

FALL 2021

FAMM

A US FAMILY HEALTH PLAN MAGAZINE

**Back to
School
SAFETY TIPS**

***The
Battle
IS NOT
Over!***

SPOTLIGHT ON

Senior Master Sergeant (Ret.)

John McCormick, Sr.



**We are all in this
together.**

Get Vaccinated.

www.cdc.gov/coronavirus/2019-ncov/vaccines



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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 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 or at <https://www.facebook.com/usfhp.net/timeline>.



A US FAMILY HEALTH PLAN
MAGAZINE

Rhonda Morris

*Director of Corporate Communications,
Editor in Chief*

Angelo Puleo

Production Director

Carolyn Geida

Art Director

Contributing Writers:

Jason Prosser

Lauren Satterfield

Chamique Williams

Contributing Articles:

Centers for Disease Control and Prevention

magellanhealthcare.com

mayoclinic.org

MedicineNet.com

militaryhealthsystemhealth.mil

nationalbreastcancer.org

Kim Woods

On the Cover:

Senior Master Sergeant (Ret.)

John McCormick, Sr.



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From the EXECUTIVE DIRECTOR

Dear Member,

COVID-19 is a threat like nothing ever faced by modern medicine. Everyone here at US Family Health Plan — from our doctors, practice site administration, to our customer service and tech support specialists, our nurses and administrative staff, are instrumental in keeping you informed, in touch... and above all else... healthy. Every contribution, from treating patients, to keeping the lights on and the floors clean, is absolutely vital to continuing our commitment to provide quality care and service to you “Our Member”.

The stress COVID-19 places on everyone is monumental, and all of us have risen to the occasion. Our team @ USFHP exhibited diligence, innovative thinking and compassion in meeting this challenge. With deepest pride and gratitude I applaud our staff behind the masks who helped us stay afloat during 2020, and are preparing us for what lies ahead.

After this long, arduous period, we will gradually reopen our corporate offices beginning in mid-September 2021. Our fully vaccinated staff will return to ensure the safest environment for their colleagues and our visitors.

Our goal is to collaboratively ensure you feel safe and secure so together, we can navigate the complexities of our “new normal.”

Our office will be open to all vaccinated visitors. You will however need to schedule an appointment before visiting.

We welcome our employees, business associates, and visitors back to 5 Penn!

See you in September,

Jeff Bloom



The Battle IS NOT Over!

Like our enemies in the past, the coronavirus has adapted and we're now dealing with the most transmissible variant yet, Delta. The fight can be won with vaccination. If you're not yet vaccinated against the coronavirus, go get your shot today. Otherwise you're at high risk for severe disease, hospitalization, and death.

Our enemy has modified the ability to attack. The Delta variant of COVID is the new threat and we are still at war. This variant has shown stronger symptoms and increased transmission and contagion among unvaccinated people, especially those in younger age groups.

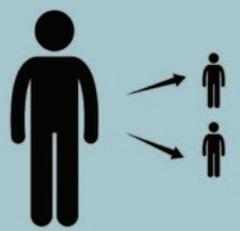
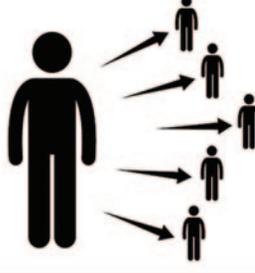
While several battles won will bring us closer to ultimate victory we most repel the counter attacks that come our way.

The Delta variant is a strain of the COVID-19 virus. According to the Centers for Disease Control and Prevention, the Delta variant is more contagious and spreads faster than other variants.

THE NEW ENEMY

ALL PERSONNEL FROM ALL AGES AND ALL BRANCHES OF SERVICE KNOW THIS SIMPLE FACT... A BATTLE WON DOES NOT MEAN THE WAR IS OVER!

The Delta variant is more contagious than previous strains—it may cause more than 2x as many infections

ORIGINAL COVID-19 STRAIN	DELTA VARIANT
	

Vaccines protect you from hospitalization, severe infections, and death

 cdc.gov/coronavirus

CS 322041-AA, 08/02/2021

Unvaccinated people remain at the greatest risk. New cases of COVID-19 and increased hospitalizations are rising among unvaccinated people. The vaccines are safe. None of the COVID-19 vaccines authorized and recommended by the Food and Drug Administration contain the live virus that causes COVID-19. This means you can't get sick with COVID-19 from the vaccine. Even if you're fully vaccinated, you can still spread the virus to others. Protect yourself and others by wearing a mask in public places.

You should continue to:

- Wash your hands.
- Avoid crowds.
- Avoid poorly ventilated spaces.

Get vaccinated to help prevent a new spike of COVID.



BACK TO SCHOOL

MEANS BACK TO THE DOCTOR

Keeping your child healthy is a tough job!

But, well-care visits make it easier to track your child's health & wellness. Back to school time can be a convenient time to schedule routine checkups and immunizations.

Well-child visits are checkups specifically for tracking growth and learning. Your care provider will assess how your child is developing not only physically, but emotionally & socially as well. Other than checkups, school-age children should be seen for significant weight change, fever higher than 102 degrees, breathing problems, skin irritations, or changes in behavior.

What can you expect at an appointment?

- Physical exam
- Height & weight measurements
- Vaccines or immunizations
- Hearing & vision screenings
- Screenings for other potential health risks

What can you expect from USFHP?

We believe the most important part of healthcare is maintaining good health, especially when it comes to your family. With USFHP, families are covered for ailments from the common cold to more severe conditions and emergency treatment. We've developed incentive programs that give rewards to our members for meeting certain health goals. Visit usfhp.net/members to hear more about the benefits you have as a USFHP member or call 800-241-4848 and say "I want to hear more about...?"

SAFETY TIPS

FOR RETURNING TO SCHOOL DURING COVID-19

Returning to school has taken on new meaning and a new set of worries for parents and other caregivers during the age of coronavirus disease 2019 (COVID-19). Schools must now balance the educational, social and emotional needs of their students along with the health and safety of students and staff in the midst of the evolving COVID-19 pandemic.

The decision on what school and learning looks like is usually made on the local level by school boards and government officials. Overall, schools largely choose from one of three options:

Distance learning. All instruction is done remotely in this model using technology and other tools.

In-person schooling. This model is similar to traditional schooling with enhanced health and safety precautions and procedures.

Hybrid schooling. This model includes elements of both distance and in-person schooling.

Schools may adopt one or more approaches during the course of the school year and pandemic. Being prepared for a variety of schooling environments can empower you and your child and reduce anxiety. In each case, there are steps you can take to reduce the risks of COVID-19, help your child feel safe and make informed decisions during the COVID-19 pandemic.

Get vaccinated

The U.S. Food and Drug Administration (FDA) has given the Pfizer-BioNTech COVID-19 vaccine emergency use authorization for children ages 12 through 15. The Pfizer-BioNTech COVID-19 vaccine requires two injections given 21 days apart. The second dose can be given up to six weeks after the first dose, if needed.

Practice safe distancing

Social distancing, or physical distancing, is the practice of allowing enough space between individuals to reduce the spread of disease. During the COVID-19 pandemic, the U.S. Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) recommend keeping at least 6 feet (2 meters) of space between yourself and people outside your household to meet these goals.

Be proactive in your school PTA organization. The voice and concerns of parents are important; especially in helping to create a safer environment for our children. Suggest your school adopt some or all of these steps to encourage social distancing during in person schooling:

- Eliminating lockers or grouping them by student groups, or cohorts
- Creating one-way traffic in school hallways



- Using outdoor spaces when possible for instruction, meals and recess
- Reducing the number of children on school buses
- Spacing desks out and having them all face in the same direction
- Using physical barriers, such as plexiglass shields and partitions, to separate educators and students
- Dividing students up into distinct groups or cohorts that stay together during the school day and reducing interaction between different groups

Wear a mask

The CDC and WHO recommend wearing face mask in indoor public spaces and outdoors where there is a high risk of COVID-19 transmission, such as at a crowded event, and schools are no exception. This advice is based on data showing that people with COVID-19 can transmit the virus before realizing that they have it.

Washy Washy – Keep Hands Clean

Practice hand-washing at home with your child and explain why it's important to wash his or her hands with soap and water for at least 20 seconds, especially before and after eating, coughing/sneezing, or adjusting a face mask. To avoid a rush job, encourage children to sing the Happy Birthday song twice. This will ensure hands are cleaned properly while children delight in singing one of their favorite tunes.

Clean and disinfect

Whether your child is being schooled at home or at school, cleaning and disinfecting frequently touched surfaces can help reduce the risk of illness. This includes frequently touched items such as doorknobs, faucets, keyboards, tablets and phones.

Lastly, keep your children home if they are sick. COVID signs and cold symptoms are very similar, stay home...rather be safe than sorry.

October is breast cancer awareness

month – a perfect time to learn about the prevention, risk factors, and screening methods. Breast cancer affects many people. Aside from skin cancer, breast cancer is the most common cancer among American women. Most cases of breast cancer are found in women over the age of 50, but younger women are also affected by breast cancer. About 11% of new cases of breast cancer are found in women younger than 45 years of age. Very rarely, breast cancer is also found in men.

The earlier breast cancer is identified, the better chance a person has at beating it. The good news is that there are several kinds of screening tests available for the early detection of breast cancer. The American Cancer Society (ACS) recommends women start getting yearly **mammograms** (an x-ray of the breast) starting at age 40 and continue doing so long as they remain in good health. Regular mammograms are the best tests doctors have to find breast cancer early – sometimes up to three years before it can be felt. Mammograms are a covered TRICARE benefit with \$0 co-pay.



The ACS also recommends that, starting at age 40, women have regular **clinical breast exams (CBE)**. Women who are in their 20's and 30's are recommended to get a CBE about every three years. **Breast self-exams** are also an option for women starting in their 20's. Work with your primary care provider to decide which screening tests to have and how often. Recommendations may vary depending on age, lifestyle factors, family, and individual health history.

Five factors that can increase your risk for breast cancer

AGING

Your risk of developing breast cancer increases as you get older. About 1 out of 8 invasive breast cancers are found in women younger than 45, while about 2 of 3 invasive breast cancers are found in women age 55 or older.

GENETIC RISK FACTORS

About 5% to 10% of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects (called mutations) inherited from a parent.

FAMILY HISTORY OF BREAST CANCER

Breast cancer risk is higher among women whose close blood relatives have this disease.

RACE AND ETHNICITY

Overall, white women are slightly more likely to develop breast cancer than are African-American women, but African-American women are more likely to die of this cancer.

MENSTRUAL PERIODS

Women who have had more menstrual cycles because they started menstruating early (before age 12) and/or went through menopause later (after age 55) have a slightly higher risk of breast cancer. The increase in risk

may be due to a longer lifetime exposure to the hormones estrogen and progesterone.

Simply being a woman is the main risk factor for developing breast cancer. **Men can develop breast cancer**, but this disease is about 100 times more

common among women than men.

What You Need to Do!

- Call your PCP/OB/GYN to schedule an appointment for a clinical breast exam. Your doctor will issue you a prescription to schedule a mammogram screening.
- Choose an in network radiology facility; for assistance in locating a convenient facility visit our website <http://usfhp.net/find-a-provider/>. You also may use any hospital outpatient radiology department regardless of participation status.
- Call the radiology facility to schedule your appointment.

Breast cancer often has no symptoms, but there are some risk factors that you should know.

Always discuss preventative healthcare needs with your PCP. He or she will have the most recent preventative screening guidelines to help you determine what screenings are right for you.

FAQs

Get Answers to Frequently Asked Questions about Breast Cancer

- 1) **Is dairy (milk) linked to a higher risk of breast cancer?** There is limited evidence suggesting that higher intakes of dairy milk were associated with greater risk of breast cancer.
- 2) **Is hair dye linked to a higher risk of breast cancer?** This study found that women who use permanent hair dye and chemical hair straighteners have a higher risk of developing breast cancer than women who don't use these products
- 3) **How often should I do a breast self-exam (BSE)?** Give yourself a breast self-exam once a month. Look for any changes in breast tissue, such as changes in size, feeling a palpable lump, dimpling or puckering of the breast, inversion of the nipple, redness or scaliness of the breast skin, redness or scaliness of the nipple/areola area, or discharge of secretions from the nipple.
- 4) **Can breastfeeding reduce the risk of breast cancer?** Breastfeeding can reduce the risk of developing breast cancer.
- 5) **Can a healthy diet help to prevent breast cancer?** A nutritious, low-fat diet (30 grams or less) with plenty of fruits and green and orange vegetables can help reduce the risk of developing breast cancer. A high-fat diet increases the risk because fat triggers estrogen production that can fuel tumor growth.
- 6) **Can a healthy diet help to prevent breast cancer?** A nutritious, low-fat diet (30 grams or less) with plenty of fruits and green and orange vegetables can help reduce the risk of developing breast cancer. A high-fat diet increases the risk because fat triggers estrogen production that can fuel tumor growth.
- 7) **Can physical activity reduce the risk of breast cancer?** Exercise boosts the immune system and helps you to keep your weight in check. With as little as three hours of exercise per week, or about 30 minutes a day, a woman can begin to lower her risk of breast cancer. This doesn't require going to a gym either. Power walking is more than sufficient!
- 8) **Does smoking cause breast cancer?** Smoking is a confirmed risk factor for many types of cancer. Research has confirmed that smoking is a contributing risk factor for developing breast cancer.
- 9) **Is there a link between oral contraceptives and breast cancer?** There is an increased risk of breast cancer for women who have been using birth control pills for more than five years. However due to the low amount of hormones in birth control pills today, the risk is relatively small.
- 10) **How does menstrual and reproductive history affect breast cancer risks?** Women who began their menstrual cycles before age 12, or have no biological children, or had their first child at 30 or older, or began menopause after 55 are at a higher risk. This means that research has proven that the number of menstrual cycles a woman has over time influences risk.

<https://www.nationalbreastcancer.org/breast-cancer-faqs/>



Sweet Potato Pie



SWEET POTATO PIE

INGREDIENTS

- 1 (9 inch) unbaked pie crust
- 2 cups cooked and mashed sweet potatoes
- 2 tablespoons butter, softened
- 2 eggs, beaten
- 1 cup white sugar
- 1 tablespoon all-purpose flour
- ½ teaspoon salt
- ½ cup buttermilk
- ¼ teaspoon baking soda
- 1 teaspoon vanilla extract

Prep: 20 mins

Cook: 1 hr 10 min

Servings: 8

Yield: 1-9 inch pie

DIRECTIONS

Step 1

Preheat oven to 350 degrees F (175 degrees C).

Step 2

Mix together mashed sweet potatoes, butter or margarine, and eggs. In a separate bowl, mix together sugar, flour, and salt. Mix in spices if desired. Add to sweet potato mixture and stir well.

Step 3

Mix together buttermilk and baking soda. Add to sweet potato mixture and stir well. Mix in vanilla extract. Pour filling into pastry shell.

Step 4

Bake in preheated oven for 70 minutes, until set in center.

The Sweet Potato Pie is a southern tradition that is a thick, creamy and not-too-sweet desert. Recipe is very simple and quick to make. You can add various spices like cinnamon, ginger or nutmeg to sugar mixture to add a little spicy flavor.

SPOTLIGHT ON JOHN McCORMICK, SR.

With a commitment to service, family, and community, John McCormick, Sr. is a well-decorated veteran with 29 years of service in the armed forces. Growing up in a working class family, he is no stranger to hard work. After years of being the neighborhood paperboy and then working in the grocery store, McCormick began his service to the country at the young age of 17. Too young to enlist into the Navy McCormick briefly served in the Brooklyn Navy Reserve. Months later he left to pursue a career with the US Marine Corps in 1950 and was

Master Sergeant for the 514th Weapon Security Flight; Served in the Air Force, Marine Corps, and Navy Reserve; 29 years of service

stationed at Parris Island. He held various jobs including working in the Brooklyn Navy Yard Prison and security in the Marine barracks at Naval Air Station, Barbers Point, in Hawaii. McCormick was honored to become the manager of the baseball field and basketball team at Marine Corps Base Quantico. With many accomplishments under his belt, he was invited to join the Okinawa Engineering Group of the 3rd Marine Expeditionary Unit in South Korea. He completed his service as a Senior Master Sergeant and retired from the Marine Corps in 1960.

Years after retiring, McCormick returned to New York and became a policeman serving the community of Harlem. He expressed that, *“Those [black] neighborhoods were the same as [my white neighborhood]. Parents went to work to pay the bills and feed the family, same as mine. I learned a lot from the people of Harlem, lessons I shared with my family.”* During his 24 years stint for the New York Police Department and shortly after the ending of the Vietnam War in 1975, McCormick answered the call to serve his country again. With enlistment numbers down, the NYPD allowed employees to serve in the Air Force Reserve. Stationed at McGuire Air Force Base at 43 years old, McCormick said, “The Air

Force made me look toward the future.” He was attracted to the availability of high rank occupations. One such role was ‘Head of Training,’ which landed him an outstanding first inspection and promotion to Staff Sergeant in 1978 and Tech Sergeant the following year. Shortly after, he became Master Sergeant for the 514th Weapon Security Flight. He worked diligently with Lt. Thomas Smith to enhance performance and efficiency, making it a Class A Unit. He finished his last nine years of service in Operation Desert Storm, where he retired the day before turning 60. He celebrated his 89th birthday and induction into the New York State Veterans Hall of Fame on May 2021.

McCormick and his wife of 61 years, Dorothy, reside in Deer Park, New York. They have four incredible children, John Jr., Dedra, Bridget, and Rory. Growing up with eight siblings in the 1930s, he learned at a very young age to work hard because there wasn’t easy access to money. He instilled the same work ethic into his children. “We’re all hard workers,” he stated. His son is also a retired veteran of the Air Force.

When mentioning the US Family Health Plan, McCormick remembers the exact day he signed up. He insists that they’re the top organization when it comes to healthcare, excellent customer service and a personalized approach. “Anytime you would call them for an appointment, you’d get it. You need medicine, you’d get it said McCormick whose wife now battles Alzheimer’s disease. He gravitates toward USFHP because the doctors and staff are so friendly and provide an intimate experience. His service picture hangs on their wall at the office at Mitchel Field, one small gesture to honor his legacy. US Family Health Plan commends John McCormick for all of his hard work and triumphs throughout his years of service.



ARE YOU PRE-DIABETIC?

KNOWING CAN MAKE ALL THE DIFFERENCE

More than 1 in 3 American adults, totaling over 88 million people, have prediabetes. According to the CDC as much as 84% of these individuals are unaware of their status. This is problematic because this condition, as its name suggests, can lead to full blown type 2 diabetes.

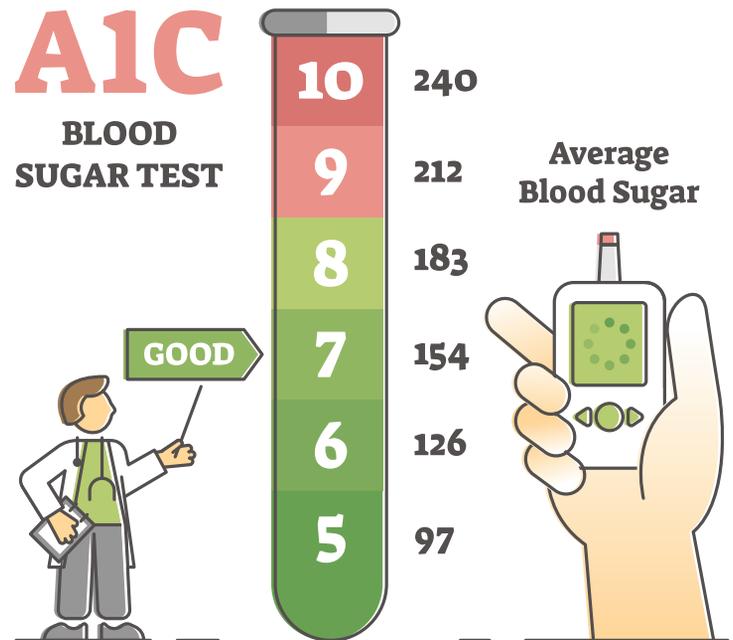
Risk Factors

Men are more likely than women to be living with undiagnosed diabetes. Professionals believe this is the case because men may be less likely to see their doctor regularly. Race and ethnicity can also determine the likelihood. The truth is, there are many risk factors for type 2 diabetes. They can include:

- Family history
- High blood pressure
- Aging
- Inactivity
- Pregnancy (Gestational diabetes can occur during pregnancy)
- A higher Body Mass Index (weight relative to height)

Screening

The **A1C test** is a blood test that provides information about your average levels of blood glucose, also called blood sugar, over the past 3 months. The A1C test can be used to diagnose type 2 diabetes and prediabetes. The A1C test is also the primary test used for diabetes management. It is important that you see your doctor regularly and have screenings done that will keep you aware of your status, especially if you fall into any of the at-risk groups.



USFHP

At USFHP we've developed incentive programs that give rewards to our members for meeting certain health goals.

Visit usfhp.net or call **1-800-241-4848** and we will walk you quickly through the process and help you schedule an appointment with your primary care physician to get you tested right away.

USFHP has partnered with the highly recognized healthcare technology leader, Welldoc, in the design of the award-winning diabetes app, BlueStar. This app makes it easy for you to track your glucose levels, exercise, meals and more by giving you real-time feedback that helps you feel more confident about managing your diabetes. Visit the app store on your smartphone to download the **"BlueStar Diabetes"** app and enter the access code: **DM4U**.

For more information about BlueStar, call 1-888-611-4794.

Living with TYPE 2 DIABETES: A Journey to Wellness

Evelyn Nguyen, 42, believed she was in the best shape of her life. Healthy eating and a regular exercise routine were her top priorities as she served as a Full-Time Support (FTS) Officer in the Navy Reserve Force. One day, while training her crew of Active Duty members, Evelyn felt a headache coming on. Initially it was manageable but as the days went by, she noticed an increase in intensity. From acute to throbbing to severe, the headache eventually became debilitating, forcing her to schedule an urgent visit with her doctor. The doctor recommended a few tests to evaluate her blood glucose levels and ultimately confirmed a diagnosis of type 2 diabetes—a chronic medical condition that prevents the body from effectively using insulin to bring glucose (or sugar) into the cells.

Evelyn's story resonates with many people who are

unexpectedly diagnosed with type 2 diabetes. They are often faced with having to educate themselves on the diagnosis while simultaneously making significant lifestyle changes. With the support of family, friends and a team of USFHP providers, members living with diabetes can feel confident in their journey to wellness. All it takes is willpower and a solid commitment to leveraging the diabetes self-management care and education services provided by USFHP.

USFHP covers supplies such as blood glucose meters and strips and outpatient diabetes training programs. We also provide a customized diabetes care plan that outlines steps you can take daily, every 3-6 months and annually to assure you are receiving the proper nutrition, physical activity, coping techniques, testing and prescribed medications.



Manage Weight
Make sure you are at a healthy weight for your body type. Take special notice to any weight you gain around your midsection.



Exercise
Exercise helps keep a healthy weight and manage stress.

Here are some tips to get you started:

Eat healthy foods. Eat fruits, vegetables, lean meats and plant-based proteins that give you the sources of **nutrition** you need and keep your blood sugar within your target range.

Stay fit. Get at least **150 minutes** of moderate exercise per week. Exercise doesn't have to be vigorous to be effective. Physical activity as simple as walking can produce great results.

Know your numbers. Check your blood sugar levels as directed by your doctor. Keep a record of your numbers to share with your health care team during your next visit.

Medication adherence. Take your medication and the amount prescribed by your doctor, even when you're feeling great.

Keep up with scheduled exams and appointments. Be sure to visit your doctor regularly and follow through with the required A1C tests and dilated eye exams.



Rest
Everyone needs rest, sleep and lack of stress.



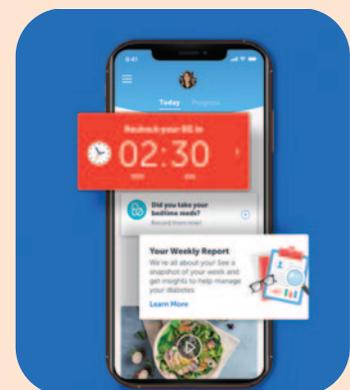
Eat healthy
diet low in saturated fats and sugars in order to maintain a healthy weight and blood sugar level.

We are dedicated to helping our members receive high-quality care and treatment from top providers in your area. Visit usfhp.net or contact us at 1-800-241-4848 to review your **plan benefits** or **locate a provider**.

If you have already been diagnosed with diabetes and need diabetes management support, download the BlueStar Diabetes app by Welldoc, Inc.—an FDA-cleared digital assistant designed to help achieve your diabetes health goals. Get the guidance, education and accountability needed for a successful journey.

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

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



**SIT TIGHT...
YOU ARE
ALRIGHT!**

Open Season is fast approaching. US Family Health Plan members can sit tight, no action required.

Last year during open season many of our members were confused by the information they received regarding open season. If you receive information regarding open season you do not need to do anything. You will continue as a US Family Health Plan member automatically.



**TRICARE
NEWS**

PHILIPS



FDA Announces Recall of Certain Sleep and Respiratory Devices

FALLS CHURCH, Va. – The Food and Drug Administration (FDA) has directed Philips Respironics to recall millions of sleep and respiratory devices following concerns that foam in the devices, which is used to reduce sound and vibration, may break into particles and enter the air hose of the device and be inhaled by the user. In response, the Military Health System (MHS) has notified all TRICARE-authorized durable medical equipment providers of the recall. And it's asking prescribing physicians to help notify patients of the recall and determine if they were issued a medical device on the Philips recall list.

Which devices does the recall affect?

The recall affects certain medical devices that were produced before April 26, 2021. They include:

- **Philips Constant Positive Airway Pressure (CPAP) devices**
- **Bi-Level Airway Pressure (BiPAP) devices**

Health care providers often prescribe these devices for home use to treat sleep apnea. The recall also includes some ventilators. However, military hospitals and clinics have begun taking separate actions to identify and defer use of the recalled ventilators.

What are the possible health risks of the CPAP and BiPAP devices?

The sound-reducing foam found in these medical devices may break into potentially harmful particles. These particles may enter the device's air hose and cause the user to inhale them. If that happens, the user could experience mild to severe symptoms. These symptoms could be an inflammatory response, headache, irritation in the eyes or nose, respiratory issues, or possible toxic effects.

The FDA is closely monitoring reports of adverse health effects. To date, there have been a small number of symptomatic complaints. But there have been no reports of death as a result of these issues.

What should you do if you own a recalled device?

You should check the Philips Respironics patient portal or call 1-877-907-7508 to see if your device is on the recall list. If so, make sure you register your device on the patient portal. Philips Respironics is working towards a solution to replace or repair all affected BiPAP or CPAP devices. Keep in mind, there could be some time before you receive a new device. So, it's important to consider the risks and benefits of continued use of your current device while you wait. Be sure to talk to your provider if you have any concerns about continuing use of your device. Your provider can determine if the benefit of using the device outweighs the risk outlined in the recall.

If you continue to use your Philips device, the MHS recommends that you use it as prescribed. You should also clean it as described in the manufacturer's owner's manual. Don't use products that contain ozone or ultra-violet light to clean, sanitize, or disinfect your device.

Do you have more questions about the recall?

If so, be sure to contact the provider you received the device from. Philips Respironics is working to replace or repair affected devices. **Go to the FDA website or Philips Respironics website to learn more.**

By TRICARE Communications

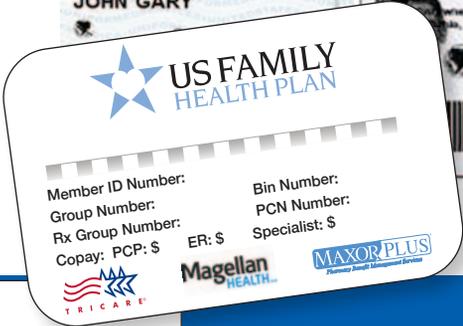
Did you know?

Did you know that your DoD number on the back of your military ID card is actually your member ID # for US Family Health Plan?

It sure is. When you get a chance take a look at the back of your military ID card and compare the DOD number to your US Family Health Plan ID card... Yes they are one and the same.



DoD Number





Sign into your member account

Username

Password

[Sign in](#) [Create account](#)

[Forgot your username or password?](#)

[Locate a Provider](#)

Trouble Logging in?
View the video below on how to register or contact us [here](#)



Within the Portal you will have access to:

- > Plan benefits and summaries
- > View or request a change to your Primary Care Physician (PCP)
- > Print or request an ID card
- > Find a network healthcare provider
- > View your claims
- > Request an update to your address
- > Opt-in to paperless communication

Quick Access Links:

- > To find a Behavioral Health Providers - ["Click Here"](#)
- > To enroll in Mail Order Pharmacy Benefits with MAXOR - ["Click Here"](#)
- > To view your Enhanced Benefits - ["Click Here"](#)
- > To access your Athena Patient Portal - ["Click Here"](#)

Not a USFHP Member?
If you want to learn more about our plan or to become a member, visit us [here](#)

Download our new Member Mobile App!
Download our new app at the links below for easy access to your Member ID card, recent claim information, benefit coverage, and more.



Did you know you have the power to review all claims paid for you on our member portal?

Sure can! The USFHP member portal gives you access to your health related information at the touch of your fingertip!

To register please go to: www.member.usfhp.net

Did you know you can get preventative dental or eyeglasses for \$0 to low cost with your US Family Health Plan membership?

Sure can! US Family Health Plan offers this benefit to all our members.* Call us to find out how. **(800) 241-4848**

** Benefit begins the first of the month following your 90th day of enrollment. Benefit selections apply to full calendar year. TAMP & TYA members default to Davis Vision benefit.*



FAM CAM

Out and About

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



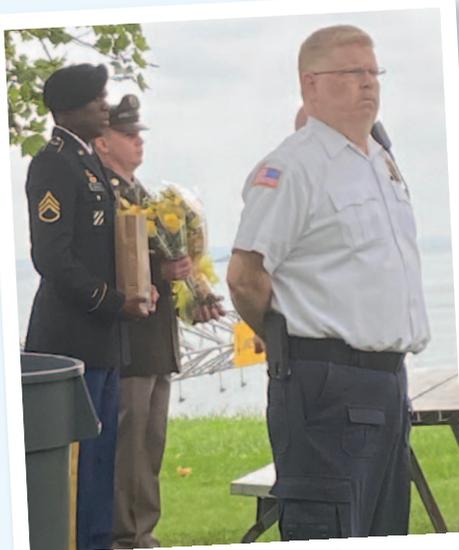
Chapel at Four Chaplains



*Coast Guard Day
Fort Wadsworth 2021*



*Four Chaplains Event -
July 2021*



*Change in Command Ceremony -
Ncf Recruiting Battalion*



Ncf Recruiting Change in Command Ceremony



Col Hou Addresses Attendees at the Leadership Summit 2021



*Pam and Jo
Back to School Brigade 2021*



*Operation Homefront Event @ Horsham
Aug 2021*



*Operation Homefront
Bag Giveaway 2021*



*Operation Homefront Drive Up
Back to School Giveaway*

CORNER By Jason Prosser



Yoga and You

to do poses that only professionals should be doing. Yoga is like any other fitness routine; you don't just jump in and go all out. I will give the example of running. Let's say you don't run often, and you sign up for a sprint. There is a high probability that you will get injured trying to go for an all-out sprint if you aren't running regularly. Yoga is the same. Take it slow and don't try to do it all on the first try...or the second or third. Yoga is a practice; therefore, it takes practice.

The possible benefits to doing this practice are many. So many studies have been done to show how doing yoga can help the body and even the mind. It can help with posture,



Jason Prosser,
Retired US Army /
Fitness Consultant

balance, and flexibility, along with easing and relieving pain associated with arthritis and back pain. It is good with stress management, relaxation, and better sleep. For those struggling with high blood pressure, inflammation and weight problems, yoga can also help. This all may sound to good to be true, but you won't know until you try. The connection between your mind and body is very strong. When you take up yoga, you strengthen that connection and increase your body awareness. This awareness is a very powerful way to improve your overall health and wellness.

I'm not suggesting you give up all other forms of fitness and only do yoga. I recommend taking a few classes with some reputable yoga studios in your area and see if you like any of them. Not only will you be trying something new, but you might even make a few friends or find a community you like being around. One thing I always want to encourage when it comes to trying a new form of fitness is doing what works for you. You may try yoga and love it, or you may hate it. The key here is to open your mind and body to new possibilities and see what happens. Take care and be fit.

The late 90's was the first time I heard about yoga. That's probably because that is the time I left my small farm town in Illinois and joined the Army. I was never one to work out much back then. I worked and went to school as a teenager and never thought too much about diet and exercise. I thought all that was for athletes and Hollywood. Little did I know, fitness would change my life and 20 years later, yoga would be one of the most popular paths to a fit and healthy lifestyle.

The roots of yoga go way, way back to India. I'm not talking about going way back though. I'm talking about the yoga that is now. Today's yoga is a multi-billion-dollar industry with over 6000 yoga studios and tens of thousands of instructors spread across the U.S. Yoga has evolved over the years; the stances and movements are mostly the same but the way it can be taught has changed. You might recall yoga being more religious or even cult like in some ways. You might have even thought that it is only for women. You don't have to subscribe to a belief system to get the positive effects of yoga. Times have changed and yoga is for almost everyone now.

So why did I say, "almost everyone?" I want to give caution to those with injuries and those who try to watch random videos online or try

Yoga can help the body and even the mind



*Summer leaves with
the grace of a swan,
inviting Fall leaves
to enter.*

- R. Morris



**US FAMILY
HEALTH PLAN**

5 Penn Plaza – 9th Floor
New York, NY 10001

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PAID
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Permit #125



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is to tell a friend.**

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For more details call 1(800) 241-4848 opt. 3