Tips for Your Taste Buds: Game-Day Spicy Popcorn

Ingredients (makes 8 servings)
- 16 cups air-popped popcorn
- chopped almonds, pecans, or walnuts (optional)
- 2 cups shredded sharp jalapeño cheese
- 1/4 cup butter (optional; can replace with trans fat-free margarine)
- 1 tsp pepper
- 1/2 tsp red pepper flakes
- 3 tsp chili powder
- 1 tsp cumin
- 1 tsp paprika

Directions
1. In a large bowl, combine the popcorn, nuts (if using), and shredded cheese.
2. Melt the butter in a microwave, add the spices, and stir well. Pour the butter-spice mixture over the popcorn and toss.

Nutritional Information, per serving: 209 calories, 17 g protein, 27 g carbohydrate, 6.5 g fat, 1.3 g saturated fat, 37 mg cholesterol, 3 g fiber, 273 mg sodium. Calories from fat: 25%.

Source: WebMD Health Services
Opioids

If you are prescribed opioids for pain:

• Never take opioids in greater amounts or more often than prescribed.

• Help prevent misuse and abuse.
  » Never sell or share prescription opioids.
  » Never use another person’s prescription opioids.

• Store prescription opioids in a secure place and out of reach of others (this may include visitors, children, friends, and family).

• Follow up with your primary healthcare provider.
  » Work together to create a plan on how to manage your pain.
  » Talk about ways to help manage your pain that don’t involve prescription opioids.
  » Talk about any and all concerns and side effects.

• Safely dispose of unused prescription opioids. Find your community drug take-back program or your pharmacy mail-back program, or flush them down the toilet, following guidance from the Food and Drug Administration (https://www.fda.gov/Drugs/ResourcesForYou).


Visit https://www.cdc.gov/drugoverdose to learn about the risks of opioid abuse and overdose.

If you believe you may be struggling with addiction, tell your healthcare provider and ask for guidance, or call the Substance Abuse and Mental Health Services Administration National Helpline at 1-800-662-HELP (4357).
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.

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.

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.

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.

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.

Be extra careful around surfaces that reflect the sun’s rays, like snow, sand, water, and concrete.

Choose sun protection strategies that work

Source:
Immunizations:
Protect Your Child at Every Age

Pregnant women share many things with their baby, including viruses and diseases. That means when a pregnant woman gets vaccinated, she is not just protecting herself—she is providing her baby some early protection too. The Centers for Disease Control and Prevention (CDC) recommends women get both a whooping cough (Pertussis) and flu vaccine during each pregnancy to help protect themselves and their unborn baby. Be sure to discuss vaccinations with your healthcare professional.

Give Your Children a Healthy Start

Vaccine-preventable diseases can be very serious, may require hospitalization, and can even be deadly—especially in infants and young children. Vaccination is one of the best ways parents can protect infants, children, and teens from 16 potentially harmful diseases. Consult the Easy-to-Read Childhood Immunization Schedule and the Easy-to-Read Preteen and Teen Immunization Schedule to see which vaccines are recommended based on your child’s age. You can also learn more about who sets the immunization schedule, how vaccine recommendations are made, and why they are important.

Keep Your Family's Immunization Records Updated

Remember to keep your family’s immunization records up-to-date.

You will need your children’s immunization records to register them for school, child care, athletic teams, summer camps, or for travel. For more information visit https://www.cdc.gov.

** Please refer to your plan documents, call Member Services at the number on the back of your member ID card, or contact your broker or benefits administrator to verify your immunizations coverage. All health plans may not fully cover the costs for all members.

Care of the Older Adult:
What You Can Do to Prevent Hip Fractures

You can prevent hip fractures by taking steps to strengthen your bones and prevent falls.

Talk to Your Doctor

- Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about methods for prevention.
- Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription and over-the-counter medicines.
- Ask your doctor or healthcare provider about taking vitamin D supplements.

Get Screened for Osteoporosis

Get screened for osteoporosis, and get treatment if needed.

Do Strength and Balance Exercises

Do exercises that make your legs stronger and improve your balance. Tai Chi is a good example of this kind of exercise.

Have Your Eyes Checked

Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed. If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking. Sometimes these types of lenses can make things seem closer or farther away than they really are.

Make Your Home Safer

- Get rid of things you could trip over.
- Add grab bars inside and outside your tub or shower and next to the toilet.
- Put railings on both sides of stairs.
- Make sure your home has lots of light by adding more or brighter light bulbs.

Attention-Deficit/Hyperactivity Disorder

Attention-deficit/hyperactivity disorder (ADHD) is a condition that can make it hard for a child to sit still, control their behavior, and focus their attention.

As many as 5 out of every 100 children may have ADHD. A pediatrician can evaluate whether your child has this condition by observing them during regular well visits, and from information provided by parents and teachers.

The symptoms of ADHD can be managed.

If your child’s doctor prescribes a medicine to help treat ADHD, it is important for the child to take the medicine every day, as directed. You should have a follow-up appointment within 30 days so the doctor can see how the medicine is working. After that, your child should see the doctor every three to four months to monitor their condition.

At these visits, talk with the doctor about any changes in your child’s appetite, how your child is doing at home and in school, and any other questions you have. Family or Behavioral Therapy and Support Groups can also be helpful to learn skills for living with ADHD. The American Academy of Pediatrics recommends both behavior therapy and medication, preferably together.


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Children's Eye Health and Safety

Eye screenings are an important part of childhood well checks. Sight can affect the overall development and well-being of your child. It is essential to have your child's vision checked at birth, during infancy, preschool, and during their school years.

Screenings can be performed by a pediatrician, family physician, or other properly trained healthcare provider. If problems are detected in a screening, a comprehensive eye exam may be required. It is possible to treat eye issues effectively, if found early.

As your children grow and begin participating in sports, crafts, etc., it is also important to protect their sight from possible injury. Many eye injuries can be prevented just by wearing protective eye wear. Make sure your kids are seeing their best—protect their eyesight!

To keep your children’s vision healthy, be sure they follow these basic steps:

- eat a healthy diet that includes colorful fruits and vegetables,
- maintain a healthy weight,
- protect eyes from the sun,
- give eyes a rest from the electronics, and
- keep hands and contact lenses clean.

Pharmacy Changes Effective October 1, 2018

For members with pharmacy benefits administered by Optima Health, the pharmacy changes effective October 1, 2018 are now available at optimahealth.com/members:

- select Manage My Plan,
- select Prescription Drug Lists,
- select Employer Plans, and
- scroll down to find the Quarterly Pharmacy Changes¹ list.


With the Optima mobile app, access your member ID card, benefits and claims information, and more—anywhere, anytime, anyplace—on your smartphone or tablet.