



MEMBER NEWSLETTER

Health Choice Utah
Member Newsletter
Fall/Winter 2024

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HEALTHY AGING PROGRAM WORKSHOPS

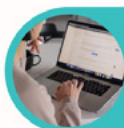
Search to enroll in evidence-based falls prevention or health and wellness workshops.

[Click here](#) to find a workshop that is right for you!

HEALTH CHOICE UTAH MEDICAID - YOUR HEALTH PLAN IS AT YOUR FINGERTIPS!



Select a primary care doctor



Search for providers in your network by name, specialty, or location



Send messages to customer service



View or print your plan documents



Access health and wellness information in the knowledge database

Set up your free account at: healthchoiceutah.com

HEALTH CHOICE UTAH CONTACT INFORMATION

Member Services

Clinical Services

Pharmacy Customer Service

Utah Relay Services

Suspected Fraud

Mail:

Admin Office:

1-877-358-8797 | 8 am to 6 pm | healthchoiceutah.com

1-833-757-0706 | 24/7 Nurse Advice Line

1-855-864-1404 | 24 hour 7 days a week

TTY/TDD 1-800-346-4128 | En Espanol 1-888-346-3162

1-877-358-8797, | Fax 1-801-585-2654

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PRE-DIABETES-WHAT YOU NEED TO KNOW

Did you know that with early treatment and lifestyle changes, many prediabetics can return blood sugar levels to normal?

Prediabetes is where blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes.

You can change your blood sugar numbers through lifestyle changes, food choices, and increasing physical activity. You and your doctor can make a plan for you to reduce your chances of getting Type 2 diabetes.

Your doctor may suggest:

- Make small changes to the way you eat without giving up the food you love
- Increase your physical activity levels to 30 minutes a few days a week
- Learn about ways to reduce your stress
- Decrease your weight if you are carrying extra pounds
- Even losing 10-15 pounds can make a big difference



Your doctor may also refer you to the CDC's National Diabetes Prevention Program. [Learn more here.](#)

This program has year-long sessions with a support group and lifestyle coaches to help you make changes. Following this program, you may...

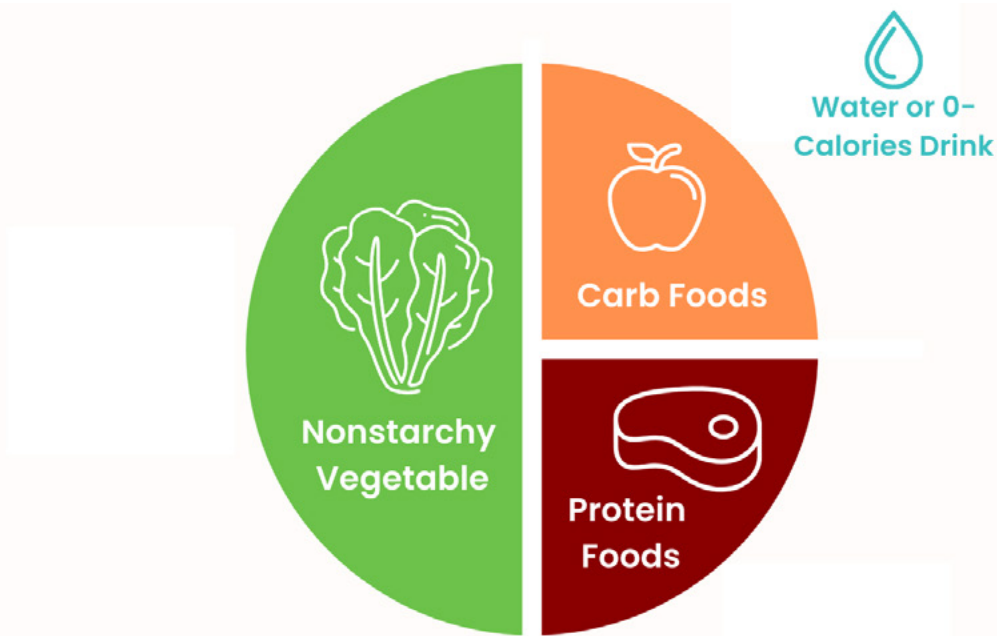
- Begin to feel healthier and have a better quality of life
- Learn to deal with stress
- You can stay independent, healthy, and active as you age!



DIABETIC HEALTHY EATING

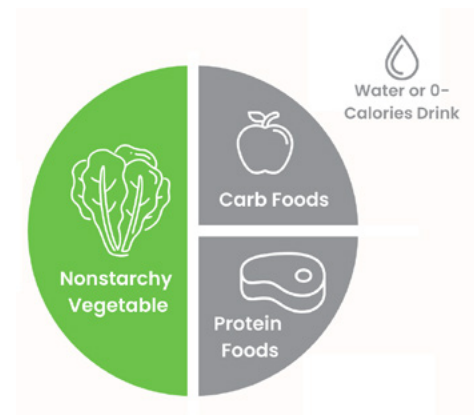
Did you know that the American Diabetes Association has a website that can help with meal planning?

The name of this system is called the “Diabetes Plate”. It is an easy system to learn to help you plan healthy meals. Using this method, you can create perfectly portioned meals. It is recommended that you use a 9-inch plate.



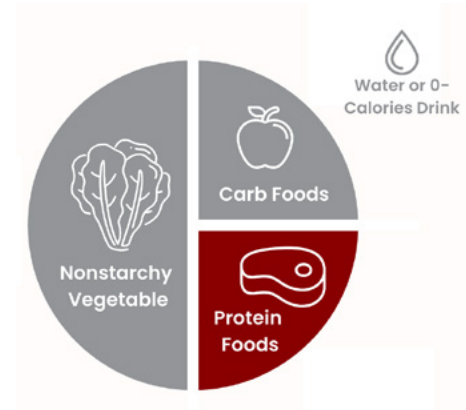
1. **Half** of your plate should be filled with non-starchy vegetables like:

- Asparagus
- Broccoli
- Cauliflower
- Carrots
- Celery
- Leafy greens- spinach, arugula, endive, lettuce
- Green beans, snow peas, snap peas
- Squashes



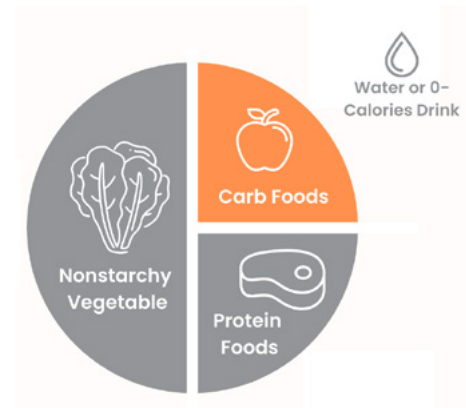
2. **One-fourth** of your plate should be high in protein like:

- Chicken, turkey, eggs
- Fish
- Lean beef
- Lean Pork cuts
- Cheese or cottage cheese
- Beans, lentils, hummus
- Nuts



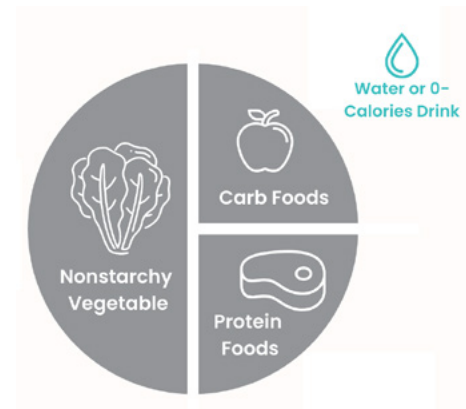
3. **One-fourth** of the plate should be higher in carbs – these have the greatest effect on blood sugar. These include:

- Brown rice, bulgur, oats, popcorn, whole grain pasta, bread or tortillas
- Acorn Squash
- Green Peas
- Lean Pork cuts
- Potatoes, sweet potatoes, yams
- Beans like kidney, pinto, and garbanzo beans
- Fruit and dried fruit
- Dairy products like milk, yogurt



4. **Choose water or low-calorie drinks:**

- Tea
- Coffee
- Flavored water
- Diet soda or diet drinks



The [website](#) can help you plan with combination foods and tips on meal prepping, diabetic-friendly veggies, how to cut back on sugar, and much more. If you create an account with the Diabetes Food Hub, you can start saving recipes and using their meal planner.



DIABETIC RECIPES – JUST FOR FUN

Spinach and Mushroom Smothered Chicken

It is important to stay healthy during pregnancy and after your baby is born. Make sure to go to all your healthcare appointments and follow your doctor's instructions for both prenatal (before the birth of your baby) and postpartum (after your baby is born) visits.

Ingredients

- 1-1/2 teaspoons olive oil
- 1-3/4 cups sliced fresh mushrooms
- 3 green onions, sliced
- 3 cups fresh baby spinach
- 2 tablespoons chopped pecans
- 4 boneless skinless chicken breast halves (4 ounces each)
- 1/2 teaspoon rotisserie chicken seasoning
- 2 slices reduced-fat Provolone cheese, halved

Preheat grill or broiler. In a large skillet, heat oil over medium-high heat; sauté mushrooms and green onions until tender. Stir in spinach and pecans until spinach is wilted. Remove from heat; keep warm.

Sprinkle chicken with seasoning. Grill, covered, on an oiled grill rack over medium heat or broil 4 in. from the heat on a greased broiler pan until a thermometer reads 165°, 4-5 minutes per side. Top with cheese; grill or broil until cheese is melted. To serve, top with mushroom mixture.

Nutrition Facts

1 serving: 203 calories, 9g fat (2g saturated fat), 68mg cholesterol, 210mg sodium, 3g carbohydrate (1g sugars, 2g fiber), 27g protein. **Diabetic Exchanges:** 3 lean meat, 1 vegetable, 1 fat.



Chicken Skewers

Ingredients

- 1/4 cup olive oil
- 3 tablespoons lemon juice
- 3 green onions, sliced
- 1 tablespoon white wine vinegar
- 2 garlic cloves, minced
- 2 teaspoons grated lemon zest
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon dried oregano
- 1/4 teaspoon pepper
- 1-1/2 pounds boneless skinless chicken breasts, cut into 1-1/2-in. pieces
- 3 medium zucchinis, halved lengthwise and cut into 1-1/2-inch slices
- 3 medium onions, cut into wedges
- 12 cherry tomatoes

In a large bowl, combine the first 9 ingredients; set aside 1/4 cup for basting. Pour half into a large bowl. Add chicken; turn to coat. Pour the remaining marinade into another large bowl. Add the zucchini, onions and tomatoes; turn to coat. Cover; refrigerate chicken and vegetables for up to 4 hours or overnight.

Drain chicken and vegetables, discarding marinade. Alternately thread chicken and vegetables onto metal or soaked wooden skewers. Grill, covered, over medium heat for 6 minutes on each side or until chicken juices run clear, basting occasionally with reserved marinade.

Nutrition Facts

1 skewer: 244 calories, 11g fat (2g saturated fat), 63mg cholesterol, 421mg sodium, 11g carbohydrate (6g sugars, 2g fiber), 25g protein. **Diabetic Exchanges:** 3 lean meat, 2 vegetables.



DIABETIC EYE EXAMS

Did you know that a diabetic eye exam is similar to a regular eye exam?

In a diabetic eye exam, the doctor will dilate the eyes, using drops. This dilation will allow your doctor to see the retina, optic nerve, and the tiny blood vessels inside the eye. Your vision may be blurred and sensitive to light. This will stop after a few hours. You will be given dark glasses to wear to help with the sensitivity.

The retinal exam only takes 10 minutes. The doctor will look for changes in your retina. Diabetic Retinopathy is when the blood vessels inside the eye begin to leak blood into the retina causing damage that can lead to blindness. Always tell your doctor if you have had any changes in your vision like:

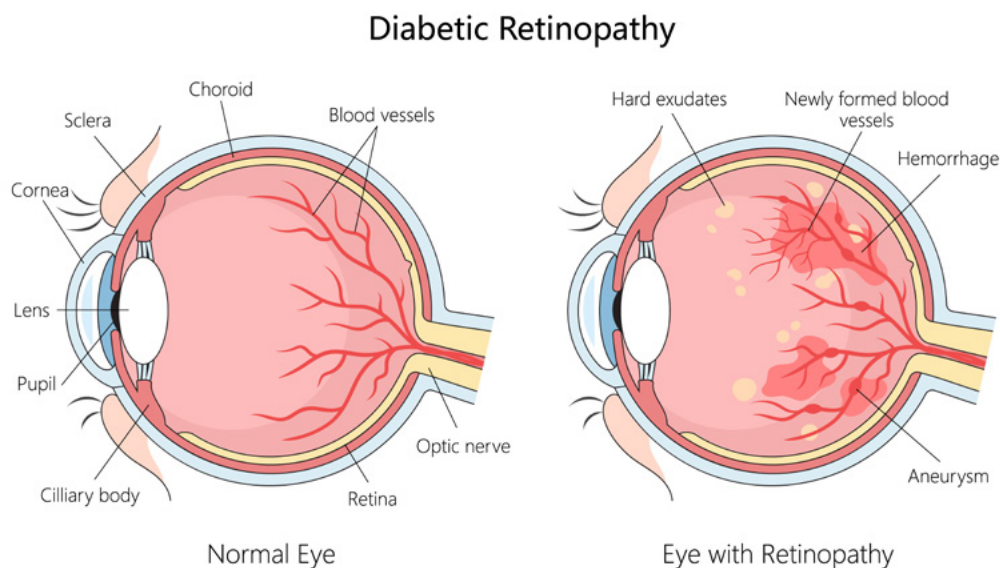
- Blurred vision
- Floaters and flashes
- Dark or empty spots
- Color vision changes
- Loss of central vision
- Visual distortion or vision loss

If you have diabetes, schedule an appointment with your eye doctor today. Ask for a comprehensive diabetic retinal eye exam.

An annual eye exam can prevent 95% of vision loss in people with diabetes.

How is the Diabetic eye exam performed?

Watch this [video](#) and learn more about Diabetic Eye.



MAMMOGRAMS – DID YOU KNOW

Did you know that your provider can send you to a “mobile mammogram bus” to have your mammogram done?

Many doctor's offices can notify you when the mobile mammogram bus will be in your area. You may receive a text or phone call from your doctor.

The CDC recommends Women 50-74 should get a mammogram every two years if they are at average risk for breast cancer. Ages 40-49 should check with their doctor.

Average risk means you don't have a strong family history of breast cancer. If you have a strong family history of breast cancer, your doctor may recommend a yearly mammogram.

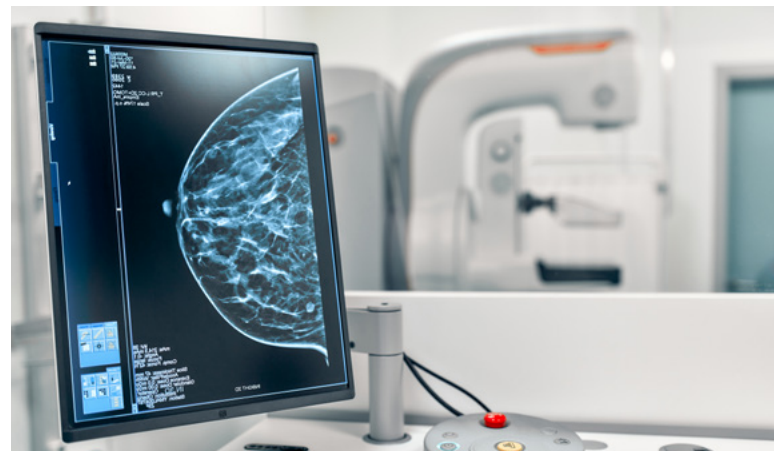
Did you know that you still need to have a mammogram if you have breast implants?

Women with breast implants are at the same risk as women without. The risk of rupture is very low. When scheduling, notify the facility that you have implants. They will have to provide additional views on your screening.

What about “dense breasts”?

A mammogram shows how dense your breasts are. Density is the amount of fibrous tissue compared to fatty tissue in the breasts. Dense breasts make it hard to see breast cancer and might require additional testing. Women with dense breasts have a higher risk of getting breast cancer.

Learn more about dense breast [here](#).



Did you know that men can get breast cancer?

Although rare, men can get breast cancer. Men should watch for the following symptoms:

- A lump or swelling in the breast
- Redness or flakiness on the skin
- Irritation or dimpling of breast skin
- Nipple discharge.
- Pulling in of the nipple or pain in the nipple area.



LOW BACK PAIN

Did you know that low back pain is one of the top causes of missed work in the US?

Seventy-five percent of adults will experience low back pain at some time in their lives. Symptoms may range from a dull ache to a stabbing or shooting sensation down the back or leg. The pain may make it hard for you to move or stand up straight.

Pain that comes on quickly is called “acute.” You may see this with heavy lifting. If your pain lasts longer than three months, it is considered “chronic.” If you have been injured or had a fall, always see a doctor.



Before ordering X-rays, MRI, or CT scans, your doctor will order other treatments for your back pain.

1. NSAIDs (Ibuprofen) or acetaminophen (Tylenol) – helps with pain and inflammation
2. Antidepressants or anticonvulsants (Gabapentin)
3. Ice or heat – helps with pain and inflammation
4. Color vision changes
5. Physical Therapy – The doctor will send an order for physical therapy to help with pain

Physical Therapy Video Tips

- [How To Fix A Bulged Low Back Disc WITHOUT Surgery](#)
- [Back Pain Tips from a Physical Therapist](#)
- [End Low Back Pain: 7 Stretches & Strengthening Exercises-Daily Routine](#)
- [Low back pain- The most common causes of lower back pain](#)

HCU CLINICAL CORNER WITH DR. FERGUSON, CMO

We at HCU care deeply about your health and want to reduce your risk of developing Diabetes. Below is some quick guidance surrounding Diabetes and its risk to our Utah community.

Understanding Diabetes and Its Risks

Diabetes is a condition that affects how your body processes sugar, leading to serious health problems if not managed. While there are different types of diabetes, Type 2 is the most common and is often preventable. Risk factors include being over 45, being overweight, having a family history of diabetes, and not getting regular exercise. Some groups, including African Americans, Hispanics, Native Americans, and Asian Americans, are at higher risk. Understanding your risk factors is the first step in preventing this disease.

Steps to Prevent Type 2 Diabetes

The good news is that small, consistent changes can make a big difference. Eating a balanced diet with plenty of fruits, vegetables, whole grains, and lean proteins helps maintain healthy blood sugar levels. Limiting sugary drinks and snacks is also essential. Regular physical activity, such as 30 minutes of brisk walking most days, supports weight loss and improves your body's ability to use insulin effectively. If you smoke, quitting is important, as smoking increases the risk of diabetes and other serious health issues. Maintaining a healthy weight and limiting alcohol intake are also key strategies for prevention.

The Importance of Screening and Taking Action

Regular health check-ups are vital for early detection and prevention. A simple blood test during a routine doctor visit can assess your blood sugar levels and determine if you're at risk. If you have any of the risk factors, talk to your doctor about screening more frequently. By taking steps today to eat well, stay active, and keep a healthy weight, you can reduce your risk of developing Type 2 diabetes and lead a healthier, happier life. For more information on diabetes prevention, visit the American Diabetes Association's website diabetes.org



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