



# MEMBER NEWSLETTER

Health Choice Utah  
Member Publication  
Fall/Winter 2023

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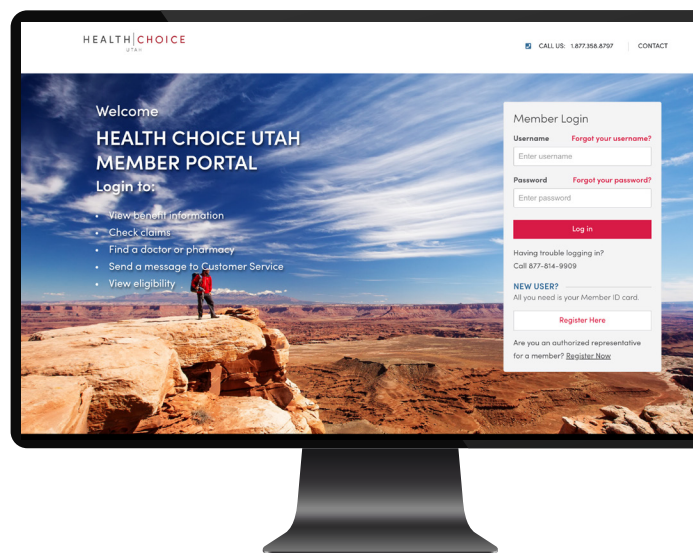
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## CREATE A MEMBER PORTAL ACCOUNT

Access your health plan information 24/7 through the member portal. With a portal account, you can:

- Select a primary care provider (PCP)
- Search for providers in your network by name, specialty, or location
- Send messages to Customer Service
- View or print plan documents
- Access health and wellness information in the Healthwise Knowledgebase

Click [here](#) to set-up your free account.



## GET SCREENED FOR CERVICAL CANCER

### What is cervical cancer screening and why is it important?

Pap smears and HPV tests are types of cervical cancer screening that help prevent or catch cervical cancer early. The Pap test checks for pre-cancer cells on the cervix. The HPV test checks for the human papillomavirus that can cause cervical cancer. Both tests can be done in a doctor's office.

### When should I get screened?

Women should start getting Pap tests at age 21.

If you are 21 to 29 years old and your Pap test is normal, you can usually wait three years until your next Pap test.

If you are 30–65 years old, your doctor may have three different options for your testing:

- An HPV test only – if normal, you can wait 5 years for your next screening.
- An HPV test plus a Pap test – this is called a co-test. If your test is normal, you can wait 5 years for your next screening.
- A Pap test only – if results are normal, you can wait 3 years to get your next screening.

It can take up to three weeks to get your test results. If your results show something that does not look normal, your doctor will call you and have a follow-up plan.

### How to prepare for your screening:

If you are getting a Pap test, there are some things to do to help test results be more accurate.

Avoid the following two days before your Pap test:

- Having sex
- Douching
- Using vaginal medications
- Using spermicidal foams

There is no special preparation needed before the HPV test.

**Read More:** [Survivor Stories](#)



## GET SCREENED FOR BREAST CANCER

### Did you know?

Doctors estimate 1 in 8 women will be diagnosed with breast cancer in their lifetime and 1 in 39 women will die from breast cancer. It is the most diagnosed cancer among women in the U.S. and is now the most common cancer globally.

Breast cancer screening cannot prevent cancer, but it can help find breast cancer early. When you get routine screening mammograms, you are more likely to be diagnosed at an early stage. That's when treatments are less severe and survival outcomes are over 90%.

### What is a mammogram?

A mammogram is an X-ray of the breast. They are the best way to find breast cancer early. When breast cancer is caught early, it is easier to treat.

### When should I get screened?

- Age 40-49: Mammogram schedule to be determined by your doctor based on your family history and symptoms
- Age 50 and over: Mammogram every two to three years

### Some warning signs for breast cancer:

- New lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or the shape of the breast
- Pain in any area of the breast

### BREAST CANCER SURVIVOR STORIES

[HTTPS://YOUTU.BE/Q8j\\_VZRZKX0](https://youtu.be/Q8j_VZRZKX0)

[HTTPS://YOUTU.BE/CCL1DQZKQTO](https://youtu.be/CCL1DQZKQTO)

[HTTPS://YOUTU.BE/MIWMFD8R28Q](https://youtu.be/MIWMFD8R28Q)

For more information about breast cancer, call CDC-INFO at 1-800-CDC-INFO (1-800-232-4636); TTY: 1-888-232-6348, or use CDC-INFO's



## TREATING LOW BACK PAIN

Did you know that about 2.5 million people visit clinics each year for low back pain? Seventy-five percent of adults will experience low back pain at some time in their lives.

Before doing, x-rays, MRI, or CT scans; your doctor will order other treatments for your back pain, like:

1. NSAIDS or acetaminophen – Helps with pain and inflammation
2. Ice or Heat – Helps with pain and inflammation
3. Physical Therapy – Helps with pain and mobility

### Physical Therapy Video Tips

[TREAT A BULGED LOW BACK DISC AT HOME](#)

[GENERAL BACK PAIN TIPS](#)

[7 STRETCHES AND STRENGTHENING EXERCISES](#)

[COMMON CAUSES OF LOWER BACK PAIN](#)



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## WHAT IS A PCP?

The PCP stands for primary care provider. PCPs are healthcare professionals who help you manage your health needs.

Your PCP is the first person you talk to when you have a health concern. They know you and your health history and can refer you to a specialist when needed. Your PCP can also help manage your care by providing routine physicals, immunizations, preventive care, and wellness screenings.

The first time you meet with your PCP, your provider will want to understand you, your medical history, and your healthcare needs. They will talk about your family medical history, your medications, and any concerns you have about your health. Come to your visit with questions or concerns you may have.



## MANAGING DIABETES: NATIONAL DIABETES PREVENTION PROGRAM AND BYRAMCONNECT APP

### What is the National Diabetes Prevention Program?

The National Diabetes Prevention Program (National DPP) is a partnership of public and private organizations that work together to prevent or delay type 2 diabetes.

The program helps you develop healthy eating habits and get active. Click [HERE](#) to find a program near you.

### What is ByramConnect?

ByramConnect™ is an easy-to-use digital health app. Think of it as a personal diabetes coach offering tips, tricks, reminders, and insights every step of the way. ByramConnect will also learn your needs and help you make better choices about your health.

ByramConnect is available in English and Spanish. You can access ByramConnect on your smartphone or tablet. Now available for Health Choice Utah members and your insured dependents. You must have type 1 or type 2 diabetes to use ByramConnect.

You may also be eligible for a Continuous Glucose Meter (CGM) through your Health Choice Utah coverage. Please talk to your provider to see if you qualify.

Download the ByramConnect App through your app store to get started!

Once downloaded, please enter the access code: **HCU4U**

**Disclaimer:** ByramConnect is a licensed product from WellDoc. To know more, go to our website: [welldoc.com/healthchoice](http://welldoc.com/healthchoice).

ByramConnect™ is a Software as a Medical Device (SaMD) intended to be used by healthcare providers (HCPs) and their patients – aged 18 years and older – who have type 1 or type 2 diabetes. ByramConnect is intended to assist patients in managing their diabetes with guidance from their providers. ByramConnect has two versions – ByramConnect and ByramConnect Rx. ByramConnect is not intended to replace the care provided by a licensed health care professional. ByramConnect should not be used by patients with gestational diabetes or patients using an insulin pump. Visit [www.welldoc.com/healthchoice](http://www.welldoc.com/healthchoice) for full labeling information.

The privacy and security of your personal information is very important to us. We protect it in accordance with the Health Insurance Portability and Accountability Act and other Federal and state privacy laws.

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## HCU CLINICAL CORNER WITH DR. RICHARD FERGUSON, CMO DIABETIC SCREENINGS

### The Importance of A1C Screening and Kidney Function Testing in Diabetics

Regular blood tests help people with diabetes manage their health and prevent serious complications. An A1C screening is a blood test that shows your average blood sugar levels over time. A lower A1C reduces the risk of complications like heart disease, nerve damage, and eye problems. Annual A1C screenings also help you know what changes to make to your treatment plan and lifestyle.

Kidney function tests are also important for people with diabetes. Diabetes is a leading cause of kidney disease, and high blood sugar increases your risk of kidney problems. The good news is that finding those problems early can help slow down or prevent further kidney damage. By prioritizing annual screenings for A1C and kidney function, people with diabetes can take steps to protect their overall health and well-being.



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