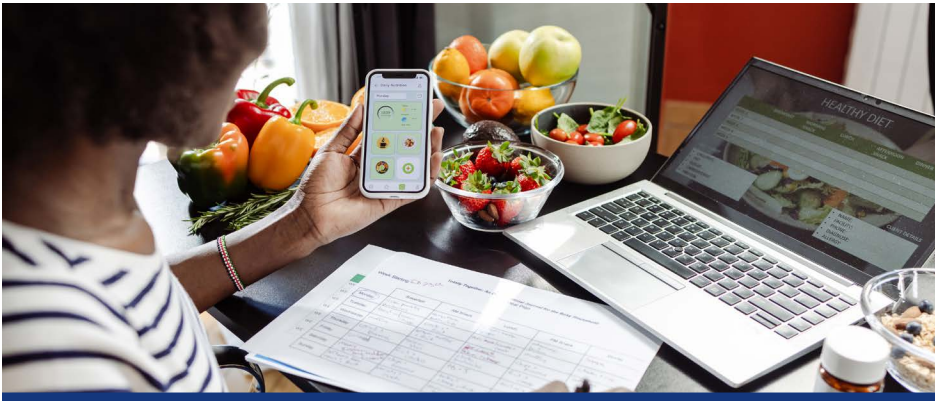


# BEHAVIORAL HEALTH

DISEASE MANAGEMENT NEWS

AUGUST | 2024

## VIRTUAL SUPPORT FROM YOUR DISEASE MANAGEMENT TEAM



## Tips for making healthy changes

Change can be hard, even when someone really wants to improve general health. It is important to keep a few things at top of mind when setting goals.

### Commit



Choose a goal and make a promise to meet it.

### Choose a starting point



Take a quick inventory of current habits to figure out an initial goal. Examples of habits include current activity level; number of sodas consumed each day; or number of cigarettes smoked each day.

### Set realistic goals



Start with a small goal. Ensure it's specific and measurable. Examples of habits include walking for 15 minutes every day; reducing cigarette intake; or eating at least one serving of vegetables with each meal.

### Identify support sources



Find members, friends or coworkers are good options for support, as are support groups or professionals, such as dieticians.

### Track progress and understand roadblocks



Are the goals being met? If not, adjust the plan. Examine a work schedule, a craving or something else that could be in the way of progress.

Don't forget to take time to celebrate accomplishments. Change is difficult to navigate. With the right tools, and a plan in place, success is possible.

We are glad to give you support with printed materials and expert disease management clinicians. However, we would also like to help you stay healthy through free virtual support, which we offer in three exciting ways:

**Webinars:** We offer live webinars via computer and phone. Our live webinars bring you up-to-date information about medical subjects from our clinical experts through presentations and audio. After the online session, you will have a chance to ask questions of the clinician. Getting signed up for a free Zoom session is easy. Visit [www.HumanaMilitary.com/beneficiary/wellness/dm/webinars](http://www.HumanaMilitary.com/beneficiary/wellness/dm/webinars) to make your reservation today.

**Community groups:** These live sessions, conducted by our clinical experts, give you the support you need to stay healthy. For beneficiaries struggling with diabetes or depression/anxiety disorder, signing up is easy. Visit the group meetings calendar at [www.HumanaMilitary.com/dm](http://www.HumanaMilitary.com/dm)

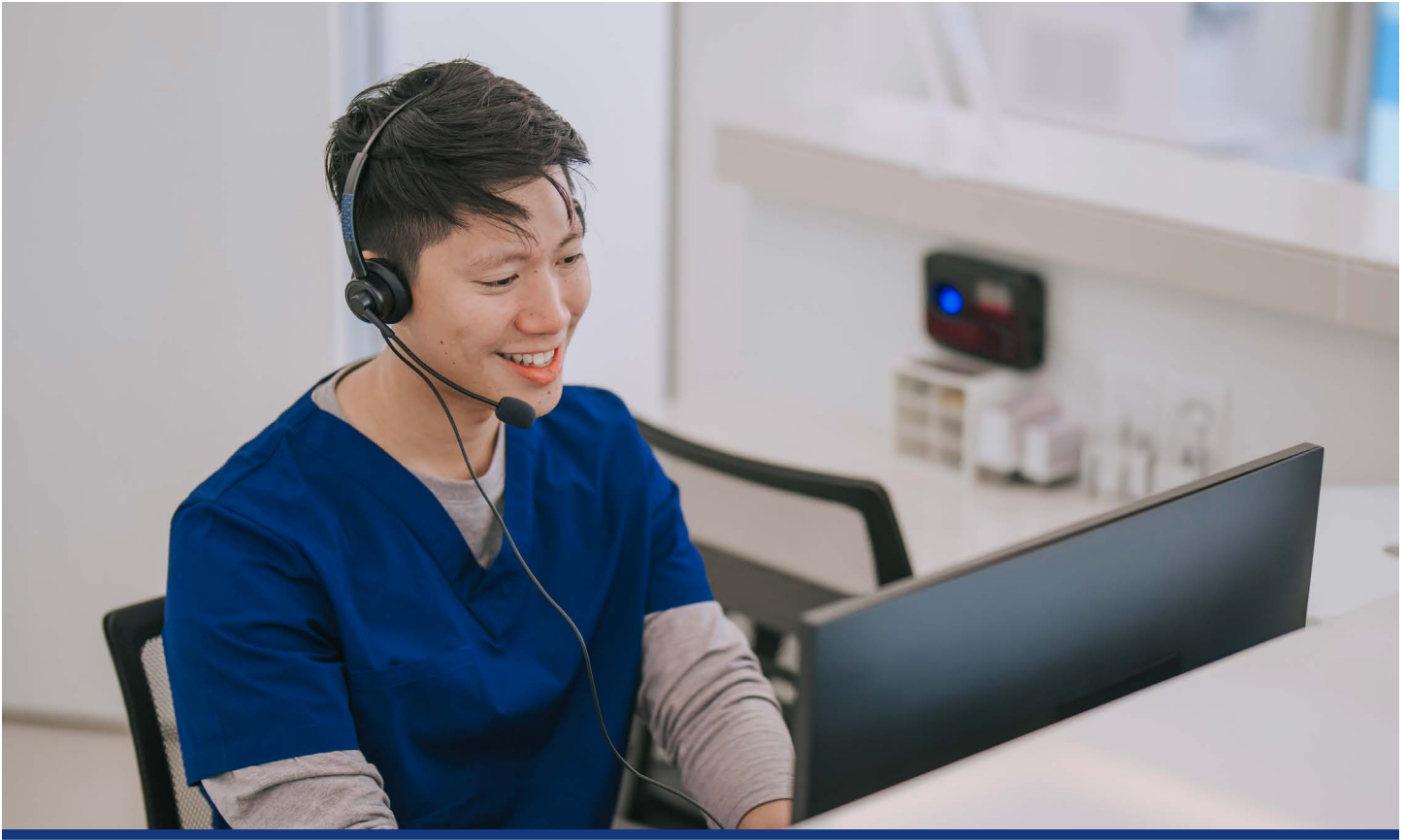
**Web-based training:** On our disease management website, you will find videos about your disease and how to control it effectively. Available to you 24/7, these digital resources give you the knowledge you need to stay focused on your health. Please visit [www.HumanaMilitary.com/dm](http://www.HumanaMilitary.com/dm) to access this information.

We hope you will take advantage of these exciting tools to help you achieve your health and wellness goals.

*An important note about TRICARE program information: At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended.*



EAST REGION



## Humana Military Outreach



Humana Military helps beneficiaries manage some medical and behavioral health conditions. We have programs to educate and help people with new or long-term conditions, such as:

- Diabetes
- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Artery Disease (CAD)
- Heart failure
- Depression
- Hypertension
- Anxiety

A team of nurses call identified individuals following a hospital stay. They check-in to make sure beneficiaries have what they need after returning home.

### What to expect from a Humana Military nurse

Since a phone call from us could include talking about sensitive and protected health information, all staff are required to make a privacy statement and validate a beneficiary's identification. A beneficiary will be asked to provide:

- Name
- Sponsor's identification number or Defense Benefits Number (DBN)
- One additional piece of information, such as Date Of Birth (DOB) or address

These steps help Humana Military to protect confidential information.

### A note about phone numbers

Humana Military is based in Louisville, KY; therefore, calls from us may appear with a 502 area code on a caller ID. We understand the hesitation to answer an unknown number and to provide the required authentication information or both. Please feel free to call us at (800) 881-9227.



## FROM THE CLINICIAN

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Ann\* is a clinician in the Humana Military disease management program. She works with beneficiaries as a health coach and teacher to help each person achieve their personal goals. “I enjoy helping a beneficiary on their healthcare journey,” Ann said. “Seeing them go from lacking confidence to developing resilience is inspiring.” Ann guides program participants through many steps. She shares information in a variety of ways, from phone calls to personalized educational mailings.

Tailoring information to each beneficiary’s needs helps them make informed healthcare choices. Each one “helps them take a step to improve their health,” Ann explained. Working together and seeing the changes on a beneficiary’s journey is Ann’s favorite part of her work. “When I mentor beneficiaries, I am part of something meaningful,” she said.

*Note: Beneficiary’s name changed to protect privacy*



## FROM THE PATIENT

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Clinicians in the Humana Military disease management program work with beneficiaries in a variety of ways. They connect beneficiaries to providers, help get appointments scheduled and explain care options, like in-person and telemedicine visit options. They can explain care options like in-person and telemedicine visits. They can make sure beneficiaries’ prescriptions are up-to-date and can easily be filled.

When Ruth\* joined the program, she was having difficulties getting referrals and appointments to see her providers. She was assigned a dedicated clinician who helped her overcome these barriers. “The program made the experience seamless,” Ruth said. Her clinician, Ann\*, “was able to resolve these difficulties easily and without any trouble. Now I have a new Primary Care Manager (PCM).”

Ruth thinks one of the most beneficial things about the program is the outreach she got from Ann, who was “welcoming and supportive,” Ruth said. “I was overwhelmed and wouldn’t have reached out to anyone. I would have sat in my misery if not for my clinician.”

Ruth said this practical assistance in connecting with providers, making appointments and learning about options for care changed her. “I am now upbeat and have a positive outlook,” she said.

*Note: Beneficiary’s name changed to protect privacy*

## THE DOCTOR'S PERSPECTIVE

Ah, summer—the season of sunshine, popsicles and the inevitable chorus of “I’m bored!” that echoes through every household with school-aged children. It’s a time of transformation, both magical and maddening, as the school routine dissolves into the chaos of unstructured days.

So, how do we mitigate the summer madness? First, embrace the power of routine. Yes, school is out, but kids still thrive on structure. Set a loose schedule that includes time for play, learning, chores and yes, some screen time – a limited amount used as a reward for positive behaviors.

Another tip: plan, but don’t over plan. A few key activities and outings can create memorable experiences without overwhelming everyone. Think local parks, museums or even backyard camping.

When it comes to sibling rivalry, channel an inner referee. Encourage problem-solving and negotiation skills – these are, after all, important developmental tasks for children at this age. Sometimes, a little time apart can work wonders—send one kid to help bake cookies while the other dives into a solo craft project.

Equally important is recognizing one’s frustration as a parent. Summer’s challenges can test the patience of even the calmest individuals. Acknowledge feelings of being overwhelmed and take intentional measures to manage emotions. Deep breaths, a quick walk, or even a few moments of solitude can help. Remember, a parent’s mood sets the tone for the household. It’s okay to step back and regroup.



*Dr. Joshua LaGrant*



Lastly, no one expects parents to be the Instagram-perfect with a flawless plan for every moment. Cheers to all the parents navigating the summer storm!

## Can Food Affect the Brain and Mood?



The benefits of a good diet go beyond physical health. Food directly affects the structure and function of a person’s brain and, ultimately, a person’s mood.

Researchers found strong links between diet, anxiety and depression. Evidence suggests that healthy dietary habits can decrease the risk of anxiety and depression and improve symptoms. These include eating lots of fruits, vegetables, nuts and seeds, whole grains and fish. Healthy choices also include limiting processed, high-fat and high-sugar foods, which can increase risk of depression and anxiety.

The brain requires a constant supply of fuel. That “fuel” comes from the foods a person eats. High-quality foods with lots of vitamins, minerals and antioxidants help the brain function best. “Low-premium” fuel, such as what comes from processed or refined foods, can hurt brain function. It can also worsen the body’s regulation of insulin and increase inflammation.

Sources: [Harvard health blog](#)  
[National library of medicine](#)





## TURKEY CLUB BURGER

 Lighten up your traditional hamburger with lean ground turkey—less saturated fat, without less flavor

**Prep time:** 20 minutes  
**Cook time:** 20 minutes  
**Yield:** 4 servings  
**Serving size:** 1 burger with toppings

### Ingredients for turkey burger:

12 oz 99 percent fat-free ground turkey  
 ½ C scallions (green onions), rinsed and sliced  
 ¼ tsp ground black pepper  
 1 large egg  
 1 tbsp olive oil

### Ingredients for spread:

2 tbsp light mayonnaise  
 1 tbsp dijon mustard

### Ingredients for toppings:

4 oz spinach or arugula, rinsed and dried  
 4 oz portabella mushroom, rinsed, grilled or broiled, and sliced (optional)  
 4 whole-wheat hamburger buns

### Directions:

1. Preheat oven broiler on high temperature (with the rack 3 inches from heat source) or grill on medium-high heat.
2. To prepare burgers, combine ground turkey, scallions, pepper, and egg, and mix well. Form into ½- to ¾-inch thick patties, and coat each lightly with olive oil.
3. Broil or grill burgers for about 7–9 minutes on each side (to a minimum internal temperature of 160 °F).
4. Combine mayonnaise and mustard to make a spread.
5. Assemble ¾ tablespoon spread, 1 ounce spinach or arugula, several slices of grilled portabella mushroom (optional), and one burger on each bun.

**Tip:** Try it with a side of grilled romaine lettuce with caesar dressing.

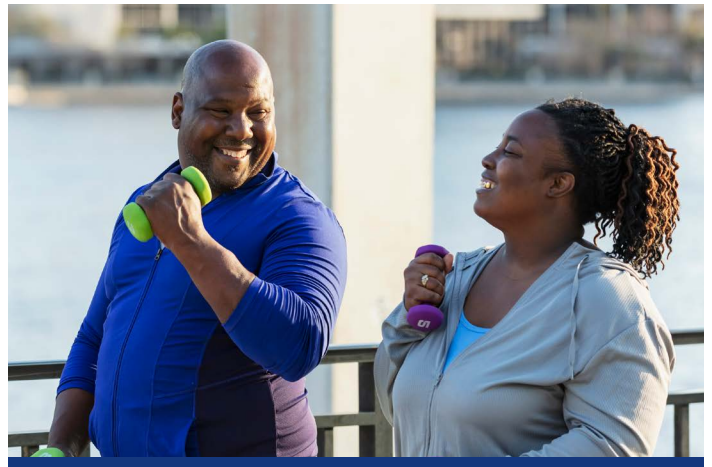
**Hint:** To grill portabella mushrooms, scrape off the gills from underneath the mushroom caps. Lightly coat with olive oil, and grill or broil for 2–3 minutes on each side or until tender. Slice and set aside until burgers are ready.

### Nutritional information (per serving):

Calories	299	Cholesterol	89 mg	Saturated fat	2 g
Total fat	11 g	Potassium	424 mg	Total fiber	5 g
Protein	29 g	Carbohydrates	26 g	Sodium	393 mg

*Percent Daily Values are based on a 2,000 calorie diet.*

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## Care management program

- Toll-free phone number: **(800) 881-9227**
- Find more information at [www.HumanaMilitary.com/dm](http://www.HumanaMilitary.com/dm)



**EAST REGION**

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## Health and wellness

Your health and wellness are a top priority. TRICARE provides resources to inform you of your healthcare options and help you maintain a healthy lifestyle. Visit [www.TRICARE.mil/HealthWellness](http://www.TRICARE.mil/HealthWellness) for more information on the following topics:



Topic	Description
Healthy living	List of resources including healthy living partners, weight management and COVID guidance
Substance abuse	Resources for opioid safety, alcohol awareness and tobacco cessation
Brain injury awareness	Resources and information on the causes and symptoms of Traumatic Brain Injury (TBI) and the signs for when to seek care
Mental health awareness	Information on burnout and resources on taking care of your mental health
Pain management	Resources for getting the right treatment for physical and emotional pain
Public health	Resources and information to promote a number of public health topics
Preventive services	Links to TRICARE's clinical preventive services
Warrior Care	Resources and programs for wounded warriors