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2021 Quarter 2

Member Newsletter

**Cataract
Awareness
Month**

**The Link
between
Hearing Loss
and Dementia**

**Stay Social,
Stay Centered**

**Picnic
Recipe
Ideas**

**Blood
Pressure:
The Silent
Killer**



A Spring in Your Step

Learn How Spending Time Outdoors
can Improve your Wellbeing

With spring upon us and summer just around the corner, this issue of Care N' Share places a special emphasis on encouraging our members to enjoy the summer weather...

...to stay active and to work to restore some sense of normality into their lives. Social interaction brings with it a host of mental and physical benefits – and after a year of appropriate social isolation, it's time to get up, get out and get active. Whether that means taking a class at a local senior center or simply enjoying the great outdoors through picnics, fishing or gardening, find that thing that makes you happy and do it!

This time of year also brings with it a host of important monthly observances that strive to heighten awareness of such health issues as high blood pressure, better hearing and speech, safety and cataracts awareness. The articles sprinkled throughout this issue are designed to provide you with greater awareness and understanding on these important topics.

Knowledge is the key to good health. The more you know about these topics the more you can do the things necessary to keep you well...or to better manage any health conditions that you have. For further information on any of these topics or any health concerns, be sure to speak with your Care N' Care physician. If you need a doctor, your Customer Experience Team is always available to help you find the right doctor and answer your questions. This team is committed to going the extra mile to make your experience and interactions with Care N' Care as friendly and helpful as it can be.

Here's wishing you a healthy, happy and wonderful summer...just as life should be.

How Treating Hearing Loss Decreases Risk of Dementia

May is Better Hearing and Speech month—the perfect time to check in on your hearing and discuss the importance of treating hearing loss—not only for your hearing health but your overall health, too. For example, did you know that hearing loss has been linked to several health consequences, including dementia?

Studies have shown that your risk for dementia increases with every 10 dB of hearing loss.¹ A decibel, abbreviated as dB, is a unit that measures sound intensity.

Here are the decibel levels for some everyday sounds:

- 10 dB: normal breathing
- 30 dB: whispering nearby
- 60 dB: normal conversation
- 90 dB: lawn mower
- 120 dB: emergency sirens

The inability to hear even seemingly small sounds can make a huge difference in your risk for memory problems and dementia. A study examined 12 factors (such as education levels, air pollution, and traumatic brain injury) that can increase a person's risk for developing dementia. This study showed that hearing loss was the number one contributor towards an increased risk of dementia.¹

Treating hearing loss can have a significant impact when it comes to preventing or delaying dementia and keeping your mind sharp. Wearing hearing aids has been shown to be the most effective way to protect against dementia for those experiencing hearing loss.¹

Another reason for increased memory problems with hearing loss is that you become less connected to the world around you as you hear fewer and fewer sounds. This disconnect can lead to feelings of loneliness due to difficulty communicating or engaging in social settings, which has also been linked with an increased risk for memory problems and dementia. In fact, loneliness has been associated with a 40% increased risk of dementia.²

Taking action and getting your hearing checked is a great first step towards preventing or delaying the onset of dementia. As a Care N' Care member, you have access to high-quality, low-priced hearing aids through TruHearing®. With your benefit, you get up to two hearing aids per year covered at a low copay.

With May being Better Hearing and Speech month, now's a fantastic time to get your hearing checked. To take advantage of your hearing benefits, schedule a hearing exam with a provider near you by calling TruHearing at 1-855-206-4048.

1 Dementia prevention, intervention, and care: 2020 report of the Lancet Commission Livingston, Gill et al. *The Lancet*, Volume 396, Issue 10248, 413 – 446. Retrieved from [https://doi.org/10.1016/S0140-6736\(20\)30367-6](https://doi.org/10.1016/S0140-6736(20)30367-6)

2 Angelina R Sutin, PhD, Yannick Stephan, PhD, Martina Luchetti, PhD, Antonio Terracciano, PhD, Loneliness and Risk of Dementia, *The Journals of Gerontology: Series B*, Volume 75, Issue 7, September 2020, Pages 1414–1422. Retrieved from <https://doi.org/10.1093/geronb/gby112>

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Tips for Keeping the “Silent Killer” Away

May is National High Blood Pressure Education Month

Did you know that nearly one third of American adults have high blood pressure, but only 47 percent of those have it under control? Or that it is possible to have high blood pressure—also called hypertension—and have no symptoms? And what IS blood pressure, anyway?

In its simplest terms, blood pressure is the force of your blood pushing against the walls of your arteries. Having high blood pressure is a real concern because it can lead to heart disease, stroke, eye disease and kidney failure. It is sometimes called the “Silent Killer” because people often do not know they have it until it results in more serious health issues.

Blood pressure readings consist of two measures: The systolic measure, which gauges the pressure caused by your heart contracting and pumping blood, and the diastolic number, which measures your heart as it relaxes and fills with blood. The reading is given with the systolic number over the diastolic digit, such as 120/80. The American Heart Association and the American College of Cardiology consider high blood pressure to be any readings higher than 130 for the first number and over 80 for the second number.

In older adults especially, it is possible to have the systolic measure be too high and the diastolic number be less than 80. This condition, called isolated systolic hypertension, is caused by age-related stiffening of the major arteries. It is the most common form of high blood pressure in older adults and is sometimes accompanied by lightheadedness, shortness of breath during mild exercise or falls.

Managing high blood pressure

If you are concerned about hypertension, you may use your OTC quarterly benefit to purchase a simple blood pressure monitor and take your readings every day (ideally around the same time of day).

Ways to maintain a healthy blood pressure:



Maintain a healthy weight.



Engage in regular physical activity.



Eat a healthy diet rich in fruits, vegetables, whole grains and low-fat dairy products.



Lower your intake of salt and avoid processed foods, which are high in sodium.



Quit smoking



Limit your alcohol consumption.



Manage stress

Remember, older adults tend to have more health conditions and need to be especially vigilant about maintaining a normal blood pressure. But the good news is, there is much you can do to keep your numbers in the healthy range. As always, if you have questions, be sure to speak candidly with your Care N’ Care physician.



Make health and wellness your top priority.

Celebrate Senior Health & Fitness Month with 3 life-changing habits

Eating a nutrient-rich diet and staying active are two important lifestyle choices that can help you feel your best at any age. It's never too late to replace old, unhealthy habits with new ones so you can feel better and do more of the things you love to do. May is National Senior Health and Fitness Month, making it the perfect time to commit to taking care of yourself – mind, body and spirit.

3 ways you can improve your quality of life, starting today:

1. Make healthy choices at every meal. A nutrient-rich diet can increase your energy, improve cognitive function, help manage weight, and reduce your risk for certain diseases.^{1 2} And remember to stay hydrated by drinking water throughout the day.
2. Get moving. The Centers for Disease Control and Prevention recommend that seniors get at least 150 minutes of moderate aerobic activity a week – about 30 minutes a day, five days a week. A brisk walk, exercise class or bike ride are great options. Even 10 minutes of exercise can deliver health benefits!³
3. Stay connected. Engaging with other people is important to our physical and mental health.⁴ Sometimes social opportunities slow down as we age, but it's important to find ways to connect with others in ways that are enjoyable to you.

Ready to get on board, but not sure where to start? Your SilverSneakers benefit is a great first step. SilverSneakers® is the nation's leading fitness and lifestyle program for seniors, and eligible Care N' Care members get it at no additional cost. SilverSneakers members have access to classes⁴ and workshops on fitness, nutrition and stress management, recipes,

health articles, social opportunities and more. You can participate in person or from the comfort of home. For many members, SilverSneakers is a life-changing decision. Last year, 86 percent of members said SilverSneakers improved their quality of life.⁶ Now it's your turn! Participate in SilverSneakers events online or in person

You can join live SilverSneakers fitness classes from home, or by taking your member ID number to a participating location near you.⁷ Either way, SilverSneakers offers something for members of all fitness levels and abilities. And it's a great way to meet new people.

Join a live class from home by visiting SilverSneakers.com/Live or choose from a library of fitness and nutrition videos at SilverSneakers.com/OnDemand. It's the perfect way to celebrate a healthier new you.

GET STARTED TODAY!

Always talk with your doctor before starting an exercise program.

Sources:

1. National Institutes of Health, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4983622>, Accessed 3/4/2021
2. U.S. National Library of Medicine, <https://medlineplus.gov/nutritionforolderadults.html>, Accessed 3/4/2021
3. American Heart Association, <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>, Accessed 12/2/2020
4. Centers for Disease Control and Prevention, [cdc.gov/features/social-engagement-aging/](https://www.cdc.gov/features/social-engagement-aging/), Accessed 12/2/2020



5. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
6. 2019 SilverSneakers Annual Participant Survey
7. Participating locations (“PL”) are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

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Staying Centered: The Benefits of Being Social

According to the U.S. Census Bureau, 28% of people aged 65 and older live by themselves. When you consider that the coronavirus pandemic required almost all Americans to remain socially distant over the last year, many more seniors report feelings of loneliness and isolation. A study by the Division of Geriatrics at the University of California, San Francisco found that 43% of older adults regularly feel lonely—and that was before the pandemic.

It doesn't have to be that way. Socialization has many benefits for seniors. It has been proven to be one of the most beneficial ways to improve one's mental health. Socialization also enhances cognition, memory recall, and mood. The benefits multiply when that socialization includes such activities as exercise and brain-stimulating games like cards or bingo. A 2019 study in Britain showed that 60-year-olds who visited with friends almost daily were 12% less likely to develop dementia than those who only saw one or two friends every few months.

On the opposite end of the spectrum, the National Institute on Aging has found evidence linking loneliness to heart disease, depression, obesity and more.

So how do you find ways to be social, especially if you have not been in the past? One easy way is to seek out older adults near you. Senior centers offer

many of activities for people of all abilities, most of which are offered free or at a nominal fee. Many have fitness rooms with circuit exercise equipment or pools for those who want to combine exercise with socialization. They also offer bingo, art or educational classes, computer training, and special interest clubs. Potlucks enable you to break bread with other seniors while enjoying a nutritious meal. A round-up of senior center activities also reveals the following:

- Special events, from monthly birthday lunches to art shows and craft fairs.
- Field trips.
- Regular screenings of new or classic movies.
- Tax preparation assistance.
- Health and wellness classes on diabetes, healthy eating, fall prevention and much more.

...43% of adults regularly feel lonely—and that was before the pandemic.

If you are interested in sharing your expertise or giving back to your community, many centers offer volunteer opportunities. If you are interested in extra income, they may also provide employment resources.

Staying social and reaping the benefits is as easy as finding your local senior center and exploring all they have to offer.

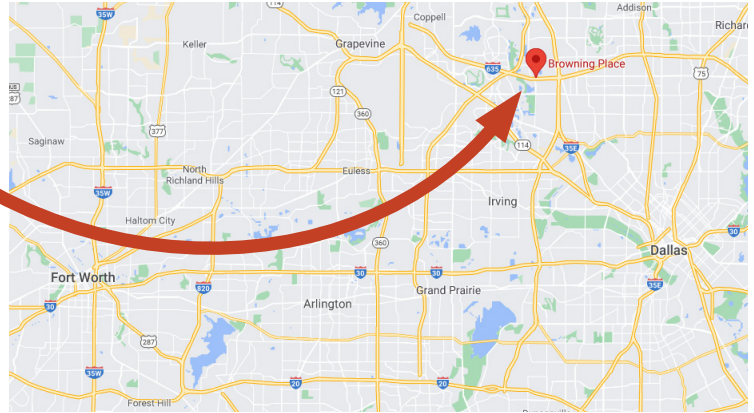
We Are Moving!

August 2021

Our New Location

Browning Place at Mercer Crossing, Third Floor
1603 Lyndon B Johnson Freeway
Farmers Branch

Better Space to Provide Better Service.
Our Contact Details Remain the Same.
More details to come.



Be on the lookout!

**Want to improve the quality of your healthcare?
Let us know how we are doing!**

In the coming months you may be selected to receive one of the following surveys in the mail. These surveys are Your Voice – Your Chance to Speak Up and Be Heard.

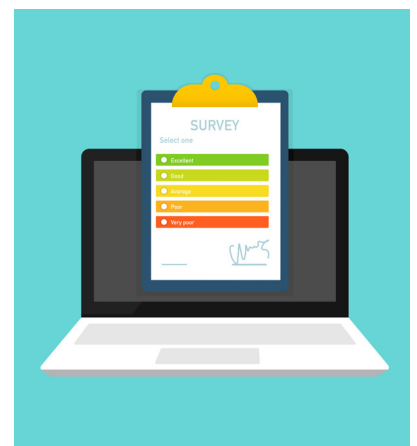
Health Outcomes Survey (HOS)

A multiple choice survey that contains a series of questions about your health.

The Consumer Assessment Of Healthcare Providers And Systems Survey (CAHPS)

A multiple choice survey that contains a series of questions about your member experience.

We encourage you to participate! By completing the survey, you help identify areas for us to improve – tell us what’s working and what’s not so we can get better.





Make the Most of Spring Weather

It's springtime in North Texas! The days are getting longer and warmer, grass is greener, birds are singing, and spring flowers are in full, spectacular bloom. After a long winter indoors – due to cold weather and the pandemic – now is a great time to reap the physical and mental health benefits of spending time outside.

Studies have repeatedly shown that spending time in nature can have a positive effect on mental health, including boosting mood and helping to reduce stress, anxiety and depression. There are also physical health benefits from even moderate outdoor activity, such as burning calories, using your muscles, and a getting a better night's sleep.

Spring's mild temperatures make it the ideal time to enjoy your favorite outdoor activities — or to try new ones. So, keeping COVID-19 precautions in mind, it's time to get out there and enjoy this beautiful season and all it has to offer, such as:

Fishing

Fishing is a fun, affordable way to spend time outdoors alone or with family and friends. It can also help build upper body strength and increase dexterity. In Texas, a fishing license is required of anyone 17 and older fishing in public waters. You can try fishing for free (without a license) at one of the Texas State Parks “Learn to Fish” events.

Take a Stroll

Power walking is great aerobic exercise, but even a leisurely stroll has positive health benefits. Walking is a safe exercise for most people and can help improve balance (which helps reduce falls). Lace up some supportive shoes and head outdoors. Of course, watch where you’re going and pause to take note of any new flowers that have recently bloomed or birds you may hear chirping in the trees.

Pack a Picnic

If you want to socialize with family or friends who have not yet been vaccinated for COVID-19, an outdoor gathering at a park is a great way to do that. Enjoy an outdoor lunch on a picnic blanket, while catching up with loved ones and enjoying the fresh, springtime air. Make your picnic even more special by packing some seasonal fruits or vegetables or a board game to play.

Yard Work

Tidying up your front or back yard might sound like a chore, but it’s also excellent exercise and a productive way to spend a morning or afternoon. Now is also a great time to plant annuals that will keep your garden colorful all summer long, such as lantana, periwinkle and zinnia.

Plant a Vegetable Garden

It’s not too late to plant your summer vegetable garden. Consider some of these summer favorites: black eyed peas, okra, corn, cucumbers, squash, melons, pumpkins or zucchini. You’ll enjoy the therapeutic power of tending your garden and watching it grow and will reap the rewards with fresh, healthy food for your table.

As with all outdoor activities, be sure to stay hydrated, wear sunscreen, and be careful not to overdo it. Aim to spend time outdoors most days of the week, if possible, rather than one long day. Enjoying all that spring has to offer is a great way to take care of your mind, body and spirit.



Celebrate Spring with an Outdoor Picnic



Spring temperatures have arrived, the sun is shining and the flowers are blooming. That means there's no better place to be than outdoors relaxing and of course, eating. It's time to get that basket out of the closet, pack some food and roll out the blanket for picnic season. Outdoor meals require little planning and can be as simple or as elegant as you'd like. Here are a few picnic tips and healthy recipes:

Do: Pack Wisely

Have plenty of water, trash bags, and a blanket to sit on. Bring items to wash hands; soap, paper towels or wet wipes.

Don't: Leave Food Out For Too Long

While you can leave non-perishable foods like chips, cookies, or bread to munch on throughout the day, perishable items should generally not sit out for more than two hours.

Do: Keep Hot Foods Hot and Cold Foods Cold

A good rule of thumb is to remember cold foods should be kept below 40°F and hot foods should be kept above 140°F. A cooler with plenty of ice will help keep the foods cold enough, while hot foods can be stored in a vacuum-insulated thermal container, like those from Thermos.

Don't: Open the Basket or Cooler Too Much

Opening the cooler lid frequently will raise the temperature of the cooler more quickly than if the lid remains mostly closed.

Do: Keep Your Cooler in the Shade

Placing your cooler under a shady tree or beach umbrella will keep it cooler longer.

Chicken Avocado Roll-Ups

INGREDIENTS

2 avocados, cubed
Juice of 1 lime
2 c. Shredded chicken
1 bell peppers, seeds and cores removed, chopped
1/2 small red onion, chopped
1/2 c. Shredded Monterey Jack
1/2 c. shredded Cheddar
2 tbsp. sour cream
2 tbsp. finely chopped chives
4 large flour tortillas

DIRECTIONS

1. In a medium bowl, combine avocado and lime juice and mash until only small chunks of avocado remain. Add chicken, bell pepper, red onion, Monterey Jack, cheddar, sour cream and chives and stir until evenly combined.
2. Spread a thin layer of the chicken avocado mixture onto a large tortilla, leaving a small border around the edges. Roll the tortilla up tightly, then cut off the edges and slice into 1" rolls. Repeat with remaining ingredients. Serve cold or at room temperature.

Loaded Cauliflower Salad

INGREDIENTS

1 large head cauliflower, cut into florets
6 slices bacon
1/2 c. sour cream
1/4 c. mayonnaise
1 tbsp. lemon juice
1/2 tsp. garlic powder
Kosher salt
Freshly ground black pepper
1 1/2 c. shredded cheddar
1/4 c. finely chopped chives

DIRECTIONS

1. In a large skillet, bring about 1/4" water to boil. Add cauliflower, cover pan, and steam until tender, about 4 minutes. Drain and let cool while you prep other ingredients.
2. In a large skillet over medium heat, cook bacon until crispy, about 3 minutes per side. Transfer to a paper towel-lined plate to drain, then chop.
3. In a large bowl, whisk together sour cream, mayonnaise, lemon juice, and garlic powder. Add cauliflower and toss gently. Season with salt and pepper, then fold in bacon, cheddar, and chives. Serve warm or at room temperature.

Chocolate-dipped Cuties

INGREDIENTS

1/4 c. melted semisweet chocolate chips
1 tsp. coconut oil
5 mandarin oranges, peeled and divided into segments
Flaky sea salt, for garnish

DIRECTIONS

Stir together melted chocolate and coconut oil. Dip each clementine segment into melted chocolate and transfer to a parchment-lined baking sheet. Garnish with flaky sea salt. Refrigerate until firm, 20 minutes. Serve.

Beginner Guide to Growing Your Own Vegetables

For years it has been an accepted fact that gardening brings with it many health benefits. These include reducing stress, improving hand strength, burning calories, strengthening your heart and boosting vitamin D. It has also been shown to help fight depression and build self-esteem. Now, many seniors (and others) have found a way to take these health benefits to a whole new level with the planting and nurturing of a vegetable garden.

Growing your own food can help you eat healthier. If you have a vegetable, herb or fruit garden, you're getting fresh produce that you know hasn't been treated with pesticides. It's as farm-to-table as it gets. It's also a great way to save money while you get up close and personal with nature. Plus tending your vegetable garden counts as exercise!

The internet is filled with lots of suggestions and basic "how to" tips for starting a vegetable garden (a good online resource is the good old Farmer's Almanac (<https://www.almanac.com/vegetable-gardening-for-beginners>)).

Here are a few tips that everyone agrees on:

- ✂ Start small. It's better to be thrilled by what you produce in a small garden than be frustrated by the time commitment a big one requires. Plus, it makes sense to learn gardening basics before investing tons of time and money in this new hobby. A good size for a beginner's vegetable garden is 10x10 feet (about the size of a small bedroom).
- ✂ Keep it simple. Select up to five types of vegetables to grow, and plant a few of each type. If a plant/crop does poorly the first time you plant it, try again because different varieties grow best under different conditions.

- ✂ If you don't have a yard, consider going smaller and growing vegetables in containers: a sunny deck or balcony work fine.
- ✂ Grow what you love. If you won't eat a crop, don't grow it and instead focus on the fruits, vegetables or herbs that your family enjoys the most.
- ✂ Some other tips to get started include choosing the right location, investing in basic garden tools, testing and preparing the soil and choosing the right seeds for your environment. And they all offer reminders of how important it is to "plant with care" and to "nurture your garden" to keep it strong and healthy.

Here's the best part: while you are keeping your garden strong and healthy, the garden is doing the same for you. More than one study has shown that people who grow their own food are likely to make better food choices and eat more fresh produce. It only makes sense that after you've put time and effort into a plant, you're going to appreciate what it produces a lot more and be less likely to have food go to waste.

Besides these physical benefits, many people say that they just feel better emotionally after spending time in their garden. It turns out that experts are catching on to the healing combination of plants and dirt and have even coined the term "dirt therapy" to describe all of the benefits that getting in the dirt and digging in the ground can produce. In fact, exposure to dirt has been linked to numerous health benefits, from reducing allergies to autoimmune diseases.

Remember, you won't know what works best for you and your garden until you try. If things don't work out right the first time, there's always next year. There are dozens of different ways to do just about everything, but you won't know what works best for you and your garden until you try



Staying Safe at Home and on the Road

June is National Safety Month and that makes it an ideal time to revisit some important safety tips.

Home Safety

Falls are the leading cause of fatal and nonfatal injuries among older adults (a fall that causes a broken hip occurs in about 300,000 people aged 65 and older every year). Fortunately, simple safety modifications around the home can help prevent slips, trips and falls. These include:

- **Clear the floor.** Remove throw rugs, pet or children's toys, small furniture and clutter to leave plenty of room for walking.
- **Add grab bars and railings.** Consider adding rails on both sides of the stairs, and grab bars in showers, bathtubs and near the toilet.
- **Increase lighting.** Make sure indoor and outdoor spaces are well lit, including walkways and hallways.
- **Consider walking aids.** A cane or walker can help you safely navigate their home independently.
- **Wear properly fitting shoes.** Some footwear can put you at risk of falling, such as high heels and floppy sandals. Wear sturdy shoes with non-skid soles that offer plenty of support.

Driving Safety

One of the most important activities for independent older Americans is the ability to drive. Those that still do can maintain that capability for as long as possible by adhering to some advice from the Mayo Clinic.

- **Maintain strength and flexibility.** Driving requires the ability to turn a steering wheel, look over your shoulder before changing lanes, and coordinate foot movement between gas and brake pedals. Staying physically active can help you be as agile as possible. Incorporate strength training and stretching in your routine by taking advantage of your SilverSneakers fitness benefits.
- **Understand your medications.** Many prescriptions can impact driver safety by making you drowsy or dizzy. Always consult your physician or pharmacist when taking a new drug, or if an existing one is affecting you differently than before.
- **Have regular vision and hearing tests.** Sight and sound are critical to staying safe while on the road. With age also comes some vision issues such as glaucoma and cataracts that may develop gradually. Your Care N' Care plan covers regular hearing and vision preventive tests that can help rule out any concerns early on.
- **Respect your limitations and road conditions.** It is not uncommon for older adults to have difficulty driving at night or gripping a steering wheel. If you need assistive devices to drive, talk to your doctor. You can also limit your risk by avoiding driving in bad weather, heavy traffic or when roads are in poor condition, such as during construction.

During National Safety Month, safeguard your future independence by making home and lifestyle changes today.

Home Fall Prevention Checklist

Use this checklist to identify how you can reduce the risk of falling in your home.

Stairs and Steps

- Is there a light and light switch at the top and bottom of the stairs?**
Have an electrician put in an overhead light switch at the top and bottom of the stairs.
- Is the carpet on the steps loose or torn?**
Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip threads to the stairs.
- Are the handrails loose or broken? Is there a handrail on only one side of the stairs?**
Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

Floors

- Do you have throw rugs on the floor?**
Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.
- Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?**
Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

Kitchen

- Are things you use often on high shelves?**
Keep things you use often on the lower shelves (about waist high).
- Is your step stool sturdy?**
If you must use a step stool, get one with bar to hold on to. Never use a chair as a step stool.

Bathroom

- Is the tub or shower floor slippery?**
Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- Do you need some support when you get in and out of the tub, or up from the toilet?**
Have grab bars installed next to and inside the tub, and next to the toilet.

Bedroom

- Is the light near the bed hard to reach?**
Place a lamp close to the bed where it's easy to reach.
- Is the path from your bed to your bathroom dark?**
Put a nightlight so you can see where you're walking. Some nightlights turn on by themselves after dark.

Urinary Incontinence: Treatment and Prevention

Urinary incontinence (UI) is the loss of bladder control. This means that you can't always control when you urinate. There are different types of urinary incontinence, most can be treated

In the U.S., 51% of women and 14% of men experience UI, which often impairs physical, psychological and social well-being. Adults who experience UI report worse physical health, mental health and quality of life. Particularly in older adults, it can reduce independence and the ability to socialize.

Despite its negative impact on physical and mental health, UI remains significantly underreported and underdiagnosed. While it is true that leakage is common, it is a misconception that bladder leakage is normal or inevitable

Reducing the intake of certain foods and changing your habits can help to control or reduce your risk of UI.

Factors that may increase your risk of urinary incontinence include:

- Smoking
- Chronic constipation
- Obesity
- Alcohol consumption
- Caffeine intake
- Poor glycemic control
- Artificial sweeteners
- Acidic foods
- Spicy foods

Talking to your doctor about urinary incontinence can help address and reduce symptoms with treatment.

Light Bladder Leaks: Tips on How to Stay Dry During Exercise

It is important to stay active, even if you have to alter your type of exercise. The more you tone your muscles, the more you help to keep your pelvic floor strong and prevent leakage.

- Exercises, like those where your heels hit a hard surface (i.e. tennis) can increase the likelihood of bladder control problems.
- Repetitive bouncing can increase abdominal pressure and transmit the impact to the bladder, exercises like yoga and working out on an elliptical machine may put less stress on the bladder.

"In the U.S., 51% of women and 14% of men experience Urinary Incontinence"

- Lifting weights put pressure on the bladder, which can result in leakage. Fitness trainers suggest using light weights or even doing the same exercises without weights.
- Avoid doing standing squats which puts too much stress on your pelvic floor.
- Avoid heavy meals before exercising – the extra abdominal pressure bears down on your bladder and can cause leakage.



Keep Your Eyes on Your Eyes

June is Cataract Awareness Month

Of all of our five senses, the one that many people hold most dear is the gift of sight. The ability to watch our children and grandchildren grow, to marvel at the majesty of a sunset and to enjoy our favorite movie are some of life's most precious rewards. But as we get older our eyes get older too which is what makes June's Cataract Awareness Month so important.

A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. When this happens, vision may become blurry or dim. More importantly, cataracts are the world's leading cause of blindness. In the United States alone, more than 25 million Americans are estimated to have cataract and, as the population in America continues to age, the number of cataract cases are projected to increase by 50 percent to 38.5 million by 2032.

Because a cataract does not generally cause pain, redness or tears it is important to be on guard for its symptoms. These include:

- Decreasing vision with age
- Blurred or double vision
- Seeing halos around bright lights
- Difficulty distinguishing colors
- Frequent prescription changes for glasses
- Difficulty reading

While age is the most common reason for cataracts (and a natural result of aging) there are other risk factors that can contribute to the development of cataracts including certain hereditary and physical traits, along with certain lifestyle habits. Among these are:

- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes

- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Eye injuries
- Eye diseases
- Smoking

Fortunately, surgical procedures to remove cataracts have evolved considerably and can literally restore vision, within minutes (typically under 30 minutes) with a fast, minor and virtually pain-free procedure. In fact, because cataracts are so common, and because the issue can be easily treated at a very high success rate, cataract surgery has become the most commonly performed surgery in the U.S. each year.

In cataract surgery the natural lens of the eye is removed and replaced with an artificial intraocular lens which allows the patient to see clearly again. In addition to improving vision, cataract surgery has also been shown to improve quality of life. And better vision means you can get back to doing the things you love and have to worry less that poor sight could contribute to a devastating fall.

To make sure cataracts don't affect your vision, let Cataract Awareness Month be your reminder to get regular eye exams and to watch for the warning signs. Doing so is the best way to make sure that you will be able to see clearly today and in the years to come.



New Providers to Our Network

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

Addictive Medicine

Noss , Michael DO

Transicare Inc
Dallas

Behavioral Health

Starling, Tomekia APRN

Transicare Inc
Dallas

Family Nurse Practitioner

Zama Mbuh, Katherine ANP

Noaak Healthcare
Ft Worth

Family Practice

Carter, Joseph MD

T&R Clinic
Ft Worth

Reddy, Rajneesh MD

T&R Clinic
Ft Worth

Trivedi , Beena MD

T&R Clinic
Ft Worth

Ali , Anum FNP

T&R Clinic
Ft Worth

Crawford, Valerie Denise FNP

NP Care At Home
DeSoto

Internal Medicine

Ahmed , Naseer MD

Fast Medical Care
Irving

Deloen, Richard DO

Royal VP
Richardson

Neurology

Zhao, Yo MD

Keystone Neurocare
Richardson

Ophthalmology

Saland, Karen MD

Saland Vision
Dallas

Optometry

Duong, Hiep DO

Saland Vision
Dallas

Urgent Care Facilities

Texas Health Urgent Care

DBA Texas Health Breeze

Urgent Care Locations:

3805 W University Drive, Suite 100
Mckinney, Tx 75074

125 Davis Blvd
Southlake, Tx 76092

4635 Frankford Road
Dallas, Tx 75287

975 Sam Rayburn Tollway, Suite 140
Allen, Tx 76013

2855 Preston Rd
Frisco, Tx 75034

2552 Eldorado Pkwy, Ste 550
Frisco, Tx 75033

4630 Long Prairie Rd, Ste 210
Flower Mound, Tx 75028

7001 S Custer Rd, Ste 900
Mckinney, Tx 75070

6411 E Northwest Hwy, Ste 120
Dallas, Tx 75231

CareNow Locations

1218 W. McDermott
Allen, TX 75013-6304

5405 S Cooper St
Arlington, TX 76017

1501 SW Wilshire Blvd.
Burleson, TX 76028

1017 W. Hebron Pkwy
Carrollton, TX 75010

345 N. Highway 67
Cedar Hill, TX 75104

9323 LBJ Freeway
Dallas, TX 75243-3403

12801 Midway Rd, Suite 503
Dallas, TX 75244

14856 Preston Road, Suite 100
Dallas, TX 75254

2221 Abrams Rd
Dallas, TX 75214

2404 McKinney Ave
Dallas, TX 75201

39769 LBJ Frwy
Dallas, TX 75237

4501 Lemmon Ave
Dallas, TX 75219

4617 N CENTRAL EXPY
Dallas, TX 75205

4844 Greenville Ave
Dallas, TX 75206

2310 W University Dr
Denton TX 76207

3751 South I-35E
Denton, TX 76210

2700 Horne Street, Suite 100
Fort Worth, TX 76107

3520 NW Centre Dr.
Fort Worth, TX 76135

4524 W Bailey Boswell Rd
Fort Worth, TX 76179

7232 North Freeway
Fort Worth, TX 76137

7400 McCart Ave.
Fort Worth, TX 76133

8450 East Freeway
Fort Worth, TX 76120

8901 N Fwy, Suite 111
Fort Worth, TX 76177

301 W Main Street
Frisco, TX 75034

5644 Preston Road
Frisco, TX 75034

5106 N President George Bush Hwy
Garland, TX 75040

565 West I-30
Garland, TX 75043

2520 West I-20
Grand Prairie, TX 75052

5301 William D Tate Ave
Grapevine, TX 76051

779 Grapevine Hwy
Hurst, TX 76054

2851 W Interstate Hwy 635
Irving, TX 75063

7400 N MacArthur Blvd
Irving, TX 75063

104 S Main St
Keller TX 76248

720 South Main St
Keller, TX 76248

1559 W Main Street
Lewisville, TX 75067

1501 N US Highway 287
Mansfield, TX 76063

809 N. Central Expy
McKinney, TX 75070

3821 W Spring Creek Pkwy
Plano, TX 75023

377 W Campbell Rd
Richardson, TX 75080

1530 N HIGHWAY 377
Roanoke, TX 76262

600 Horizon Rd
Rockwall, TX 75032

2751 E State Hwy 114
Southlake TX 76092



Candy

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

Bubblegum
Lollipop
Candy Cane
Sour Patch Kids
Hot Tamales

Lemon Drops
Twizzlers
Butterfinger
Reeses
Junior Mints

Sweet Tarts
Whoppers
Skittles
Gobstoppers
M&Ms

Stay Connected

Plan Documents

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.

COVID-19 Updates

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 coronavirus.

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

Stay Social



@CareNCare



@CareNCareHealth



@Care N' CareHealthPlan



Care N' Care Insurance Co. Inc.



Pinterest.com/CareNCareInsuranceCompany

Tools and Resources

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/

Need A Provider?

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.

Member Alerts

Stay Informed with Member Alerts. If you do not receive emails from Care N' Care, you could be missing out on timely information. No worries, we post the Member Alerts as they happen on the member section of the Care N' Care website.

Find all Member Alerts here online, <https://www.cnchealthplan.com/members/member-tools-resources/member-alerts/>



Insurance Company, Inc.

1701 River Run, Suite 402

Fort Worth, TX 76107

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

<<ADDRESS>>

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

Y0107_21_699_C

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



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

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