

APRIL 2019

TAKING CARE OF YOUR BODY

CARE CONNECTION

ALL ABOUT BACK PAIN

Musculoskeletal pain in one of the most common issues for members of the FMCP — and nearly 80% of Americans agree! Back pain is a major issue for many people, and is most often caused by simple muscle or ligament strains and fractures that occur when you twist or lift something the wrong way. Sometimes, though, issues like scoliosis, arthritis, pregnancy, infection, or even intervertebral disk degeneration as we age can cause or worsen back pain. But it's not helpless — there are things you can do to prevent or help with back pain.

PREVENTING BACK PAIN

- Keep floors and walkways clear and dry to prevent slips or falls.
- Raise your work to waist-level so you aren't bending for long periods of time.
- Rest often to avoid injury when you're tired.
- Use tools to move heavy materials (more than 50 pounds).
- Turn your whole body to face whatever you're going to lift, rather than twisting while you lift.

HELPING WITH BACK PAIN

- Exercise regularly, and build core workouts into your routine.
- Maintain good posture, whether sitting or standing.
- Maintain a healthy body weight.
- Eat a healthy diet with plenty of calcium and vitamin D to strengthen your spine.
- Don't smoke, or try to quit smoking if you already do.
- Keep your activity, like sports or intensive chores, in moderation so you don't hurt yourself.
- Try to decrease your stress.

WHEN BACK PAIN IS SERIOUS

Most back pain goes away on its own with the right exercise and preventive steps, but some back pain may be a sign of other health problems. Be sure to talk to your doctor if:

- The pain goes down your leg below your knee.
- You feel numb anywhere from your groin to your feet.
- You have fever, nausea, vomiting, abdominal pain, weakness, or swelling.
- You lose control over going to the bathroom.
- Your pain was caused by injury.
- Your pain is so intense that you can't move around.
- Your pain does not seem to improve after two to three weeks.

Sources: [Anthem - Musculoskeletal Pain](#), [Anthem - Back Pain](#)

SEE A DOCTOR ON YOUR SCHEDULE

DON'T LET A COLD OR AN EAR INFECTION GET YOU DOWN — GET LIVEHEALTH ONLINE!

LiveHealth Online is available 24/7 in all 50 states, so you can always reach a doctor when you need one. Whether you're traveling or sick overnight, LiveHealth Online can connect you to a doctor on your schedule through your smartphone or computer.

And the best part? **LiveHealth Online is free to use for FMCP participants and their covered dependents through 2019!**

Download the app or sign up online today at www.livehealthonline.com.

Please note: This benefit only applies to members who have their medical benefits through one of the FMCP PPO Plans.



LiveHealth
ONLINE

YOUR HEART HEALTH TRUE OR FALSE QUIZ

A 2014 survey of 1,000 adults revealed that many Americans don't have all the facts about heart health — and that about one-third aren't doing much to prevent heart disease, including those with a family history! That's why we'd like to clear up some of these misconceptions and better inform you about your heart health with our fact or fiction quiz!

1. You're more likely to die from cancer than from heart disease.

FALSE. While cancer might have a fairly nasty reputation and receive a lot of bad press for it, the fact of the matter is that heart disease is the leading cause of death for both men and women in the US at more than 635,000 deaths annually. Cancer is the second leading cause of death with nearly 600,000 annual deaths.

2. Women may experience different heart attack symptoms than men.

TRUE. The popularized image of a person clutching their chest during a heart attack might match the symptom of chest pressure for men, but women don't often have that symptom. Women are more likely to experience nausea, indigestion, and backache as symptoms of a heart attack — much different than what may be expected for their male counterparts.

3. Physical inactivity increases your risk for heart disease.

TRUE. Regular activity helps to improve your blood pressure and your blood lipid levels, helps boost the health of your blood vessels, and helps to reduce inflammation in your body. You can reduce your risk of heart disease by 30% by aiming for 150 or more minutes of moderate physical activity each week!

4. Dietary fats are bad for your heart.

FALSE. While some fats, like saturated fats in butter and red meat or trans fats like in fried foods and baked goods, can harm your artery health, this is not true of *all* dietary fats. In fact, monosaturated fats, like those in olive oil, avocados, peanut butter, and fish, can actually help to reduce bad cholesterol levels in your blood when eaten in moderation, which can lower your risk of stroke and heart disease.

5. Eating whole grain foods every day can lower your risk for heart disease.

TRUE. While you should strive to eat at least three servings of whole-grain foods every day, some studies suggest that eating even one serving each day can help protect your heart. So make your sandwich on 100% whole wheat bread, or swap your white rice for brown rice to do your heart a healthy favor!

Source: [Diabetes Self-Management](#), [Heart.org](#)



WELLNESS TIP!

Maintain healthy friendships!

Nurturing your close relationships is good for both your mental and physical health. Interacting with others boosts your immune system, as well as increases feelings of well-being and decreases feelings of depression. Social connections can have a major positive impact on your wellness. In fact, a 2010 study showed that making new friends can be as good for your health as quitting smoking!

Sources: [BCBSGA](#), [PsychologyToday](#)



REMINDER!

USE YOUR BEST JUDGMENT WHEN CHOOSING WHERE TO GO FOR CARE

Did you know an estimated 60% of ER visits by FMCP participants are not for true emergencies? You have options when you need care — like your **primary care physician**, a **Retail Health Clinic**, or **LiveHealth Online** for common medical issues. You can also visit an **Urgent Care Center** when you have a non-life-threatening but still emergent illness or injury. **Use your best judgment when choosing where to go for care!**

BEST DOCTORS DOES IT ALL

YOUR ONE-STOP SHOP FOR ALL YOUR MEDICAL CONCERNS.

Best Doctors
THE REINVENTION OF RIGHT™

Concerned about your diagnoses or treatment options?

- Get an **EXPERT SECOND OPINION INTERCONSULTATION** on your medical case so you can be 100% certain about your diagnosis or treatment. Best Doctors can also provide you with **TREATMENT DECISION SUPPORT** to determine the best course of action for your situation.

Have a question about your medical condition?

- Reach out to their **ASK THE EXPERT** service for answers and advice.

Looking for a new doctor?

- They can **FIND A BEST DOCTOR** that fits your criteria and is accepting new patients.

Need a copy of your medical records?

- Best Doctors can create a handy **E-SUMMARY** of your medical history on a USB drive for you to take with you whenever you need it.

You can call them at **800-497-1634** or create an account at **members.bestdoctors.com** to take advantage of all the convenient services Best Doctors has to offer!

THE RULES OF EATING FOR HEALTHY WEIGHT CONTROL

As the saying goes, 'you can't outrun a bad diet or bad eating habits.' Losing or maintaining your weight starts with eating well. Follow these rules to ensure that you're on track for healthy weight control.

- **Put your fork down between bites.** Pacing yourself while you eat is important. Make sure you give yourself a chance to feel full before you empty your plate. Ignoring those signs — or not giving them time to manifest — may cause you to overeat.
- **Teach yourself when to eat.** Make time for your meals. Plan out your meals at the beginning of the week to ensure that what you'll be eating is healthy. And if you schedule sit-down meals, you'll be less likely to grab some unhealthy food on the go.
- **Vary your diet.** Healthy food doesn't have to be boring — really! There are healthy alternatives to some of your favorite meals, and you'll be surprised how exciting new flavors, spices, and textures can make your meals.
- **Be clear about your cravings.** If you're craving ice cream, snacking on carrot sticks or pita bread simply won't cut it. Listen to your cravings and give yourself a taste of the healthiest alternative (so low-fat frozen yogurt if you're craving ice cream). Ignoring your cravings altogether won't satisfy you, which may lead you to seek out other foods when you still want what you wanted in the first place.
- **Eat on a small plate.** A smaller plate will trick your brain into thinking you have more food than you do because it will look fuller than a large plate. A larger plate may also encourage you to take more food than you need to fill it up.
- **Drink a glass of water.** It's easy to mistake thirst for hunger, which might lead you to eat unnecessary calories that won't satiate that empty feeling. If you feel a desire to eat, stop for a glass of water first to make sure you're not just thirsty. That glass of water has the added bonus of filling you up a bit before you *do* eat.



Source: [New Direction Weight Management](#), [Eat This](#)

IMPORTANT CONTACT INFORMATION

PPO - Anthem

1-800-810-BLUE
(Provider locator services)

www.anthem.com

Rx Drugs - SavRx

1-866-233-4239

www.savrx.com

Best Doctors

1-800-497-1634

<https://bestdoctors.com/>

Dental - MetLife

1-800-942-0854

www.metlife.com/mybenefits
(if applicable)

Vision - VSP

1-800-877-7195

www.vsp.com
(if applicable)

NECA/IBEW Family Medical Care Plan
410 Chickamauga Avenue, Suite 301
Rossville, GA 30741

1-877-937-9602

www.nifmcp.com