Zika Virus Facts

The World Health Organization declared Zika virus an international emergency earlier this year; and media coverage about potential birth defects in pregnant women has raised anxiety about the virus.

To put this issue in perspective and provide resources for further information and updates from the Centers for Disease Control and Prevention (CDC), Optima Health has developed a Zika Virus Fact Sheet. The CDC has also published a Zika webpage.

Currently, testing for Zika virus includes specimen collection that is sent to the CDC for evaluation. Zika virus testing is covered by Optima Health, and we will continue to monitor CDC updates on the virus.

For more information:


Joining a gym can be a fantastic way to get active, but it is not the only way. Maybe the fees are too high, the commute too long, the people too . . . people-y. Or, perhaps just the idea of exercise sends you running—or moving at a pace not so exerting—to the nearest couch.

If dragging yourself to the gym sounds like, well, a drag, try these alternatives instead:

- **Take a walking tour of your city.** Walking is an easy way to stay active, and it is something you can do pretty much anywhere. Sign up for a walking tour of your city or nearby historic area. Have fun learning something new and get in some steps at the same time!

- **Volunteer for a community service project.** Spend a day moving around while improving your community at the same time. Building a home with Habitat for Humanity or cleaning up a park or other green space are great ways to stay active.

- **Get your home in shape.** Make cleaning and being active more interesting by lacing up your sneakers and playing your favorite upbeat tunes. Scrub the tub to the beat to simultaneously tackle chores and burn calories.

- **Create your own boot camp.** Freshen up your exercise routine by taking your workout to the park. Try this equipment-free circuit: jumping jacks, lunges, high knees, push-ups, triceps dips, and sit-ups. Do each exercise for 60–90 seconds; rest between exercises as needed. Complete the full circuit two or three times.

- **Join a team.** Make a game out of working out by signing up for an adult sports league. Get your heart rate up, burn calories, and have a good time doing it!

- **Sign up for an obstacle-course race.** Climb over walls, crawl through mud under barbed wire, navigate water pits, and jump over fire! If you prefer some adventure with your fitness, sign up for an obstacle-course race like the Warrior Dash, Tough Mudder, or Spartan Race.

**NOTE:** This information does not replace the advice of a doctor. Always consult your doctor before starting or becoming more physically active.

For more information:


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**Take advantage of our free resources.** Optima Health offers the following free programs to members interested in getting active and staying healthy. To learn more about these programs, visit optimahealth.com/members and select Staying Healthy from the Health and Wellness menu at the top of the page.

- **WalkAbout with Healthy Edge.** This six–month program includes a pedometer and encourages participants to begin walking their way to better health.

- **Healthy Heart Yoga and Tai Chi DVDs.** Improve flexibility and strength, and relax mentally and physically all in the comfort of your own home with Yoga and Tai Chi DVDs.

To request free copies of these programs, please call 1-800-736-8272.
Transitioning Young Diabetes Patients from Pediatric to Adult Healthcare

Transitioning from pediatric to adult healthcare can be a challenge for teens and young adults with diabetes, their parents, and pediatric and adult healthcare providers. Empowering teens and young adults with diabetes self-management information can help prepare them to be more involved in decisions about their healthcare needs as adults.

The National Diabetes Education Program has developed Transitions from Pediatric to Adult Care, an online tool to help teens make a smooth transition to adult healthcare.

Transitions contains the following materials:

- **Transition Planning Checklist** suggests a timeline, topics to review, and key action steps to support various aspects of the transition process.
- **Patient Clinical Summary** provides a summary of the teen’s health status. The summary can be completed by the pediatric healthcare team and provided to the adult healthcare team.
- **Resource List** offers links to additional resources such as videos, message boards, social networks, workbooks, checklists, guides, and books.

To get started, visit [YourDiabetesInfo.org/Transitions](http://YourDiabetesInfo.org/Transitions). For more information about diabetes in adolescents, visit [YourDiabetesInfo.org/Teens](http://YourDiabetesInfo.org/Teens).

For more information:


Medical, Behavioral, and Preventive Health Guidelines Update

Optima Health has completed a review and update of the following clinical guidelines:

- Adult Health Maintenance
- Pediatric Health Maintenance

These guidelines are published by Sentara Health Plans, Inc. (SHP) as recommendations for the clinical management of specific conditions. They are based on published national guidelines, literature review, and the expert consensus of clinical practitioners. They reflect current recommendations for screening, diagnostic testing, and treatment.

The SHP guidelines are institutionally endorsed recommendations and not intended as a substitute for clinical judgment. In particular cases, clinical data may necessitate or permit deviation from these guidelines.

To request copies of clinical guidelines via mail, email, or fax, please contact the Optima Health Quality Improvement Department at 1-866-425-5257.
Have You Ever Wondered . . . ?

. . . are beans, beans really good for the heart?

Good news for bean fiends! According to a recent study published in The American Journal of Clinical Nutrition, foods such as beans, chickpeas, peas, and lentils may help reduce levels of “bad” LDL cholesterol in the blood when eaten regularly. Newly released Dietary Guidelines for Americans also recommend consuming beans as part of a healthy eating pattern that includes a variety of protein foods.

“These types of legumes are some of the most underappreciated foods around,” says Dana Angelo White, nutritionist and assistant professor of sports medicine at Quinnipiac University. “They are full of fiber, protein, vitamins, and minerals. It makes sense they would help facilitate weight loss and reduce cholesterol when eaten regularly.”

Inspired to add more beans to your diet? Check out our Tips for Your Taste Buds recipe on the next page of this newsletter for a great summer cookout sidekick—Cuban-Style Black Beans.

For more information:


July 2016 Pharmacy Changes

For members with pharmacy benefits administered by Optima Health, the pharmacy changes effective July 1, 2016 are now available online at optimahealth.com/members.

To view:

- select the Manage My Plan drop down menu,
- select Member Forms and Drug Lists,
- scroll down to Drug Lists, and
- find the Quarterly Pharmacy Changes list.
Health APP-rored

Did you know that your smartphone or tablet can help you get and stay healthy? It’s true, and as your partner in healthcare, Optima Health wants to provide a variety of tools to help you. Who knows, it might be APP-ealing to you, you might APP-riciate knowing about it, and others can APP-laude your healthy efforts!

**Oh, Ranger! ParkFinder™—currently available for iOS and Android™**

Enjoying the great outdoors just got easier! Find the parks nearest you with the activities you want to do. This comprehensive database of national parks, state parks, national forests, wildlife refuges, and federal public land in America is cross-referenced with information on over 30 different activity categories—so you can get out and get active in ways you love best.

Park information available from **Oh, Ranger! ParkFinder** includes:

- activities descriptions
- seasonality/weather
- links to events and related websites
- maps and directions
- lodging and concessions
- related articles
- important phone numbers
- non-profit partners
- other nearby attractions

**NOTE:** Optima Health offers information about available Health and Fitness apps. We do not endorse the content or profit from any apps purchased. No app should replace the advice of your doctor.

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**Tips for Your Taste Buds: Cuban-Style Black Beans**

**Ingredients:**

- 2 tbsp olive oil
- ¾ cup green bell pepper, diced
- ¾ cup sweet or mild onion, chopped
- 1 tbsp garlic, minced
- 2 tsp dried oregano flakes
- 2 15oz cans black beans, rinsed and drained
- ½ cup beef broth (chicken or vegetable broth can be substituted)
- 1 tbsp cider vinegar
- salt and pepper, to taste (optional)

**Directions:**

1. Heat olive oil in medium, non-stick saucepan over medium heat. Add bell pepper, onion, garlic, and oregano, and sauté mixture for about 5 minutes.
2. Add ⅔ cup of the beans to the pan. Using a potato masher, mash the beans briefly.
3. Stir in the remaining beans, broth, oregano, and vinegar. Cover saucepan and simmer until the mixture thickens and the flavors blend, stirring occasionally, about 10 minutes.
4. Before serving, add salt and pepper to taste (if desired).

Healthy Ways to Cope with Stress

Feeling emotional, nervous, or having trouble sleeping and eating can all be normal reactions to stress. Engaging in healthy activities and getting the right care and support can put problems in perspective and help stressful feelings subside.

Tips for coping with stress in healthy ways:

• **Take care of yourself.**
  - Eat healthy, well-balanced meals.
  - Exercise on a regular basis.
  - Get plenty of sleep.
  - Give yourself a break if you feel stressed.

• **Talk to others.** Share your problems and how you are feeling with a parent, friend, counselor, doctor, or religious leader.

• **Avoid drugs and alcohol.** Drugs and alcohol may seem to help with stress. However, in the long run, they create additional problems and can actually increase stress levels.

• **Take a break.** If your stress is caused by a national or local crisis, take breaks from listening to news stories that increase your stress.

• **Recognize when you need more help.** If problems continue or you are thinking about causing harm to yourself, talk to a psychologist, social worker, or professional counselor.

Optima Health offers free Guided Meditation CDs to help give our members the gift of peace, calm, and tranquility. Download and listen to these CDs online or request free copies by calling 1-800-736-8272.

For more information:

Protect Your Family from Skin Cancer

Nearly five million people are treated for skin cancer each year in the United States. Skin cancer can be serious, expensive, and sometimes even deadly. Fortunately, most skin cancers can be prevented.

Choose sun protection strategies that work:

- Seek shade, especially during the midday hours of 10 a.m. to 4 p.m. (March–October), and 9 a.m. to 3 p.m. (November–February). Umbrellas, trees, or other shelters can provide relief from the sun.
- Be extra careful around surfaces that reflect the sun’s rays, like snow, sand, water, and concrete.
- Wear sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes.
- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts and other eye problems. Wrap-around sunglasses that block both UVA and UVB rays offer the best protection by blocking UV rays from the side.
- Wear a long-sleeved shirt and pants or a long skirt for additional protection when possible. If that is not practical, try wearing a t-shirt or a beach cover-up.
- Apply a thick layer of broad spectrum sunscreen with an SPF of 15 or higher at least 15 minutes before going outside, even on cloudy or overcast days. Reapply sunscreen at least every two hours and after swimming, sweating, or toweling off.

For more information:

Member Rights and Responsibilities

The Optima Health Member Bill of Rights and Responsibilities ensures that all members are treated in a manner consistent with the mission, goals, and objectives of Optima Health. It also ensures that members are aware of their obligations and responsibilities upon joining Optima Health, and throughout their membership with the Plan.

New and existing members are notified of their rights and responsibilities in the Benefit Information Guide and member newsletters. To view this information online, visit optimahealth.com/members and select Member Rights and Responsibilities from the Member Information menu at the bottom of the page.
Get Social with Optima Health

Are you social? We are! Optima Health is actively engaged in social media and we encourage you to like, follow, watch, and connect with us.

facebook.com/optimahealth

twitter.com/optimahealth

youtube.com/optimahealthplans

linkedin.com/company/optima-health

plus.google.com/+optimahealth