



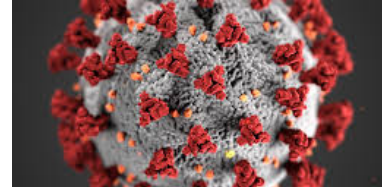
DECEMBER 2020

KEEPING WELL

CARE CONNECTION

UPDATED COVID-19 BEST PRACTICES FROM THE CDC

What we know about the novel coronavirus (COVID-19) is constantly changing, and the Centers for Disease Control have put out additional guidance about how best to protect yourself and others during this global pandemic.



- **CLOTH FACE COVERINGS.** Because COVID-19 can be spread by persons who do not show symptoms, the CDC recommends that all people except children under age 2 wear cloth face masks when out in public. (In some places, this is legal ordinance, so know the laws in your state or municipality to ensure that you are in compliance.) Face masks are meant to help stop you from potentially spreading COVID-19 to others in the event that you are an asymptomatic carrier. Your face mask should cover your mouth and nose entirely and be snug on your face.
- **WASHING YOUR HANDS.** You should wash your hands with soap and water for at least 20 seconds, especially after coughing, sneezing, touching surfaces, or being out in public. If soap and water aren't readily available, use hand sanitizer that contains at least 60% alcohol; cover your hands with sanitizer and rub until they feel dry.
- **PHYSICAL DISTANCING.** The CDC still recommends maintaining at least 6 feet of physical distance (about 2 arms' lengths) from others when out in public. It's also important (and in many places, legally required) to avoid large gatherings of people. If you or anyone in your home is sick, it's recommended to maintain physical distance at home too, if possible.
- **DISINFECTANT.** Cleaning and disinfecting frequently touched surfaces is incredibly important and should be done daily. If surfaces are dirty, use soap and water to clean them, then disinfect them with an [EPA-registered household disinfectant](#). Common surfaces to hit include doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **SEEKING MEDICAL HELP.** If you believe you may have or have been exposed to COVID-19 or if you are showing [significant symptoms](#), you should immediately call your doctor or reach out to LiveHealth Online for a telemedicine visit to discuss your symptoms and determine your proper plan for treatment. It is important to call before seeking medical treatment in person for the health and safety of yourself, other patients, and healthcare workers.

Sources: [US Centers for Disease Control](#)

FEELING UNDER THE WEATHER? You've got **LiveHealth** ONLINE

Are you dealing with cold and flu season? LiveHealth Online can help!

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 get sick overnight, LiveHealth Online can connect you to a doctor on your schedule through your smartphone or computer. They're your easy go-to for most common medical conditions, like cold and flu, fever, eye or ear infections, allergies, headache, and more!



And the best part? **LiveHealth Online is free to use for FMCP members and their covered dependents through 2021!**

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.

4 THINGS *NOT* TO DO WHEN YOU FIRST WAKE UP

Sometimes it feels like it's too easy to wake up on the wrong side of the bed. How you wake up can set the tone for your entire day, so it's important to do it right! Here are some things you should definitely not do when you first wake up.

1. **DON'T: Hit the snooze button.**

That "five more minutes" you'll get by snoozing your alarm will only make you more tired over the course of the day since it disrupts your restorative dream sleep (REM sleep). Instead, make sure you set your alarm for a realistic wake-up time and get out of bed once it goes off.

2. **DON'T: Pull out your smartphone.**

You might think you're getting a head-start on your day by checking your emails or your social media notifications before you get out of bed, but you're really contributing to your stress before you even start your day! Instead, get yourself ready for your day first to give yourself time to wake up before checking your phone.

3. **DON'T: Linger in bed.**

It can be hard to convince yourself to leave the comfort of your bed after a long night's sleep, but your brain is wired to associate your bed with sleep. If you stay in bed while you're awake, you confuse that connection, which means you run the risk of making it harder to fall asleep later. On a morning when you want to lounge about, just relocate yourself to a comfy chair or sofa to relax instead! And make sure you stretch when you first wake up to get moving!

This rule also applies at bedtime. Make sure that once you're in bed, you're there with the immediate goal of falling asleep. That means putting your phone away, turning off your TV, and finishing the chapter of your nightly read before you head to bed.

4. **DON'T: Jumpstart your morning with caffeine.**

While it's tempting to get a headstart on your morning with a cup of joe, that caffeine could be doing you more harm than good. Caffeine interferes with your body's levels of cortisol and epinephrine at rest. In fact, studies have shown that caffeine recreates stress conditions for the body! Instead of jumping straight to your coffee mug in the morning, start with a glass of water to rehydrate yourself.

Source: [EatThisNotThat](#), [PrecisionNutrition](#)



WELLNESS TIP!

Set a "good alarm" for yourself!

"A 'good alarm' can be used to remind you to establish and develop healthier habits. For example, I set a good alarm to remind me to start my bedtime routine, so I get an adequate amount of rest. You can also set a good alarm as a nudge to drink more water, stand up (for those who have a sedentary job) or to remind you to eat a healthy meal, if you often work through your lunch hour."



Sources: [Grace Derocha](#), health coach with BCBS of MI; at Time.com

REMINDER! NEW MEDICAL/RX ID CARDS

Effective January 1, 2021, your member ID number will change, which requires that we send you a new medical card which will include your new member ID number.

Continue to use your current medical card until the end of December 2020 and then discard it. Effective January 1, 2021, please use the new card that will be provided to you for your medical needs, which you may have already received in the mail.

BEST DOCTORS' EXPERT MEDICAL OPINION

HELPING MAKE DIFFICULT DECISIONS EASIER.

Imagine that you're facing a potential surgery. Your doctor recommends it, but you're not sure. You think about the costs to you and your family. You worry about the time you'd have to take off work, the stress of recovery, and the hassle of scheduling doctor's visits and follow-ups.

Now imagine that you were able to reach out to an expert who could review your case beforehand to determine whether or not you needed that surgery in the first place. That expert could verify your condition and provide the best treatment options to ensure you're receiving the proper care so you can feel confident in your medical decisions — all with no travel required.

That's what a Best Doctors' Expert Medical Opinion can do for you. Don't risk the cost of misdiagnosis. Reach out to Best Doctors for an Expert Medical Opinion first.

You can call them at **800-497-1634** or create an account at **members.bestdoctors.com** to start a case today.

 **Best Doctors®**

Please note: If your medical coverage is through Kaiser, this benefit is not applicable.

BETTERING YOUR MENTAL HEALTH

Amidst the stress and anxiety brought on by global pandemic, it's important to recognize that mental health is a key component of your overall wellness. Here are some tips to help improve your mental health:

- **Practice positive self-talk.** It's important to be kind to yourself in your internal monologue and to use speech that inspires self-confidence. Try to catch your negative thoughts and reframe them in a more positive light. For example, rather than "I always mess up", say "it's okay that I make mistakes as long as I learn and grow from them".
- **Take stock of things you're grateful for.** Sometimes it's easy to get overwhelmed with the things that go wrong, which makes it harder to recognize all of the things that go right. Take a moment each day to write down some things you're grateful for to give yourself some perspective.
- **Get in some exercise.** Exercise is a common prescription against mental health issues like anxiety, stress, and depression — and for good reason. When you exercise, your brain releases endorphins that help to boost your mood and relieve your stress. If you exercise outside, you'll also get the benefit of increased Vitamin D and serotonin.
- **Talk things out.** Sometimes you just need to vent. Having a friend, family member, or therapist who can lend an ear when you're feeling stressed or sad can be incredibly therapeutic. You might find it easier to work through your feelings when you speak them out loud.
- **Take a break when you need.** There are times when the best thing to do is step away from the thing that is stressing you out or upsetting you. Give yourself a chance to take a break until you feel like you are in a better headspace to tackle your problem. In the meantime, try some meditative breathing techniques to help you calm down.

If you're facing a mental health issue or feel like your condition isn't improving with your current treatment, remember that you have Best Doctors' Behavioral Health Navigator on your side! This free service is an invaluable resource to help you on your journey to improving your mental health.

Please note: If your medical coverage is through Kaiser, the Behavioral Health Navigator benefit is not applicable.

Source: [Psychology Today](#)



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