

SPRING 2021

# FAMM

A US FAMILY HEALTH PLAN MAGAZINE

*Honoring  
Staff Sgt.  
Brian Sicknick*

**Jump Start  
Your  
Spring!**

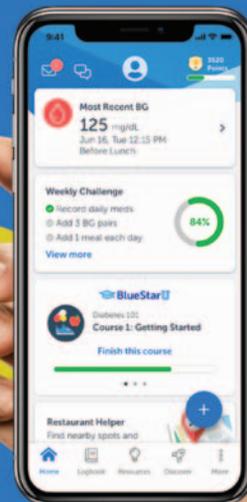
**Are you  
Prediabetic?**

*Salmon and  
Spinach with  
Avocado - Yum!*



# Feel more confident in your health

At no additional cost to you, **US Family Health Plan** and Welldoc have partnered to offer a suite of apps to help you manage your health. Download today!



## Get BlueStar for diabetes

Reach your diabetes health goals through BlueStar's real-time feedback, resources, and reports.

Scan this QR code to download the BlueStar Diabetes app.

You can download the "BlueStar Diabetes" app from the iTunes App Store or Google Play Store. Enter access code: **DM4U** to complete registration.



## Download BPStar for high blood pressure

The blood pressure coach helps you reach your goals with coaching, education, motivation, and accountability.

Scan this QR code to download the BPStar app.

You can download the "BPStar" app from the iTunes App Store or Google Play Store. Enter access code: **BPM4U** to complete registration.



## HFStar supports you with heart failure

This unique app gives real-time heart-healthy coaching and has a symptom tracker.

Scan this QR code to download the HFStar app.

You can download the "HFStar" app from the iTunes App Store or Google Play Store. Enter access code: **HEART4U** to complete registration.



BlueStar is indicated for use by patients aged 18 and older who have type 1 or type 2 diabetes and their health care providers. BlueStar is not intended to replace the care provided by a licensed health care professional. BlueStar should not be used by patients with gestational diabetes or patients using an insulin pump. Contact Welldoc for complete labelling.

BPStar is intended to promote, track, and encourage healthy choices among individuals with existing diagnoses of hypertension (high blood pressure). BPStar is not intended for diagnosis or treatment and does not replace a physician's judgement in any way.

HFStar is intended to promote, track, and encourage healthy choices among individuals with existing diagnoses of heart failure. HFStar is not intended for diagnosis or treatment and does not replace a physician's judgement in any way.



## FAM HEALTH



- 4 How Often Should My Child Get a Routine Checkup?
- 4 Childhood Vaccinations
- 5 Managing Anxiety about the COVID-19 Vaccine
- 6 Myths and Facts about COVID-19 Vaccines



## WELL-BEING



- 8 Jump Start Your Spring!
- 10 Stress and Eating Healthy
- 11 Salmon and Spinach Salad with Avocado Recipe
- 12 Prediabetes Risk Test
- 13 Eye Exams Can Lead to Early Detection of Major Health Concerns



## COMMUNITY



- 2 Words from the Executive Director
- 3 Spotlight on Staff Sgt. Brian Sicknick
- 14 Oral Health Resources
- 14 Leapfrog Recognizes Our Centers of Excellence
- 15 USFHP Creates an Online Education Page for Members
- 15 USFHP has a New Office in New Jersey
- 16 Fitness Corner: How Sweet it is!

## 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 enhanced benefits such as \$0 to low cost eyeglasses, preventative dental services, or gym membership reimbursement... the choice is yours. 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](http://www.usfhp.net) or at <https://www.facebook.com/usfhp.net/timeline>.



A US FAMILY HEALTH PLAN  
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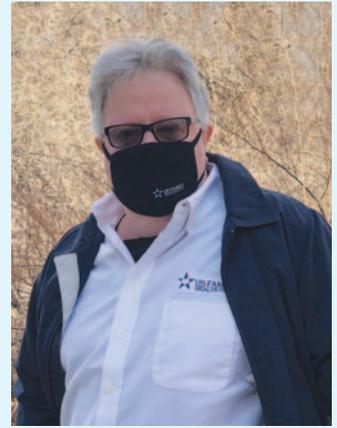


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From the  
**EXECUTIVE  
DIRECTOR**



**Dear FAM,**

COVID-19 struck fast and hard. Most of us had to hit the ground running to accommodate our attitudes and habits as we started working from home. We had no way of knowing at that time that we would be out of the office this long. Initially, we created make shift arrangements in our homes to support working remotely. Days turned into weeks, weeks turned into months, and now we are approaching one year of embracing this “new norm”.

**Collaboration**

The office-to-home evolution has invited colleagues to peer into each other’s personal space outside of the office—a side many colleagues never previously shared. “The landscape of the zoom platform entailed unique experiences—

*“Collaborating remotely is strangely intimate because we’re peering into coworkers’ homes and getting a window into their personal lives”*

from coworkers’ children participating in our conversations—cats walking across keyboards, to receiving grand tours of transformed living spaces into new virtual work arenas . . . I believe we are sharing the diverse sides of ourselves. Our renewed perceptions of each other are more genuine, which has made colleagues feel closer to each other.

We are listening closer to each other on these virtual platforms, we laugh together, share more personally and have developed a greater appreciation for what each of us brings to the table.” shared Rhonda Morris, Director of Marketing/Sales & Communications at US Family Health Plan.

**What have we learned?**

The value of connectivity has increased during the pandemic and network infrastructure has enabled technology solutions such as eHealth, WellDoc, Telehealth, Zoom, Microsoft teams and other platforms to “web a niche” in this challenging environment. The rapid shift to work from home has been a catalyst for next-generation software focused on productivity & collaboration.

**Engagement - What has changed?**

US Family Health Plan is on the forefront of this growing enterprise. Our customer portals, disease management self-guided tools, telehealth platforms, educational webinars are all there to provide members the power to control their health and the delivery of information. “We are still available to talk to members via conventional methods, but expanding how we deliver care to you is aligned with our new environment.”

As we embark on the “new norm” we encourage you to visit our website to find out what we’ve added to enhance your member experience.

*Jeff Bloom*

## SPOTLIGHT ON

## STAFF SGT. BRIAN SICKNICK

## US FAMILY HEALTH PLAN Honors New Jersey's Fallen Hero

The U.S. Capitol Police officer who died from injuries sustained during the Jan. 6 breach of the U.S. Capitol building was an Air National Guard veteran who served two tours in the Middle East spanning about six years of service.

Staff Sgt. Sicknick enlisted in the New Jersey Air National Guard in 1997 as a traditional drilling Guard member. He served as a Fire Team Member and Leader in the 108th Security Force Squadron, 108th Wing, located at Joint Base McGuire-Dix-Lakehurst, N.J.

*"Staff Sgt. Sicknick's commitment to service and to protect his community, state, and nation will never be forgotten"*

- Lt. Col. Barbara Brown



He deployed to Saudi Arabia in 1999 in support of Operation Southern Watch and Kyrgyzstan in 2003 in support of Operation Enduring Freedom. He was honorably discharged in 2003.

"Staff Sgt. Sicknick's commitment to service and to protect his community, state, and nation will never be forgotten," NJ Guard spokeswoman Lt. Col. Barbara Brown said in a statement. "Our condolences and thoughts are with his family, friends, and those who worked with him during his law enforcement career."

The US Family Health Plan staff offer our sincere condolences to the family of Staff Sgt. Sicknick.

*Staff Sgt. Sicknick pictured during deployment to Kyrgyzstan in Operation Enduring Freedom in 2003.*



# How Often Should My Child Get a Routine Checkup?

All children need to have regular well-child check-ups. Good health care helps create a good foundation for growth and development. Regardless of age, well-child check-ups are important for all infants, children and adolescents. Don't take good health for granted. Sometimes a child who appears healthy has a hidden medical problem. Well-child care is important so problems can be found early.

## Well-Child Checkups may include the following:

- Head to toe physical examination
- Developmental Screening
- Vision screening
- Hearing screening
- Blood pressure screening
- Anemia screening
- Urinalysis
- Lead screening, as needed
- Immunizations
- Health education



## Well-Child Checkup Schedule

Your child's health care provider will let you know how often your child should come for well child checkups.

**The American Academy of Pediatrics recommends that children be seen at the following ages:**

### From birth until the first birthday:

- Newborn, 3-5 days, 1 Month, 2 Months, 4 Months, 6 Months, 9 Months & 12 Months

### After the first birthday, until kindergarten:

- 15 Months, 18 Months, 24 Months, 30 Months, 3 Years

### Children and adolescents from 4 to 21 years old

- Need a well child checkup each year

<https://scdhec.gov/health/child-teen-health/early-childhood-health/how-often-should-my-child-get-routine-checkup>

# Childhood Vaccinations

*We have heard a lot about the COVID vaccine, but it's important for your child to have their routine childhood vaccines up-to-date. If you delayed preventive care last year due to COVID, now is the time to make sure your child up-to-date on all of their vaccines.*

## When should my child be vaccinated?

Recommendations about when to have your child vaccinated changes from time to time. You can get a copy of the most current child and adolescent vaccination schedules from the American Academy of Family Physicians and the Centers for Disease Control and Prevention (CDC). Or you can ask your family doctor. Your child usually receives his or her first vaccine soon after they are born.

## Are there any reasons my child should not be vaccinated?

In special situations, children should not be vaccinated. For example, some vaccines shouldn't be given to children who have certain types of cancer or certain diseases. Vaccines should not be given to children who are taking drugs that lower the body's ability to resist infection.

If your child has had a serious reaction to the first shot in a series of shots, talk to your family doctor about the pros and cons of giving your child the rest of the shots in the series.

## Do vaccines have side effects?

Some vaccines may cause mild, temporary side effects. This includes fever, soreness or a lump where the vaccine shot was given. Your family doctor will talk to you about possible side effects with certain vaccines.

Talk to your doctor if you have any questions about whether your child should receive a vaccine.

# Managing Anxiety about the COVID-19 Vaccine



*As the new COVID-19 vaccine is being administered across the country, many people are feeling a mix of emotions. There is hope that the vaccine will normalize life and prove that the vaccine will save lives. There is also anxiety about its potential side effects, long-term effectiveness and availability. For some, the stress and uncertainties caused by the pandemic are being exacerbated by vaccine concerns.*

## Vaccine Safety

Although the two vaccines currently available were rapidly developed, they meet the safety and efficacy standards of the U.S. Food and Drug Administration (FDA). The data from the manufacturers and research from large clinical trials show that the benefits of the vaccines outweigh the risks of side effects and coronavirus infection. There are also other COVID-19 vaccines in development that must meet stringent safety standards before they can be released.

In addition, the Centers for Disease Control (CDC) and FDA have expanded safety monitoring systems to continue to track the possible side effects of vaccines. A new easy-to-use, smartphone-based tool called V-safe enables vaccinated individuals to notify the CDC about any side effects. V-safe also texts reminders to get the second vaccine dose.

## Anxiety about the Vaccine

Anxiety can stem from fears about the vaccine's safety, getting a shot or not having control over when it will be available. Here are tips to help manage it:

- **Stay informed and research credible sources.** There is a lot of misinformation online about vaccinations in general. Follow credible news and information sources. Up-to-date information about the COVID-19 vaccines, side effects and benefits, and answers to frequently asked questions, are available on the CDC website.
- **Follow recommended guidelines to keep yourself safe.** It will take time for the vaccine to be available to anyone who wants it. In the meantime, take precautions to protect yourself and your family by wearing masks, social distancing and washing your hands. Minimize your risk of contracting the virus by following CDC guidelines on travel, gatherings and other virus spreading activities.
- **Make self-care a priority and consistently practice ways to cope with stress.** Anxiety can result from a feeling of lack of control and uncertainty, and the pandemic was the perfect storm of both. Get enough sleep, eat nutritious foods, exercise and take time every day for an activity you enjoy.

Finally, remember that feelings of stress and anxiety during difficult times are normal and will pass. If you find that anxiety continually affects your quality of life and you feel overwhelmed, consider talking to a mental health professional.

**For more information and tips, visit [www.magellanhealthcare.com/covid-19](http://www.magellanhealthcare.com/covid-19).**

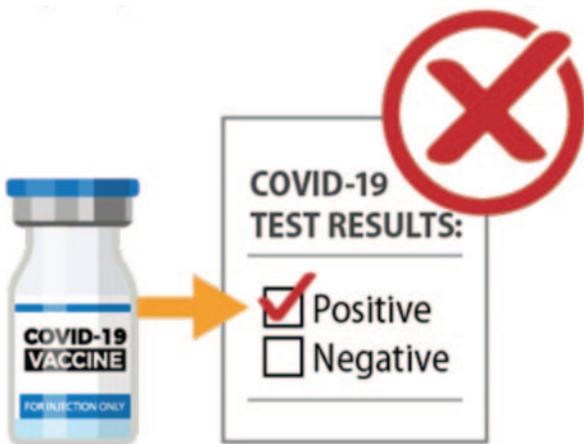
# MYTHS and FACTS about COVID-19 Vaccines

Now that there are authorized and recommended COVID-19 vaccines in the United States, accurate vaccine information is critical. It can be difficult to know which sources of information you can trust. Learn more about finding credible vaccine information. <https://www.cdc.gov/vaccines/vac-gen/evalwebs.htm>



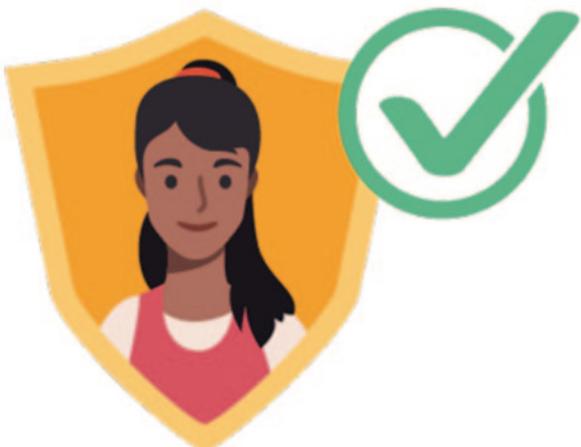
**Can a COVID-19 vaccine make me sick with COVID-19?**

**NO.** None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine **cannot** make you sick with COVID-19



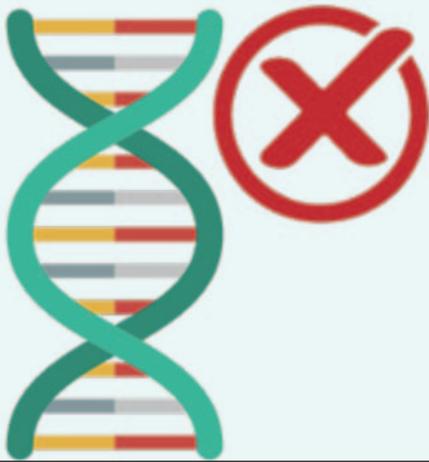
**After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?**

**NO.** Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on viral tests, which are used to see if you have a **current infection.**



**Will a COVID-19 vaccination protect me from getting sick with COVID-19?**

**YES.** COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.



### Will a COVID-19 vaccine alter my DNA?

**NO.** COVID-19 mRNA vaccines do not change or interact with your DNA in any way.



### Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?

**YES.** People who want to get pregnant in the future may receive the COVID-19 vaccine.

### If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?



**YES,** you should be vaccinated regardless of whether you already had COVID-19. That's because experts do not yet know how long you are protected from getting sick again after recovering from COVID-19. Even if you have already recovered from COVID-19, it is possible—although rare—that you could be infected with the virus that causes COVID-19 again. Learn more about why getting vaccinated is a safer way to build protection than getting infected.

If you were treated for COVID-19 with monoclonal antibodies or convalescent plasma, you should wait 90 days before getting a COVID-19 vaccine. Talk to your doctor if you are unsure what treatments you received or if you have more questions about getting a COVID-19 vaccine.

Experts are still learning more about how long vaccines protect against COVID-19 in real-world conditions. CDC will keep the public informed as new evidence becomes available.



# Jump Start Your Spring!

As the old folks like to say, “March comes in like a lion and goes out like a lamb!”. This year, the official start date for spring is Saturday, March 20th. Daylight Savings Time begins even earlier, Sunday, March 14th. Needless to say, spring is literally just around the corner. And remember, those fresh spring days don’t last too long. They melt into summer before you know it. So catch it while you can. Spring is finally in the air so let’s get to planning!

We at US Family Health Plan want to be sure you and your family take advantage of this most beautiful and weather friendly time of year.

# Here are 3 quick tips to help you get a jump start this spring!

## 1. Start a family gardening project.

Now that Jack Frost has moved on his merry way, the ground is getting warmer and showers are on the way. It's the perfect time to start a family garden. Even if you don't have a yard, a small herb garden in the kitchen will do. Just pick out what kinds of fruits, vegetables, flowers or herbs you want to grow. Go to your local gardening center, get your seeds, your soil, your pots and a few small pieces of gardening equipment. Follow the planting directions for each packet of seeds, (and do a little gardening research online or just talk to the folks at the gardening center to make sure you have it right), and get the party started. Before you know it, you will be showing off beautiful flowers, enjoying tasty veggies and fruits, and smelling your collection of aromatic herbs. And who said you didn't have a green thumb?



## 2. Start your outdoor workout routine now.

As the weather begins to break, take advantage of the cooler weather to start your outdoor workout routine. Whether it is walking, jogging, playing tennis or golf, now is the time to start. Catch a couple of track and field matches to motivate yourself. Not only will you enjoy a fresh burst of fitness, you will be swimsuit ready when summer arrives. Now is the time.



## 3. Make yourself a plush outdoor living space.

Want to get creative with your home? Create an outdoor living space in your backyard or even on your terrace. Sure you have a grill, but do you have a living space? That's the real question. Do you have sofas, rugs, plants, lighting, or a fire pit? If not, there is an aspect of living you have yet to explore. Sit down as a family and design your dream outdoor space. Make sure everyone's outdoor space fantasies (within reason) are taken into account. Before you know it, you will have just added an extra room to your place that you can enjoy all spring, summer and fall -- day and night. With or without the kids. Make this your special spring project.





# Stress and Eating Healthy

## Stress is no stranger to us.

We've all experienced stress at one point or another, whether it stems from beating a deadline, taking an exam, worrying about COVID-19 or managing diabetes every day. Everyone has stress from time to time; some people cope with stress in healthy ways, while others turn to less-than-healthy ways, such as emotional or stress eating. If you find yourself frequently turning to food for comfort when times are tough, read on to find ideas to try to help you end emotional eating.

## Stress and diabetes

Everyday life can be stressful enough; managing a chronic condition like diabetes can add another layer of stress. The daily demands of diabetes self-care (taking medication, checking blood sugars, counting carbs, staying active) can actually raise stress levels. Higher stress means higher blood sugars (similar to when you are ill, for example). And those higher blood sugars can lead to more stress. Being under stress can also impact your desire or ability to take care of yourself. How? You might not take your diabetes medication regularly, stop checking your blood sugars, or eat less healthy foods. What happens? Your blood sugars may climb even higher.

## Food as comfort

When you're under stress, it's natural to find ways to deal. Some people binge watch television. Others turn to alcohol or drugs. And still others turn to food. Finding solace in something — anything — is a way to block out and even numb yourself to the stress. Research shows that stress, whether it's physical or emotional, tends to increase the intake of sugary and/or fatty foods. Not many people reach for a celery stick when they're stressed out; instead, they tend to turn to carb foods that may be high in fat, such as ice cream, cookies, cake or potato chips. Why carbs? It's thought that carbs help to combat stress, possibly by raising levels of "feel good" brain chemicals, such as serotonin, dopamine and endorphins.

## Dealing with stress eating head on

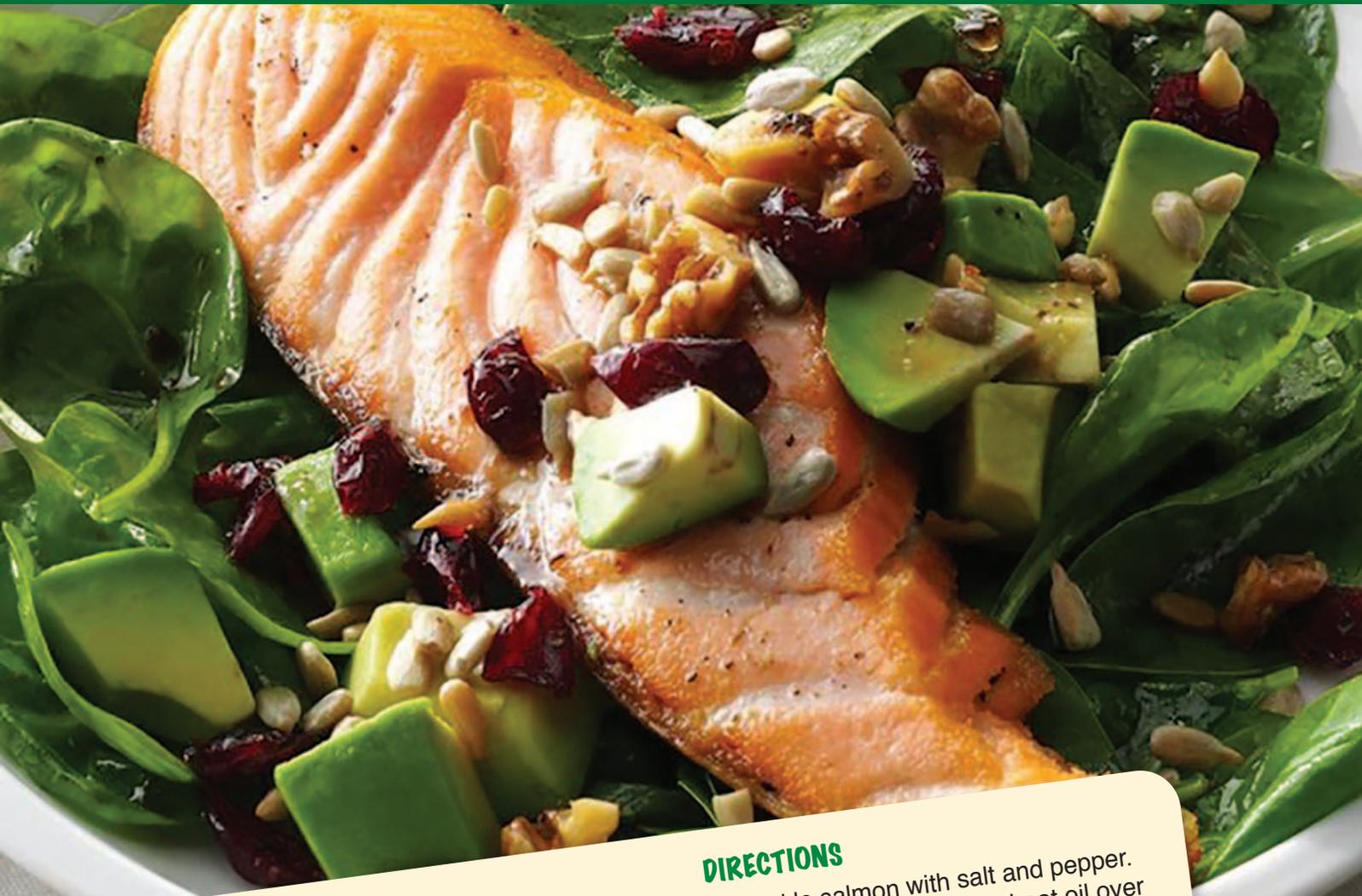
- Figure out your triggers
- Keep a food journal
- Make a list of stress busters
- Hide tempting foods
- Keep healthier choices within reach
- Learn to relax
- Practice mindfulness when eating

## Be nice to yourself

We have a tendency to be hard on ourselves. Feeling guilty, ashamed, or being overly self-critical after a bout of stress eating only leads to more feelings of poor self-worth. If you find yourself in a pattern of self-criticism, try a little self-compassion. Practicing mindfulness can help. You might also try treating yourself as you would a friend or family member in the same situation.

# Salmon and Spinach Salad with Avocado

Eat a power salad packed with salmon and spinach at least once a week.  
It's a cinch to make, even after a hard day's work



## INGREDIENTS

- 2 salmon fillets (4 ounces each)
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon canola oil
- 4 cups fresh baby spinach
- 2 tablespoons balsamic vinaigrette
- 1/2 medium ripe avocado, peeled and cubed
- 2 tablespoons dried cranberries
- 2 tablespoons sunflower kernels or pepitas (salted pumpkin seeds)
- 2 tablespoons chopped walnuts, toasted, optional

## DIRECTIONS

- Sprinkle salmon with salt and pepper. In a large nonstick skillet, heat oil over medium heat. Add fillets, skin side up; cook until fish just begins to flake easily with a fork, 4-5 minutes on each side.
  - In a large bowl, toss spinach with vinaigrette; divide between 2 plates. Place salmon over spinach; top with remaining ingredients.
- Serve immediately.

**Prep/Total Time:** 25 min.

## Nutrition Facts:

1 serving: 386 calories, 27g fat (4g saturated fat), 57mg cholesterol, 614mg sodium, 15g carbohydrate (7g sugars, 5g fiber), 23g protein.

**Diabetic Exchanges:** 3 lean meat, 3 fat, 2 vegetable.

# Prediabetes Risk Test

## 1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

## 2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

## 3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

## 4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

## 5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

## 6. Are you physically active?

- Yes (0 points)
- No (1 point)

## 7. What is your weight category?

(See chart at right)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	<b>1 Point</b>	<b>2 Points</b>	<b>3 Points</b>
	You weigh less than the 1 Point column (0 points)		

Total score:

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

### If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

*If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.*

### You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.





## Eye Exams Can Lead to Early Detection of Major Health Concerns

Some people say the eyes are the window to the soul. Eye care professionals would say they are a window to your overall health. An eye doctor can tell a lot about the health of your body from looking in your eyes, and can even see signs of many serious health issues. Americans are more likely to see their eye care professional for an eye exam than their general healthcare provider for a physical, so eye doctors may be the first health professional to detect several serious conditions.

### Prediabetes

Before developing type 2 diabetes, people almost always have prediabetes. Prediabetes is when a person's blood glucose levels are higher than normal, but not high enough to for a diabetes diagnosis.

Early detection is key, and since blurred vision is one of the first signs of diabetes, your eye doctor may be the first health professional to see

you while you're still in the "pre-diabetic" state – and can take steps to keep the disease from progressing.

### Undiagnosed Diabetes

Of the 29.1 million people in the U.S. with diabetes, 27.8 percent are undiagnosed, according to the CDC. Diabetes is a serious disease that occurs when your body cannot produce enough insulin – resulting in high levels of glucose in the blood.

Blurry vision can be one of the first signs of diabetes, so eye doctors are often the first health professionals to diagnose the disease. However, diabetes can be diagnosed in an eye exam even if no symptoms are noticeable.

People with diabetes should see their eye doctor regularly to keep tabs on eye health issues that can be caused or worsened by the disease, including diabetic retinopathy and cataract. Having diabetes can also make you more susceptible

to damage from UV rays and more sensitive to glare. This makes UV- and glare-blocking lenses, like Transitions lenses, a common recommendation.

Better managing diabetes can lower healthcare costs by a minimum of \$804 per person per year, according to a study published in the *Journal of Managed Care Pharmacy*.<sup>30</sup> Additionally, better managing the disease will help employees avoid extreme productivity issues that could lead to job loss, thereby avoiding the cost of unemployment associated with the disease, as reported in an American Diabetes Association study.

For more information about vision conditions and to learn about their financial impact, it's encouraged to visit Fit Fwd at [davisvision.com/fitfwd](https://davisvision.com/fitfwd). There, you'll find a wealth of materials that can help encourage a spirit of wellness, including calculators and supporting whitepapers.



healthplex.

# Oral Health Resources

## The Preventive Incentive

Your oral health is an essential and integral component of your overall physical and emotional health. Oral health and overall health are more connected than you may realize. If left untreated, even minor dental problems can develop into more serious dental conditions as well as general health problems.

**A growing body of scientific evidence links poor oral health to adverse general health. Infections in the mouth can:**

- Increase risk of heart disease
- Increase risk of premature delivery in pregnant women
- Complicate the control of blood sugar levels for diabetics

**Your mouth is your primary connection to the world. Your mouth:**

- Takes in water and nutrients to sustain life
- Is your primary means of communication
- Is the most visible sign of your mood
- Is a major part of how you appear to others

For our members who choose Healthplex as their enhanced family benefit; we encourage you to schedule regular visits to your dentist. Make this a part of your overall plan for a healthy lifestyle.

**Smile and the world smiles with you!**

## LEAPFROG RECOGNIZES OUR CENTERS OF EXCELLENCE

*The highest performing hospitals on the leapfrog hospital survey are recognized annually with the prestigious Leapfrog Top Hospital Award.*

*US Family Health Plan Is Proud To Recognize Our Hospitals That Made The Grade.*



### TOP GENERAL HOSPITAL

BAYSHORE MEDICAL CENTER #1 in New Jersey

### TOP TEACHING HOSPITALS

ST. BARNABAS MEDICAL GROUP

NYU LANGONE HOSPITALS

NYU WINTHROP



### PANDEMIC HERO AWARD (SPECIAL RECOGNITION)

RWJ BARNABAS HEALTH-PATIENT EXPERIENCE TEAM

*The Leapfrog Group, is an independent national watchdog organization of employers and other purchasers focused on health care safety and quality, is best known for the semiannual grades it gives each hospital in the country.*



## USFHP Creates an online Education Page for Members!

In response to the ever-changing environment USFHP built an education platform for members who need refreshers on various aspects of their benefits with us.

*“The library is in its embryonic stage; it will continuously grow -- adding new content as dictated by your demand,” chimed Darrel Hutchison, Sr. Health Benefit Consultant and architect of the webinar engagement initiative.*

*“As we continue to listen to our customers pain points, we will create specific webinars to address their needs.”*

Visit

<https://usfhp.knockmedia.dev/educational-videos/> to see what we have added:

### Member Refresher Webinar:

- Referrals/Authorizations
- Member Portal Registration
- Claims/Balance Billing

### Understanding HealthPlex-Your Dental Benefit

- Finding a participating Dentist
  - What’s Covered
  - Orthodontic Benefit



Link to Magellan Health COVID 19 Webinars

<https://www.magellanhealthcare.com/covid-19-2/covid-19/webinars/>



## USFHP has a Brand New Office in New Jersey!

US Family Health Plan has a new location to better serve you.

- Request an ID card
- Get Portal registration assistance
- Ask questions about your benefits and lots more...

Members can visit our office located at:

Headquarters, US Army Support Activity Fort Dix Bldg 5418, 2nd floor  
Delaware Ave.  
Joint Base MDL, NJ 08640

**Contact:** Josephine Grey,  
Sr. Health Benefits Consultant  
(347) 501-2308. By appointment only

**CORNER** By Jason Prosser



**HOW SWEET IT IS!**



Jason Prosser,  
Retired US Army /  
US Family Health Plan  
Health Benefit Consultant

I have spent a lot of time talking about fitness in past articles. I spoke on motivation, racing, going back to the gym and more. This article is going to hit the part of living healthy that is hard for so many. Sugar. Too much sugar can lead to an abundance of health concerns. Heart disease, diabetes, obesity and serious dental issues are just a few of those concerns. That doesn't mean you have to stop enjoying all your favorites though. There are a few things you can do to help reduce high sugar intake and get your body into a happier state of wellness.

First, we want to identify one or two things we probably consume too much of. Achieving moderation may be harder for some but easier for others. Being honest with ourselves is what matters most here. Do you have soda every day or dessert with dinner every night or do you stop at the vending machine at work for a candy bar or snack regularly? Knowing where all that sugar is coming from is the easiest way to learn how to cut down on it. Sometimes so called "healthy snacks" are low in fat but high in sugar.

Next, we want to reduce the amount of sugar we are currently consuming. A great place to start is modifying sugar but and not cutting it out completely. Far too often, people try to quit something "cold turkey" and then go right back to it after a short time because they miss it so much. So if you have two sodas a day, try cutting back to just one or if you enjoy a stack of cookies with your milk at bedtime, try having one or two less. It's these little changes that help reduce large amounts of sugar without giving up the things you love completely.

Last, read your food labels. Most of us do our own grocery shopping so it is very simple to just flip over the packaging and see how much sugar is in your everyday foods. Even those low-fat, trendy, so-called health foods may contain a lot of sugar. You might be surprised how much sugar comes in things that you consume daily. A couple examples are bread, yogurt, sauces, cereal, sports drinks and even soups. Food labels can really help you see what you're eating and drinking and open your eyes to a whole new world of what's going in your body.

So, how much sugar is too much? A good rule of thumb is 25-30 grams a day for women and 35-40 for men. Some studies show that Americans consume anywhere from 70-90 grams a day which result in over 20 teaspoons of sugar. That means you might be consuming 2-3 times the amount your body should have. This is an estimate and differs for everyone so I highly recommend that you consult with a nutritionist to get your own numbers. Please remember the goal is happiness through being healthy, so don't feel like you have to give up all the things you enjoy. Just enjoy with moderation. As always, take care and be fit!

**How much Sugar is too much?**

• HELLO •

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