

MEDSTAR FAMILY CHOICE • FALL/WINTER 2014

# member newsletter

D.C. Healthy Families/  
D.C. Healthcare Alliance

## Visit the MedStar Family Choice Website for Valuable Information

MedStar Family Choice continues to update the website with valuable information and we've made it easier to use the information most important to you.

- Appeals process
- Benefit information
- Covered services
- What to do if you are billed for a covered service
- Case and disease management services
- Find-A-Provider (searchable provider directory)
- List of medications (formulary)
- Hours of operation and after-hours instructions
- Member rights and responsibilities
- Fraud and Abuse Information
- New technology policies
- Notice of privacy practices
- Updates and information about our quality improvement programs
- Utilization management affirmative statement

If you do not have access to the internet, all of these materials are available in print by contacting our Member Services Department, Monday through Friday, 8 a.m. to 5:30 p.m. at **888-404-3549**.

## In Remembrance...

Marion S. Barry Jr., civil rights activist, Mayor and Ward 8 Council Member

Thank you for your dedication and support for the residents of the District of Columbia.

You will be deeply missed!

Congress Heights Day



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## Consult with Your Doctor Before You Change the Way You Take Medication

It's important to remember that before you decide to stop taking your medication, you should talk with your doctor. You should also talk with your doctor about health risk before you change the way you are taking the medication as well.



## Holidays-Stress and Depression

The holiday time is a joyful time of year. It can also be a time for loneliness, stress and depression for some people. Stress can also lead to other unhealthy behaviors, such as exercising less, overeating, increased smoking, and drinking more alcohol than normal. Here are some helpful tips:

- Consider joining a support group and learn from others facing similar experiences.
- Avoid or limit situations that are most stressful for you.
- Learn to let go and relax; you can't do it all. Know your limits.
- Manage your time and plan ahead.
- Exercise regularly. Physical exercise releases body chemicals to relieve stress.
- Have a positive attitude.
- Focus on relaxing the body-deep breathes can relax the body.

MedStar Family Choice members can contact Behavioral Health at **855-210-6203** to find out more about programs and services.

## Flu Shot

It is that time of the year again; the Influenza season started already and it is time to get to the flu shot again. Influenza(also known as the flu) is a contagious respiratory illness caused by the flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever/Chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea (more common in children)

Some people, such as older people, young children, and people with certain health conditions are at high risk for serious complications. Some of the complications of the flu can be:

- Pneumonia
- Bronchitis
- Sinus infections
- Ear infections
- Death

The best way of preventing the flu is by getting vaccinated each year. You should visit your provider to get vaccinated. It comes in several forms injectable and also as a nasal administration. The nasal one is limited to healthy individuals ages 2-49.

If you get the Flu, you should stay home to avoid spreading the disease. People are contagious from 1 day before you feel sick and usually up to 1 week after. Children might be contagious longer. Always make sure you wash your hands constantly or use hand sanitizers.



## Here when you need us

### 24/7 nurse advice line

At MedStar Family Choice, we know a health problem can happen when you least expect it.

Our nurse advice line is here for you 24 hours a day, seven days a week. Just pick up the phone and call.

If you have an illness, injury or just a question about your health, our nurse advice line can help you get the care you need—whenever you need it. Call **855-210-6204** any time.

## Healthy Holiday Recipes

### Colorful Green Beans

Makes: 6 to 8 servings • Serving size: ½ cup

- 1½ pounds fresh green beans, ends snipped
- 1 14½-ounce can of diced tomatoes with liquid, low sodium or regular
- 1 to 2 cloves garlic, diced
- 2 tablespoons olive oil
- 1 teaspoon thyme
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper

1. Blanch green beans in large pot of boiling water for 3 minutes.
2. Saute garlic in olive oil until soft but not browned.
3. Add drained beans. Stir beans and garlic for one minute.
4. Add can of tomatoes. Add seasonings.
5. Cook until green beans are at preferred texture, two to five minutes more.
6. Serve hot or at room temperature.

*Omit the salt if you use regular canned diced tomatoes.*

Calories: 70  
 Total Fat: 5 g  
 Total Carbohydrates: 6 g



### Fat-Free Gravy

Makes: 8 servings • Serving size: 2 tablespoons

*\*Save calories when making gravy by pouring pan drippings into a glass measuring cup and allowing it to stand until the fat rises. Every tablespoon skimmed off is 120 calories saved. You can also use canned broth or instant bouillon mixed with water.*

- 1 cup cold, fat-free broth, divided (chicken, turkey or beef)
- 2 tablespoons unbleached, all-purpose flour
- Seasonings to taste

Pour ½ cup of broth in a covered container. Add flour and shake well to prevent lumps. Follow directions below for microwave or stovetop.

#### Stovetop:

In a small saucepan, combine remainder of broth with flour mixture. Cook on medium until boiling, while stirring constantly with a wire whisk. Continue stirring until thickened.

#### Microwave:

In a 4-cup glass measuring container, combine remainder of broth with flour mixture. Heat on high for two to three minutes (stirring well with a wire whisk after each minute) or until thickened.

*Note: Use 3½ tablespoons of flour for one 14½-ounce can of broth.*

**Variation—Mushroom gravy:** Add one small can of drained mushrooms once gravy is thickened.

Calories: ..... 9  
 Total Fat: ..... 0 g  
 Sodium: ..... 47 mg  
 Total Carbohydrates: ..... 12 g

*Source: Quick & Healthy Recipes and Ideas, 3rd Edition, © Brenda J. Ponichtera, RD, QuickandHealthy.net, Small Steps Press, publishing health conscious books for the general population, a division of American Diabetes Association.*



### Cranberry Relish

Makes: 8 servings • Serving size: 1/8 recipe  
 Prep time: 10 minutes

- 1 1-pound bag fresh cranberries
- 1 medium navel orange, peeled and cut into chunks
- 3/4 cup SLENDA® granular sweetener

1. In a blender or food processor, pulse cranberries and orange chunks until finely ground. Pour into a medium bowl and stir in SLENDA®.
2. Cover and refrigerate overnight.

Calories: .....	44
Total Fat:.....	0 g
Sodium:.....	1 mg
Total Carbohydrates:.....	11 g

### Mashed Sweet Potatoes

Makes: 10 servings • Serving size: 1/2 cup  
 Prep time: 1 hour

- 6 large sweet potatoes
- 1 tablespoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 tablespoons margarine

1. Bake potatoes for one hour or pierce on all sides and microwave for 15 minutes or until soft.
2. Let potatoes cool. Peel off the skin when safe to hold and mash the potato pulp with a fork or potato masher until smooth. Add the next four ingredients and mix well.

*Potatoes can be prepared ahead of time and warmed in the oven or microwave prior to serving.*

Calories: .....	135
Total Fat:.....	2 g
Sodium:.....	37 mg
Total Carbohydrates:.....	26 g

### Classic Dressing

Makes: 12 servings • Serving size: About 1/2 cup

- 8 cups (3/4-inch cubed) white or whole wheat bread (12 slices)
- 2 tablespoons olive oil
- 8 ounces sliced mushrooms
- 1 1/2 cups chopped onion
- 1 1/2 cups thinly sliced celery
- 1 1/2 teaspoons chopped fresh sage or 1 teaspoon dried
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 1/2 teaspoon dried marjoram
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 2 cups turkey broth (canned)
- 1 large egg, lightly beaten
- 1 tablespoon butter
- Cooking spray

1. Preheat oven to 325 F.
2. Place bread on a baking sheet; bake at 325 F for 25 minutes, stirring once. Place bread in a large bowl; increase oven temperature to 375 F.
3. Warm olive oil in a large skillet over medium heat. Add mushrooms, onions and celery; cover. Cook for 5 minutes. Uncover. Cook for 17 minutes or until tender. Stir in herbs. Add mushroom mixture, salt and pepper to bread.
4. Bring broth to a boil in a small saucepan; boil for 10 minutes or until reduced to 1 1/2 cups. Cool to room temperature. Combine broth and egg in a medium bowl, stirring with a whisk. Add to bread mixture, tossing to coat. Spoon bread mixture into a 3-quart baking dish coated with cooking spray. Cover and bake at 375 F for 15 minutes.
5. Melt 1 tablespoon butter. Uncover dressing; brush with butter. Bake, uncovered, for 25 minutes or until top is lightly browned.

Calories: .....	96
Total Fat:.....	3 g
Sodium:.....	285 mg
Total Carbohydrates:.....	15 g

## It's Easy to Find-A-Provider on the MedStar Family Choice Website

MedStar Family Choice has made it convenient for you to find a provider on the website.

You can search by:

- Doctor
- Hospital
- Language
- Location
- ZIP code
- Name/group,
- Male/female
- Specialty
- Number of miles from your home

In addition, our website contains detailed provider information, such as office hours, education and board certification information. Members may contact Member Services at 888-404-3549 for any additional information and doctor office updates.



**MEDSTAR FAMILY CHOICE**

Time to Schedule Your Dental Appointment!



If you need assistance, call the MedStar Family Choice Outreach department at **202-243-5400**, then press **112**.

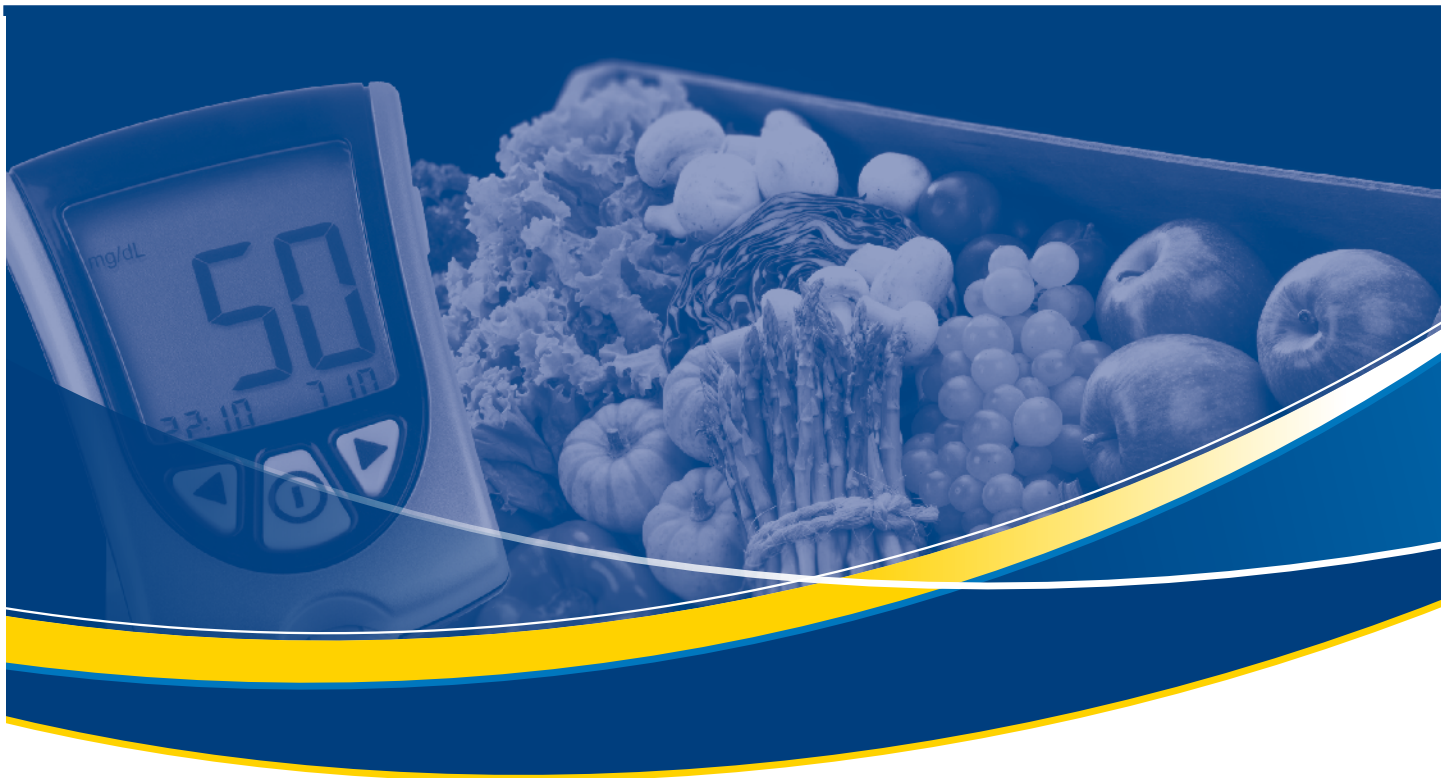
This program is funded in part by the Government of the District of Columbia Department of Health Care Finance, Mayor Vincent C. Gray.



## Member Updates:

**Providence Hospital** is now in-network and is located at 1150 Varnum St NE, Washington, DC 20017.

Call Member Services for additional information at **888-404-3549**



DO YOU WANT TO ...

## Learn More About Diabetes?

- What is pre-diabetes?
- How does diabetes affects your body?
- What is A1C, LDL and bad fats?
- What is blood sugar (low/high)?
- What are carbohydrates?
- How do carbohydrates affect diabetes?
- What medications are used to treat diabetes?
- What is type1/type2 diabetes?
- How do you self-manage diabetes?

**JOIN US** for a discussion about diabetes and bring a family member or friend.

To find out when the next free class is being offered, call **202-448-6747**. For transportation information, call **866-208-7357**. Light snacks will be provided.

All classes are **free**.

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## Momma & Me

MedStar Family Choice's Baby Shower Kick Off was held at the UPO Petey Greene Community Center on Saturday, Dec. 6. Members received baby gift bags and prenatal/post partum education. For more information and to find out if you are eligible for upcoming baby showers, call **202-243-5400**, press **112**.




## MedStar Family Choice

901 D St., SW, Suite 1050  
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 888-404-3549 **PHONE**  
**MedStarFamilyChoice.com**

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The MedStar Family Choice member newsletter is a publication of MedStar Family Choice.

Submit new items for the next issue to [theresa.hudnall@medstar.net](mailto:theresa.hudnall@medstar.net).

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