAMILY HEALTH PLAN
MAGAZINE

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Dr. John Burkhart is saluted by his wife
Kathi Burkhart at his retirement
from the Navy in 2003.



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From the Executive Director

Hi FAM,

It's hard to believe that we are midway through 2019. Winter and spring seemed to have merged together while hints of summer are teasingly appearing.

The 2018 changes to TRICARE are in full bloom. For the first time in US Family Health Plan history we are required to tell beneficiaries "Sorry" ... you can't enroll now. Understanding how to implement the changes was relatively easy; communicating the changes to potential members has been one of our biggest challenges. Understanding the new language and applying the Qualifying Life Events (QLE) rules are the topic of many internal staff discussions around the office.

Change however is inevitable, and we at US Family Health Plan are experiencing some rather big changes of our own. Dr. Burkhart our Vice President & Chief Medical Officer is retiring this summer. "Dr. B" (as he is affectionately called by staff), worked with USFHP since 2003 after retiring from the Navy with 33 years of service. Each day, Dr. Burkhart orchestrates an intricate system coordinating patient care management, physicians, medical facilities, medical technology and vendors to find ways to improve services to US Family Health Plan members. At the end of the day, while our members experience a high level of satisfaction, Dr. Burkhart is working diligently and quietly behind the scenes to ensure that US Family Health Plan delivers quality and compassionate care. Many of you have either personally met, spoke, or emailed him at some time during your enrollment with us. This is the type of guy he is. Never shying away from the call of duty, whether its fixing a members issue, coordinating a member's care, advocating for a member, or just being an ear... he's there.

With over a decade of service to USFHP I've had countless colleagues. Dr. Burkhart who I call "BURKHART" has worked more closely with me than anyone else. He is the nuts and bolts of this well oiled ship. His passion and commitment to whom we serve will be a hard act to follow. So, while we won't see him running from one side of the floor to another, or chairing one of our many team meetings, we will continue to have his input as an external consultant for key functions in the organization. So this is not a "good-bye" ...but rather a see you later.

Jeff Bloom

Dr. John Burkhart VP, Medical Director Retires from US Family Health Plan



Dr. Burkhart, Mario Amaya, Rhonda Morris at the Sister of Charity Gala 2017

SALUTE, WAVE OR STAND TO ACKNOWLEDGE DR. JOHN BURKHART, Captain, Medical Corps, USN retired, Vice President/Medical Director at US Family Health Plan. I was greeted by Dr. Burkhart

0700 this morning with an infectious smile and burst of energy for this interview. Surely, Dr. Burkhart is not in a retiring mode. According to him, "I am retiring from full-time duties; however, I will continue my work part-time as a consultant." This is not the first time that Dr. Burkhart retired; he served 30 years on active duty in the Navy, retiring in 2003 after a total of 33 years in the service. "I became the Medical Director in 2003 at US Family Health Plan," he recalls which

allowed me to continue caring for U.S. military beneficiaries. He hails with years of experience as a pediatrics practitioner and medical administrator serving in Maryland, Virginia, Washington, Florida, Italy, and England, just to name a few stops during his career.



Dr. Burkhart is a family man, married to Kathi, a retired Navy nurse, residing in New Jersey. He has four children and five grandchildren. The three oldest with his former wife, also a Navy pediatrician, and his



youngest daughter 22 years young who just graduated from college. In fact, he comes from a family of college graduates that dates back to his parents. All of his children are college graduates; however, none followed his example to join the

military. He smiles and boasts happily that on July 4 everyone gets together, his current and former wife and all the children and grands. It is one of his best family events. He is so proud of them all.

As the VP/Medical Director of US Family Health Plan, I was curious to know if he also uses the plan. He simply smiled saying he loved working at US Family Health Plan and enjoyed the benefits of the plan. He actually joined US Family Health Plan in 2003 as a member once he

retired from the Navy. He likes the plan because its small size allows a personal touch, it has a broad network of specialists where he lives in New Jersey, and the operational rules are simple. Dr. Burkhart, as the medical director, is responsible for the health of all members in the plan.

In a few months, Dr. John Burkhart will transition from full time to part time service, but not before he spends time showing his replacement the ropes. "I enjoy working with the staff and the people, providing services to retired and active military personnel!" In his free time, he enjoys reading action-fiction, historical books, gardening and going to the gym.

He is a proud man, great father, pediatrician and leader. Thank you for your service in the Navy and at US Family Health Plan, so many have benefited from your work.

Dr. Natalie Davis Richardson
Contributor

FITNESS CORNER

By Jason Prosser



Have you ever wondered what it would be like to do a 5k or maybe even a marathon?

If you have and just didn't know where or how to start, this is for you. Across the globe, seasoned runners get out and sign up for races of their choosing. Some do short distances like a 5K and some do long distances like marathons. They strive for new records, good competition and some just do it for the free snacks at the end of the race.

The first question you may ask is, where do I start?

You first need to know your own physical abilities and limitations before you get too excited and go sign up for your first race. A 5k is 3.11 miles and a great place for anyone looking to start races. If a 5k sounds like a long run and you aren't looking to compete, don't worry, there are plenty of races for walkers and beginning runners that are more for fun than competition.

The running community is filled with people happy to advise, motivate and inspire you to cross the finish line.

Some races are for charities, some are for the community and some are just for fun. Yes, people dress up in costume on occasion and you may get passed up by a man wearing a tutu and a hat with a propeller.

Don't worry though, costumes aren't mandatory.

So, if not a costume, what do you wear? Be comfortable, not pajama comfortable (even though I have seen that too) but clothing that won't chafe or rub you wrong. If this is your first 5K you want to see how your body reacts to clothing during the 3 miles. Tight or loose clothing really depends on the individual. Also, a good pair of running shoes is highly recommended. Proper footwear is great for injury prevention and any consistent runner will tell you it is the most important part of running. If you decide to rush out and buy new shoes after reading this, make sure you break them in first. There is nothing worse than getting hurt on your first race.

The only thing that may be worse than getting hurt is being hungry while running. No one likes running on empty. Food intake is different for everyone though. You need to listen to your body on this one. A good rule of thumb is, don't eat anything heavy right before a race. A lot of races are in the morning at or around breakfast time. Some recommendations are things like a bagel or a sports bar about 2 hours prior to the race. You need energy to run so try to eat a little something and make sure you are drinking water. Don't worry about carrying the water with you during the race either, you won't be out there that long. Also, a lot of races have water points during and after the race along with healthy snacks when you cross the finish line.

Before you can reach the finish line, make sure you start the race with a proper warm up.

Warming up before the race is very important. You can start an hour before the race or ten minutes prior. It is great for increasing blood flow and waking up the muscles in order to decrease the chance of injury, along with many other benefits. You can warm up several different ways prior to the race. Some recommended ways are walking, jogging, skipping and dynamic stretches like leg swings and lunges. These are all great to loosen the muscles and increase your heart rate for the race. When you walk up to the start line, your blood should be pumping and your heart rate rising.

Another crucial part of the warm up is making sure you run to the restroom and double check your shoe strings. We don't want any accidents while racing to the finish line.

Now that you have the basics for running your first 5k, let's not forget about the most important part: signing up for one. One of the easiest ways to find a 5K near you is running an internet search. You can simply type in "5k near me" and just see what comes up. The internet is inundated with information on running and races so if you feel overwhelmed, you can also go to your local running specialty store and ask them about what races they have in the area. These stores are also great for getting you in the right shoe, if you need help. If you don't have a specialty store near you, you can also try one of the local gyms for information and if you still have no luck, you can be the first to host a 5k and start a positive and healthy trend in your area.

Summer is Here!



The smell of the fiery barbecues, the taste of stone cold ice cream... (Preferably chocolate with rainbow sprinkles), watching the fireworks light up the sky, observing the fireflies flicker in the night, holding hands, making smiles, creating laughter... that's summer.

Keep your summer spiced up and iced up! Don't forget to live in the moment...



- Take a vacation. Go on a day trip with a group of friends, visit the NJ shore, or enjoy a picnic in your favorite park.
- Hop on a Citi bike and ride through Manhattan.
- Try different foods and different clothes and different hairstyles.
- Make sure to visit an aquarium or a zoo... It's all up to you!
- Too hot to travel? Sleep in late or curl up under the AC and read a good book until the sun melts down.
- Try something spontaneous...attend an art or cooking class.
- Or try the new craze HOT YOGA!

Whatever you decide to do or not do, the summer provides the opportunity to be free, you just have to let loose!

And remember stay iced up!



Post-Traumatic Stress Disorder AWARENESS MONTH





For millions of people around the world, the most traumatic events of their lives have never ended. Current U.S. statistics show that over 70% of adults will experience a traumatic event at some point in their lives. This disorder can affect anyone, at any stage in life, and is an extremely important issue that deserves national attention. PTSD is a lingering reminder that turns every day into a potential minefield, with flashbacks and triggers potentially hidden around every corner.

Post-Traumatic Stress Disorder Awareness Month is dedicated to raising awareness about this life-long struggle and the people it affects, and how each of us can help make their lives just a little easier. Post-Traumatic Stress Disorder is nothing new, and has been recognized by psychology practitioners since at least 1952, where it appeared in the DSM-I as a “Gross Stress Reaction”, defined as a “normal personality using established patterns of reaction to deal with overwhelming fear”. Even in these early days, it was recognized that it was a condition that existed within

those who had experienced wartime as well as domestic traumas. It was with the establishment of the DSM-III that it got its current name, in part due to experiences of soldiers during the Vietnam War.

The research involved in this further definition shed some light on the experiences and diagnosis regarding problems facing soldiers and other patients who experienced trauma in former years, including railway spine, battle fatigue, traumatic war neurosis, etc. Sadly there is no way to cure PTSD with present techniques, though there is a growing body of techniques to help manage these conditions, including psychotherapy, exercise therapy, service animals, and more.

Post-Traumatic Stress Disorder Awareness Month works to make the public more aware of this disorder, and to promote research to find further treatments, understand its causes, and determine what sort of preventative measures can be taken to keep it from developing in those who have experienced trauma.

Debunking 5 Common Myths about PTSD

1. Only combat veterans get PTSD.

- True
- False

2. Everyone who is exposed to a traumatic event gets PTSD.

- True
- False

3. People who get PTSD are weak.

- True
- False

4. PTSD isn't a big deal.

- True
- False

5. PTSD is a personal issue.

- True
- False

Answers on page 10



Mindfulness is Good Medicine

Lately we've been reading a lot about the benefits of something called mindfulness. Maybe it's because our lives have grown so hectic in this new digital age where we are constantly bombarded with emails, texts, Facebook messages and phone calls. It's when we feel like we're actually losing our mind, that mindfulness seems more important.

Mindfulness is essentially the act of stilling your mind to momentarily focus on the here and now. It requires suspension of all thought, and is the complete opposite of the frantic, frenzied world we live in. From a health standpoint, it is considered a powerful and healing antidote to information and activity overload that many of us experience in today's world. This overload can easily lead to stress, anxiety and even depression. Stress can lead to physical ailments. So practicing mindfulness may be one of the most powerful forms of medicine that we have, it's free, and its right at our fingertips.

What are the key benefits of mindfulness?

When we intentionally focus on just the present moment, while suspending any form of thoughts or judgement, we build space from which real life solutions arise. When we realize that the present moment is the only real moment we have, we stop worrying about the past and the future, and begin to create solutions that can have a real positive impact on our lives. If we fail to make time for these important small moments, we can rush frantically through life overlooking some of the valuable thoughts and solutions that are right inside of us.

On a physical level, mindfulness meditation has also been proven to increase the 'caps' at the end of our genes (called telomerase), which in turn, can reduce cell damage and thereby lengthen our lives. Recent research has also demonstrated that mindfulness bolsters our immune system, to help our bodies better battle conditions like flu or even cancer. Mindfulness helps improve our concentration and reduce ruminative thinking that contributes to the high levels of stress that is so prevalent in our society. Stress and ruminative thinking are not only mental health hazards, but they are, quite often, lay the groundwork for physical disease.

How do we get started?

The best way to start mindfulness techniques is to do your research or even start taking classes in yoga or mindfulness, which are now available almost everywhere. With mindfulness, you are able to interpret your own thoughts, feelings and sensations, with an objective view. When we release judgment and learn to live in the moment, we increase our mental agility. We can also better regulate our emotions and our bodies.

The reactive thinking that we all commonly practices, allows us to fall victim to our immediate thoughts or emotions. This way of thinking is not always in our own best interest. Mindfulness provides a great tool for developing a more thoughtful, self-accepting way of addressing life's problems and it will also help us to build compassion for others. It allows us to take more power and be more strategic in terms of our goals. It can bring us closer to the people we care about and help us to interrupt self-sabotaging patterns we've adopted throughout our lives.

What are the results?

Teaching ourselves to calm down and to be less reactive is a practice made possible through mindfulness techniques. Whether learning to meditate or merely to tune in with ourselves at various times throughout our day, we are enhancing our ability to feel more integrated, more productive and better able to act with integrity.

We improve our ability to focus our attention as we begin to slow the racing thoughts that lead us to engage in self-sabotaging behaviors. We strengthen our resilience and enhance our capacity to experience the joys of everyday life. Mindfulness gives us the permission to slow down and be present, to experience life as we live it and to discover who we really are in the process.

Mindfulness is on the top of everyone's radar today because as we move deeper into this new information age, we are bombarded with more and more things that our mind has to process at once and have the ability to take us out of balance. We need a way to find the peace to be able to reconnect with our true inner selves.

US Family Health Plan believes that health and wellness is holistic. It includes both our physical and mental well-being. Mindfulness appears to be good for both, so we feel it is good medicine.



FAMILY HEALTH





FAM HEALTH

Answers to quiz on page 8 Debunking 5 Common Myths about PTSD

1) False

It's estimated that 7.7 million American adults have PTSD. Many of them are not military personal.

Anyone who has been exposed to a traumatic incident could develop PTSD. Natural disasters, accidents, loss of a loved one, and near-death experiences are just a few of the events that can lead to PTSD.

2) False

People respond to traumatic experiences differently. Not everyone who endures a horrific event will become traumatized.

Some people experience short-term distress following a traumatic event. But, the symptoms resolve within a short period of time.

Other people actually experience posttraumatic growth. Following a tragic event, these individuals find new meaning and purpose in life. Ultimately, they report their lives were made better by a traumatic event.

3) False

PTSD has nothing to do with mental strength. There are risk factors that place some people at a higher risk, but many of those factors are not within a person's control.

Someone who felt helpless during a traumatic event--like an individual who was taken hostage--is at a higher risk than someone who was able to save themselves from a fire.

People who lack social support following a traumatic event are at a higher risk as well. Those who have a history of depression may also be more likely to develop PTSD.

4) False

People with PTSD aren't just being overly dramatic and they're not simply seeking attention. Their symptoms can be debilitating.

People with PTSD often experience higher rates of divorce and unemployment. They're also at a higher risk of depression and suicide.

Many people with PTSD self-medicate with drugs and alcohol. They are at a higher risk of developing serious substance abuse problems.

5) False

Like other mental health issues, PTSD can take a serious toll on an individual's ability to perform his job. Reduced productivity, increased absences, and difficulty staying engaged with the job are just a few of the problems employees may experience.

In-service trainings and open conversations about mental health issues like PTSD can help employees recognize the issue. Additionally, it can reduce the stigma and encourage people with PTSD to seek treatment.





Did you know?

Candida auris (also called *C. auris*) is a fungus that causes serious infections. Patients with *C. auris* infection, their family members and other close contacts, public health officials, laboratory staff, and healthcare personnel can all help stop it from spreading.

How do I know if I have a *Candida auris* infection?

The most common symptoms of invasive *Candida* infection are fever and chills that don't improve after antibiotic treatment for a suspected bacterial infection. Only a laboratory test can diagnose *C. auris* infection. Talk to your healthcare provider if you believe you have a fungal or healthcare-associated infection.

Stopping the spread of *Candida auris*:

Family members and other close contacts of patients with *C. auris*

Clean your hands with hand sanitizer or soap and water before and after touching a patient with *C. auris* or equipment in his or her room.

Remind healthcare personnel to clean their hands.

Adapted from *Frequently Asked Questions about Screening Tests for Candida auris* from the Centers for Disease Control and Prevention. For more information, please see attached CDC *Candida auris* fact sheet, also available here: www.cdc.gov/fungal/diseases/candidiasis/pdf/Candida_auris_508.pdf

Health Update CORNER

Candida auris Screening Information for Patients/Residents and Families

What else should I know if I do carry this germ?

If you receive medical care at a healthcare facility such as a hospital or nursing home in the future, be sure to let your healthcare providers know about the results so that they can make the best treatment decisions for you and take steps to prevent the germ from spreading to others.

Where can I get additional information?

Please go to the CDC webpage about *Candida auris*: <https://www.cdc.gov/fungal/diseases/candidiasis/candida-auris-qanda.html>

Please also go to the NYSDOH webpage about *Candida auris*: https://www.health.ny.gov/diseases/communicable/c_auris/



NURSING UPDATES

TRICARE has updated maternity care benefits for nursing mothers.

US FAMILY HEALTH PLAN IS PROUD TO NOW COVER:

- One manual or standard electric breast pump and operational supplies, per birth event/adoption.
- The pump's replacement supplies for up to 36 months after the birth event.
- Up to **six** individual outpatient breastfeeding counseling sessions per birth event.
- Supplemental Nursing Systems (SNS) when prescribed by a TRICARE-authorized provider (formula/nutrition supplement at the breast to assist in lactation, latch, and proper nutrition).

BANKED DONOR BREAST MILK

US Family Health Plan (TRICARE Prime) now covers **banked donor milk**, when it's medically necessary for infants with certain conditions, when prescribed by a US Family Health Plan provider.

Banked donor milk is available in the U.S. and Canada through human milk banks.

Under USFHP (TRICARE Prime), human milk banks must be accredited by the Human Milk Banking Association of North America (HMBANA)

USFHP (TRICARE Prime) has a **maximum allowable charge** to cover donor milk screening and processing charges.

Your **costs** are based on beneficiary category and provider type.

For additional information call Customer Service (800) 241-4848





LabCorp and Quest Diagnostics were victims of a Data Breach

Two national lab providers (LabCorp and Quest) recently discovered a data breach that “may” affect your personal data. While details are still emerging, LabCorp has confirmed that “no financial information or social security numbers were released”, but that they will be providing identity protection and credit monitoring services for 24 months for those affected.

LabCorp and Quest will be reaching out directly to those affected.

US Family Health Plan places the utmost importance in our member’s security and privacy, so as such, we will continue to monitor this situation. Please continue to watch our newsfeed on our website for more information.

Thank you for being a member of US Family Health Plan, we consider you apart of our “Family”, and look forward to providing you with information on this important matter.

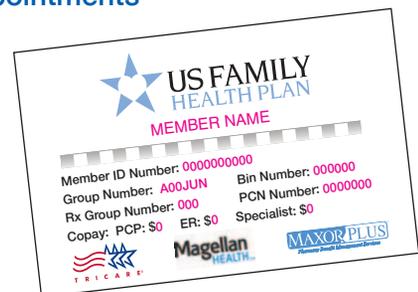
Where is your Member ID Card?



Members...

We cannot stress to you enough about the importance of carrying your US Family Health Plan ID card in your wallet. Your ID card is the gateway to receiving your TRICARE Prime health care services and to avoid being balance billed. The card needs to be presented at ALL health related appointment and interactions:

- Doctor’s Appointments
- Urgent/Emergent Care Appointments
- Specialist Appointments
- Radiology Appointments
- Behavioral Health Appointment
- Pharmacy Pick-ups



Get the picture?

If you have misplaced your ID card; call us to get a replacement **(800) 241-4848**

SPOTLIGHT ON**CAPTAIN LOUIS CAVALIERE**

SALUTE! CAPTAIN LOUIS CAVALIERE Chair of the Board of the Chapel of Four Chaplains in the Navy Yard in Philadelphia, PA. Captain Cavaliere is retired after many years of serving this country from the

Mediterranean to the East Coast. For his distinguished efforts in directing convoys, loading operations and logistics from Atlantic and Gulf ports, he was awarded with the Navy Meritorious Service Medal. Retired, however his work continues as he assists both veterans and civilians.

Currently, he oversees the Chapel of Four Chaplains, a nonprofit organization that honors the brave deed of four U.S. Army Chaplains that gave up their life jackets to others and prayed together when their ship, the U.S.A. T Dorchester was torpedoed February 3, 1943 eighty miles south of Greenland. All of the Chaplains came from different faiths and backgrounds and went down together on that ship.

Captain Cavaliere and the Chapel of Four Chaplains continues to honor the cause of “unity without uniformity” by providing selfless services in the spirit of goodwill. In speaking with the Captain his only request was that I be intentional about mentioning the Chapel of Four Chaplains and provide their contact information so veterans and their families can reach them for assistance, www.Fourchaplains.org, (215) 218-1943. The organization is a nonprofit and assists veterans and their families through four programs; The Legion of Honor Award Program, The Dr. Fred K. Honigman Annual National Student Scholarship, Emergency Chaplain & First Responders Chaplain Program, and The Veterans Outreach Program. The Veterans Outreach Program takes care of military veterans who are seeking a chaplain, or a burial honor guard, or VA benefits, or who struggling with service related injuries that result in substance abuse, homelessness, joblessness and suicidal ideation.

“The majority of people we help, the veteran is not the first person we come in contact with, it’s usually a family member seeking help for a veteran. Giving back is what it is all about.”

In addition, the Captain is involved with the New Jersey Attorney General Task Force – Human Trafficking and works with an advocacy group to stop the sex trafficking of young girls mostly runaways as well as labor trafficking. He is quite busy and very passionate about his work. His wife Denise is also very active, volunteering her services at the church.

The Captain and his wife enjoy the benefits of US Family Health Plan, joining over 10 years ago. He recalls that he was offered Tricare Prime or Tricare Life. He signed up for Tricare Prime as it best suited his needs as it was just

him and his wife as both their sons, Louis and Michael were grown. Louis who is married to Amanda and Michael is married to Meghan. The Captain and his wife love to travel and just returned from a fabulous trip to Italy where they enjoyed food and artwork. They also spend time in Colorado where they travel to see the grands Dominic, Isabel

and Rylee.

Captain Cavaliere gave the US Family Health Plan customer service department Kudos, as he always was able to get whatever information he needed and they



took care of everything for him. He said there is person named Will Acosta, when you mention that name, things get done. Two years ago, he had a knee replacement and the benefits covered everything, nothing out of pocket. The Captain said he was quite surprised, as he did not even have to fill out a claim form. US Health Plan is currently onsite two days a week at the Chapel of Four Chaplains to provide information and assist veterans and their families with

enrollment. According to Captain Cavaliere, “The majority of people we help, the veteran is not the first person we come in contact with, it’s usually a family member seeking help for a veteran. Giving back is what it is all about.”

by Dr. Natalie Davis Richardson

FAM CAM... Out and About

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



Operation Homefront
Baby Shower
Fort Dix, NJ, May 2019



"I hope we get the crib"



Retirement Seminar





Red
Nose
Day



Military Spouse
Appreciation
Day

Someone is
scared of the
Easter Bunny...



JB Housing
Event
with the
Easter Bunny



Pam, Jeff and Jo at the
NJARNG Convention
April 2019

JULY 4th *Patriotic Pops*

Jell-O Pudding Pops

Makes 4 Pudding Pops (double or triple as needed)

INGREDIENTS

- Ice Pop Maker
- Popsicle sticks (the maker above comes with a supply)
- 3.3 oz Instant Jell-O Pudding – White Chocolate Flavor
- Red and Blue food coloring
- 1 1/2 cups of whole milk

DIRECTIONS

Prepare Jell-O by mixing pudding mix with 1 1/2 cups of cold milk. *Note:* This is less milk than the box directions call for. This makes the pudding pops richer and creamier. Divide the pudding into three bowls and add a few drops of food coloring, stir well.

Divide the pudding into plastic baggies and snip off the corners. Use the plastic baggies to fill the mold by piping each layer in individually. Start with red, then white, then finish with blue. Give the mold a few raps on the counter after each color to smooth out the layers.

Freeze for at least 2-3 hours, or overnight. To remove Jell-O Pudding Pops from Popsicle molds, fill sink with hot water and dip bottom of Popsicle mold in the hot water. Remove pudding pops by pulling gently.



A golden sunset over the ocean. The sun is low on the horizon, creating a bright, shimmering path of light across the water. The sky is filled with soft, golden clouds. In the distance, a small silhouette of a lighthouse is visible on the horizon. The overall color palette is warm and monochromatic, dominated by shades of yellow and orange.

HERE
COMES
THE
SUN



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Visit us at www.usfhp.net

We want to hear from you!

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send it to us for consideration at
marketing@svcmcnyc.org