

PatriotLife

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Care Management Success



JOHNS HOPKINS
MEDICINE

US FAMILY HEALTH PLAN



Protect Yourself, Your Family and Your Community: Get Your Vaccines

Decades ago, whooping cough—also known as pertussis—made nearly every child sick.

Each year, it struck hundreds of thousands of people in the U.S. and killed up to 9,000.

But from 2000 to 2008, fewer than 200 people in the U.S. died of the disease.

What changed? In a word: vaccines. Vaccines against whooping cough became widely available in the 1940s. Now, the vaccine prevents tetanus, diphtheria and pertussis. It's recommended in one form or another for everyone from 2-month-old infants to older adults.

Vaccines Protect Communities

Every few years, an outbreak rears its ugly head. In 2010, whooping cough ran rampant throughout California. More than 8,000 cases were reported—the highest number in 63 years. More recently, in December 2014, California also saw an outbreak of measles when at least 40 people who visited Disneyland became infected. The disease then spread to at least six other states.

Many of these diseases harm infants, pregnant women, older adults and people who are already sick. But vaccines aren't

always safe for these groups. That's why even healthy young adults need vaccines. If most of a community is immunized, it's harder for a contagious disease to spread. For instance, a study found that in eight countries where immunization coverage was reduced, the incidence rates of pertussis surged 10 to 100 times the rate in countries where vaccination rates were sustained.

If your child has missed any of the immunizations in the chart below, please talk with his or her provider to come up with a catch-up schedule to get these important immunizations.

KEEP YOUR KIDS SAFE WITH IMMUNIZATIONS

Immunizations, also called shots, protect your children from harmful illnesses. Many vaccines require multiple doses, as seen below. Talk with your child's provider about which shots your child needs, and when.

| | Birth | 1 mo | 2 mos | 4 mos | 6 mos | 9 mos | 12 mos | 15 mos | 18 mos | 19-23 mos | 2-3 years | 4-6 years |
|---|-------|------|-------|-------|-------|-------|--------|--------|--------|-----------|-----------|-----------|
| DTap (diphtheria, tetanus and pertussis) | | | • | • | • | | | ↔ | | | | • |
| IPV (polio) | | | • | • | | | | ↔ | | | | • |
| MMR (measles, mumps and rubella) | | | | | | | ↔ | | | | | • |
| Hib* | | | • | • | | | ↔ | | | | | |
| Varicella | | | | | | | ↔ | | | | | • |
| Hepatitis B | • | ↔ | | | | | ↔ | | | | | |
| PCV 13 | | | • | • | • | | ↔ | | | | | |
| Influenza (annual) | | | | | • | | | | | | | |
| Hepatitis A ** | | | | | | | | ↔ | | | | |
| RV (rotavirus) | | | • | • | • | | | | | | | |

* The Hib shot comes in either a three-shot series or a four-shot series. Ask your doctor how many shots your child should have.

** Your child should get the Hep A shot any time after he or she is 12 months old. The second shot in the series should be given at least six months after the first shot.

You Never Outgrow Regular Checkups

Doctor visits are common for young children. Their still-developing immune systems lead to many sick visits, but they also need to have regular checkups—what Johns Hopkins US Family Health Plan calls well-child care. By the time a child is 2 years old, he or she should have had almost a dozen well-child visits. Older children need fewer well-visits, but these are still important as children grow.

The American Academy of Pediatrics (AAP) recommends a once-a-year well-child visit starting at age 3. In fact, children should have annual visits from age 3 until age 21. After age 6, these visits become routine physical exams. Well-child visits are not just for shots. Your child's health care provider will make sure your child's immunizations are up-to-date, but the provider will also examine your child to see how he or she is developing.

Your child will probably have his or her height, weight and blood pressure checked.

He or she also may be screened for lead poisoning, tuberculosis and high cholesterol.

The AAP and the National Heart, Lung, and Blood Institute recommend that all children be screened for high cholesterol between ages 9 and 11, regardless of family history, and again between ages 17 and 21.

Physicals Are Important for Adults, Too!

If you wait until you're ill before visiting your health care provider, you could be missing out on important preventive screenings and services. That's why scheduling routine physical exams is key. During your exam, you and your provider can discuss your health concerns, go over your health history and consider other preventive measures that keep you healthy.

Transition of Care

As children become teenagers, their interests can change. So do their health care needs. New concerns, such as acne, body image, birth control and pregnancy, growth problems, substance abuse, and fatigue, become more important. These concerns are better addressed by an adult care provider.

If you're a parent of teenagers, it's important to start preparing your children for their transition to adult care. Since they will be responsible for managing all of their health care as adults, it's helpful to ease them into that role as teens. Little by little, encourage your teens to take an active role by scheduling appointments and refilling medications. This will give them confidence.

It's also important to talk with your teen's provider about the transition. He or she can help you think of other steps you will need to take to prepare your children. It won't happen overnight, but by planning ahead, your children will be ready to transition to adult care when they are ages 18 to 21.



7 TIPS FOR A Healthy Summer

The long, warm days just seem to invite kicking back and having fun. The last thing you want is for health problems to spoil your plans. These tips will help you stay healthy so you can make the most of the sunshine.

- 1 **Go outside and play.** Spending time outside has been shown to reduce stress, anxiety and depression. Plus, it may help restore the ability to pay attention when you're feeling mentally drained.
- 2 **Hike, bike, swim.** Or grab your running shoes, a tennis racket or even a push lawn mower. There are lots of ways to get your 150 minutes per week of moderate-intensity physical activity. If it's too hot outside, hit the gym, walk at the mall or visit an indoor basketball court.
- 3 **Apply sunscreen.** Protect your skin from the sun's damaging ultraviolet (UV) rays. Choose a broad-spectrum sunscreen with an SPF of 15 or higher. Apply liberally, even on cloudy or cooler days. And don't forget your wide-brimmed hat and UV-blocking shades.
- 4 **Stay cool in the heat.** To avoid getting overheated, wear light-colored, lightweight, loose-fitting clothes. Stay inside during the hottest part of the day—usually about noon to 3 p.m.
- 5 **Drink more water.** Your body needs extra fluids in hot weather, especially if you're exercising or working in the heat. Water is a great choice. Avoid drinks containing alcohol or lots of sugar, which actually can be dehydrating.
- 6 **Visit a farmers market.** Or grow your own food garden and get some bonus physical activity. Summer is prime time for a host of delicious, nutritious fruits and veggies, including blueberries, green beans, strawberries, tomatoes, watermelon and zucchini.
- 7 **Shoo away the bugs.** At best, bug bites are irritating. At worst, ticks and mosquitoes can carry diseases. To reduce the risk, apply insect repellent to exposed skin and clothing, following product directions. Wash it off when you come inside, and check your skin, clothing and gear for ticks.

Finally, take an extended break from work stress if you can, whether for a weeklong trip or weekend "staycation." Soak up all the good things that summer has to offer and treat yourself to a healthy dose of hammock therapy.



Don't Weight: Get to Know Your BMI

BMI by the Numbers

Body mass index (BMI) is a measure of how much body fat you have. It uses your weight and height to come up with a BMI number. Using this number, you and your health care provider can tell whether you might have a weight problem.

To find your BMI, use the BMI calculator at cdc.gov/bmi. A normal, healthy BMI is between 18.5 and 24.9 for most adults.

What Your BMI Means

Once you know your BMI, you can find where you are on the BMI chart. BMI numbers are split into four groups:

- Underweight: 18.4 or lower
- Normal weight: 18.5 to 24.9
- Overweight: 25 to 29.9
- Obese: 30 or higher

Being overweight or obese puts you at risk for high blood pressure, heart disease, type 2 diabetes, high cholesterol and some types of cancer. If you have any questions about your BMI, talk with your provider.

Lowering Your BMI

If you'd like to lower your BMI, try making healthier food choices. You don't need to make huge changes all at once. Even small changes can make a big difference over time.

Start with one change you can stick with, and then add more when you can.

- Watch your portions. Many of us eat larger amounts of food than we need. Learn what a real serving size looks like for each food group. Reading food labels can help you know how many servings are in the foods you're eating.

- Switch to low-fat (1 percent) or nonfat milk. You'll still get all of the calcium and nutrients milk provides, but you'll take in fewer calories and less fat.
- Limit foods with saturated fat. These include foods made with butter or shortening, and fatty meats. Some foods to cut back on include sausages, bacon, ribs, pizza, ice cream, cakes, cookies and other desserts.
- Switch to water. Sugary drinks can add lots of calories to your day. If you need a flavor boost, try adding a slice of citrus fruit or watermelon.

DON'T GO IT ALONE!

If you're ready to make healthy changes to lower your BMI, we're ready to coach you. Johns Hopkins US Family Health Plan will assign you a health coach to help you create personal goals and encourage you throughout your wellness journey. The program is available at no additional cost, and sessions are as flexible as you want them to be. Call **800-957-9760** for more information.



We're Hiring

Johns Hopkins USFHP is seeking a Team Leader of Military Relations and Field Services to join our marketing group. This position is responsible for establishing and maintaining relationships with military installations at the command level and supporting USFHP leadership in marketing efforts. To apply, please call **410-590-4014**.

How Care Management Is Helping One USFHP Member

Johns Hopkins US Family Health Plan (USFHP) member Bill Ashforth was aware of his shortcomings in the self-care of his health conditions. He had a gym membership, but he didn't use it. Rather than making lasting changes, he found himself focusing on his health only when he had an appointment approaching.

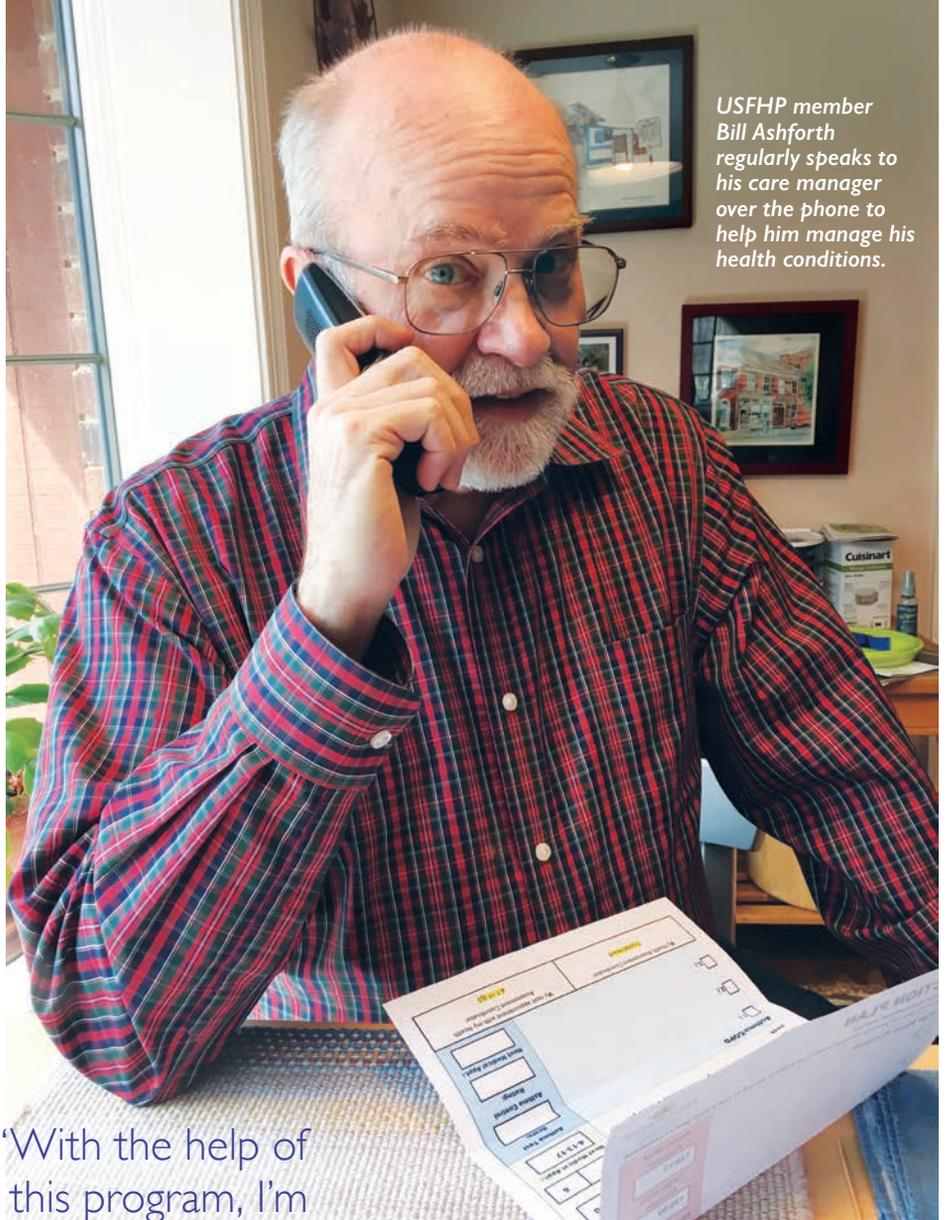
Last fall, Bill decided to take action and seek help for improving his hypertension, diabetes and Parkinson's disease. He joined the care management program for USFHP members in October 2016. Crystal Heard, a health assessment coordinator, became his care manager and has helped him improve his overall health.

Bill compares a care manager to a medical "personal trainer" because of the individualized nature of the service. Crystal works with him to set custom goals and focus on his specific health conditions. Bill wanted a way to bridge the outstanding, but separate, care he was receiving for his three conditions.

"Being in the program helps me manage my overall case," he said. "It's a service that I wasn't getting from my specialists. I'm getting outstanding service from them, but not for my overall health. I knew that if I signed up, I would make commitments, and if I made commitments, I would have to keep them."

That motivation and accountability have been huge benefits for Bill. During the last several months, his attitude and behaviors are changing.

"It's a friendly nudge to keep you on track," he said. "But the goals come from me. It's a structure. I didn't have an overall structure for dealing with all three conditions. It gives me a very mild structure that says, 'You have to pay attention to this.'"



USFHP member Bill Ashforth regularly speaks to his care manager over the phone to help him manage his health conditions.

"With the help of this program, I'm accomplishing things that make progress against my diseases that I wouldn't have made without Crystal."

— Bill Ashforth

He's going to the gym now and using the exercise equipment in his basement. His improved fitness is building up his strength to help manage his Parkinson's. He has a blood sugar target that he's getting better at meeting. His diet modifications have helped control his diabetes.

"With the help of this program, I'm accomplishing things that make progress against my diseases that I wouldn't have made without Crystal," Bill said.

He also benefits from the increased time spent with a health professional. On

his current twice-per-year schedule with his neurologist, he may spend only a total of an hour annually with his provider. But with the care management program, he talks to Crystal every two weeks for 30 to 60 minutes per call. It amounts to substantially more time focusing on his health conditions.

Monitored care management has helped Bill. And he's confident that it can help other USFHP members, too.

"If you're serious or even semi-serious that you need to do something, you can try this," Bill advised.

Care management is available to USFHP members who have diabetes, COPD, asthma or cardiovascular disease. For more information or to self-refer for the service, call **800-557-6916**.

Patriot Life is the official member newsletter of the Johns Hopkins US Family Health Plan (USFHP). It is published three times per year by Johns Hopkins HealthCare's Marketing and Communications department.

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 Member Handbook:
Hopkinsmedicine.org/usfhp/handbook

 Health Coaching:
Hopkinsmedicine.org/usfhp/coaching

 Pharmacy:
Hopkinsmedicine.org/usfhp/pharmacy

The USFHP website has a variety of pharmacy information related to the formulary, pharmaceutical restrictions or preferences, requesting an exception, quantity limits and step therapy, generic substitution, and other pharmacy management procedures. The pharmacy formulary is updated regularly to include new medications and the latest safety information.

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