

10 Tips for Building a Healthy Meal



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. Remember to speak with a member of your primary care team before making any changes to your diet.

- 1. Make half your plate veggies and fruits** Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, and broccoli.
- 2. Add lean protein** Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.
- 3. Include whole grains** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label.

- 4. Don't forget the dairy** Pair your meal with a cup of fat-free or low-fat milk.
- 5. Avoid extra fat** Using heavy sauces will add fat and calories to otherwise healthy choices. Try other options, like a sprinkling of low-fat Parmesan cheese or a squeeze of lemon.
- 6. Take your time** Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Eating very quickly may cause you to eat too much.
- 7. Use a smaller plate** Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.
- 8. Take control of your food** Eat at home more often so you know exactly what you are eating. If you eat out, choose healthier options such as baked instead of fried.

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Medicare Satisfaction Survey

Around this time of year, the Medicare Consumer Assessment of Healthcare Providers and Systems (CAHPS) sends out a survey to find out how members feel about their Medicare Advantage plans. Commonwealth Care Alliance is one of these plans, and as a member, you may have received a "Satisfaction Survey" in the mail.

You are not required to complete the survey, but it is a great opportunity to have your opinion heard. When asked about your health plan, please think about your experience with Commonwealth Care Alliance, and when asked about your experience with your health plan's customer service, please think about your experience with Commonwealth Care Alliance's Member Services (866-610-2273)

Your feedback is important to Commonwealth Care Alliance and helps us to improve our service to you. If you choose to complete the survey — thank you!

Questions? If you need help understanding the questions on the survey, please talk to your care manager. The survey is also available in Spanish.



Did You Know?

Did you know that reducing Medicare fraud is one step towards making sure your grandchildren will have Medicare when they need it? You can do your part by being on the look out for fraudulent schemes such as:

- ❖ People **going door to door to sell you** healthcare items or services (only your doctor knows what you need)
- ❖ People **calling you to ask** for your Medicare or health plan numbers
- ❖ People **offering you money** or other incentives for health care services you don't need

Each of these schemes has been found to be fraudulent.

If any of this sounds familiar, report it immediately by calling 1-877-7SAFERX (1-877-772-3379).

Benefits of Quitting Smoking

Quitting smoking at any age can give back years of life that would have been lost by continuing to smoke. Here are just a few of the benefits of stopping smoking for good:

Time Since Quitting	Benefits
20 minutes	Heart rate and blood pressure drop.
12 hours	The carbon monoxide level in your blood drops to normal.
2–12 weeks	Circulation improves and your lung function increases.
1–9 months	Coughing and shortness of breath decrease.
1 year	Your excess risk of coronary heart disease is half that of someone who is still smoking.
5 years	Risk of mouth, throat, esophagus, and bladder cancer cut in half. Risk of stroke is reduced.
10 years	Risk of dying from lung cancer is half that of a smoker. Risk of larynx (voice-box) and pancreas cancer decreases.
15 years	Risk of coronary heart disease is the same as a non-smoker.

Questions? Talk to your care manager or another member of your primary care team.

Source: © 2012 American Cancer Society "Guide to Quitting Smoking" cancer.org

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9. Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite!

10. Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish — fruit!

Questions? Talk to your care manager or another member of your primary care team. You may also call Rosa Palacios, Health Education & Caregiver Training, at 866-610-2273 ext. 1226 for information on Commonwealth Care Alliance's evidence-based healthy eating program *Eat Well, Feel Swell*.

Source: ChooseMyPlate.gov

Please Note:
Our TTY number has changed to 711

Member Services Team 866-610-2273 (TTY 711) 24 hours a day, 7 days a week

Do Your Part

You can protect your identity and your benefits

- ❖ Never give out your Social Security, Medicare, health plan numbers, or banking information to someone you don't know.
- ❖ Carefully review your Plan Statement to ensure all the information is correct.
- ❖ Know that free services DO NOT require you give your plan or Medicare number to anyone.
- ❖ Share this information with your friends.

If you suspect fraud, report it immediately.

Call 1-877-7SAFERX
(1-877-772-3379)

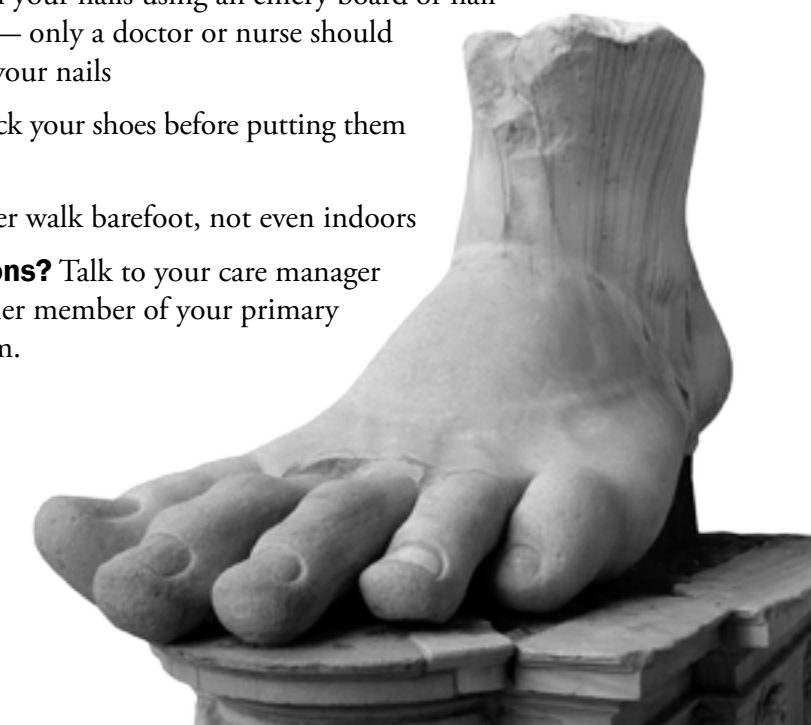


Happy Feet for Spring!

If you have diabetes, it is important to have your feet checked often by your doctor or nurse. High blood sugar can damage the nerves in your feet and cause blood flow problems. The damage can make it hard for you to tell if you hurt your feet. Follow these rules to keep your feet healthy:

- Check your feet every day for cracks, blisters or dry skin
- Wash your feet every day with soap and warm water
- Don't soak your feet too long!
- Dry your feet well
- Use lotion or cream on the tops and bottom of your feet (not between your toes!)
- Trim your nails using an emery board or nail file — only a doctor or nurse should cut your nails
- Check your shoes before putting them on
- Never walk barefoot, not even indoors

Questions? Talk to your care manager or another member of your primary care team.



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 866-610-2273 ext. 1247



Commonwealth Care Alliance www.commonwealthcare.org

Family Caregiver Initiative

Family caregivers play an important role in our members' care and it is vital that they remain happy and healthy themselves. Commonwealth Care Alliance has developed a program called *Strengthening Care Together* to help family caregivers feel supported while caring for their loved ones.

If you have a family caregiver, please give them the flyer included in this newsletter and encourage them to benefit from this exciting new support and educational program.

Questions? Call Courtney Mulroy, Health Education & Caregiver Training, at 866-610-2273 ext. 1386.



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

866-610-2273

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



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**Health or Wellness or
Prevention Information**