

# Healthmate

*A Publication of Health Tradition Health Plan*

VOLUME 10, NO. 2

A MAYO HEALTH SYSTEM CHOICE IN WISCONSIN

SPRING 2004

## FOR YOUR HEALTH!

### Urology Issues Related to Aging

by Dana Rademacher, MD,  
Franciscan Skemp Urology  
Tuesday, May 25, 2004

### Medicare Fraud & Benefits

by Elizabeth Conrad, Coalition  
of Wisconsin Aging Groups  
Tuesday, June 29, 2004

### The Joys of Volunteering

by Elaine George, Franciscan  
Skemp Volunteer Coordinator  
Tuesday, July 27, 2004

### Depression and Anxiety

by Kay Adams, Clinical  
Therapist, Franciscan Skemp  
Behavioral Health  
Tuesday, August 24, 2004

Sessions are free of charge,  
but registration is encouraged.  
For more information or to  
register, call Franciscan Skemp  
Elder Services at (608) 791-9505.

Get out and enjoy  
spring! Grab a friend  
or go on your own,  
but make a new  
commitment to  
your health!

Service  
Excellence  
THE TRADITION CONTINUES

## Get Outside and Enjoy Spring! Tips for Staying Motivated, Healthy & Fit



**H**ave you ever started a fitness program and then quit? You're not alone. The following tips can help you stay motivated — especially in the nice spring weather. Get outside, enjoy and get fit!

◆ **Choose an activity** that fits your lifestyle. If you like to exercise alone, you may enjoy noncompetitive activities such as in-line skating, walking, biking or working out at a health club. If group activities help motivate you, consider aerobics, bowling, volleyball or softball.

◆ **Set goals.** Start with simple goals. Make them realistic and achievable. It's easy to get frustrated and give up on goals that are too ambitious.

### Example:

Short-term goal — walk 5 minutes once or twice a day

Intermediate goal — gradually work up to 20 minutes, 3-4 times a week.

Long-term goal — walk 30-60 minutes, 5-7 times a week

◆ **Reward yourself.** After each exercise session, take a few minutes to sit down and savor the good feeling. When you reach a longer-range goal, treat yourself to a new pair of walking shoes or a new CD.

◆ **Start slowly.** The most common mistakes are starting a fitness program at too high an intensity and progressing too quickly. Pain and stiffness can be very discouraging.

◆ **Add variety** to prevent boredom. Try alternating walking and bicycling with swimming or a low-impact aerobic dance class. Do your flexibility or stretching exercises outside. Join a health club to meet new people. Enjoy different music as you exercise.

◆ **Be creative.** Look for opportunities throughout your day to slip in some physical activity. Go for a walk during your child's music lesson. Swim during your lunch hour. Take the stairs instead of the elevator at work. Pedal a stationary bike or walk on a treadmill while you watch TV at night.

◆ **Be flexible.** If you're traveling or especially busy, adapt your exercises to accommodate your schedule. But don't give up! If you miss a day, start again the next!



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◆ **Track your progress.**

Record each time you exercise, how long you did it, and how you felt during and after your exercise. This reminds you that you're making progress.

◆ **Get some support.** Consider inviting a friend or co-worker to join you when you exercise. Peer pressure helps keep you motivated. You may also enjoy working out with your family.

◆ **Weigh the pros and cons.** Have you started a fitness program because your doctor recommended it? Are you thinking about quitting? Make a list of all the benefits you gain from your fitness program and the risks of not exercising.

◆ **Have some fun.** Exercise doesn't have to be drudgery. You're more likely to stick with an exercise program if you're having fun. If not, try something different.

The American College of Sports Medicine recommends at least 30 minutes of physical activity on most – if not all – days of the week. The Institute of Medicine suggests 60 minutes of exercise, especially when weight loss is desired. For more information, see your personal healthcare provider. Never start an exercise routine without consulting your physician.

## Biking safely Got Your Helmet?

**B**ottom line — wearing a helmet can save your life. Forget all the excuses. If all bicyclists wore helmets, we could save one life every day and prevent one head injury every 4 minutes.<sup>1</sup>

### Follow these tips:

◆ Buy helmets that meet or exceed the safety standards developed by the Consumer Products Safety Commission (CPSC) — look for a CPSC sticker.

◆ Make sure you have the correct size helmet for your head. See that it fits snugly and doesn't hinder your vision. You shouldn't be able to move the helmet in any direction, back to front or side to side. Sizing pads, which are included in the box, can help to make it fit securely.

◆ Wear your helmet flat atop your head, not tilted back at an angle or pulled low over your forehead. Make sure to keep the chin strap buckled.

◆ Throw out your helmet after it's been through an accident. Even if it looks the same, the force of a blow can easily render it useless.

◆ Wear your helmet every time you ride — it may save your life!



— SOURCE: MAYOCLINIC.COM  
— <sup>1</sup> DEPARTMENT OF TRANSPORTATION STATISTIC

Use the new, user-friendly Health Tradition Website as your first choice for information!

## Healthtradition.com

The Health Tradition website — a new convenient way for you to get all the information you need, whenever you need it! The website is easy to use and member-friendly. Just click on an item if you want more information:

- ◆ Questions about your benefits
- ◆ List of network providers
- ◆ List of medications that are covered
- ◆ How to file a claim or appeal
- ◆ Authorization and enrollment forms
- ◆ Service maps
- ◆ Newsletters
- ◆ Information just for college students
- ◆ Articles on important benefit changes and healthcare advice
- ◆ What you need to know when travelling
- ◆ Medicare/BadgerCare — plans & services
- ◆ Links to other resources
- ◆ How to request a quote on our products and services



## MEDICAL DIRECTOR'S CORNER

# Focus on Fruits/Veggies For a Healthier You!

By Alan Krumholz, MD

**M**any people yearn for – and spend a lot of time and money seeking – the perfect eating plan. Although there really isn't one perfect diet for everyone, some general principles for choosing foods apply to most people. These principles are often represented in a food pyramid.

The triangular shape of the pyramid shows you where to focus when selecting foods. Foods that you should eat the most of create the large base of the pyramid, and those foods you should eat sparingly form the smaller tip.

Many food pyramids now exist. I often recommend the Mayo Clinic Healthy Weight Pyramid which puts unlimited servings of fruits and vegetables at the base of the pyramid. That's especially great news this time of year – since we have so many wonderful fresh fruits and vegetables available in our supermarket aisles. Also, check out the great choices at area farmer's markets. Take advantage of these great choices and remember that you have more options than ever when planning healthy meals and snacks.

### Important points to remember:

- ◆ Eat more fruits, vegetables and whole grains.
- ◆ Reduce saturated fat and cholesterol.
- ◆ Limit sugar and salt.
- ◆ Drink alcoholic beverages in moderation, if at all.
- ◆ Eat moderate-sized portions.
- ◆ Include physical activity in your daily routine.

To see how your eating matches up, keep a food diary for several days. Then compare how much of your diet comes from the bottom of the pyramid and how much comes from the top. If you're top-heavy, work your way toward the bottom by making small, gradual changes, such as eating more vegetables, fruits and whole grains and limiting fats and sweets.

As you examine your food portions and serving sizes, think about your choices, your options and your hunger level. We often eat out of habit, boredom, emotion or for no reason at all – except that the food looked so good we couldn't resist! If we aren't consciously choosing what we eat, when we eat and why, we may be overeating or not getting the variety we need for good nutrition. Don't deprive yourself of your favorite snack or treat. Instead, learn how to balance your choices

and servings to get the variety of foods you need, everyday!

*Remember, healthy eating can be, and should be enjoyable. For more information, talk to your personal healthcare provider. Also, visit our website at [Healthtradition.com](http://Healthtradition.com) for links to [MayoClinic.com](http://MayoClinic.com) and other information sites for living healthy.*

## TO REMEMBER:

◆ **CHIROPRACTIC CARE** is covered by in-network chiropractors whether it is provided on an appointment basis or on an urgent basis. However, additional emergency charges are not covered even if the services are provided by in-network chiropractors. Emergency chiropractic care is not covered when you are out of the service area or by a non-network chiropractor. Emergency Department treatment at the nearest hospital is covered if you are experiencing musculoskeletal pain that is of an emergent nature when out of the service area. Seek an evaluation there first.

◆ **TAKE-HOME DRUGS** after hospitalizations, emergency room visits, or same day surgeries are not covered if provided by the healthcare facility. Instead, ask your healthcare provider for a prescription and have the prescription filled at a participating pharmacy. For a list of participating pharmacies, visit our website: [Healthtradition.com](http://Healthtradition.com).

◆ **NOW'S THE TIME** to set up your child's back-to-school or camp physicals. Many Franciscan Skemp Healthcare Clinics offer special times for these physicals. Call your area Franciscan Skemp Healthcare Clinic for more information.

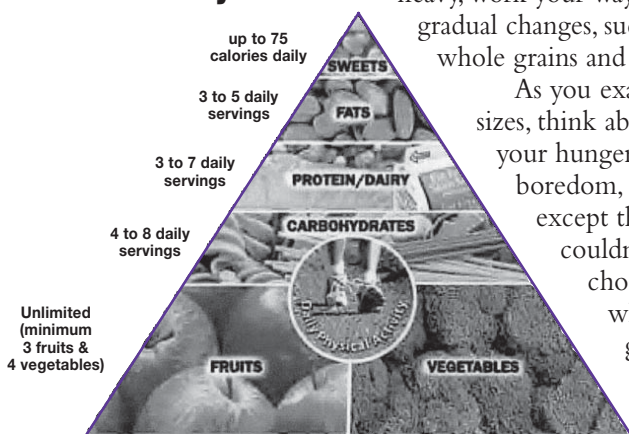
For more information – visit [Healthtradition.com](http://Healthtradition.com) or contact any of our customer service representatives at 1-877-832-1823. Use the Health Tradition Website as your first choice for information!

## AT YOUR SERVICE!

Health Tradition is now open Monday – Friday, 8 AM - 4:30 PM. You may still reach a customer service representative from 7 AM - 7 PM at 1-877-832-1823. After 7 PM, you may use the automated system for your inquiries.

Customer Service **1-877-832-1823**

### The Mayo Clinic Food Pyramid



**New Providers to your Healthcare Network**

**LA CROSSE**

- Franciscan Skemp - La Crosse
- ◆ Haleem Rasool, MD, Hematology/Oncology
- ◆ Anne Marie Shorter, MD, Radiology

**EAU CLAIRE**

- Midelfort Clinic - Clairemont Campus
- ◆ Cecil Berlie, MD, Ophthalmology
- ◆ Jay Schindler, MD, Neurosurgery
- ◆ Fawad Khan, MD, Internal Medicine
- ◆ Susan Houck, MSSW, Behavioral Health Dept.

**MAUSTON/HILLSBORO**

- Asbel-Wall Chiropractic
- ◆ Andrew Asbel, DC, Chiropractic Care
- ◆ Jon Wall, DC, Chiropractic Care

**SPARTA**

- Franciscan Skemp - La Crosse/Sparta
- ◆ Christine Hughes, LCSW, Behavioral Health
- Lodico Chiropractic/Allied Health
- ◆ Timothy Shaw, DC, Chiropractic Care

**WINONA**

- Winona Clinic, Ltd.
- ◆ Todd Tamlyn, MD, General Surgery

**VIROQUA**

- Vernon Clinic of Chiropractic, Inc.
- ◆ Kris Erlandson, DC, Chiropractic Care

**WABASHA**

- Wabasha Clinic
- ◆ Cindy Gile, PA, Family Medicine

**Providers on the Move**

**LA CROSSE TO EAU CLAIRE**

- Midelfort Clinic - Luther Campus
- ◆ Nicole Touchet, MD

**BLOOMER TO COLFAX**

- Midelfort Clinic - Colfax Campus
- ◆ Desiree Phillips, PA

**Providers Leaving our Healthcare Network**

**LA CROSSE**

- Franciscan Skemp - La Crosse
- ◆ JoAnn Ormand, MD, Gastroenterology
- ◆ Kenneth Horth, MD, Gastroenterology

**EAU CLAIRE**

- Midelfort Clinic - Barron Campus
- ◆ James Fogarty, MD, Surgery

**GALESVILLE**

- Franciscan Skemp - Galesville
- ◆ Denice Allen, LCSW, Clinical Therapist

**BLOOMER**

- Midelfort Clinic - Bloomer Campus
- ◆ Tonia Odden, PA, Family Practice

**Ready to  
Quit Smoking?**

**Call our Tobacco Quitline  
at 1-888-642-5566  
(toll-free)**

**Health Tradition**

*A Mayo Health System Choice in Wisconsin*

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| Director of Operations        | Beverly Larson, RN |
| Director of Health Services   | Mary Wanzek, RN    |
| Director of Sales & Marketing | Michael Eckstein   |

The purpose of Healthmate is to inform and communicate with health plan members. Please submit suggestions or ideas to:

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