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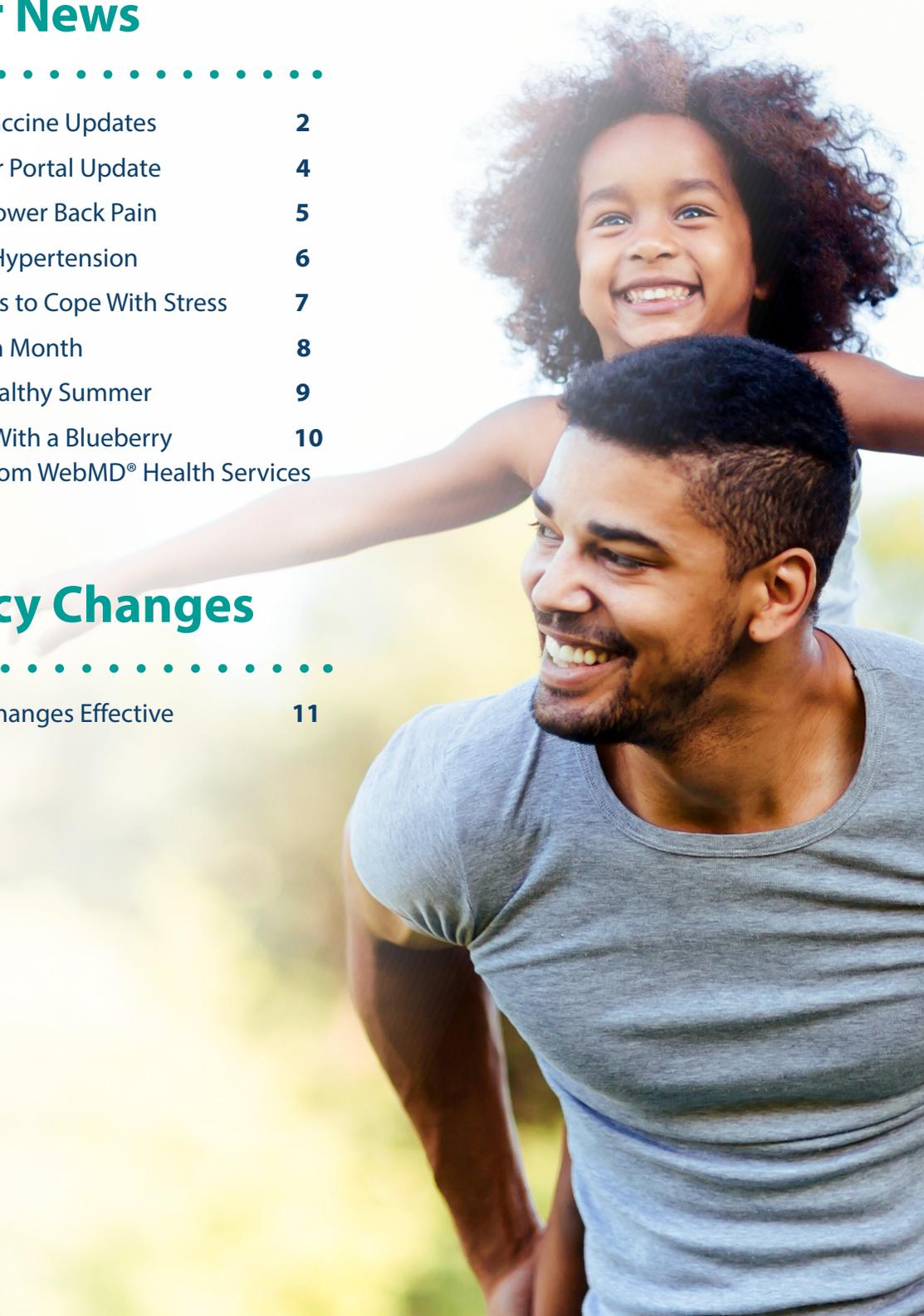
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## Member News

# COVID-19 Vaccine Updates

If you haven't already done so, we encourage you and your family to get vaccinated. For the best protection, the Centers for Disease Control and Prevention (CDC) recommends COVID-19 vaccines for everyone six months and older and boosters for everyone five years and older, if eligible. The vaccine is free for members and may require one or two doses. You cannot get COVID-19 from the vaccine.

**There are many reasons to get vaccinated. Getting vaccinated will help to protect yourself and your loved ones.** While the vaccines were developed quickly, rigorous standards and safety procedures from the Food and Drug Administration (FDA) remain in place to ensure vaccine safety. To learn more details about the vaccine, visit [optimahealth.com/covid-19/vaccine-information](https://optimahealth.com/covid-19/vaccine-information) or the [CDC](https://www.cdc.gov) website.





## Member News



## COVID-19 Vaccine Updates, *Continued*

### Booster Shots Available for Some COVID-19 Vaccine Recipients

#### Children ages 5–11 years

##### First Booster:

- For most children, a booster of Pfizer-BioNTech vaccine is recommended by the CDC at least five months after the final dose in the primary series.
- For children who are moderately or severely immunocompromised, a booster of Pfizer-BioNTech vaccine is recommended by the CDC at least three months after the final dose in the primary series.

##### Right now, you are eligible for a second COVID-19 booster if you:

- are 50 years of age or older **and** got your first booster at least four months ago
- are 12 years of age or older, **and** are [moderately or severely immunocompromised](#), **and** got your first booster at least four months ago
- are 18 years of age or older **and** got two doses of J&J/Janssen vaccine at least four months ago

##### If You Get a Second Booster:

- Make sure it has been at least four months since your first COVID-19 booster.
- Remember that second boosters can only be Moderna or Pfizer-BioNTech (and for people ages 12 to 17, only Pfizer-BioNTech).
- You can self-attest that you have a moderately or severely weakened immune system. This means you do not need any documentation that you have a weakened immune system to get a COVID-19 vaccine (including boosters) wherever they are offered.

It is never too late to get the added protection offered by a COVID-19 booster. If you need help scheduling your booster, contact the location that set up your previous appointment. If you need to get your booster in a location different from where you received your previous vaccination, click [here](#) to find a vaccine provider.



## Member News

# Jiva Member Portal Update

If you are currently working with an Optima Health case manager, and have completed an Individualized Care Plan, you will now be able to view an enhanced version of your Care Plan in the member portal on the Optima Health website or mobile app.

Access your Care Plan on the Optima Health website at [optimahealth.com/members/signin](https://optimahealth.com/members/signin)

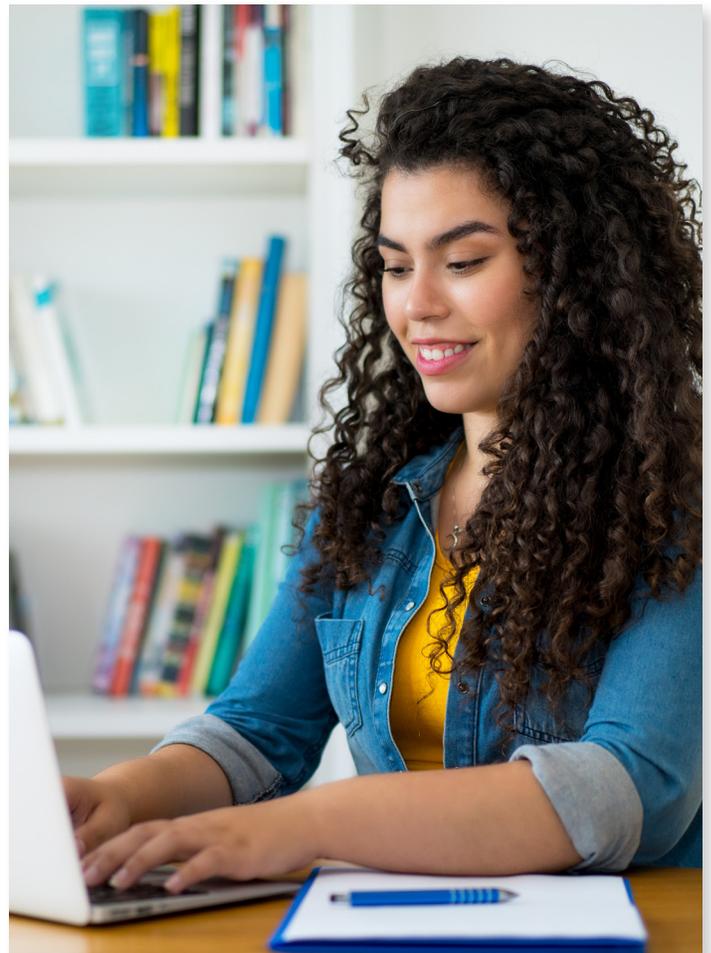
and follow the below steps:

- login with your username/password
- select **Getting Healthy**
- select **View Care Plan**, then select the **Care Plan** widget in the Jiva Member Portal

This will allow you to view the problems, goals, and interventions of the Care Plan that you are working towards.

**The portal is an updated new feature which allows you to review your Care Plan, including any updates you made while working with your case manager.**

If you are unable to view your Individualized Care Plan, Member Services will be able to assist you with contacting your case manager by calling 1-800-543-3359 or by emailing [members@optimahealth.com](mailto:members@optimahealth.com).





Member News

## Managing Lower Back Pain

Did you know that about 80% of the population suffers from lower back pain at some point in their lives, with the cause often being unknown? Patients who participate in conservative care that includes over-the-counter pain medications, prescription muscle relaxants, and physical therapy show marked improvement in four to six weeks. In most cases, imaging studies are ineffective in treating strained muscles and ligaments. It may also expose the patient to unnecessary radiation and increased out-of-pocket costs.



### X-rays only show bones and can help diagnose:

- broken bones or fractures
- changes due to aging
- changes in the alignment of the spine

### In many cases, lower back pain gets better on its own. However, if it doesn't, the following guidelines are helpful for when to seek professional help:

- if the pain lasts four weeks or longer
- if the pain keeps getting worse over time
- if you are experiencing other symptoms, such as fever, major weight loss or weight gain, loss of function or weakness in extremities, bladder problems, etc.

**If you have more questions or would like additional information, please visit [optimahealth.com/members/health-and-wellness/health-conditions/back-pain-prevention](https://optimahealth.com/members/health-and-wellness/health-conditions/back-pain-prevention).**

Source: *Back Pain*. (2021, December 17). National Institute of Arthritis and Musculoskeletal and Skin Diseases. <https://www.niams.nih.gov/health-topics/back-pain>

*Lower Back Pain: What Could It Be?* (2022, June 9). Johns Hopkins Medicine. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/back-pain/lower-back-pain-what-could-it-be>



## Member News

# Preventing Hypertension

Do you have high blood pressure? If so, there are ways to help manage and even lower your elevated blood pressure, which is also known as hypertension. First, see your provider as scheduled to get your blood pressure checked and for advice on how to manage it. This could be through medication, diet changes, or weight loss. High blood pressure can increase your risk of heart disease and stroke.

### The following lifestyle changes can be essential to managing high blood pressure:

- eat a healthy diet by lowering your sodium intake and not adding salt to your food; eat green, leafy vegetables; eat less processed foods; and more fruits and vegetables
- lose weight—losing a small amount of weight can help lower your blood pressure
- decrease alcohol intake
- decrease or stop smoking
- be physically active

If you're taking medicine prescribed by your provider, always take it regularly even if you are feeling well. Your medicine is helping your blood pressure stay low and if you stop, your blood pressure will increase again.

Some people have high blood pressure and don't know it. This is why it is important to see your provider for an annual wellness visit and have your blood pressure checked regularly. For more information, visit [optimahealth.com/members/health-and-wellness/health-conditions/hypertension](https://www.optimahealth.com/members/health-and-wellness/health-conditions/hypertension) or contact your provider.





## Member News

# Healthy Ways to Cope With Stress

Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient. You can help yourself, others, and your community manage stress in the following ways:

- **Take breaks from news stories, including those on social media.** It's good to be informed, but constant discouraging information can be upsetting. Consider limiting news to just a couple of times a day and disconnecting from your phone, TV, and computer screens for a while.
- **Take care of your body:**
  - Get vaccinated and stay up to date on your COVID-19 vaccines.
  - Eat plenty of fruits and vegetables, lean protein, whole grains, and fat-free or low-fat milk and dairy products. Eating well also means limiting saturated fats, cholesterol, salt, and added sugars.
  - Going to bed at the same time each night and getting up at the same time each morning, including on the weekends, can help you sleep better (adults need seven or more hours per night).
  - Move more and sit less. Every little bit of physical activity helps. You can start small and build up to 150 minutes a week that can be broken down to smaller amounts such as 20 to 30 minutes per day.
  - Take deep breaths, stretch, or meditate.
  - Limit [alcohol](#) intake. Choose not to drink, or drink in moderation (one drink per day for women, two for men) on days that alcohol is consumed.
  - Avoid using prescription drugs in ways other than prescribed, taking someone else's prescription, or using illegal drugs. [Treatment](#) is available and recovery starts with asking for help.
  - Avoid [smoking](#) and the use of other [tobacco](#) products. People can and do [quit smoking](#) for good.
  - Continue with regular health appointments, testing, and screenings, especially those for [cancer](#).
- **Make time to unwind.** Take a break from your routine to do activities you enjoy.
- **Connect with others.** [Talk with people](#) you trust about your concerns and how you are feeling.
- **Connect with your community or faith-based organizations.** If you can't take part in group activities right now, try connecting online, through social media, or by phone or mail.



## Member News

# Men's Health Month

During the month of June, we honored the men in our lives by celebrating and encouraging men's health. Men's Health Month is an observance used to promote male health and teach young boys healthy habits. The CDC estimates that men die earlier than women and have higher rates of heart disease, cancer, and unintentional injuries. We want to empower men to take charge of their health by consulting with their providers and participating in regular check-ups, developing healthy eating habits, staying active, avoiding tobacco, and prioritizing their mental well-being.



We observed **Wear BLUE Day** on June 19 to show the men in our lives that we care!

For more information on Men's Health Month, visit [minorityhealth.hhs.gov](https://minorityhealth.hhs.gov).

Optima Health has programs and trained healthcare professionals ready to help everyone make healthy lifestyle changes. For more information, call member services using the number on your member ID card or visit [optimahealth.com/members/health-and-wellness/prevention-and-wellness/](https://optimahealth.com/members/health-and-wellness/prevention-and-wellness/).



Member News

## Tips for a Healthy Summer

Follow these tips to help prevent chronic disease and have a healthy summer.

### Move more, sit less!

- Get at least 150 minutes of aerobic physical activity every week.

### Wear sunscreen and insect repellent.

- Use shade, wide-brimmed hats, clothing that covers, and broad-spectrum sunscreen with at least SPF 15 for sun protection.
- Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks.
- If you use both sunscreen and insect repellent, apply sunscreen first. After you come indoors, check clothing, body, and pets for ticks.

### Keep cool in extreme heat.

- Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions. Stay cool, hydrated, and informed.

### Eat a healthy diet.

- Delicious fruits and veggies make any summer meal healthier.

### Rethink your drink!

- Drink fluoridated water instead of sugary or alcoholic drinks to reduce calories and stay safe.

### Don't Use Tobacco.

- You can quit tobacco today! Find the free quitting support that's right for you [here](#) or call 1-800-QUIT-NOW.



**Member News**

## Cool Down With a Blueberry Smoothie From WebMD® Health Services

Looking for a refreshing cool down on a hot summer day? WebMD Health Services features hundreds of recipes including smoothies, beverages, and more. Sign in to [optimahealth.com](https://www.optimahealth.com), choose “Get Healthy” and select “Wellness Tools”. Once you are on WebMD Health Services, select “Resources” and “Find Recipes” from the drop-down box in the top right corner. From there, enjoy refreshing recipes like the one featured below.

### Ingredients:

- 1/2 cup light vanilla ice cream
- 1/2 cup frozen blueberries
- 3 ounces raspberry or blueberry low-fat yogurt
- 1/4 cup low-fat milk or soy milk

### Preparation:

Add all the ingredients to a blender or small food processor and mix until well blended. Pour into a glass and enjoy! Yields one serving.





Pharmacy News

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## Pharmacy Changes Effective July 1, 2022

For groups with pharmacy benefits administered by Optima Health, the pharmacy changes effective July 1, 2022 are available online.

[Download a printable listing of pharmacy changes effective July 1, 2022.](#)



Important Plan Information

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memberNEWS

OptimaHealth 

## Healthcare at your Fingertips

Download the **Optima Health Mobile App** today for instant access to your important plan information and questions, including:

- commonly asked questions and answers
- common forms and documents
- contact information
- tools to find doctors and facilities
- claims and authorizations
- wellness tools
- member ID card
- schedule virtual consults
- estimate costs for treatments and services
- account access for your HSA or HRA<sup>1</sup>
- receive important preventive care notifications
- and more!

<sup>1</sup>Applies to members with Health Savings Account (HSA) or Health Reimbursement Arrangement (HRA) plans

Whether you're accessing your plan information from the mobile app, online from a computer, or mobile web from a tablet, Optima Health digital solutions provide a cohesive experience across all platforms.

Look for the **Optima Health Mobile App** in

