

# Healthy Workplace

Your monthly Anthem wellness newsletter

July 2018 Edition

## Emergency Room Alternatives

When you need care quickly and your primary care doctor is unavailable, an urgent care center can provide assistance for minor illnesses and treatments – but how do you know when to choose between urgent care and the ER?

Knowing which conditions are fitting for each visit can save both time and money. Certain symptoms and injuries can be identified as emergency room emergencies such as:

- Heavy bleeding
- Large wounds
- Chest pains
- Burns
- Head injuries
- Difficulty breathing
- Broken bones



## When to Choose Urgent Care

Illnesses and injuries treated at urgent care centers are not life-threatening. Specific symptoms and conditions where you may consider going to an urgent care center include:

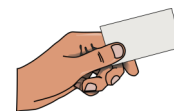
- Minor injuries that don't require emergency treatment
- Physical exams
- Colds
- Follow-up treatments
- Treatment for chronic conditions like diabetes and hypertension

## Know before you go

Before you walk out the door, if possible, make sure you're ready for your visit. To make your visit to an urgent care center run smoothly, remember:

- Call ahead to be sure the urgent care center will accept your insurance, Medicare, or Medicaid.

- See if you can make an appointment; some urgent care centers schedule online appointments and will notify you several minutes in advance when your doctor is ready to see you. This means you don't have to sit in a waiting room while feeling miserable.
- Make sure you take your insurance card, photo ID and list of current medications.
- Keep in mind that where you choose to get treatment will affect how much you pay—always check if the urgent care is in your network.



Bottom line, remember that emergency room must treat the most urgent needs first, so visiting the ER with a condition like a sprain, minor cut, or cold could result in a wait of several hours and higher bills. So, assess your condition to make the best choice for your health, schedule and wallet.

Adapted from: <https://www.anthem.com/blog/your-health-care/choosing-between-er-and-urgent-care/>

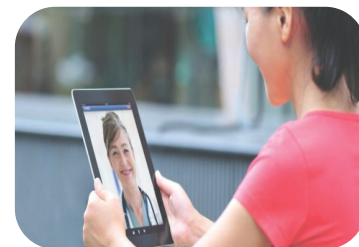
## LiveHealth Online

LiveHealth  
ONLINE

LiveHealth Online is a telemedicine resource available on any device that has access to a camera (phone, tablet, laptop, etc.).

Services include:

- LiveHealth Online Medical
- LiveHealth Online Medical for Kids
- LiveHealth Online Psychology
- LiveHealth Online Psychiatry
- LiveHealth Online Breastfeeding Support



LiveHealth Online is available to any member/their family along with any employee, regardless of their insurance plan. Costs may vary.

# Southwestern Calico Corn

Check out this recipe from [EatingWell.com](http://www.eatingwell.com)!

Peppers, cumin and chili powder are a natural combination with corn and hominy (dried corn that's had its hull removed. Can be found in the bean or canned vegetable aisle).



## Ingredients

- 1 tablespoon cooking oil
- 1 poblano pepper, diced
- 1 small red bell pepper, diced
- 2 cups fresh corn kernels
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 1 -14-ounce can hominy, rinsed (see Ingredient Note)

## Preparation

1. Heat oil in a large nonstick skillet over medium-high heat. Add poblano pepper, bell pepper and corn, and cook, stirring occasionally, until just tender, 3 to 5 minutes. Stir in chili powder, cumin and salt; cook for 30 seconds more. Add hominy and cook, stirring, until heated through, about 2 minutes more.

## Notes

Hominy is white or yellow corn that has been treated with lime to remove the tough hull and germ. Dried, ground hominy is the main ingredient in grits. Canned, cooked hominy can be found in the Mexican or canned-vegetable section of large supermarkets—near the beans.

## Nutrition

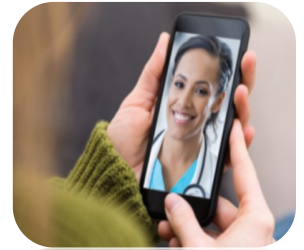
**Serving size:** ⅔ cup **Per serving:** 96 calories; 3 g fat(0 g sat); 2 g fiber; 16 g carbohydrates; 2 g protein; 29 mcg folate; 0 mg cholesterol; 4 g sugars; 0 g added sugars; 648 IU vitamin A; 23 mg vitamin C; 9 mg calcium; 1 mg iron; 244 mg sodium; 178 mg potassium

Recipe and image from: <http://www.eatingwell.com/recipe/249165/southwestern->

# Wellness Corner

Sarah from Maine here!

With July's topic of utilizing Emergency Department Alternatives, I thought I would share my LiveHealth



Online (LHO) story! As someone who travels around Maine and out of state frequently, I have to say I am impressed with LHO's availability and ease of use!

LiveHealth Online is a tele-medicine option through a partnership with Anthem that

**LiveHealth**  
ONLINE

is available to members,

dependents, and any employee that has an acute medical concern. All you need is a cellphone, tablet, or laptop/computer with access to video. LHO can tie into a member's insurance plan or they can pay separately.

While on vacation this past winter; I could tell I was getting sick and woke up the next morning with a perceived sinus infection. I logged into my LHO account, set up an appointment, and within a couple of minutes, I was connected to a **Board Certified Physician** who was able to triage my signs and symptoms and determined I had a sinus infection. He called in a prescription to a local pharmacy and, within a half hour, I was able to start taking medicine!

I was able to utilize my insurance, pay with my Health Savings Account and saved time and money. Prices vary but I appreciate only having to spend **\$49** versus the \$100+ it costs to visit urgent care! The app will tell you the price of your appointment before you accept the visit to avoid surprise costs.

My **wellness challenge** to you this month is to download and set-up the app. You never know when it might come in handy!

# Wellness Bites for your Quick Wellness Needs!

## Lyme Disease and Ticks

**Before gardening, camping, hiking, or just playing outdoors, make preventing tick bites part of your plans.**

Lyme disease is spread by the bite of an infected tick. In the United States, an estimated 300,000 infections occur each year. If you camp, hike, work, or play in wooded or grassy places, you could be bitten by an infected tick.



People living in or visiting New England, the mid-Atlantic states, and the upper Midwest are at greatest risk. Infected ticks can also be found in neighboring states and in some areas of Northern California, Oregon and Washington. But you and your family can prevent tick bites and reduce your risk of Lyme disease.

### Protect Yourself from Tick Bites

#### Know where to Expect Ticks.

Blacklegged ticks (the ticks that cause Lyme disease) live in moist and humid environments, particularly in and near wooded or grassy areas. You may get a tick on you during outdoor activities around your home or when walking through leaves and bushes. To avoid ticks, walk in the center of trails and avoid walking through tall bushes or other vegetation.

#### Create Tick-safe Zones in Your Yard

Modify your landscaping to create "Tick-Safe Zones." It's pretty simple. Keep patios, play areas, and playground equipment away from shrubs, bushes, and other vegetation. Regularly remove leaves, clear tall grasses and brush around your home, and place wood chips or gravel between lawns and wooded areas to keep ticks away from recreational areas (and away from you).

#### Discourage Deer

Deer are the main food source of adult ticks. Keep deer away from your home by removing plants that attract deer and by constructing barriers (like a fence) to discourage deer from entering your yard and bringing ticks with them.

### Perform Daily Tick Checks

Check your body for ticks after being outdoors, even in your own yard. Search your entire body for ticks when you return from an area that may have ticks. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find. Take special care to check these parts of your body and your child's body for ticks:

- Under the arms
- In and around the ears
- Inside the belly button
- Back of the knees
- In and around all head and body hair
- Between the legs
- Around the waist



Check your clothing and pets for ticks because they may carry ticks into the house. Check clothes and pets carefully and remove any ticks that are found. Place clothes into a dryer on high heat to kill ticks.

### Remove Attached Ticks Quickly and Correctly

Remove an attached tick with fine-tipped tweezers as soon as you notice it. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small; however, other diseases may be transmitted more quickly.

### Be Alert for Fever or Rash.

Even if you don't remember being bitten by a tick, an unexpected summer fever or odd rash may be the first signs of Lyme disease, particularly if you've been in tick habitat. See your healthcare provider if you have symptoms.

Adapted from: <https://www.cdc.gov/features/lymedisease/index.html>

<b>National July Health Observances</b>	<b>Website for More Information</b>
<b>ER Alternatives</b>	<b><a href="http://www.livehealthonline.com">www.livehealthonline.com</a></b>