

HealthyFocus

Spring 2019

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www.CommunitySolutions.PacificSource.com

HealthyFocus Spring
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Top 8 Ways to Stay Connected

When you consider how important real human interactions are to our well-being, it makes you wonder if you can do more. For instance, when was the last time you reached out to an old friend? Here are eight ideas to help you connect:

1. Invite friends over, just because

Enjoy the surprise of a casual get together. Even an afternoon of catching up over coffee is a great way to connect.

2. Write a letter—signed, sealed, delivered

Taking the time to write and send a letter shows someone you cared enough to put extra thought into the relationship.

3. Get out the board games

Invite friends, family, or neighbors to bond over some friendly competition. Whether it is Twister, Go Fish, or Monopoly, you can create time for lasting memories.

4. Join a club or recreation league

The goal is to experience something new! Taking part in a hobbyist group is a great way to expand the social circle, foster new friendships, and awaken a forgotten talent.

5. Learn something new

Check out your local community resources to see what classes are available. Before you know it, you could be learning a new craft.

6. Enjoy distraction-free meals

It's easy to get into the habit of sharing dinner with the TV on. Instead, make sure dinners involve everyone sitting at the table at the same time.

7. Set a standing date

Scheduling regular social time with a friend, partner, or loved one can help you keep a relationship thriving. Setting a standing date with someone you care about prevents you from drifting apart.

8. Embrace empathy

Have you ever sensed when someone might be going through a rough time? Follow your hunch. Ask how they're doing, and really listen.

Spring Cleaning for the Health of It

Green grass and warmer sunlight are here! Spring is also that time to lighten up, start fresh, and tidy up. Here are six ideas to “spring clean” your overall wellness:

1. Air it out

Being cooped up inside can limit opportunities for movement, especially activities that raise your heart rate. Now that spring is here, try going on longer walks. Activities that make you breathe harder help boost your mood and improve your heart health.

2. Let the sun in

Our body makes vitamin D when our skin is exposed to the sun. But be careful not to overdo it. When outside, use sunscreen—preferably SPF 30—to help block 97% of the sun’s harmful rays.

3. Add color to your plate

Colorful meals are good for you. Spring is the time for a fresh variety of produce that is bursting with flavor and nutrition. Start planning for bright berries, green vegetables, and leafy mixed greens.

4. De-clutter your diet

Added sugars, sodium, and fats get in the way of real, wholesome food. Rather than cluttering up your diet with empty calories and salt, try swapping sugary beverages for plain water or unsweetened iced tea. To reduce fat, opt for grilled rather than fried foods.

5. Tidy up your kitchen

Organizing your cabinets is one step toward cooking at home more! Go through your storage to sort, toss the old, and clean. This will make cooking more enjoyable and simple.

6. Eat lighter

Maybe now is the time to re-think comfort food with smaller portions. Consider using small plates. Eat slower, which helps your body let you know when you are full. Ask yourself if you are truly hungry or not.



PacificSource Customer Service

Monday through Friday:
8:00 a.m. to 5:00 p.m.

Toll-free: (800) 431-4135

TTY: (800) 735-2900



10 Tips for Healthy Eyes

Are you doing enough to take care of your vision and eyes? Here are 10 suggestions for better eye health:

1. See your eye doctor

Visits with an ophthalmologist or optometrist can find eye problems early. It's important to follow your doctor's advice to prevent diseases, such as diabetes or glaucoma.

2. Wear sunglasses on sunny days

The sun's ultraviolet light rays can damage your eyes, and over time lead to conditions, such as cataracts. When choosing sunglasses, look for lenses that block out the sun's harmful rays.

3. Protect your eyes around equipment and chemicals

When working with heavy machinery, chemicals, or materials that may damage or irritate your eyes, wear proper protection to avoid injury.

4. Give your eyes a break

When focused or deep in thought, we tend to blink less than our eyes need. Blinking helps soothe and protect the eye's cornea with moisture.

5. Toss out tobacco

Using tobacco products can hurt blood flow to your eyes, which can lead to vision loss over time.

6. Beware of the hazards of weight gain

Being overweight may lead to diabetes or high blood pressure. These conditions can harm your vision.

7. Eat healthy foods

Choices, such as oranges and yellow vegetables, are good for your eyes' health. Certain fish is, too. Salmon, trout, and tuna can help prevent conditions, such as cataracts, glaucoma, and dry eye.

8. Exercise regularly

Staying in shape is good for your eyes. By striving for good physical condition, your body is better equipped to prevent illness that can lead to eye issues.

9. Wash your hands

Your eyes are a place for germs and viruses to easily enter. That means it's important to wash your hands and keep your fingers away from your face and eyes.

10. Set up good lighting

Be aware of the lighting in your home. Light sources that are too low or too bright can cause eyestrain.



What to Know about Depression Medications

Following are answers to common questions about depression. If you have concerns about depression, be sure to seek help from a doctor or other medical health professional.

What are the signs of depression?

Depression has many symptoms, including physical ones:

- Persistent sad, anxious, or “empty” mood
- Loss of interest or pleasure in hobbies and activities
- Feelings of guilt, worthlessness, helplessness
- Decreased energy, increased fatigue, or feeling “slowed down”
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or unintended weight changes
- Thoughts of death or suicide, suicide attempts
- Restlessness, irritability
- Aches, pains, headaches, cramps, or digestive problems without a clear cause

What are some medications used to treat depression?

Talk to your doctor about the best way to treat your depression. Factors to consider when choosing the right medication may include your symptoms, other medications you’re taking, and your overall health.

How can I get best results from my antidepressant?

These three strategies are important:

- Take your antidepressant medication consistently and at the correct dose prescribed by your doctor.
- Avoid alcohol and recreational drugs while on antidepressants to prevent unwanted drug interactions.
- Don’t stop taking an antidepressant without talking to your doctor first. Many antidepressants require that they be ended slowly to avoid side effects.

Be sure to talk to your doctor about what to expect when starting an antidepressant. Patients who start these medications typically won’t notice effects right away.



Have Questions about Getting the Care You Need?

Here are the top five tips to consider when setting up your next appointment:

1. Get connected with a doctor

Check your PacificSource member ID card to see who is listed as your primary care provider (PCP). Your PCP may be a doctor, physician's assistant, or other medical health professional.

2. Get connected with a dentist

Call the Dental Care Organization listed on your ID card to find out which dentist you can see. If you want to change your dentist, ask your Dental Care Organization when you call.

3. Get rides to healthcare appointments

Schedule no-cost rides to your covered healthcare appointment:

If you live in or around **Central Oregon**, call (541) 385-8680, or toll-free **(866) 385-8680**. TTY: 711 or (800) 735-2900

If you live in or around the **Columbia River Gorge area**, call toll-free **(877) 875-4657**. TTY: 711 or (800) 735-2900

Hours are Monday through Friday, 8:00 a.m. to 5:00 p.m.

4. Get connected with behavioral health services

This includes mental health and drug or alcohol abuse. For more info, contact **PacificSource Customer Service**.

5. Get help with signing up for Oregon Health Plan or changing your address, phone number, or name

Contact your OHP Application Assisters.



Your regular checkups are good protection

Your health matters to us. Seeing a doctor while you're feeling fine is called a preventive visit. It gives you the opportunity to learn about your health and find out how you can improve. The goal? Be the healthiest version of you!

Sources to Help Prevent Type 2 Diabetes

Having prediabetes means blood-sugar levels are higher than normal. People with high blood-sugar levels over a long period of time are at risk for getting type 2 diabetes and heart disease.

PacificSource wants to help

To help people reduce chances of getting type 2 diabetes, PacificSource offers the Diabetes Prevention Program. This program helps those with prediabetes improve their overall health.

Diabetes prevention is offered at no charge to you

You do not need approval from a doctor to sign up for the Diabetes Prevention Program. This program is available online or in person in a group setting.

To find a class near you, contact PacificSource at **(800) 431-4135** or, for TTY users, **(800) 735-2900**, **Monday through Friday, 8:00 a.m. to 5:00 p.m.** Someone will be happy to provide you with meeting locations. Classes are available in Spanish at some locations.

Spring Green Salad

- 7 cups spinach
- 3 oranges
- 1-1/2 cups strawberries, halved
- 1 cup walnut pieces (toasted if desired)

Dressing

- 1 tsp. sugar
- 1/4 tsp. paprika
- 2 Tbsp. orange juice (juice from 1/4 orange)
- 1 Tbsp. lemon juice
- 1-1/2 tsp. vinegar
- 1 tsp. finely chopped onion
- 2 Tbsp. salad oil

Directions

To prepare the dressing: Combine all ingredients in a jar and shake well.

Right before serving, toss orange and strawberries with walnuts and spinach. Add dressing to coat salad.

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Need an Interpreter? Everyone Deserves Access to Care

PacificSource is fully committed to helping people get access to quality health care. This includes helping the deaf, hard of hearing, and non-English or limited-English speakers.

To make sure that people are getting access to quality healthcare, PacificSource provides a full range of free aids and services that allow for easier and effective communication. These services include:

- Qualified sign language interpreters
- Written information in large print, audio, or accessible electronic formats
- Language services to people whose primary language is not English

You can request an interpreter at no cost

If you or someone you know needs language or interpreter services, contact PacificSource at **(800) 431-4135** or, for TTY users, **(800) 735-2900**, 8:00 a.m. to 5:00 p.m. , Monday through Friday.

PacificSource Community Solutions must treat you fairly. We must follow state and federal civil rights laws. We cannot treat people unfairly in any of our services or programs because of a person's race, color, disability, national origin, religion, sex, sexual orientation, gender identity, marital status, or age.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (800) 431-4135 (TTY: 711).

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