Positive Vibrations
Your outlook on life and on your health can have a big impact. Just ask member Dolores J.
Page 9

Eat for Your Health
The benefits of plant-based meals—learn what they are and how to get started.
Page 6

Take Care of Your Health
Being active is a big part of feeling good, physically and mentally. So is speaking up about your health. See Your Health Matters for why.
Beginning on page 4

Are You Prepared for Hurricane Season?
Packing a kit is the first step.
Page 2

4.5 out of 5 stars
HIGHEST MEDICARE QUALITY RATING IN LOUISIANA FOR 2019
Hurricane Season Is Here
Be Prepared With Key Items in Your Emergency Kit

If you live in Louisiana—or any of the Southeastern states for that matter—you likely know that June 1 marked the start of hurricane season. Now’s the time to check or create your emergency kit, because you never know what Mother Nature will send your way.

Kit basics
Be sure to have important papers in your kit, including a valid ID with your current address and your health plan ID. Have these, too:

☐ Contact information for your doctors
☐ Cash and credit cards
☐ Personal hygiene items
☐ Special supplies, such as eyeglasses, contacts, hearing aids and dentures
☐ Clothing, comfortable shoes and bedding
☐ One gallon of water per person per day
☐ Easy-to-prepare nonperishable foods
☐ Flashlights, radio and batteries
☐ Candles, matches and lighter

Medical items
A natural disaster or other emergency could keep you away from home for an extended time. That’s why you’ll want medical items with you, such as:

☐ A two-week supply of your prescribed medications (in original containers)
☐ An insulated bag to keep your medications in
☐ A list of your medications, including over-the-counter medications and supplements
☐ Medical records and written orders for your care, including dietary needs
☐ Diabetes supplies
☐ General supplies, including aspirin, cough medicine, rubbing alcohol and antibacterial gel

Other steps to take
It’s a good idea to have gas in your car and keep a first aid kit in both your home and your car.

Know what your evacuation plan will be if you have to leave home quickly. Decide where you’ll go, and share your plan with family, friends and trusted neighbors.

If you have trouble with speech, language or hearing, include a writing pad and pencils in your kit.

If you have a mobility challenge, call your local emergency management office ahead of an emergency so they’ll know to assist you quickly. And if you use a wheelchair, show family and friends how to operate it and tell them the size of it in case it has to be transported.

If you have pets or a service dog, store enough pet food for five days. Make sure all vaccines are up to date, and if you have to evacuate with your pet, bring the animal’s tags, collar, leash and medications with you. Call ahead to your destination to make sure pets are accepted.

Hurricane season lasts through November, so act now to be prepared in the months ahead.
DO YOU KNOW?

You can get your plan documents and Explanation of Benefits notices online through MyPeoplesHealth. Whether you’re on the road traveling or you simply like the convenience of quick access, you can easily get to these, and other plan tools, from any computer or mobile device. Visit MyPeoplesHealth for more information.

Have Emergency Resources Handy

Dial 2-1-1 for help with basic needs and support.

Call 1-888-ROAD-511 (1-888-762-3511) for local road closures and driving conditions.

Visit http://www.weather.gov or call one of the following numbers for weather alerts, forecasts and safety information: 504-522-7330, 337-477-5285, 318-631-3669 or 601-936-2189.

Visit http://www.disasterassistance.gov to find and apply for housing, food and financial assistance. Or call the Federal Emergency Management Agency—also known as FEMA—at 1-800-621-3362. TTY users call 1-800-462-7585.

Visit http://wwwemergency.louisiana.gov for up-to-date information on recovery efforts and assistance programs.

Your Member Portal

- Get plan documents
- View claims
- Find providers
- Change your PCP
- Send us messages
- Update personal Information

http://www.mypeopleshealth.com
Your physical, mental and emotional health are all connected, and you should make each a priority every day for your overall well-being.

Try these activities that nourish body and mind:

- **Stay in touch with family and friends.** Call and visit with others or connect through social media. Meet new people by joining a local place of worship or community organization.

- **Keep busy.** Volunteer or take a class. Explore new interests, such as learning a new language or how to play a sport. Read, do puzzles and play games.

- **Exercise.** Take a walk or join a fitness class. Less active and less fit people have a greater risk of developing high blood pressure. Being physically active reduces your risk for type 2 diabetes and coronary artery disease. It can also reduce your risk for falls and improve your ability to do daily activities. Lack of physical activity might add to feelings of anxiety and depression.

- **Get enough sleep.** Poor sleep not only makes you tired, it affects your mood and thinking. Plus it’s linked to health problems, including obesity, diabetes, heart disease and high blood pressure.

- **Practice optimism and good humor.** A positive attitude and laughter boost your mood. Spend time with people who make you laugh. Rent funny movies. Get out and enjoy activities together.

When it comes to your physical health, it’s a good practice to think about the physical activity you’re getting now compared to a year or so ago. If you’re exercising less now, you may want to talk to your doctor about ways to add more activities that are right for you. Health goals can change over time, but regular exercise helps keep the heart healthy. Simple steps, like walking more and taking stairs, can help you meet your exercise goals. **Regularly getting 30 minutes of physical activity most days of the week? Then keep up the good work!**
Tips for Avoiding Falls

A fall injury can really put a wrench in your routine. Fortunately, there are some basic things you can do to make your home a safer place.

- Keep stairways and pathways clutter-free.
- Have good lighting.
- Toss out throw rugs or make sure they’re firmly attached to the floor.
- Use nonskid mats and abrasive strips on flooring surfaces that get wet.
- Install grab bars in showers and alongside tubs and toilets.
- Make sure stairwells have handrails along the length of the stairs.

See Your Doctor

Some changes in health can contribute to falls. These include changes in vision, hearing, muscle strength, coordination and reflexes. Diabetes and conditions of the heart, thyroid or nervous system can also affect balance. Ask your doctor to screen you for these. Have your doctor check your medications, too. Some side effects may cause dizziness or lightheadedness.

Speak Up About Urinary Incontinence

Do you know that urinary incontinence is a common issue among people of all ages? It can be caused by a variety of things. So, there’s no reason to stay silent if you’re having symptoms, such as trouble urinating, not being able to get to the bathroom quick enough, or leaking urine. Your doctor may have solutions.

How do you bring up the topic?

Easy. Just tell your doctor your symptoms. Your doctor may ask some questions, too.

If you’re not comfortable talking about it, keep a daily journal of your symptoms, and write down the questions you want to ask. Then give the journal or a list of your questions to your doctor at your appointment. This way, your doctor can read about what’s going on.

When you share your concerns about your symptoms, only then will your doctor be able to figure out why you’re having the issue and offer treatment.
A Plant-Based Way of Eating Is Worth a Try

It’s becoming more popular to opt for plant-based meals, and evidence shows that this way of eating offers a host of health benefits.

You might be asking, *what is a plant-based way of eating?* It’s simply adding to your everyday meals more whole, nutrient-rich plant foods such as fruits, vegetables, whole grains, beans, peas, nuts and seeds. You don’t need to follow strict rules to enjoy this way of eating, and you don’t even have to give up meat. But avoiding unhealthy processed foods is key.

**Why Eat More Plant-Based Foods?**

Plant foods help you stay healthy and may lower your risk for long-term health issues because they contain many vitamins and minerals, including:

- **Vitamins E and C**, which protect your cells and support your immune system
- **Potassium**, which helps your muscles work together and reduces strain on your heart
- **Magnesium**, which makes bones and teeth strong and helps control blood pressure

Plant foods are high in fiber and have fewer calories than meats and processed foods. This means they keep you feeling full longer, which helps with a healthy weight. High-fiber foods can also lower bad cholesterol and keep blood sugar stable.

**What’s more, a plant-based diet may enhance your mental health.** Studies show that eating plant foods can improve your mood and help you better deal with stress. Nutrients in these foods support brain health, and that’s good for your memory, learning and decision-making skills.

Some research says plant-based diets are good for the planet, too. It takes much less energy and water to grow foods than to raise livestock.

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**Terms to know**

**Vegetarian** – someone who eats mostly plant-based foods and does not eat meat but may consume foods from animals, such as eggs, honey and milk, or dairy foods made from animal products, such as cheese and butter. Sometimes a vegetarian who consumes eggs and dairy is called a *lacto-ovo-vegetarian.*

**Pescatarian** – a vegetarian who also eats fish and other seafood.

**Vegan** – someone who eats only plant-based foods and does not eat any meat or animal products.
Tips to Get Started
Adding more plant foods to your diet is easy! Start by making just one meal one day of the week meat- and dairy-free. Another idea is to keep a bowl of fruits or pre-cut vegetables on your kitchen counter where you can see them and remember to make healthy choices. Other tips are:

- Add a vegetable side dish to meals
- Add fruits to breakfasts and desserts
- Snack on nuts and seeds instead of potato chips or crackers
- Swap some meats for plant proteins, like kidney beans, chickpeas, lentils and tofu
- Switch up your meal portions—treat vegetables, beans or whole grains as a main dish and meat as a small side dish

Read Food Labels
The healthiest plant foods (whole fruits and vegetables) don’t come with nutrition labels, but be sure to read the labels of those that do to help you choose healthy options.

**Calories from fat:** This shows how many calories come from fats in each serving of the food. Look for foods with less than 20% of the calories per serving from fat. For example, if a serving includes 200 calories, the calories from fat should be 40 or less.

**Cholesterol:** Plant-based foods don’t have cholesterol. An easy way to know if a food contains only plants—and not meat or dairy—is to check the cholesterol amount.

**Sodium:** Eating too much sodium can lead to health issues. Choose foods with fewer milligrams of sodium per serving than the total calorie amount per serving.

**Fiber:** Choose foods with at least two to three grams of fiber per serving.

**Carbohydrates:** If a food contains carbohydrates, look at the ingredients list to make sure it has whole grains, not refined grains. (Keep reading for more about this!)

Avoid These Foods
Avoid **added oil**, especially palm and coconut oils, and limit **saturated and trans fats**, found in such foods as butter, cheese, margarine and shortening.

Limit **added sugar** by avoiding foods that have it as one of the first five ingredients. Sugar can also be called high fructose corn syrup, fructose, sucrose, evaporated cane juice, honey, molasses, agave and maple syrup.

Limit **refined carbohydrates**. Refined grains lose many natural ingredients during processing. Watch out for the words “enriched” or “white” before grains on a food’s ingredients list. Choose whole grain foods, indicated by “whole,” “rolled,” “stone-ground,” “sprouted” or “cracked.”

For more about reading food labels, visit [http://www.fda.gov/Food/LabelingNutrition/ucm274593.htm](http://www.fda.gov/Food/LabelingNutrition/ucm274593.htm).

For tips on using coupons to stretch your grocery budget, see page 11.
ER or PCP Office:  
Do You Know Where to Go?

Sometimes it’s hard to decide if you should go to the emergency room (ER) or see your primary care physician (PCP) when you have a certain injury or illness. If you find yourself wondering where to go, consider the following:

- ER visits are usually only for a medical emergency, such as when you have symptoms that require immediate attention to prevent loss of limb or loss of function, including in extremities or with vision or consciousness.
- You should see your PCP for almost all other issues.

Still unsure? Call your PCP! Your PCP’s office will point you in the right direction. And if you do go to the ER, let your PCP know so he or she can coordinate your care.

Below are some common health issues and where you should go to have them addressed.

<table>
<thead>
<tr>
<th>Issue</th>
<th>PCP</th>
<th>ER</th>
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<tbody>
<tr>
<td>Sprain</td>
<td>✔</td>
<td></td>
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<tr>
<td>Back pain (no fever or other symptoms)</td>
<td>✔</td>
<td></td>
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<tr>
<td>Prescription refill requests</td>
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<tr>
<td>Bumps, cuts and scrapes</td>
<td>✔</td>
<td></td>
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<tr>
<td>Cough or sore throat</td>
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<td>High fever – over 101</td>
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<td>✔</td>
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<tr>
<td>Severe shortness of breath</td>
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<td></td>
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<tr>
<td>Possible broken bones</td>
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Often when we’re sick or in pain, we want to be seen right away. But going to the ER doesn’t always mean getting immediate care—ER wait times can be a few hours. If your PCP can’t see you right away, there’s always the option of seeing a physician in an urgent care center.

Your PCP knows your medical history, has your medical records on hand and is invested in your long-term health—all of which help your PCP treat most of your health needs.

So stop and think about where’s the best place to go for care. Chances are your PCP’s office is the right choice.
Attitude Is Everything:
Practicing Positivity and Preventive Care

Member Dolores J. considers herself healthy. And for good reason, too. Her fitness and social calendars are booked with daily events, and for many years she’s been a competitor in senior sports. She eats well and makes it a point to get yearly preventive screenings. Yet even so, in February 2018, she was diagnosed with breast cancer.

“Usually, I get my mammogram every October, because that’s when I have a birthday and it’s a good reminder,” said Dolores. But she was busy and put it off until the end of the year. Everything seemed fine during the screening, but the diagnostic center called her back for two more tests. “I had this strange feeling about myself waiting on the diagnosis.” she said. First there was an ultrasound and then a biopsy, which confirmed it: There were two cancerous lesions in her breast.

Her doctor recommended a mastectomy.

To anyone, this would be devastating news, and it wasn’t easy for Dolores to hear, especially since she hadn’t had any symptoms before the tests. But her faith is strong, and she knew that whatever happened she’d be OK.

She had the support of her family and her Peoples Health plan. And with these things, she would get through what lay ahead.

One time when Dolores and her daughter were in the waiting room at the doctor’s office, they were laughing freely at a shared joke. “When they opened the door,” Dolores said of the office staff, “they were just looking, and I was thinking, oh, I know they think we’re crazy because here I am diagnosed with cancer and we’re laughing and joking.” But Dolores’ positive outlook is a big part of her faith and of what helped her through her diagnosis.

What does it mean?

A **mastectomy** is the removal of the whole breast.

A **lumpectomy** is the removal of a tumor in the breast.

An **MRI** is a type of scan that uses strong magnetic fields and radio waves to create a detailed image of the inside of the body.

Continued on next page.
Member Spotlight

She believes in miracles and in sharing experiences with people she feels connected to. Besides her family, she told few about her diagnosis—just one or two ladies at her senior group and a couple of others to whom she felt compelled to share her story, thinking it might help them in some way.

Dolores’ doctor ordered one more test, an MRI, before her surgery. When the doctor called with the results, Dolores answered the phone, “Hello!” in her usual cheerful way. It turned out that the lesions were closer together than first thought, which meant she would have a lumpectomy to remove only the cancerous tissue instead of a mastectomy. This was great news, indeed.

Dolores had surgery on March 26, 2018, followed by a series of radiation treatments. Not long after, at the treatment facility, she got to “ring the bell,” signaling she was cancer-free. Her follow-up mammogram in January 2019 confirmed it.

Dolores didn’t slow down her social activities much during the whirlwind of tests, exams and treatments. As a matter of fact, the Friday before surgery, she participated in a sporting event.

It may not happen this way for a lot of people facing a similar diagnosis, and Dolores knows this. She considers herself fortunate and grateful, too, for her faith, her family, and her health plan—which has been taking care of her health for 20 years.

“IT was such a comfort to me knowing that here I had this great health care program, and it’s like a big family, because when you talk to them on the phone—they’re like a family.”

The cancer could have metastasized, or spread, to other places in Dolores’ body. Luckily, it didn’t, and good thing Dolores went for her yearly mammogram.

“I’m so grateful that I didn’t put it off any more,” she said. “When you have good health care, like Peoples Health, they even remind you to get your mammogram...they care about you, so why not do all the things to protect your body.”
Couponing Secrets and Strategies

Let’s face it: Shopping is more fun when you can save money with coupons! Coupons help stretch your budget, plus organizing them, trading them and adding up savings are fun activities to do with family and friends.

**Before you shop**, make a list of the everyday items you need, such as personal care products and groceries, then find your coupons. Once you do, make the most out of your coupons with the following time- and money-saving tips.

**Organize coupons**
That way you can:
- Find them easily at checkout
- Be sure to use them before they expire
- Be less likely to misplace or forget to bring them on your next shopping trip

**“Stack” coupons for even more savings**
Stacking is when you combine coupons to purchase a single item—for example, using both a coupon from the company that makes an item and a coupon from the store for the same item. You can easily double your savings with this trick.

**Look for in-store coupons while you shop**
Some stores have coupon dispensers, called “blinkies,” that print coupons instantly, and some even print coupons on your purchase receipt.

**Sharing is half the fun!**
Do you know about **Coups for Troops**? Think twice before you throw away expired coupons. Donate them to Coups for Troops to send to military families stationed overseas. The families can use the coupons up to six months after the expiration date. Find out more at [http://coupsfortroops.org](http://coupsfortroops.org).

**Collect and Organize**

**Where do you find coupons?**
- Look in Sunday paper circulars.
- Check a store or company’s website—print them out or pull them up using an app on your phone.
- Ask local restaurants and gas stations for unwanted newspapers, which are often thrown away after a day or two.

**Keep track of your coupons.**
- Store them in a pocket folder or accordion file.
- Place them in the slots of a small photo album.
- Arrange them by store, expiration date, product type, or any way that works for you.

Want more couponing tips? You’re in luck, because we offer classes! Visit [http://www.peopleshealth.com/wellness](http://www.peopleshealth.com/wellness) to find one in your area.
Talk to Your Doctor About Advance Care Planning

It’s a good idea to think about your future care and what you’d like it to be. Advance directives are simply your plan for just that, including for if a time comes when you are unable to communicate what you want. Your doctor is a good resource for helping you think about your decisions. If you already have a plan—great! Be sure to review it at least once a year to make sure you don’t want to change it. And anytime you do change your advance directives, make sure your doctor—and trusted family and friends—have a copy. Check out [http://www.peopleshealth.com/advancecareplanning](http://www.peopleshealth.com/advancecareplanning) for more tips and resources.

Scam Alert
Beware of Companies Offering Free Orthotic Braces

About the scam:
Certain companies have committed fraud by offering people with Medicare orthotic braces that they say are free and covered by Medicare. The scammers call to get personal information or use TV and radio advertisements to get people to call them. In some cases, the scammer sends the person with Medicare a brace, even when it isn’t needed or requested. Then they bill Medicare using the person’s information.

What you should know:
- If you get a call like this, hang up immediately.
- If medical equipment that your doctor didn’t order is sent to you, refuse the delivery or return it to the sender. Note the sender’s name and the date you sent it back.
- Never give out banking information or your Medicare, social security or health plan numbers to someone you don’t know.

For more information about the scam, call the Louisiana Department of Insurance at [1-800-259-5300](tel:1-800-259-5300).
Easy Refills of CPAP and BiPAP Supplies

Some of you said you wanted an easier way to reorder CPAP and BiPAP supplies, and we heard you! We switched to a new process, so when you need refills, simply call the durable medical equipment provider to set up the refill and delivery. The new process only applies to these supplies. And you do need to see your doctor at least once a year to make sure the supplies are still part of your treatment plan and still needed.

Keep Cool and Beat the Heat

It’s summertime in the city, and the living is easy. But the temperature can get hot! Follow these tips to keep your cool and stay safe.

- Wear loose, lightweight and light-colored clothing.
- Stay out of the sun.
- Drink lots of fluids—don’t wait until you’re thirsty. By then, you’re probably already dehydrated.
- On very hot days, don’t exercise or do strenuous activity outdoors, and avoid crowded places.
- Check local heat alerts online or on TV and radio reports.

No air-conditioning in your home?

Don’t rely on a fan as your only way to stay cool. Open windows during cooler parts of the morning and evening to create a cross breeze. Take cool showers and baths. And consider going to an air-conditioned place, such as a senior center, during the hottest part of the day.

Heat-related illnesses are serious, and if you think you’re having one, get medical attention right away. Heat stroke causes high body temperature, nausea or vomiting, and a fast pulse. Heat exhaustion causes dizziness, heavy sweating, clammy skin and muscle cramps.
People's Health Champion Johnnie W. Jones Jr. has had a full career and a lifetime of experiences. And his journey of learning is an inspiration to anyone who has ever thought age put their dreams out of reach.

What did he do?

How did he do it?
To understand Johnnie’s accomplishment, you need to know a bit about how he got there...

When Johnnie was in sixth grade, he dropped out of school to help support his family. He later joined the United States Marines, where he learned that education brings opportunity.

As a young man, he took night classes to get his high school diploma. When he was deployed to Vietnam, he took correspondence courses with Louisiana State University. Stateside after two tours, Johnnie earned a bachelor’s in sociology and later a master’s in social work. He started to go for his Ph.D., but his family—and an opportunity for a career to provide better for them—took priority. The doctorate had to wait.

Johnnie worked nearly 30 years for the Louisiana Department of Corrections. When he retired, he began working toward a doctorate for a second time. Again, life demanded his attention in other directions, but he stuck to it and finally reached his goal.

Why did he do it?
Johnnie says, “Age should not impede your dreams.” You’re never too old to learn something new. “As long as you’re physically and mentally fit, you should keep pushing.”

Most people see education as a route to a career, but that’s not Johnnie. There’s knowledge out there, and he simply wants it. Next up, Johnnie has a law degree, a master’s in history and a master’s in philosophy in his sights.
Train Your Brain
Get ready for July 4th with this puzzle!

Celebrating Independence Day

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<thead>
<tr>
<th>Fireworks</th>
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<tr>
<td>Declaration</td>
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<td>Soldiers</td>
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<td>Barbecue</td>
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<td>Old Glory</td>
<td>Stars and stripes</td>
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<tr>
<td>Independence</td>
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</table>

Stumped? Solution is on page 4.


Holiday Recipe

Red, White and Blue Berry Tarts
Serves 4

Ingredients

- 2 whole graham crackers (4 squares)
- 4 ounces fat-free cream cheese, softened
- 2 tablespoons fat-free sour cream
- 1/2 teaspoon vanilla
- 1 tablespoon powdered (confectioners’) sugar
- 2 cups mixed berries: raspberries, strawberries, blueberries
- 4 paper muffin cups

Directions

1. Finely crush crackers and divide crumbs among 4 muffin cups. Using a muffin tray will help shape them correctly.
2. In a small bowl, mix cream cheese, sour cream, vanilla, and confectioners’ sugar with a whisk to make a no-cook pastry cream. Put mixture on top of graham cracker crumbs. Top with berries. Save some berries to decorate the serving plate. Refrigerate for at least 2 hours before serving.

To make a plant-based version of this recipe, use an option for graham crackers without honey and use dairy-free options for cream cheese and sour cream.

IMPORTANT PLAN INFORMATION

This is the Peoples Health newsletter for members of the following Medicare Advantage plans:

- Peoples Health Choices 65 #14 (HMO)
- Peoples Health Choices Gold (HMO-POS)
- Peoples Health Secure Choice #011 (HMO SNP)
- Peoples Health Secure Health (HMO SNP)
- Peoples Health Group Medicare (HMO-POS)

Know someone who's turning 65?

Tell them about the Peoples Health Part B Give Back. And have them call Peoples Health.

We can also help your friends understand their Medicare options. You remember how it was: There's a lot to learn when you become eligible for Medicare. Have them call us toll-free today:

1-855-301-9663 (TTY: 711)

Monday through Friday, 8 a.m. to 8 p.m.

Peggy M., Peoples Health plan member