

# Wellness Today

Spring 2024

**Stop**  
Overthinking

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**Guided**  
Imagery Exercise

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**Spring**  
Cleaning



**CarePlus**  
HEALTH PLANS®

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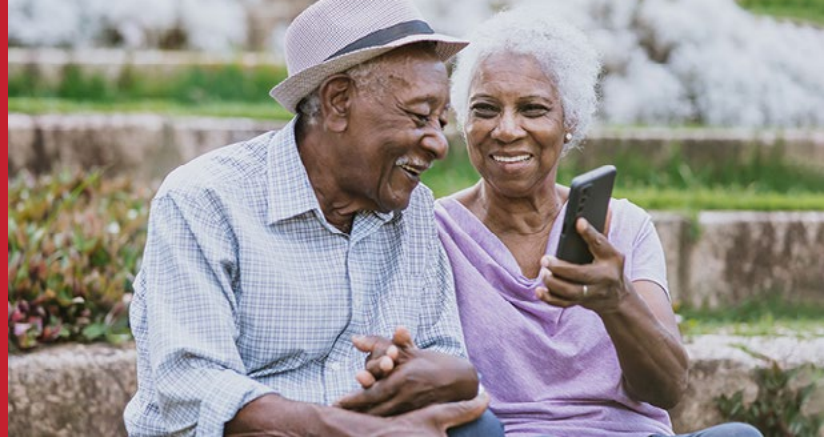
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# Your Experience Matters



Feedback about your experience helps us make changes that our members can enjoy.

You may have recently noticed that CarePlus expanded our network of healthcare providers. **We now work with:**



**Dental** – Florida GoldPlus Dental, administered by HumanaDental Insurance Company



**Vision** – Premier Eye Care



**Behavioral Health** – Carelon

We also improved our preauthorization process to help doctors quickly deliver the care you may need.



Your health is our priority, and your feedback helps us know if we are doing a good job.

If you receive a survey by mail, email, or phone from CarePlus or from the Centers of Medicare & Medicaid Services (CMS), please consider completing the survey.





# Peripheral Neuropathy

## What is peripheral neuropathy?

Peripheral neuropathy is a condition where nerves are damaged in your peripheral nervous system, which includes the nerves in your arms, legs, hands, and feet.<sup>1,2,3</sup>

What causes this damage and how its symptoms present in a person can vary across individuals.<sup>1</sup> Symptoms may include numbness and tingling, loss of sensation or feeling, muscle weakness or twitching, and, in severe cases, burning pain or paralysis.<sup>2</sup>

## What causes it?

Peripheral neuropathy can be hereditary or be developed due to an injury or another disorder. One of the most common causes in the U.S. is diabetes.<sup>2</sup>

Along with diabetes, smoking and the narrowing of the arteries from conditions like high blood pressure can cause neuropathy.<sup>1</sup> Certain medications have also been linked to causing peripheral neuropathy, including chemotherapy used to treat cancer.<sup>3</sup>

## How can you prevent or manage it?

The best way to prevent or manage peripheral neuropathy is to manage the condition causing it.<sup>3</sup> Certain lifestyle changes can also prevent symptoms from worsening.<sup>3</sup>

Exercising regularly and eating a healthy diet consisting of fruits, vegetables, whole grains, and lean protein can promote nerve health.<sup>3</sup> Additionally, avoid lifestyle factors that might cause nerve damage like repetitive motions, smoking, and drinking too much alcohol.<sup>3</sup> Everybody's health and wellness journey is different, so if you are experiencing any of the symptoms mentioned above, speak with your doctor about treatment plans that work for you.



## Diabetes and peripheral neuropathy

### Did you know?

About 60 to 70 percent of people with diabetes will develop some form of neuropathy.<sup>1</sup> One main risk to keep in mind is infection.<sup>3</sup> Because neuropathy can cause a loss of feeling in one's feet, it's easier for a minor cut to turn into a problematic ulcer if left untreated.<sup>4</sup>

### To help prevent this, there are a few steps you can take:

- 1 Manage your blood sugar levels.<sup>4</sup>
- 2 Check your feet daily for blisters, cuts, cracked or peeling skin, redness, or swelling.<sup>4</sup>
- 3 Keep your feet clean and dry, and don't soak your feet. Make sure you dry your feet and between your toes thoroughly.<sup>4</sup>
- 4 Trim your toenails carefully. A podiatrist can help if you have trouble doing this on your own.<sup>4</sup>
- 5 Wear clean, dry socks that don't have thick seams or tight bands.<sup>4</sup>
- 6 Wear well-fitting, cushioned shoes.<sup>4</sup>

Sources: 1. [National Institute of Neurological Disorders and Stroke](#). 2. [Johns Hopkins Medicine](#). 3. [Mayo Clinic](#). 4. [Mayo Clinic](#).



# Stop Overthinking

Stress is a normal part of life, and sometimes there is a lot to think about. But overthinking can interfere with your sleep and mental well-being.



According to Psychology Today, here are a few ways to stop overthinking.<sup>1</sup>



## Recognize Exaggeration

Notice when your worries are extreme. Acknowledge that those worries are unlikely.

## Schedule Thinking Time

Set time to think each day. If your mind wanders outside of that time, tell yourself you'll think about it later during thinking time.

## Practice Mindfulness

Focus on the present instead of past or future. Notice your self and surroundings here and now.

## Do Something Else

If you can't stop thinking, engage your mind with an activity or think about something you enjoy.

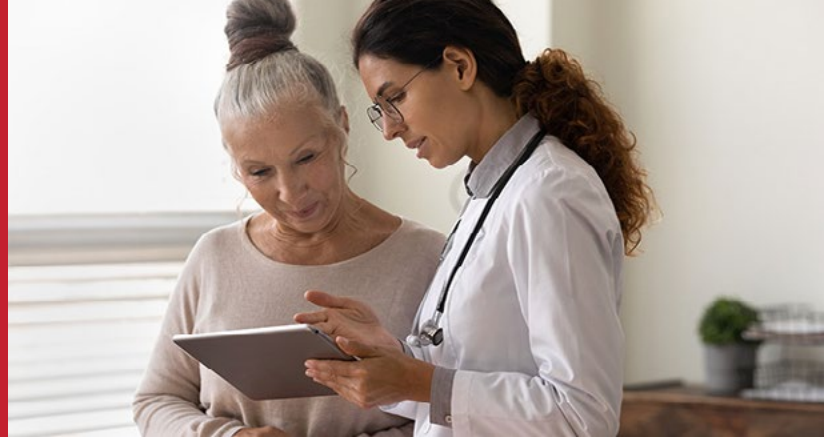


Source: 1. [Psychology Today](#).





# Schedule Your Annual Wellness Visit



If you haven't already scheduled your annual wellness visit for the year, now is the perfect time to do so. Your CarePlus plan covers a routine physical exam at no additional cost.



### An annual wellness visit is an opportunity for you to:

- Discuss your overall health with your healthcare provider
- Review your medical history and medications
- Speak about your mental and emotional health
- Establish a personalized prevention plan

Regular check-ins help your healthcare providers understand your unique needs and make sure you receive the best care possible.

To schedule your annual wellness visit, please contact your primary care physician's office. For more information about preventive care, visit [CarePlusHealthPlans.com/members/health-and-wellness/programs/preventive-care](https://www.CarePlusHealthPlans.com/members/health-and-wellness/programs/preventive-care).

## CarePlus Community Navigator

### Have you heard about the new CarePlus Community Navigator?

Use the CarePlus Community Navigator to discover and connect with community resources that may be available in your area, such as:



Food pantries



Transportation assistance



Housing support



Financial education



Animal welfare

To explore a full list of valuable resources available within your local community, visit our [CarePlus Community Navigator page](#) and enter your ZIP code.



# Guided Imagery Exercise

Adapted from Psychology Today<sup>1</sup> and The American Institute of Stress<sup>2</sup>

## Need a break from stress and overthinking?

Visualization exercises can help us de-stress by shifting our focus. Try this imagery exercise to let your mind take you on a vacation.

Take a breath, close your eyes, and visualize...  
Create a place in your mind you'd like to be. Anywhere in the world.

What do you **see** there?

What sounds do you **hear**?

What are you **doing** there?

What do you **smell**?

What does it **feel** like?

What can you **taste**?



“My favorite place is to  
pretend I’m on a beach.  
I try to smell the ocean air  
and see and hear the waves.”

- Dr. Drinko, Ph.D.,  
as published in *Psychology Today*



Give yourself time each day to go on  
this mental vacation, and let yourself  
be creative.

Over time, build up your destination  
with sights and sounds you enjoy –  
or go somewhere new.

Sources: 1. [Psychology Today](#). 2. [The American Institute of Stress](#).





# More ways to earn CarePlus Rewards in 2024



If you participated in CarePlus Rewards last year, you may be familiar with earning points for completing activities like your annual wellness visit, blood sugar test, and colon cancer screening.

Those activities will continue to be reward program options for 2024, and we are adding even more options:



Quarterly steps challenges



CarePlus Link seminars



Sharecare articles or videos

**And more!**

Complete your preferred combination of activities to **earn 1,000 points** and redeem a **\$50 gift card** from retailers like Walmart and Shell.



In accordance with the federal requirements of the Centers for Medicare & Medicaid Services (CMS), no amounts on the gift cards shall be redeemable for cash and no amount may be applied toward the purchase of any prescription drug under your plan. Rewards (gift cards) must be earned and redeemed in the same plan year. Rewards not redeemed by 12/31 will be forfeited. Please check your area for available retailers. Not all retailers are available in all areas.



# Spring Cleaning – Clean Home, Clear Mind

## Refresh your kitchen:

Remove appliances you don't frequently use from your counter, organize your cabinets, create front row spaces for frequently used food items, and clear your refrigerator and pantry of any expired food.

## Check your medicine cabinets:

Check the expiration dates on all your prescribed and over-the-counter medications, and properly dispose of any that are expired or that you no longer need.

## Clear the clutter:

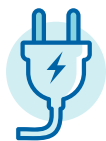
Reduce the risk of trips and falls by removing unnecessary and obstructive items from your regular walking path and place them in storage.



## Ask for help when:



Moving any heavy objects or furniture



Handling electrical equipment



Cleaning or organizing hard-to-reach areas



Changing light bulbs



# Mixed Green Salad with Walnuts and Avocado



A delicious combo of fresh ingredients and quick prep make it your go-to for a healthy and flavorful choice.

## Ingredients

- 4 cups** organic salad greens
- 6** cherry and yellow grape tomatoes, halved
- 4** toasted walnut halves
- 1 tbsp** golden raisins
- 1/4** red onion, thinly sliced
- 2 tbsp** goat or feta cheese, crumbled
- 1/4** avocado, peeled and cut into small cubes

## Dressing

- 1/2 tsp** honey
- 1 tsp** balsamic vinegar
- 1 tsp** fresh squeezed orange juice
- 1 tsp** extra virgin olive oil

## Preparation (Serves 1)

Place salad ingredients into a bowl and toss.  
Mix dressing ingredients and pour over salad.

Find more recipes like this one on  
Sharecare at [CarePlus.Sharecare.com](https://www.sharecare.com)



Source: 1. [Sharecare](https://www.sharecare.com).



**We hope you enjoyed  
reading *Wellness Today!***



**What do you want to see in the next edition?**  
**To let us know, complete this form.**

In the meantime, please stay in touch with CarePlus on Facebook.



**CarePlusHealthPlans**



For questions about your plan, please **call Member Services** at the phone number on the back of your CarePlus member ID card.

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