

Know Your Body Mass Index



As a part of healthy aging, it's smart to understand your body mass index (BMI), a measure of body fat based on height and weight that applies to both adult men and women.

Your BMI is calculated using a formula based on your height and weight. For example, a person that is 5 feet 6 inches tall and weighs 142 pounds has a BMI of 23, which is considered normal. If that same person weighed 216 pounds, their BMI would be 35, which is considered obese.

If you do not know your BMI, ask your doctor or nurse to tell you or to measure your height and weight and determine it for you.

BMI Categories

Underweight = BMI less than 18.5

Normal = BMI between 18.5–24.9

Overweight = BMI between 25–29.9

Obesity = BMI of 30 or greater

Besides your BMI, assessing the risks associated with you being overweight also involves your waist measurement and your other risk factors for diseases and conditions associated with obesity.

Waist Circumference

Determine your waist circumference by placing a measuring tape snugly around your waist. It is a good indicator of your abdominal fat, which is another predictor of your risk for developing risk factors for heart disease and other diseases. This

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DentaQuest: More Choice

On August 1, 2012, Dentaquest will become Commonwealth Care Alliance's new dental benefit administrator. This is very exciting news! DentaQuest's large provider network will provide **more choice** and **greater access** to dental care for Commonwealth Care Alliance Senior Care Options members.

Almost all dentists in our current network are part of DentaQuest's network. If your dentist is not part of the network, our Member Services team can help you choose a new dentist, for new dental care. We can also connect your dentist to DentaQuest to see if they can become part of the network. If you are in the middle of a dental treatment during the transition period, you will be able to finish your treatment, regardless of whether your dentist is part of the DentaQuest network or not. **You will have absolutely no disruption.**

Please watch your mail for your new Commonwealth Care Alliance SCO member card, updated with the DentaQuest logo. When you get the new card, please dispose of all other Commonwealth Care Alliance SCO member cards carefully. Remember to show your new card at all medical and dental appointments, and at the pharmacy.

staff PROFILE



Paulo Ribeiro
Member Services
Representative

How long have you worked at Commonwealth Care Alliance?
Since August 2011, almost one year.

Which languages do you speak?
I speak English, Portuguese, Cape Verdean Creole, and Spanish.

What does a typical work day look like? It consists of answering phone calls from members or providers to address different requests while serving as a communication link between care managers and health care providers.

What's the best part of your job? The ability to satisfy our members and provide the best customer service possible to anyone that is directly or indirectly connected to Commonwealth Care Alliance.

What do you like to do outside of work? I am a happy hubby/father that enjoys outdoor activities. I'm also a DJ on Fridays, Saturdays, and Sundays at various clubs throughout New England and worldwide.

Get Physical, Get Healthier



As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Not doing any physical activity can be bad for you, no matter your age or health condition. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

If you have a health condition such as arthritis, diabetes, COPD or heart disease it doesn't mean you can't be active. In fact, it's just the opposite. Regular physical activity can improve your quality of life and even reduce your risk of developing other conditions.

Talk with your doctor or nurse to find out if your health condition limits, in any way, your ability to be active. Then, work with your doctor or nurse to come up with a physical activity plan that matches your abilities. What's important is that you avoid being inactive. Even 60 minutes a week of moderate-intensity aerobic activity is good for you.

Questions? Talk to your doctor, your nurse, or another member of your primary care team. ♦

Source: Centers for Disease Control & Prevention

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risk increases with a waist measurement of over 40 inches in men and over 35 inches in women.

Besides being overweight or obese, there are other risk factors to consider:

- High blood pressure (hypertension)
- High LDL-cholesterol ("bad" cholesterol)
- Low HDL-cholesterol ("good" cholesterol)
- High triglycerides
- High blood glucose (sugar)
- Family history of premature heart disease
- Physical inactivity
- Cigarette smoking

If you are considered obese (BMI greater than or equal to 30) or overweight (BMI of 25 to 29.9) and have two or more risk factors, weight loss is usually recommended. Even a small weight loss (just 10 percent of your current weight) will help to lower your risk of developing diseases associated with obesity. If you are overweight, do not have a high waist measurement, and have fewer than two risk factors, you may need to prevent further weight gain rather than lose weight.

Questions? Talk to your doctor, your nurse, or another member of your primary care team. ♦

Source: MedlinePlus www.nlm.nih.gov/medlineplus

Have you moved? Changed your name? Changed telephone number?

Don't forget to tell us if your contact details change. Call our Member Services team at

1-866-610-2273



Local Member Meetings are held in your communities.

Look for your invitation in the near future. Families and caregivers are welcome!

Questions? Call Diana Zegarra at
1-866-610-2273 ext. 1247



Fighting Fraud, Waste & Abuse

Every year, medical fraud, waste, and abuse costs taxpayers billions of dollars. This is money that could have been spent on improving health care services.

Commonwealth Care Alliance is committed to reporting and stopping fraud, waste, and abuse.

What is Fraud, Waste & Abuse?

Fraud = a deliberate, dishonest act to gain something.

Waste = careless spending or use of Federal or State money.

Abuse = an act that results in unnecessary medical services and/or extra costs.

Examples

- Getting the same habit forming drug from more than one doctor or pharmacy
- Selling prescription drugs
- A non-member using a Commonwealth Care Alliance member ID card

If you see something that could be fraud, waste, or abuse, please contact our Member Services team or call Commonwealth Care Alliance's confidential Compliance hotline at 1-800-826-6762♦

Visit the Commonwealth Care Alliance web site for the latest in member information

www.commonwealthcare.org



Call our Member Services team, 24 hours a day, 7 days a week

1-866-610-2273

To share your own recipes or stories, or if you have an idea for the newsletter, contact Nerissa J. Fry at 1-866-610-2273 ext. 1244 or e-mail nfry@commonwealthcare.org



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**Health or Wellness or
Prevention Information**