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'Tis the Season to Be Jolly—Not Frazzled. Here’s How.

The holiday season is supposed to be a merry time, but some people overspend, overdo and overeat—and end up feeling stressed, tired and down on themselves. But with some planning, you can maintain your holiday spirit while staying healthy.

Reset Your Expectations
The number one priority: Don’t aim for the perfect holiday. It doesn’t exist, and striving for it only leads to frustration and disappointment. Instead, focus on having a relaxing, meaningful time that honors your personal, cultural and religious traditions.

Maintain Healthy Habits
Follow your usual schedule for meals, exercise and sleep as much as possible. You might even work in a little additional physical activity. Try taking an extra lap around the mall after you finish shopping.

Anticipate the stress that may occur if you pile too many extra activities on top of your already-busy schedule. When things start feeling hectic rather than fun, give yourself permission to put up fewer decorations or turn down some invitations.

Create New Traditions
Some of the most memorable traditions are cooked up in the kitchen. If your cherished family recipes are laden with fat and sugar, look for subtle ways to make them healthier. For example, replace the butter in a baking recipe with an equal amount of no-sugar-added applesauce. Or replace chocolate chips in cookies with dried cherries.

Prep Your Party Strategy
Before parties, grab a healthy snack so you won’t arrive ravenous. Once you’re at the party, scope out the food table and decide what you’ll eat before you start filling your plate.

Don’t Overspend on Gifts
Spending beyond your means leads to stress. Scale back your gift list and stick with a shopping budget. Or give homemade items, which will often be treasured long after store-bought presents have been forgotten.

In addition, consider sharing your time by volunteering. Consider serving dinner at a homeless shelter or volunteering for a faith-based or community program that assists those in need. Helping others feels good, and it puts your own challenges in perspective. It’s a great way to tap into the true spirit of holiday giving.

New Resource for Your Behavioral Health
Are you struggling with mental illness or substance abuse concerns? EHP wants to help. We have a team of Licensed Certified Social Worker-Clinical (LCSW-C) professionals who can work one-on-one with you in your home or telephonically or can meet with you on-site at your provider’s office. Your care manager can help you access the medical and behavioral health care resources that you need; collaborate with your medical, mental health and/or substance treatment teams; ensure proper medication use; and provide support and education. If you believe this service could help you, please call our Care Management department at 800-557-6916, Monday through Friday, 8:30 a.m. to 5 p.m.
You Have the Willpower to Quit

You’ve heard it before: Smoking is the leading cause of chronic obstructive pulmonary disease (COPD)—and quitting is the best thing you can do. If you keep smoking, your lungs will get worse. By quitting, your lung health will improve within two to 12 weeks.

Most people try to quit several times before they succeed, so don’t be discouraged if you’ve tried to quit before. Keep trying. These strategies from the American Lung Association and smokefree.gov can help you succeed:

- **Talk with your health care provider.** He or she may recommend medications to help you quit and can put you in contact with local resources.
- **Line up support.** Ask friends and family not to smoke around you or offer you cigarettes. Join a local smoking cessation program or use an online program.
- **Manage the urge to smoke.** Have a plan ready. When the urge strikes, distract yourself with an activity. Go for a walk, busy your hands with a game on your phone, chew gum, eat a healthy snack or take several deep breaths.

**READY TO QUIT?**

Let one of our health coaches help you. A board-certified health coach will provide strategies, motivation and support to help you reach your goals. “We all deserve to live our best healthy lives,” says Courtney Nelson, an EHP health coach. “Coaching can help get you there.” Take the first step. Email healthcoach@jhhc.com or call 800-957-9760.

*Check your Summary Plan Description to see whether coaching is available to you.

Don’t Gamble on the Flu: Protect Yourself

Last flu season was rough. Nationwide, there were more than 30,000 flu-related hospitalizations. Even some people who had their flu shots got sick last year. Yet getting the flu vaccine is still crucial. Although it can’t prevent every case of the flu, it’s your best protection. And if you do get sick, your symptoms may be milder.

**How the Flu Vaccine Works**

Flu viruses occur in many varieties. Every year, scientists predict which flu viruses will be most common in the coming months. Then they make a vaccine targeting three or four of those viruses.

The scientists’ predictions turn out to be more accurate in some years than in others. What happens if the viruses in the vaccine and those going around a few months later aren’t a perfect match? The vaccine can still be helpful. That’s because a vaccine targeting one virus may offer at least some protection against similar viruses.

**Don’t Forget!**

Be sure to get your flu shot—ideally, this fall before flu season starts. Often the vaccine will keep the flu away. But if you do get sick, it could make the difference between a minor issue and a life-threatening illness.

**WE GOT YOU COVERED**

Your flu shot is covered when you receive it from your primary care physician or an EHP vaccine network pharmacy. Visit ehp.org to find a pharmacy in our vaccine network.

*Applies to members with pharmacy coverage through EHP.

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Eat Well Away from Home

It can be easier to eat healthy at home, when you control what’s for dinner and the ingredients involved. But we don’t make every meal we eat, and if we’re not careful, we can forget about good health when we break from our routines. Use these tips to make sure you don’t leave your healthy eating habits behind when you leave your kitchen.

Eat Well on Vacation
When you’re away from home, it can be tempting to indulge. If you follow a few simple tips, you can make sure to continue to eat healthily through your vacation. Consider these strategies:

- **Start your day right.** That gigantic breakfast buffet may be tempting, but opt for a healthy breakfast, such as high-fiber cereal with fruit and milk or oatmeal, to give you sustained morning energy.
- **Watch your drink calories.** It’s easy to go overboard with calorie-laden drinks, especially on vacation. Go easy on sugary and alcoholic drinks and choose water whenever you can.
- **Bring snack support.** Having healthy snacks on hand can keep you from getting too hungry. Unsalted almonds, apples and whole wheat pretzels make good traveling companions.

**Eat Well When Dining Out**
Going out to eat has some great perks, such as more foods to choose from and no dirty dishes in your sink. But dining at a restaurant can cost more than just your bill. The average American consumes an additional 200 calories, 3 to 4 grams of saturated fat and an extra 300 to 450 grams of sodium on days that include dining out, a new study finds.

Keep the following in mind the next time you dine out:

- **Spot red-flag words.** Limit dishes described as crispy, fried, creamy, au gratin, cheesy, buttery, pan-fried, rich or breaded. Instead, look for the terms baked, braised, broiled, grilled, poached, roasted or steamed. When in doubt, order broth-based soup, main-dish salads (light on the croutons and dressing), pasta with tomato sauce or grilled chicken sandwiches. These tend to be healthier options.
- **Watch portion sizes.** Many entrees contain enough food for two or three people. Order an appetizer instead and then add a side salad. Or order healthy side dishes, such as fruit and a baked potato with salsa or chili.
- **Make special requests.** Just keep them simple. For instance, swap in a baked potato or salad instead of french fries. Ask to remove mayonnaise and bacon from your sandwich. Request sauces and dressings on the side so you can control the amount.
- **Eat slowly.** Rush through your dish and you may end up overstuffed. Your stomach needs about 20 minutes to send signals of fullness to your brain. Proceed at a leisurely pace and stop eating when you feel full.
- **Limit your alcohol.** Stick to one drink for women, two for men. Booze boosts your appetite and adds calories but no nutrition.
Small Steps, Big Changes
The Services You Need, When You Need Them

At EHP, we are committed to helping you achieve better health. Better means something different to everyone, but no matter where you are on your health journey, we have the support you need. We’re here to guide you further along the prevention path and be a personal resource when you need extra care.

We all experience health events—temporary or long-term changes in your health. Even with proper nutrition and regular exercise, an injury or illness is hard to avoid. And after we have a health event, it often means that we have to do something differently—change our behavior, take a new medication, see a new provider. With EHP, you don’t have to go through this alone. We have services to help you maintain your best health and care teams in place to serve you when you have a health event.

This service structure is designed to assist you at any stage of your health:

**Preventive:** keeping you healthy or helping you manage your conditions to keep them from getting worse

**Transitional:** helping you adjust to a new diagnosis, new treatment or hospital discharge so you can get back to health

**Complex:** coordinating your care and working closely with you to help you understand and control your conditions

**Maternal/Child:** guiding you through a healthy pregnancy and caring for your child when he or she needs additional support

At EHP, we do more than provide coverage for your health care services: We provide personal support when you need it most.

Caring for Your Safety, Not Just Your Health

EHP has a Patient Safety Program that helps us keep you and your family members healthy and safe. Our goal is to continually promote a culture of safety, as we believe this is linked to the quality of care you receive.

Here are some things we do to improve your safety:

* Work collaboratively with providers and hospitals
* Keep track and continuously monitor complaints from our members about safety problems in their providers’ offices or hospitals
* Examine information from groups that check hospital safety
* Help you coordinate care when moving from one setting to another
* Educate you about what to ask when you see a doctor
* Provide information to assist in the smooth transition of care
6 Tips for a Healthy Winter

In the winter, it can be tempting to indulge in too many sweets and forget about your exercise routine. But you will actually have a better time if you practice moderation. Here are some tips for maintaining healthy habits through the cold season:

1. **Winterize your exercise.** When the weather permits, walking and biking are great cardio activities. Ice-skating and snowshoeing are fun alternatives. The nip in the air helps you feel more alert and invigorated.

2. **Come in from the cold.** Another option when it’s cold and icy outside is to bring your workout indoors. Go to the gym, walk at the mall, swim in an indoor pool, join a dance class or exercise to a fitness video.

3. **Beat the winter blues.** For some people, the gray days of winter translate into a gloomy mood. To boost your spirits, stay socially engaged and physically active. Watch for signs of winter depression, such as a down or hopeless mood, low energy, overeating, oversleeping and social withdrawal. If you think you might be depressed, talk with your provider about treatment.

4. **Make sure you’re getting enough vitamin D.** The body can make vitamin D when skin is exposed to sunlight, but production often drops in winter. To compensate, get plenty of the vitamin from foods. Good sources include vitamin D–fortified milk, juice and soy drinks, as well as fatty fish such as salmon, tuna and mackerel.

5. **Veg out the right way.** At the supermarket, shop for colorful, healthful, in-season fruits and vegetables. Clementines are packed with vitamin C. Bananas are loaded with potassium. And sweet potatoes and winter squash are rich in vitamin A.

6. **Try to maintain a healthy body mass index (BMI).** Your BMI tells you roughly how much of your body is composed of fat. You can use an online calculator to determine your BMI (you will need to know your height and weight), or use this formula:

   \[ BMI = \frac{\text{weight in pounds} \times 703}{\text{height in inches} \times \text{height in inches}} \]

   Calculating your BMI is not a substitute for a doctor’s expert advice, but this number can give you a general idea of how you are doing. A normal BMI range for adults is between 18.5 and 24.9. A BMI of 30 or greater indicates obesity, which means an increased risk for many diseases and health conditions. If your BMI is outside of the normal range, regular exercise and a balanced diet can help you get back on track.

**COME IN FROM THE COLD**

Warm up with a healthy bowl of Black Bean Chili. Find the recipe at hopkinsmedicine.org/healthlibrary/recipes. Find it under Soups and Salads.
Report: Half of Cancer Deaths Are Preventable

Your future health is at least partly in your hands—particularly when it comes to cancer. What we do today can help defend us from cancer tomorrow. This includes what we eat, what we weigh and how regularly we get screened for cancer.

Screenings Can Save Lives

One way to protect yourself is through screening tests that can find cancers early, when they may be easier to treat. Some of the screenings recommended by the American Cancer Society (ACS) include:

- Yearly mammograms for women ages 45 to 54 to screen for breast cancer and biennially for women ages 55 and older. However, there still exists some dispute over breast cancer screening guidelines. The U.S. Preventive Services Task Force (USPSTF) recommends mammograms every other year for women ages 50 to 74. Talk with your provider about your risk. He or she can help you decide when to begin screening and how often you should be screened.
- Cervical cancer screening for women ages 21 to 65 every three years, such as regular Pap tests.

Some people need more frequent or additional screenings. Ask your provider what’s right for you.

A Healthy Lifestyle Also Helps

Besides scheduling regular screenings, you can reduce your risk of developing cancer by sticking to a healthy routine. Here’s what the ACS recommends:

- Don’t smoke. The ACS says that 30 percent of cancer deaths are caused by tobacco use. Also, avoid secondhand smoke.
- Eat a variety of foods, including fruits, veggies and whole grains. Reduce your consumption of fatty and processed meats.
- Make a habit of being active. You should aim for at least 30 minutes of moderate exercise on five or more days a week.
- Limit the amount of alcohol you drink.
- Lose weight if you are overweight.
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The EHP website (ehp.org/plan-benefits/pharmacy) has a variety of pharmacy information related to the formulary, pharmaceutical restrictions or preferences, requesting an exception, quantity limits and step therapy, generic substitution, and other pharmacy management procedures. The pharmacy formulary is updated regularly to include new medications and the latest safety information.

If you have questions regarding fraud or suspected fraudulent activities involving an EHP member, provider or employee, please contact the Corporate Compliance department at 410-424-4996, by fax at 410-762-1527 or by email at compliance@jhhc.com. All information will be kept confidential.

NOTICE OF NONDISCRIMINATION
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FOREIGN LANGUAGE ASSISTANCE