

Healthmate

A Publication of Health Tradition Health Plan

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A MAYO HEALTH SYSTEM CHOICE IN WISCONSIN

WINTER 2004

SPECIAL NEWS!

Laser Vision Price Reduction for Health Tradition Members

Health Tradition members are eligible for a special price on laser vision correction from Franciscan Skemp Healthcare. This procedure is normally priced at \$1650 per eye, but for Health Tradition members, it is \$1250 per eye (enhancements additional, if needed). Vision correction is not a covered benefit. The cost is a member's responsibility.

"This is an exciting value for our members," says Alan Krumholz, MD, Medical Director of Health Tradition. "Through our partnership with Franciscan Skemp Healthcare, we negotiated this special price to make vision correction more affordable for our members."

"We know that many people want to reduce their need for eyeglasses or contact lenses, to be more active in sports or other activities," said Tom Bartlett, Director, Franciscan Skemp Eye Services. "If you have been thinking about laser vision correction, now is a great time to learn more."

Dr. Robert Freedland, ophthal

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**Service
Excellence**
THE TRADITION CONTINUES

Check out our Website: What a Site to See!

It's here! The new 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:

- ◆ How to access your benefits
- ◆ List of network providers
- ◆ List of medications that are covered
- ◆ How to file a claim or appeal
- ◆ Authorization and enrollment forms you can download and use
- ◆ 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 and services
- ◆ Links to other resources: Mayo Health Topics A-Z, Tobacco Quitline, 24-hour Nurse Line, Birth by Design, educational offerings, American Cancer Society, American Heart Association, National Diabetes Association, etc.
- ◆ How to request a quote on our products and services

We hope you find this site helpful. Use the Health Tradition Website as your first choice for information!

2004 Provider Directories are available on our new website: www.HealthTradition.com

If you need a hard copy version, call 1-888-459-3020 (toll free) or 608-781-9692



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



Customer Service 1-877-832-1823

FOR YOUR HEALTH!

Senior Symposium

February 23, 2004

For more information or to register, Franciscan Skemp Elder Services, (608) 791-9505.

Partnering with your Physician

presented by Successful Aging & the Alzheimer Association

February 24, 2004

For more information or to register, Franciscan Skemp Elder Services, (608) 791-9505.

Dreams Grow in Every Heart: Women & Girls Body Image

by Rebecca Radcliffe

March 4, 2004

For more information or to register, (608) 791-4172.

7th Annual Child Maltreatment Conference

March 25-26, 2004

For more information or to register, (608) 791-4172.

Caring for You/Making Time for Me: Caring for the Caregiver

by Jan Draveky

April 8, 2004

For more information or to register, (608) 791-4172.

Celebration of Health


dinner and speaker for individuals for diabetes and their guest.

April 24, 2004

For more information or to register, (608) 791-4172.

Winter Blahs?

It could be Seasonal Affective Disorder

 Seasonal affective disorder (SAD) is different from the winter blahs. Like many people, you may experience cabin fever during the winter. You may also tend to eat more and sleep more. But SAD goes well beyond this. It's a type of depressive disorder.

What causes SAD is unclear, but it may have to do with the lack of sunlight in the winter. Although there's no cure for SAD, for mild symptoms, these coping skills may help:

- ◆ Increase the amount of light in your home. Open blinds, add skylights and trim tree branches that block sunlight.
- ◆ Walk outdoors on sunny days, even during the winter.
- ◆ Exercise regularly. Physical exercise helps relieve stress and anxiety, which can accentuate SAD. Being more fit can make you feel better about yourself.
- ◆ Learn ways to better manage stress.
- ◆ If possible, take winter vacations in sunny, warm locations.

Symptoms — If you've been through two winters with the following signs and symptoms, you may have SAD:

- ◆ Depression
- ◆ Irritability
- ◆ Weight gain
- ◆ Difficulty concentrating and processing information
- ◆ Overeating, especially foods high in carbohydrates
- ◆ Loss of energy
- ◆ Headaches
- ◆ Loss of interest in sex
- ◆ Anxiety
- ◆ Increased sleep

For more information, talk to your primary care healthcare provider about your symptoms. Anti-depressant medications or a treatment called light therapy may be beneficial. Remember, you don't have to feel SAD all winter long!

Source: www.MayoClinic.com



■ LASER VISION CORRECTION

(continued from page 1)

ologist, has been performing laser vision correction for nine years, and has received extremely high satisfaction ratings from his patients. Franciscan Skemp uses the cool, precise excimer laser from VISX; past patients often comment on how quickly and smoothly the procedure goes, and how little discomfort there is.

If you have questions, or would like to schedule your free, personal consultation to find out if you are a candidate for laser vision correction, call (608) 791-7889.

You must specify that you are a Health Tradition member to receive the reduced price.

Questions?

Remember: Health Tradition has four different Quick Reference Fact Sheets — all designed to answer the most frequently-asked questions of our Health Tradition staff.

- ◆ Health Care Coverage as a Full-time Student
- ◆ Your Benefits When Outside the United States
- ◆ Member Cost Sharing
- ◆ Your Prescription Drug Plan — the Health Tradition Formulary

These Question and Answer Fact Sheets are available on our Website at HealthTradition.com.

REMEMBER — If you go to an out-of-network provider before Health Tradition Health Plan has officially notified you of the approved service, you may be responsible for the incurred charges. Double check with Health Tradition before you go to any non-participating provider — including Mayo Clinic — to see if your referral request has been approved.



KEEP IT SIMPLE!

Real-Life Tips from Your Every Step (Y.E.S.) Team Members:

FRUITS AND VEGGIES

Adults should have 7 servings of fruits and veggies each day. Sounds hard to do? Here are some real-life tips that are working for others:

- ◆ Instead of giving something up, add a fruit or veggie to your breakfast, lunch, or dinner.
- ◆ Make vegetable lasagna or spaghetti. Add all your favorite veggies to the sauce, either in addition to or instead of meat. Fresh are best, but you can easily use frozen veggies, cook them, and throw them in. On cold nights, make a can of soup and throw in extra veggies.
- ◆ Next time you steam veggies, use chicken broth for a more vibrant flavor.

GET UP AND MOVE!

Many people find it difficult to fit in jogging or a trip to the health club. But Y.E.S. team members offer these simple tips:

- ◆ "I stretch in the shower! It gets my blood moving and I start my day more energetic!"
- ◆ "I found a walking partner and we encourage each other. We look forward to this time and really have fun!"
- ◆ "When I'm waiting for something on the stove or in the microwave, I do side leg lifts while holding onto my kitchen countertop!"
- ◆ "Every night I get on my floor and stretch – while watching TV. Then I lift a few free weights and do sit-ups."

REMEMBER – while not as effective as jogging or a healthclub workout, these simple tips do work and can fit into your schedule!

CHANGE OF ADDRESS?

Remember to notify your Health Tradition health plan of any change of address.



Len Reining, Terry Miller, Jerry Hallum and Dan Klug are using the team approach to motivate each other to exercise more and eat right!



Blues Brothers: Team Approach Works!

Dan Akroyd and John Belushi of the *Blues Brothers* singing group weren't known for exercising and eating right, but the Franciscan Skemp *Blues Brothers* are a different story. These four Facility Services workers (who wear blue shirts at work) have formed a team and are taking part in the **Y**our **E**very **S**tep Counts Challenge.

Y.E.S. is the Franciscan Skemp Healthcare initiative to motivate employees to make healthy lifestyle choices through the support of a team. Teams range from 4-20 employees. The program focuses on exercise, healthy eating and stress management over the six-month challenge.

While many of us find it hard to stay motivated during these cold winter months, the Blues Brothers encourage each other. "We're accountable to each other and that's a great incentive," says Len Reining. In fact, the *Blues Brothers* each won a radio headset and a first aid kit for having the most activity minutes in November — more than 1,290 minutes of activity each!

Their goal is 1200 minutes a month. Their exercise minutes are adding up — taking the stairs when possible, pheasant and deer hunting and cutting wood. Terry Miller goes for walks with his 13-year-old daughter, "every night after supper and weekend mornings."

"I have a commitment to myself and to my teammates," says Jerry Hallum. "I now think twice before I take the elevator or eat a dessert."

"Or at least we want to burn off that dessert right away," adds Dan Klug. "We're much more aware of exercising and eating right."

"Being a member of a team is so important," says Karee Munson, Franciscan Skemp Healthcare Health Promotion Coordinator. "Team members give each other support, add a bit of healthy competition, and keep each other motivated. It makes it more fun!"

So find some colleagues at work or friends or neighbors and form your own teams and your own challenges! Set your individual goals. Track your results. Feel better and have more energy. Remember, your every step towards healthy living begins today!

Are you interested in having someone talk to your group about healthy living? Call the Franciscan Skemp Speaker's Bureau at (608) 791-7838 or 1-800-362-5454, ext. 9717.



New Providers to your Healthcare Network

LA CROSSE

- Franciscan Skemp - La Crosse
- ◆ Richard McManimon, CADC III, Chemical Dependency
 - ◆ Charles Cagin, MD, Cardiology

EAU CLAIRE

- Eau Claire Anesthesiologists, Ltd.
- ◆ Deborah Johnson, MD, Anesthesiology
 - ◆ Cameron Olson, CRNA, Certified Registered Nurse Anesthetist

- Midelfort Clinic - Luther Campus
- ◆ Karen Betten, MD, Family Practice
 - ◆ Marius Stan, MD, Internal Medicine
 - ◆ Troy Stoneberg, PA, Orthopedics

NORWALK

- Scenic Bluffs Community Health Center
- ◆ Joel Erickson, MD, Family Practice

MENOMONIE

- Red Cedar Clinic
- ◆ Jennifer Roberts, DPM, Podiatry
 - ◆ Pamela Galloway, MD, General Practice

WINONA

- Winona Clinic, Ltd.
- ◆ Edward Casey, DO, Internal Medicine
 - ◆ Jack Ramage, MD, Internal Medicine

RUSHFORD

- Rushford Clinic
- ◆ Carmen Scudiero, MD, Internal Medicine

NEW HAMPTON, IA

- New Hampton Clinic
- ◆ William Remington, MD, Otolaryngology

Providers on the Move

HOLMEN TO CHIPPEWA FALLS

- Midelfort Clinic - Chippewa Falls
- ◆ Maureen Vanyo, MD, Family Practice

Providers Leaving our Healthcare Network

LA CROSSE

- Family and Children's Center
- ◆ Sarah Thompson, LPC, Psychology
- Franciscan Skemp - La Crosse
- ◆ Monica Weiss, MS, PC, Clinical Therapist

EAU CLAIRE

- Midelfort Clinic - Behavioral Health Dept.
- ◆ Sheryl Hay-Hodgson, MS, CPC, Psychotherapy
- Midelfort Clinic - Luther Campus
- ◆ David Dibbell, Jr., MD, Plastic and Reconstructive Surgery

SPARTA

- Franciscan Skemp - Sparta
- ◆ Monica Weiss, MS, PC, Clinical Therapist

VIROQUA

- Family and Children's Center
- ◆ Thomas Trannel, MD, Psychiatry

Provider Location Changes

(these providers had served multiple locations)

Franciscan Skemp - La Crosse (no longer in Sparta)

- ◆ William Bakalars, CADC III, Chemical Dependency
- ◆ Kathleen Roberts, MSW, Clinical Therapist

Franciscan Skemp - Arcadia (no longer in La Crosse)

- ◆ William Roberts, MD, Psychiatry

Health Tradition

A Mayo Health System Choice in Wisconsin

Executive Director	Steven M. Kunes
Medical Director	Alan Krumholz, MD
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:

Health Tradition Health Plan
 1808 East Main Street
 Onalaska, WI 54650

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Ready to Quit Smoking?

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

Pre-sorted Standard
 U.S. Standard
 PAID
 La Crosse, WI
 Permit No. 65

Health Tradition
 P.O. Box 188
 La Crosse, WI 54602-0188