



MA/BC Newsletter

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Health Tradition

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Attention All Parents!



It's time for the annual Health Tradition Holiday Card Contest!

Theme:

- "It's SNOW Fun!"

Rules:

- Open to kids age 12 and under enrolled in Health Tradition Health Plan.

- Entries must be on a "Health Tradition Holiday Card Contest" entry form. Child should draw inside the box on the form. (An entry form is enclosed for each child in your home that is 12 years of age or younger.) Forms can also be found online at www.healthtradition.com or can be mailed to you by calling the Member Advocate at 608-783-9507 or toll-free

1-800-545-8499.

Parents/Guardians:

- Make sure to fill out and sign the bottom of each form.
- Return the form(s) in the postage paid envelope.
- Entries must be received by **Monday, November 5, 2007.**

One winner will be chosen from all entries and will be used as the 2007 Health Tradition Holiday Card, which is sent to business contacts.

Breast Cancer is Second Leading Cause of Death

Breast cancer is the second-leading cause of death from cancer among women in the United States. Mammography plays a key role in early detection of breast cancer. Your doctor can detect breast cancer

nearly 3 years before you might actually feel a lump in your breast. Health Tradition recommends that women between the ages of 40 and 49 should have a mammogram every 1-2 years, and for women

age 50 and over, a mammogram each year. If you have any questions or would like to schedule a mammogram, please contact your provider.

Source: www.mayoclinic.com

Mammography Matters—It's Worth Your Time!

Health Tradition will be rewarding three female members ages 40 and older who had a mammogram between January 2007 and June 2008.

Call the Member Advocate at 783-9507 or toll-free at 1-800-845-8499 to find out how you can sign up to win!



20 Ways to Cope with Nicotine Cravings



Nicotine cravings can be powerful. Fight back with these simple — yet effective craving busters.

When a nicotine craving strikes, remember that it'll pass — often within less than five minutes — whether you smoke a cigarette or not. Each time you resist a nicotine craving, you're one step closer to quitting smoking for good. Here are 20 craving busters to help you ride out the urge to smoke.

1. **Move.** Do deep knee bends, run in place or climb the stairs.
2. **Replace.** Try a stop-smoking product instead of a cigarette.
3. **Face yourself in the mirror.** List out loud the reasons you want to quit smoking.
4. **Breathe deeply.** Close your eyes and take a few deep breaths. You might even inhale air through a drinking straw.
5. **Call for reinforcements.** Team up with someone who doesn't smoke for a quick chat or brisk walk.
6. **Make believe.** Imagine your lungs getting healthier as each minute passes.
7. **Do the math.** Add up how much money you'll save by not smoking for a week, a month or a year.
8. **Read a quitter's blog.** Post encouraging thoughts for someone else who might be struggling with nicotine cravings.
9. **Drink up.** Sip a glass of ice water slowly. When the water is gone, suck on the ice cubes.
10. **Sort your recipes.** Jot down the ingredients for a few good-for-you recipes you've been meaning to try. The next time you shop for groceries, you'll be a step ahead of the game.
11. **Laugh.** Share a funny story with a friend, or search the Internet for a funny joke.
12. **Plan ahead.** Make a list of all the ways you can reward yourself for making it through another nicotine craving.
13. **Freshen your breath.** Brush and floss your teeth, rinse with mouthwash or suck on a breath mint.
14. **Clean your closet.** Discard any clothes yellowed by cigarette smoke or damaged with cigarette burns.
15. **Try a mind bender.** Do a crossword puzzle, word game or number puzzle.
16. **Get soapy.** Wash your car, scrub the floor or give the dog a bath.
17. **Keep your mouth busy.** Chew on a cinnamon stick, flavored toothpick or sugarless gum.
18. **Get musical.** Whistle, sing or play a musical instrument. Ask a partner to dance.
19. **Have a ball.** Dribble a basketball, hit a tennis ball against the wall or play catch with a partner.
20. **Be positive.** Remind yourself that the power to quit smoking is in your hands.

Source: www.mayoclinic.com

Health Tips

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Healthy Habits Stop Germs. At Home, Work and School.

Simple actions can stop germs and prevent illness.

Cover your mouth and nose with a tissue when you cough or sneeze and then drop tissue in the trash. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

Clean your hands often, especially after coughing or sneezing. Wash hands with soap and warm water for 20 seconds or clean with alcohol-based hand cleaner.



Avoid touching your eyes, nose, or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or

mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.

Remind your children to practice healthy habits, too. Germs that cause colds, coughs, flu and pneumonia can spread easily.

Healthy habits help reduce illnesses and sick days. Feel good about doing the right things to stay well.

Source: www.cdc.gov

Snow Games—Flaky Winter Fun

Jump Snow Hurdles

Lightly pack basketball-size snowballs and use them to build a course of hurdles to jump over in a round of follow the leader.

Rope Tow

Make a wide, shallow trench in the snow to serve as the midline. Then, take up positions at the ends of a long, thick rope and let the tugging and towing begin. Whichever team pulls the entire opposing group over to its side of the trench wins.

Flag In a Snow Stack

Tie a white cloth to the end of a short stick or around a wooden spoon. Give each child a chance to hide it by staking it anywhere within a predetermined set of boundaries. Keep track of how long it takes for the rest of the group to find it. Whoever hid the flag that takes the longest time to spot wins the game.

Hat Trick

Once you've built a plump, frosty snowman to stand in



your front yard, make a game of topping it off in style. Take turns trying to land a hat on its head by throwing it Frisbee style from 10 or so feet away.

Get On A Roll

Pair up for a contest in which the object is to finish with the biggest snowball. The contest ends when the teams can no longer roll their entries or when you run out of snow.

Source: www.familyfun.com

Go for Color!

Fruits and vegetables come in all colors of the rainbow, and their colors tell a story about their health-promoting powers.

Each day try to see how many colors you can add to your meals and snacks with colorful, health-promoting fruits and vegetables

Red

Including red fruits and vegetables in a low fat diet helps maintain:

- Health
- Memory function
- A lower risk of some cancers
- Urinary tract health



Orange/Yellow

Including yellow and orange

fruits and vegetables in a low fat diet helps maintain:

- A lower risk of some cancers
- Heart health
- Vision health
- A healthy immune system



White

Including white fruits and vegetables in a low fat diet helps maintain:

- Heart health
- Healthy cholesterol levels



Green

Including green fruits and vegetables in a low fat diet

helps maintain:

- Vision health
- A lower risk of some cancers
- Strong bones and teeth



Blue/Purple

Including blue and purple fruits and vegetables in a low fat diet helps maintain:

- A lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging



Source: www.dole5aday.com

Kool-Aid Play Dough

Here's the Stuff You Need:

- 1 cup flour
- 1/4 cup salt
- 2 tablespoons cream of tartar
- 1 envelope KOOL-AID Unsweetened Soft Drink Mix, any flavor
- 1 cup water

- 1 tablespoon cooking oil
- 1 medium frying pan

Here's What You Need to Do:

1. **MIX** all the stuff in a medium frying pan
2. **COOK** on medium heat 3 to 5 minutes or until mixture forms a ball in pan
3. **STIR** frequently

4. **COOL** slightly
5. **PLACE** on floured surface

6. **KNEAD** for 1 minute and you are ready to shape and mold
7. **STORE** in a zipper-style plastic bag or a plastic container

Source: www.kraftfoods.com/koolaid/



Carrot Scavenger Hunt



How to Play:

1. Cut out 20 carrots from orange construction paper and glue on green construction paper tops.

2. "Plant" them all around the house--under sofa cushions, in the silverware drawer, or taped to the refrigerator door, for example.

3. Then send your kids around the house to gather all the carrots. Let them redeem their carrots for prizes.

Source: www.familyfun.com



Kick the Habit, Prevent the Pounds

Exercise after quitting smoking is good for many reasons:

- 1. Exercise burns calories.** Exercise such as walking or jogging can burn off 200 to 600 calories per hour. Your metabolism increases and you burn calories at a higher rate for up to 24 hours after exercise.
- 2. Exercise depresses appetite and makes you want to eat less.** When you exercise, fat is broken down and released into the bloodstream. This acts as a built-in appetite depressant.
- 3. Exercise cuts down urges for cigarettes.** Quitting smoking makes exercise easier and more fun. Without the carbon monoxide from smoking in your system, exercise may seem more fun.
- 4. Exercise helps you to deal with stress.** Use exercise as a healthy way to deal with stress, boredom, and tension. Exercise helps relieve tension. It has been found to improve well-being. Exercise also improves the skin, body tone, and strength.

Source: www.smokefree.gov

Lead Exposure: 5 Things You Need to Know

1. Lead exposure is one of the most common preventable poisonings in children.
2. Almost all children in the United States are exposed to lead.
3. Exposure to lead can have a wide range of effects on a child's development and behavior.
4. Parents should make sure that their homes are free of lead paint and that the lead level in their drinking water is acceptably low.
5. Early identification and treatment of lead poisoning reduces the risk that children will suffer permanent damage.



Source: www.parenting.ivillage.com

It's the Law—Wisconsin State Child Occupant Protection Law

- Children less than one year of age or weighing less than 20 pounds are required to use a rear-facing child safety seat, in the back seat if possible.
 - Children ages 1-3 and weighing between 20-39 pounds are required to use a forward-facing child safety seat, in the back seat if possible.
 - Children ages 4-8 who weigh between 40-80 pounds and are no more than 57 inches are required to ride in a booster seat.
 - Children ages 9-15 must be restrained by a safety belt in all seating positions.*
- *As Safe Kids Worldwide focuses on accidental injury for children, this website posting merely addresses restraint coverage through age 15. This statement does not take into account any provisions mandating coverage for individuals ages 16 and over.



Source: www.usa.safekids.org

Stay Informed

Health Tradition wants you to be informed! We now have available for members, A Guide to the Wisconsin Medicaid and BadgerCare HMO Program and the Wisconsin Medicaid Ombuds Brochure. Both are available in Hmong, Spanish and English. To get a copy, call the Member Advocate at 608-783-9507 or toll-free 1-800-545-8499. You can also visit our website at www.healthtradition.com.

Mayo Clinic

Tobacco Quitline

Call the *Mayo Clinic Tobacco Quitline* and start living a tobacco-free life. Call toll-free at 1-888-642-5566 or TDD 1-866-257-2971. The Mayo Tobacco Quitline is a service available to Health Tradition members at no cost.

Ask Mayo Clinic

The 24-hour nurse line for Health Tradition members. Call toll-free at 1-877-341-1746 or TDD 1-877-728-3311 to talk with Mayo clinic nurses about medications, general health concerns, home remedies, or the need to see a doctor.



Ask the Advocate

- Q. How do I get Medical Care when I am away from home?
- A. For non-emergency or routine care away from home (even at a walk-in clinic), you must get approval from us to go to a different provider, clinic or hospital. This includes children who are spending time away from home with a parent or relative. Call us toll-free at 1-888-758-7848 for approval to go to a different provider, clinic or hospital.



- Q. What ID card do I use when going to the doctor or picking up a prescription at the pharmacy?
- A. You will need to use your blue "Forward" ID card and let the provider of service know that you are a Health Tradition member.

Health Tradition does not distribute ID cards for the Wisconsin Medicaid/ BadgerCare HMO Plan.

Provider Changes

New Providers

Franciscan Skemp-La Crosse

- Anil Gokhan, MD—OB/GYN
- Infante Mauricio, MD—Child and Adolescent Psychiatry
- Michael Van Norstrand, MD—Gastroenterology

Providers Leaving

Family and Children's Center-La Crosse

- Peter Masyga, LMFT, LCSW—Behavioral Health

Franciscan Skemp-La Crosse

- Susan Quinn, MD—Physical Medicine and Rehabilitation
- Franciscan Skemp-Sparta
- Amy Falkenberg, MD—Family Medicine
- Hadjiev Christo, MD—Family Medicine

English – For help to translate or understand this, please call 1-800-545-8499.

Spanish – Si necesita ayuda para traducir o entender este texto, por favor llame al teléfono 1-800-545-8499.

Russian – Если вам не всё понятно в этом документе, позвоните по телефону 1-800-545-8499.

Hmong – Yog xav tau kev pab txhais cov ntaub ntauv no kom koj totaub, hu rau 1-800-545-8499.

Laotian – ເພື່ອຊ່ວຍໃນການແປ ຫລືເຂົ້າໃຈເນື້ອຫາໃນນີ້, ກະລຸນາໂທລະສັບຫາ 1-800-545-8499.

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