



OCTOBER 2019
SEASON'S WELLNESS

CARE CONNECTION

INTRODUCING BEHAVIORAL HEALTH NAVIGATOR FROM BEST DOCTORS

Did you know that one in four adults struggles with mental health symptoms? If you're among them, know that Best Doctors has integrated a new service into their offerings: **Behavioral Health Navigator**.

If you or your eligible dependents face depression, anxiety, or a related condition and feel like your current treatment plan isn't working or your condition isn't improving, Best Doctors can help. Their Behavioral Health Navigator service was designed to help you get on the right path to feeling relief.



How does Behavioral Health Navigator work?

- Contact Best Doctors.** Call the designated FMCP line at 800-497-1634 or go online to members.bestdoctors.com to start your case. You will be connected to a behavioral health nurse who will be assigned to you throughout the course of your care. The nurse will perform a video interview to help determine the need for an additional assessment or record collection.
- In-depth review & report.** Your nurse will complete an assessment summary to send to the behavioral health medical director and an expert psychiatrist. After they review your history and summary, they will either talk to you for further assessment or provide a report with recommendations for improvement.
- Follow up.** The nurse will guide you through the report, make sure you understand the recommendations, answer all your questions, and follow up throughout your therapy.

When should you use Behavioral Health Navigator?

- Your current mental health diagnosis and/or treatment plan hasn't been effective.
- You need help finding a mental health provider who specializes in your specific condition.
- You have questions related to your condition, diagnosis, or treatment plan.
- You would like an Expert Opinion on your mental health diagnosis and/or your best treatment options.

And like all of Best Doctors' world-class services, **Behavioral Health Navigator is available to you and your dependents for free and from the comfort of your own home.** That's why there's no better time to take control of your mental health — with the help of Best Doctors.

To start a case or learn more, call the designated FMCP line at **800-497-1634** or go online to **members.bestdoctors.com**.

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

WELLNESS TIP!

Get your fitness on this fall!

Autumn activities can be great forms of exercise! Apple picking and trick-or-treating can get your family moving, and raking leaves can be a great moderate workout. Once the weather's cooler, it's also a good time to get in a morning jog or an evening walk.



REMINDER!

KNOW YOUR OPTIONS FOR ACCESSING CARE

You have so many choices when it comes to getting care — from the ER to Urgent Care to LiveHealth Online — that it can be overwhelming to decide where to go. That's why we've created [a guide to the ER and alternatives to care](#) to help! This guide is also available on the News section of the FMCP website.

10 TIPS TO HELP EASE HOLIDAY STRESS

It's the most wonderful time of the year — but it's also one of the most stressful. Between shopping and traveling and cooking and attending holiday parties, this season is full of little stressors that can have a huge impact on your health. It might be hard to destress when there's so much going on, but here are some tips that can help.



HIKE YOUR MOOD WITH SUNLIGHT AND ACTIVITY.

Sunlight is one of the best natural remedies for feeling down. It stimulates the production of serotonin and helps to relieve Seasonal Affective Disorder (SAD), which affects millions of Americans each year. Being outside on sunny days or near an open window when the sunshine is strong can help make you feel better. And while you're outside, why not get active? Research has shown that workouts can boost your mood for up to 12 hours. Walking especially has a positive effect on your brain, so shoot for a brisk 30-minute walk each day to really improve your mood.

KEEP UP YOUR SELF-CARE.

The holidays might be busy, but it's still important to make time for yourself and your family. Prioritize your daily routines — bedtimes, wake times, workouts, scheduled activities like clubs or casual get-togethers, etc. — and don't let your self-care fall by the wayside because you're preoccupied with presents or holiday prep. When stress hits, take a break to do something you enjoy, like listening to your favorite music or watching a movie that makes you laugh.

CONSIDER CHANGING TRADITIONS.

Sometimes big life changes make it hard to continue old traditions or to keep the holiday exactly as it was before. It's fine to let the season evolve, experiment with customs from other cultures, or invent completely new traditions to better suit your current state of life. The holidays are what you make of them, after all.

DON'T SWEAT THE SMALL STUFF.

You have people coming over for Thanksgiving, so you spend the whole week before going crazy with deep-cleaning, de-cluttering, and high stress. But stop obsessing over making every detail "perfect" and let yourself enjoy the holiday! Spend your time focused on enjoying your family and friends — that's what the season is all about!

PLAN AHEAD.

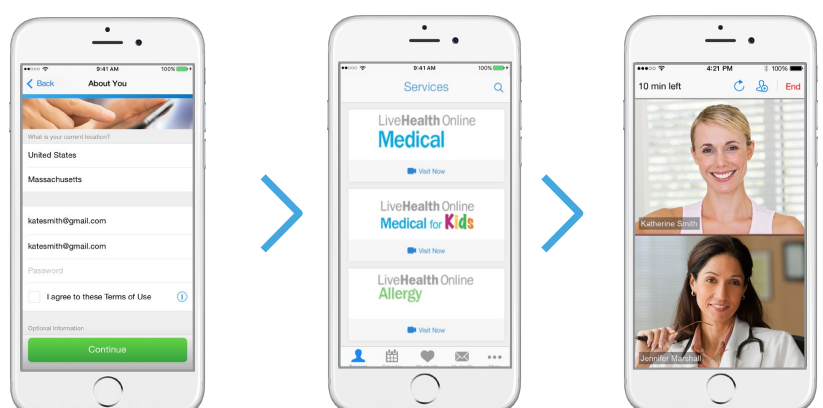
Draft your list of gifts for family and friends and tackle them in smaller chunks (rather than waiting and doing the shopping sprint once sales are ending), and have your recipes set aside for whatever meals you're serving (rather than scrambling for a last-minute dish while company's on its way). Going into the season with a game-plan — and sticking to it — can help to make all those holiday tasks a bit more manageable.

Sources: [Health.com](#)

FMCP PPO Members can have 24/7 medical visits using LiveHealth Online. **LiveHealth ONLINE**

Visit with a doctor on your smartphone for free through 2020!

It's easy and convenient access to the care you need.



1 Sign up

at livehealthonline.com or using the free LiveHealth Online mobile app. Enter your Name (ensure the Subscriber's first and last name match their medical ID), Date of Birth, Gender, Location, Email Address and Create a Password. Then enter your Anthem Medical ID Number. No Service Key is needed. ****Dependents must select "No" when asked if they are the Primary, then enter the Primary Subscriber's information.**

2 Choose a doctor

You'll be able to view a list of available doctors, their experience and ratings. Review the profiles of available doctors and select the one you want to see.

3 Have a visit

During your video visit, the doctor will assess your condition, provide a treatment plan and can send prescriptions to the pharmacy you select if needed.

Commonly Treated Conditions

- The flu
- Fever
- Pink eye
- Headache
- A cold/cough
- Sinus infection
- Sore Throat
- Stress

If you need help creating your LiveHealth Online account, call 1-888-548-3432 24/7.

Please note: LiveHealth Online is only available to members who have a PPO through the FMCP.

SOME OF THE BEST FALL & WINTER PRODUCE FOR HEALTHY EATING

While summer is known for vibrant and flavorful fruits, the fall and winter season offers up a slew of hearty and healthy produce that's just ripe for the tasting! Give these tasty foods a try to enjoy their health benefits all through the season.



- Pumpkins.** They're easily the most iconic fall decoration, but pumpkins are much more versatile than just décor! Pumpkins contain omega-3 fatty acids and beta-carotene, which boost the immune system and aid in eye and skin health. A some fun pumpkin-based dishes to try this fall include pumpkin chili, pumpkin pancakes, and stuffed roasted pumpkin. If you dress the dish right, it can even do double-duty as a dinner party decoration!
- Squash.** Like pumpkins, many other varieties of winter squash are also chock-full of great health benefits! Butternut squash, best known for its soup and ravioli filling, is a great source of vitamin C, B vitamins, potassium, magnesium, and manganese. Acorn squash helps to boost immunity, aids in eye and skin health, and has a high dietary fiber content that helps to regulate digestion and blood sugar. Spaghetti squash has a low calorie and high fiber content in addition to being a solid source of vitamin C, magnesium and vitamin B6 — and it's a great roasted alternative to traditional grain pasta.
- Turnips.** Turnips are an underrated vegetable, but they're a great low-calorie source of minerals, antioxidants, and dietary fiber. The greens at the top are also a valuable source of nutrients. If you're trying to incorporate more of these delicious, nutritious veggies into your diet this season, try subbing them in for a traditional potato dish, like in a beet and turnip gratin or a mash — and you can even make turnip fries!
- Pomegranates.** This superfruit's peak harvest starts in October, which gives you plenty of time to try it out in sweet and savory recipes all throughout the season. Pomegranates can help prevent osteoarthritis, the oxidation of bad cholesterol in the body, protect against dental plaque, help prevent osteoarthritis, and supply iron to the blood — truly a superfood! Try pomegranates as a sauce, in a salad, or in a dessert to see how versatile this fruit really can be.
- Apples.** Although they're available year-round, the absolute best time to get apples is during the fall. Apples are rich with antioxidants and have more than 2,500 varieties across the US! While you surely already know that apples can be delicious in pies, fruit salads, or even on their own straight off the tree, you can also incorporate them into other meals, like roasting them to pair with dinner or dehydrating them as a healthier alternative to chips!

Sources: [MyRecipes](#), [Healthline](#), [organicfacts.net](#)

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 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
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