

# care @ share

Member Newsletter

**Breast Cancer  
Myths Debunked**

**Four Ways to  
Sleep Better  
with Tinnitus**

**Managing  
Diabetes with  
SilverSneakers**

## Spotlight on Women's Health



# In this Issue...



## Spotlight: Women's Health

Learn about Ovarian Cancer, Osteoporosis, and Heart Health.



## Breast Cancer Myths Debunked

Common breast cancer myths debunked. Learn more about treatment and prevention of breast cancer.



## MDLIVE: Your Telehealth Benefit

Your Care N' Care (HMO/PPO) benefits cover MDLIVE virtual doctor visits. When your primary care physician isn't available use MDLIVE. Get convenient care for minor illnesses and other non-emergency medical conditions-without having to leave your couch.



## Stay Active With SilverSneakers to Help Manage Diabetes

Diabetes affects 14.3 million seniors, and every year there are 1.5 million Americans diagnosed with diabetes.<sup>1</sup> To help bring awareness to this disease, November is National Diabetes Month.



## Prevent Falls with SilverSneakers

Walking, gardening, golfing, exercising and doing chores around the house are great ways to stay active and social. But the fear of falling prevents many seniors from enjoying these and many other healthy activities.



## Four Ways to Sleep Better with Tinnitus

Tinnitus is annoying during the day, but the quiet of your bedroom at night can be exasperating when you're trying to fall asleep. This can lead to a vicious cycle of stress, anxiety, and sleep disturbances.

## Thank You

The Care N' Care team wishes to thank you for being a Care N' Care member and for allowing us the opportunity to care for you throughout the year.

We recently sent you your 2022 member identification card so that you are all set for your health plan coverage next year. If you did not receive your card, please contact us at 877-374-7993 and our customer experience team will gladly send you another one.

We'd like to take this opportunity to update you on some new benefits offered in your plan next year and to remind you of all the benefits your Care N' Care (HMO/PPO) Medicare Advantage plan currently offers:



### Expanded SilverSneakers offering, now with more virtual enrichment activities

- Starting January 1, 2022, you can learn new skills, unlock life experiences and continue life-long learning through SilverSneaker's partnership with GetSetUp. More information to come.



### Over-the-Counter (OTC) benefit to purchase non-prescription items

- Member's receive **\$120 a year** to use on hundreds of OTC items<sup>1</sup>. [Find the OTC catalog on our website.](#)



### Extensive pharmacy benefits



### Comprehensive dental<sup>2</sup>



### Vision coverage at over 4,000 in-network locations



## Southwestern Health Resources



Your satisfaction matters to us, which is why your Customer Experience Team is available 7 days a week to help address any questions you may have about your Care N' Care Medicare Advantage plan. Please call 1-877-374-7993 (TTY 711) for more information.

Thank you again for being a valued member and for allowing us to provide you with the quality care you deserve.

### Questions or Need Assistance?

Contact your Customer Experience Team by phone or email.



Call: 1-877-374-7993 (TTY 711)



Email: [yourteam@cnchealthplan.com](mailto:yourteam@cnchealthplan.com)

October 1 - March 31, 8am to 8pm, CST, seven days a week or April 1 - September 30, 8am to 8pm, CST, Monday through Friday.

<sup>1</sup> \$30 per quarter, benefits do not roll over. <sup>2</sup> Comprehensive Dental only with additional monthly premium for the Optional Supplemental Benefit.

# Women's Health: Just the Facts

## Ovarian Cancer

Approximately 20,000 women are diagnosed with ovarian cancer in the United States each year. Most women who develop ovarian cancer are diagnosed after menopause at age 55 or older. In fact, half of all ovarian cancers are found in women 63 years of age or older.

There are no simple tests to check for ovarian cancer. Pay attention to your body, look for the following signs, and work closely with your provider to monitor your risk of ovarian cancer.

### SIGNS AND SYMPTOMS MAY INCLUDE:

- Bloating
- Pelvic or abdominal (belly) pain
- Trouble eating or feeling full quickly
- Urinary symptoms such as urgency (always feeling like you have to go) or frequency (having to go often)
- Fatigue (extreme tiredness)
- Upset stomach
- Back pain
- Pain during sex
- Constipation
- Abdominal (belly) swelling with weight loss

If you notice any changes that are persistent or severe, talk to your doctor.

## Osteoporosis

Being an older woman puts you at greater risk for osteoporosis.

### ADDITIONAL RISK FACTORS INCLUDE:

- Having a small body frame.
- Ethnicity: caucasian and asian women are at higher risk for osteoporosis.
- Certain medical disorders, such as:
  - Rheumatoid arthritis
  - Type 1 diabetes
  - Premature menopause
  - Anorexia nervosa
- Some medications can cause loss of bone mass. These include:
  - Glucocorticoids
  - Gonadotropin-releasing hormones
  - Some cancer treatments
  - Some anti-seizure drugs
  - Replacement thyroid hormone
  - Antacids with aluminum.
- Family history
- Previous bone fracture
- Sedentary lifestyle
- Poor nutrition

If you have concerns about these risk factors or want to learn ways to prevent or treat bone loss, talk to your doctor. A bone mass density test may be recommended.







# Women's Heart Health

You're watching television and on-screen one of the characters - a middle-aged man - dramatically clutches his chest and drops to the floor. Instantly you think, "he's having a heart attack."

What about this scenario: A woman is complaining of jaw and shoulder pain. She feels nauseous and lightheaded. You may not be thinking "heart attack," but you should be. The signs of a heart attack are different in women, and they're important to know. That's because heart disease is the leading cause of death for both men and women, in the United States and worldwide.

## Learn the Signs

Women of all ages should know the signs of a heart attack. Pain, pressure or discomfort in the chest is a common symptom, but other symptoms may be more severe, such as:

- Neck, jaw, shoulder, upper back or abdominal pain
- Shortness of breath
- Pain in one or both arms
- Nausea or vomiting
- Sweating
- Lightheadedness or dizziness
- Unusual fatigue

## How can you reduce your risk for heart attack and stroke?

You can use healthy lifestyle changes and medicines to reduce your risk of coronary artery disease, heart attack, and stroke.

### Heart-healthy lifestyle

A heart-healthy lifestyle can help reduce your risk of coronary artery disease, heart attack, and stroke. And it can help you manage other problems that raise your risk. These problems include high blood pressure, high cholesterol, and diabetes.

Heart-healthy habits include staying smoke-free, eating heart-healthy foods, exercising regularly, and staying at a healthy weight.

### Medicines

You might take medicines, along with making healthy lifestyle changes, to lower your risk. These may include:

- Medicines to treat other conditions, such as diabetes, high blood pressure, or high cholesterol.
- Aspirin. If you're at high risk of a heart attack or stroke and you're at low risk of bleeding, your doctor might talk to you about taking an aspirin every day to lower your risk. Don't start taking daily aspirin without talking to your doctor first.

# Stay Active with SilverSneakers to Help Manage Diabetes

Diabetes affects 14.3 million seniors, and every year there are 1.5 million Americans diagnosed with diabetes.<sup>1</sup> To help bring awareness to this disease, November is National Diabetes Month.

## What is diabetes?

Our bodies convert much of the food we eat into sugar (glucose) for energy. To use glucose as energy, we need a hormone called insulin. If you've been diagnosed with diabetes, your body either doesn't make enough insulin or is using it incorrectly, causing too much glucose to stay in your blood. This can cause health problems such as heart disease, stroke, kidney disease, eye problems and nerve damage.<sup>2</sup>

## Symptoms and managing diabetes

Symptoms of diabetes may include tiredness, increased hunger or thirst, unexplained weight loss, urinating often or blurred vision. You may also experience skin infections, or heal slowly from cuts and bruises. Symptoms often develop slowly and go unnoticed. Many seniors explain the symptoms as "getting old," so they go ignored.<sup>2</sup> If you experience any of these symptoms, please talk to your doctor about getting tested for diabetes. The good news is that diabetes is manageable.

## What if you have prediabetes?

Your doctor may have said you have prediabetes, a condition where your glucose levels are higher than normal but not high enough to be called diabetes. If so, it's important to treat it to prevent or delay getting type 2 diabetes. According to the American Diabetes Association, "There are simple steps you can take to change things, such as adapting your food choices and increasing your daily physical activity to lose weight, if needed."<sup>3</sup>

## Get and stay active

Exercise can be a key to managing diabetes. You don't have to do a lot – just get moving. Here are a few ways to get started:

- Work with your doctor to determine what level of physical activity is best for you.
- Set fitness goals – having clear goals can help you stay motivated.
- Consider where you'll work out – the gym, in your neighborhood, in a park or at home.

- Include different types of activities – cardio, strength and balance training.
- Start slowly and allow for recovery time.
- Keep track of what you do and stay focused on your goals.
- Always remember to listen to your body.

Your SilverSneakers® lifestyle and fitness benefit, provided by Care N' Care (HMO/PPO) at no additional cost, can help you stay active to better manage diabetes. Many exercises can be done in a seated position so you can stay active at any level.

## Activate your SilverSneakers benefit today

SilverSneakers includes:

- SilverSneakers On-Demand™ online videos for at-home workouts, available 24/7
- SilverSneakers LIVE™ full-length classes and workshops (exercise with others, but from the comfort of your home)
- Memberships to thousands of fitness locations (visit as many as you like)
- Group exercise classes for all abilities
- Instructors trained in senior fitness
- Fun activities outside the gym
- SilverSneakers GO™ mobile app with workout programs, location finder and more

SilverSneakers is more than a fitness program – it's a way of life. Staying active can help you manage your diabetes, so you can keep living the life you want. Go to [SilverSneakers.com](https://www.silver-sneakers.com) to get your SilverSneakers ID number today.

Always talk with your doctor before starting an exercise program.

<sup>1</sup> <https://diabetes.org/resources/statistics/statistics-about-diabetes>

<sup>2</sup> <https://www.nia.nih.gov/health/diabetes-older-people>

<sup>3</sup> <https://www.diabetes.org/diabetes-risk/prediabetes>

<sup>4</sup> <https://diabetes.org/diabetes/type-2>

*Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.*





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**Southwestern Health Resources**

 **Texas Health**  
Resources

**UT Southwestern**  
Medical Center.

  
**SilverSneakers**

*Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.*



# Breast Cancer Myths

## Fact Versus Fiction



### Drinking milk (or dairy) causes breast cancer

*The Truth:*

Several myths persist about the correlation between dairy intake and the increased risk of breast cancer. Over many decades, studies have shown that dairy consumption does not increase the risk of breast cancer.



### Finding a lump in your breast means you have breast cancer

*The Truth:*

Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast or notice any changes in breast tissue, it should never be ignored. It is very important that you see a physician for a clinical breast exam- they can determine if this lump is of concern or not.



### Men do not get breast cancer; it affects women only

*The Truth:*

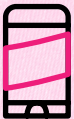
Quite the contrary, each year it is estimated that approximately 2,190 men will be diagnosed with breast cancer and 410 will die. While this percentage is still small, men should also check themselves periodically by doing a breast self-exam while in the shower and reporting any changes to their physicians.



### A mammogram can cause breast cancer to spread

*The Truth:*

A mammogram, or x-ray of the breast, currently remains the gold standard for the early detection of breast cancer. According to the National Cancer Institute, breast compression while getting a mammogram cannot cause cancer to spread.



### Antiperspirants and deodorants cause breast cancer

*The Truth:*

Researchers at the National Cancer Institute (NCI) are not aware of any conclusive evidence linking the use of underarm antiperspirants or deodorants and the subsequent development of breast cancer.



### If you have a family history of breast cancer, you are likely to develop breast cancer, too

*The Truth:*

While women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. Statistically only about 10% of individuals diagnosed with breast cancer have a family history of this disease.



# Breast Cancer FAQs

## 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 mild exercise per week, or about 30 minutes a day, a woman can begin to lower her risk of breast cancer.

## 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.

## Does smoking cause breast cancer?

Smoking is a confirmed risk factor for many types of cancer. Recent research (2012) has confirmed that smoking is a contributing risk factor for developing breast cancer. Additionally, second hand smoke is also a risk factor for cancer. Smoking also directly contributes to heart and other lung diseases, too.

## Are mammograms painful?

Mammography does compress the breasts and can sometimes cause slight discomfort for a very brief period of time. Your doctor may say it is fine to take acetaminophen an hour before the x-ray is performed to prevent discomfort too.

## What kind of impact does stress have on breast cancer?

In 2012, some research studies have shown that factors such as traumatic events and losses can alter immune system functions, and when immune functions are altered cancer cells may have an opportunity to get themselves established within one's body. Identifying ways to keep your stress level in check is wise.

## Time for Your Mammogram?

Mammograms are the best way to find breast cancer early, when it is most treatable. While it is recommended that women begin getting mammograms at age 40, the age to stop mammograms is less clear. Older women with other serious medical issues should discuss the benefits of mammography with their physician.

If you are healthy, you should continue to get a mammogram every one to two years. If you aren't sure when to schedule your next mammogram, talk to your doctor. As a Care N' Care member, routine mammograms are covered with no out of pocket costs.

## Breast Self-Exam (BSE)

Women should select the same day of the month (first of the month for example) and mark it on the calendar to remind herself when to perform this self-exam. What to look for is a change from last month's exam to this month's exam. It is not unusual to have lumpy or bumpy breasts.

All women should know the geography of their own breasts. If having trouble remembering, draw a diagram of where the lumps, bumps, grooves, and other findings are felt so that this can be used as a reminder from month to month. There is no added value in doing breast self-exams more often than monthly.

# Stay Active with SilverSneakers to Help Prevent Falls

Walking, gardening, golfing, exercising and doing chores around the house are great ways to stay active and social. But the fear of falling prevents many seniors from enjoying these and many other healthy activities. If a fear of falling keeps you from enjoying life, here are some tips to help.

## Talk to your doctor

If you've fallen before or are concerned about falls or risk factors that affect your mobility, talk with your doctor. Your doctor can help identify things that may increase your risk of falling like medications, health conditions, vitamin deficiencies, injuries or lifestyle factors. They can watch you walk to determine how steady you are and give you specific nutrition and exercise recommendations.

## Safeguard your home

A fall can happen anywhere, even at home. Help maintain your independence by checking your home for hazards. Install grab bars in the shower and beside the toilet. Use a nonslip mat in the shower. Install handrails on both sides of any staircase, and use them even if you don't think you need to. Clear hallways and pathways of clutter. Pick up loose rugs or obstacles you can trip over. Ensure lighting is bright enough to allow you to see hazards clearly. Use a checklist from the Centers for Disease Control<sup>1</sup> to make your home safe and reduce your risk.

## Stay active.

Regular physical activity can help you improve balance, flexibility, muscle strength and gait, and reduce your risk of falling. Many exercises can be done in a seated position so you can stay active without worrying about falling. Your SilverSneakers® benefit provided by Care N' Care is a good place to start.

## Activate your SilverSneakers benefit today.

SilverSneakers is a lifestyle and fitness benefit designed specifically for seniors. It's included with your Care N' Care plan at no additional cost. SilverSneakers includes:

- SilverSneakers On-Demand™ online workout videos for at-home workouts, available 24/7

- SilverSneakers LIVE™ full-length classes and workshops (exercise with others, but from the comfort of home)
- Memberships to thousands of fitness locations<sup>2</sup> (visit as many as you like)
- Group exercise classes<sup>3</sup> designed for all abilities (including a 12-week Fall Prevention Series, SilverSneakers Stability® class and Balance Builder Workshops)
- Instructors trained in senior fitness
- Fun activities held outside the gym<sup>3</sup>
- SilverSneakers GO™ mobile app with workout programs, location finder and more

SilverSneakers is more than a fitness program – it's a way of life. It may help you build strength and gain confidence so you can continue doing the things you want to do. Don't let a fear of falling keep you from living your best life. Go to [SilverSneakers.com](https://www.silver-sneakers.com) to get your SilverSneakers ID number today.

*Always talk with your doctor before starting an exercise program.*

1. [https://www.cdc.gov/steady/pdf/check\\_for\\_safety\\_brochure-a.pdf](https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf)
2. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
3. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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# Four Ways to Sleep Better with Tinnitus

Chris, a TruHearing® customer, woke up one morning unable to hear out of his right ear. Shortly after that, the constant ringing of tinnitus started—only partially relieved by lying down with a fan right next to his ear.

Tinnitus is the perception of ringing, clicking, or buzzing in one or both ears. It's generally caused by noise-induced or age-related hearing loss, ear injury, or conditions affecting your circulatory system.

Chris and his entire family suffered as a result of his hearing loss and tinnitus. He wasn't his usual happy self with his grandchildren. Neither Chris nor his wife were sleeping well due to the discomfort caused by the ringing. He explains, "my wife wasn't getting any sleep because I'm sitting there rolling around, getting up, pacing the house. It's torture."

Tinnitus is annoying during the day, but the quiet of your bedroom at night can be exasperating when you're trying to fall asleep. This can lead to a vicious cycle of stress, anxiety, and sleep disturbances.

## Tips to Improve Sleep with Tinnitus

- 1. Use sound masking.** Playing background noise—such as nature sounds, a fan, ambient music, or white noise—can help mask the tinnitus and help you fall asleep.
- 2. Practice good sleep hygiene.** Bedtime can be stressful for those with tinnitus due to the anxiety and frustration of struggling to sleep well. Sleep hygiene means creating an optimal environment for better sleep. Examples include blocking out light with an eye mask or heavy curtains, avoiding electronic devices before bed, or doing relaxation

exercises. While sleep hygiene can't fix tinnitus, it can help you create a routine that makes falling and staying asleep a bit easier.

- 3. Treat sleep disorders.** Addressing any underlying sleep disorders will help you sleep better.
- 4. Seek help.** A hearing care provider can give personalized advice and treatment to help you find relief from hearing problems like tinnitus that are interfering with your life and sleep quality.

Chris learned about TruHearing from his insurance company, set up an appointment, and noticed a dramatic difference in his quality of life. He explains:

"I go in there [to my appointment], and they pop in a demo hearing aid for me. And I just burst into tears because that's the first time in months that I didn't hear the ringing. I was so happy to just not hear it anymore. Just to have a break from it. When this first started, I thought my life was slipping through my fingers."

Treating tinnitus can drastically improve your quality of life. If you're having trouble sleeping due to hearing problems, we want to help. As a Care N' Care member, you have access to hearing care through TruHearing. With your benefit, you get up to two hearing aids per year. If you're experiencing hearing difficulty, we hope you'll take advantage of this program. Call TruHearing at 1-888-888-8888 to schedule a hearing exam with a provider in your area.









# Telehealth Benefit: MDLIVE

The quality care you need from the comfort and safety of your home.

## MDLIVE Telehealth Benefits

Your Care N' Care (HMO/PPO) benefits cover MDLIVE virtual doctor visits. When your primary care physician isn't available use MDLIVE. Get convenient care for minor illnesses and other non-emergency medical conditions-without having to leave your couch.



### Use Your Virtual Benefits

- Safe alternative to urgent care clinics
- Avoid waiting room germs and higher costs of urgent care clinics



### Available 24/7

- Talk with a doctor in 15 minutes\* by phone or video, 24/7, even weekends and holidays



### Prescriptions If Needed

- Your provider can send prescriptions to your preferred pharmacy and refill existing medications.

## Talk To An MDLIVE Board Certified Doctor For Help With Many Medical Conditions Including:

- Allergies
  - Back pain
  - Common cold
  - COVID-19 assessment
  - Influenza
  - Pink eye
  - Rash
  - Sinus infection
  - Sore throat
  - Strep throat
- and more, including medication refills!*

Visit [mdlnext.MDLIVE.com/home](https://mdlnext.MDLIVE.com/home) to learn more!

**MDLIVE**<sup>®</sup>

\*Wait times may vary, average is less than 10 minutes. Copyright ©2020 MDLIVE Inc. All Rights Reserved. MDLIVE may not be available in certain states and is subject to state regulations. MDLIVE does not replace the primary care physician, is not an insurance product, and may not be able to substitute for traditional in-person care in every case or for every condition. MDLIVE does not prescribe DEA controlled substances and may not prescribe non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. MDLIVE does not guarantee patients will receive a prescription. Healthcare professionals using the platform have the right to deny care if, based on professional judgment, a case is inappropriate for telehealth or for misuse of services. MDLIVE and the MDLIVE logo are registered trademarks of MDLIVE, Inc. and may not be used without written permission. For complete terms of use visit <https://www.MDLIVE.com/terms-of-use/>. MCR-3495 Care N' Care Insurance is an HMO and PPO plan with a Medicare contract.



# New Providers to Our Network

Our network continues to grow in all specialties. Visit our online provider directory at [cnhealthplan.com/search](http://cnhealthplan.com/search) to locate a doctor that meets your needs. You can also contact your Customer Experience Team for assistance.

## Adult Gerontology

### Acute Care NP

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Brytni Moore

Consultants in Cardiovascular  
Fort Worth

## Anesthesiology-Pain Medicine

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Bowlva Lee

Institute of Spine & Pain Solutions  
Fort Worth

Bryan Skulpoonkitti

Institute of Spine & Pain Solutions  
Fort Worth

## Dermatology

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Megan Wetzel

Texas Skin Surgery Center  
Plano

## Family Medicine

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Eduy James

Cleburne Family Care  
Cleburne

## Hand Surgery

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Alfonso Barragan

Burleson

## Neurology

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Fatoumata Sakho

DFW Neurology  
Fort Worth

## Psychiatry & Neurology

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Farid Din

Neuro Care LLC  
Murphy

## Otolaryngology

---

Ravi Pachigolla

Weatherford

Rupi Pachigolla

Weatherford

## PM & R / Pain Management

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Abhishek Patel

Synovation Medical Group Texas  
Austin





## Grilled Lemonade

For the simple syrup:

- 1 cup sugar
- 1 cup water

1. For the simple syrup, combine 1 cup sugar and 1 cup water in a small saucepan over medium heat. Boil for 5 minutes until sugar is dissolved. Cool completely.
2. Preheat a grill pan or grill until very hot. Oil lightly to prevent any sticking.
3. Halve the lemons and sprinkle with a small amount of sugar. Place cut side down on the grill pan and cook for 2-3 minutes. Remove to a plate until cool to touch. Squeeze the lemon through a strainer while still warm into a measuring cup. You will need 1 full cup of lemon juice.
4. Cut into thick slices another lemon (or two) and sprinkle both sides with sugar. Grill until marks appear, repeat on the other side. Set aside for garnish.
5. Add the lemon juice to a pitcher. Follow with the simple syrup or honey and 4 cups of water.
6. Makes six 8 oz. servings.



## Balsamic & Honey Chicken Skewers

- 1 pound boneless skinless chicken breasts, about 2 breasts
  - 2 tablespoons balsamic vinegar
  - 1 tablespoon extra virgin olive oil
  - 1 clove garlic minced
  - 3 tablespoons honey divided
  - 1 teaspoon fresh rosemary minced, plus more for garnish
  - kosher salt and freshly ground black pepper
1. Gather 3-5 wooden skewers and place in a shallow plate with water for 30 minutes.
  2. Trim the chicken breasts of any extra fat. Cut into 1 inch chunks and set aside.
  3. In a medium size mixing bowl, whisk the balsamic vinegar, extra virgin olive oil, garlic, 1 tablespoon honey and 1 teaspoon rosemary plus a generous pinch of kosher salt and freshly ground black pepper. Add the chunks of chicken breast and refrigerate for 1-2 hours.
  4. Preheat the grill to high. Thread the chunks of chicken onto the wooden skewers.
  5. Reduce the heat to medium-high. Cook the chicken for 3-5 minutes on each side, basting the chicken with the remaining honey. Continue turning until chicken is cooked through, about 10 minutes or until chicken is opaque.
  6. Let sit for 2-3 minutes and serve. Drizzle with more honey and fresh rosemary if you'd like.





# Autumn

L T H A N K F U L C O S T U M E S J  
M E D T H A N K S G I V I N G J W A  
X E A N Q I M A P L E L M K Y C E C  
Y C E F E V M C D O C D S Z E A A K  
C R A N B E R R Y S A U C E G U T O  
D H A L L O W E E N Q C Z C H T E L  
U W T R I C K O R T R E A T Z U R A  
O O E D V N A H W C A N D Y W M Q N  
S T U F F I N G R G M N Z F I N U T  
W I S H B O N E O T U R K E Y U N E  
P U M P K I N P F X Z X L P A G X R  
O Q X A P P L E P I E T R E E S C N

Apple pie  
Autumn  
Candy  
Costume  
Cranberry Sauce  
Halloween

Leaf  
Maple  
Pumpkin  
Stuffing  
Sweater  
Thankful

Thanksgiving  
Trees  
Trick or Treat  
Turkey  
Wishbone

# Stay Connected

## Plan Documents

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### ANYTIME, ANYWHERE!

View and download important plan documents no matter where you are—just by accessing them online anytime. Find plan documents at [www.cnchealthplan.com/our-plans-2021/plan-documents-2021](http://www.cnchealthplan.com/our-plans-2021/plan-documents-2021).

## COVID-19 Updates

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Member COVID-19 Resource Website! <https://www.cnchealthplan.com/members/COVID-19/> We now have in place a new section on our website where we encourage you to turn as your one-stop shop for important information as it relates to the COVID-19.

You also can sign-up for special alerts that will let you know when new information is added to the website.

## Tools and Resources

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Would you like to pay your premium online? Replace your ID card? Look for a provider near you? Use the Care N' Care website to do all that and more at: [www.cnchealthplan.com/member-tools-resources/](http://www.cnchealthplan.com/member-tools-resources/)

## Need A Provider?

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Do you need to find a new doctor or looking for a facility in our network? Visit the Care N' Care website for real-time provider information. The easy to use search tool is available 24/7 at [cnchealthplan.com/search](http://cnchealthplan.com/search).

## Holiday Hours

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**Christmas Day**  
Customer Experience Team  
Department Closed.



**New Year's Day**  
Customer Experience Team  
Department phones open.

## Stay Social

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[@CareNCare](https://www.facebook.com/CareNCare)



[@CareNCareHealth](https://www.instagram.com/CareNCareHealth)



[@CNCHealthPlan](https://twitter.com/CNCHealthPlan)



[Care N' Care Insurance Co. Inc.](https://www.youtube.com/CareN'CareInsuranceCo.Inc)



[Pinterest.com/CareNCareInsuranceCompany](https://Pinterest.com/CareNCareInsuranceCompany)

L T H A N K F U L C O S T U M E S J  
E . T H A N K S G I V I N G . W A  
A . A . M A P L E . . . . .  
C R A N B E R R Y S A U C E . U T O  
H A L L O W E E N . . . . . T E L  
T R I C K O R T R E A T . U R A  
C A N D Y . M . N . . . . .  
S T U F F I N G . . . . . T  
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P U M P K I N . . . . . R  
A P P L E P I E . . . . . N





Insurance Company, Inc.

1603 Lyndon B. Johnson Freeway, Suite 300

Farmers Branch, TX 75234

<<FIRST NAME>> <<LAST NAME>>

<<ADDRESS>>

<<CITY>>, <<STATE>> <<ZIP>>

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Health and wellness or prevention information.



## We're Here for You!

Questions or need assistance? Contact your Customer Experience Team by phone, or email:



Email: [yourteam@cnchealthplan.com](mailto:yourteam@cnchealthplan.com)



Call: 1-877-374-7993 (TTY 711)

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October 1 - March 31, 8am to 8pm, CST, seven days a week or April 1 - September 30,  
8am to 8pm, CST, Monday through Friday.