



Get Started on Wellness Program Requirements Today



There is still time sign up for *Choose Well, Live Well*, your wellness program sponsored by PEEHIP in partnership with Sharecare and Blue Cross and Blue Shield of Alabama. This innovative program allows you to enjoy easy opportunities to improve your health while tracking your required activities to earn your \$50 monthly wellness premium waiver. As a reminder, all eligible members enrolled in the PEEHIP Blue Cross Group #14000 Plan must complete their required activities by August 31, 2020, to avoid paying the \$50 monthly wellness premium waiver beginning October 2020.

If you missed out on the February 5k-a-Day Steps Challenge, don't worry! There will be other

opportunities throughout the program year to join challenges and get rewarded for living well. Once you have registered at peehip.sharecare.com, download the Sharecare App and opt-in to emails to get real-time updates on challenges and additional wellness activities.

In the meantime, learn more about your school's dedicated Health Promotion Specialist. The Sharecare Health Promotion Specialist team serves as our community activation team to fulfill the human aspect of the *Choose Well, Live Well* program. The team is tasked with activating the PEEHIP community to take steps toward better health. The team plays an integral role in increasing and maintaining engagement in PEEHIP's

wellness program by building relationships, assisting members face-to-face with questions and concerns, providing program information, educating members on various health topics, and so much more. Schedule a wellness presentation with your school's Health Promotion Specialist at choosewellpeehip.com/HPS.

March is National Nutrition Month, so be sure to take advantage of the services available through *Choose Well, Live Well* to make the most of this healthy month. This month, the Health Promotion Specialists will be hosting wellness seminars in schools focused on nutrition. Schedule your presentation or webinar at choosewellpeehip.com/HPS. ●

GET HEALTHIER BY CHEWSING WISELY



March Towards Better Health

Did you know that March is National Nutrition Month? That's exciting because it gives us the chance to make a healthy new start with our diet. It means trying exciting new foods, finding which choices work for you, and setting and reaching goals.

We want you to get to know Chews Wisely AlabamaSM. Our partnership with Blue Cross and Blue Shield of Alabama gives you the chance to learn about exciting new recipes, including healthy twists on old favorites.

DIET FRIED CHICKEN?

Well, not exactly, but close. Chews Wisely AlabamaSM is packed with recipes, like our "fried" chicken, that give you all the flavor you love with less calories and fat. You will find that you can still enjoy your favorite foods while eating better. When you eat better, you feel better.

Chews Wisely AlabamaSM isn't just filled with delicious recipes (shrimp n' grits and fried green tomatoes, just to name a few), it's also filled with tips and tricks to eat better even when you can't

cook. The goal of Chews Wisely AlabamaSM is to help you make better choices each day. You will see how a balanced diet will give you more energy to enjoy the activities you love.

Connect with Chews Wisely online at chewswiselyalabama.com. Recipes, informative videos, healthy tips, and more are available online.

WIN BY LOSING

One of the big benefits of eating better is losing weight. The recipes and food tips you get from Chews Wisely AlabamaSM can help you achieve your weight loss goals in Scale Back Alabama. As announced last month, we will be awarding twenty prizes of \$200 each to participating PEEHIP members who maintain weight loss of at least 10 pounds. Stay tuned for more information in future newsletters. ●

RECIPE OF THE MONTH



INGREDIENTS

- Cooking spray
- 2 cups** panko bread crumbs
- 2 tablespoons** olive oil
- 1 teaspoon** paprika
- 1/2 teaspoon** dried thyme
- 1/2 teaspoon** garlic powder
- 1/4 teaspoon** cayenne pepper
- Salt and freshly ground black pepper to taste (but not more than 1/8 teaspoon)
- 3** large egg whites
- 8 (5-6 ounces each)** bone-in skinless chicken thighs and legs, excess fat trimmed

INSTRUCTIONS

1. Preheat oven to 400°F. Place a large wire rack over an 18 x 13 baking sheet and spray wire rack with nonstick cooking spray.
2. Pour panko into a shallow mixing bowl. Drizzle with olive oil, toss and rub with fingertips to evenly moisten.
3. Add paprika, thyme, garlic powder, and cayenne pepper, season with salt and pepper to taste, then toss.
4. In a separate shallow mixing bowl whisk together egg whites, salt, and pepper until slightly frothy.
5. Working with one piece of chicken at a time, dip both sides of chicken in egg white, then transfer to panko mixture and dredge both sides in mixture while pressing crumbs to adhere.
6. Transfer to prepared wire rack, spacing evenly apart.
7. Bake in preheated oven until golden brown and cooked through (center of thickest portion should register 165°F on an instant-read

FIND US ONLINE!

Follow us on your favorite social media platforms: [@ChewsWiselyAlabama](https://www.instagram.com/ChewsWiselyAlabama)

Aging and Cognitive Decline

by Dr. Mark Fagan

The brain becomes smaller and lighter with age. For the average person, some cognitive declines are found in all abilities by age 67 but are minimal until the 80s. Some older people maintain healthy cognitive functioning throughout aging but for some, the cumulative effect of life experience and reduced biological capacities deter cognitive functioning. Aging increases the risks for impaired cognitive functioning but does not automatically cause it.

Short-term memory slips gradually during adulthood until age 70, when the decline becomes more pronounced. The largest drop is for information that is presented quickly and verbally. Recall of earlier years is often better than recall of more recent events. Mild Cognitive Impairment (MCI) and slight memory declines can result from brain and body deterioration. It causes minor problems with tasks which were performed well previously, such as paying bills, preparing meals, or shopping. However, those with this condition generally maintain their independence in daily life with minimal assistance.

Dementia is an umbrella term noting severely impaired thinking, memory, problem-solving ability, confusion about place and time, and inability to function. The early stage of dementia is gradual and can include forgetfulness, losing track of time, and getting lost in familiar places. The middle stage can include forgetting recent events and people's names, getting lost at home, difficulty communicating, and needing help with personal care. Late stage is one of near total dependence and inactivity with unawareness of time and place, difficulty recognizing relatives and friends, and difficulty walking.

Alzheimer's disease (AD) is abnormalities in the cerebral cortex that destroy brain functioning. It might take 10 years or more to run its course. There are 70% of people with dementia who have AD. The causes are not known but theories include genetic, virus, proteins, and toxins. The second major type of dementia is due to obstruction in blood circulation in the brain. Parkinson's Disease is related to the degeneration of neurons in the brain and can cause dementia. Brain tumors and head injuries can also cause dementia. Drugs and malnutrition can slow cognitive functioning as can psychological depression.

Early detection of symptoms is important, as some causes can be treated. In many cases, the specific type of dementia a person has may not be confirmed until after the person has died and the brain is examined. Advances in brain imaging techniques can show the development and spread of abnormal amyloid and tau proteins as well as changes in brain structure and function.

Drugs prescribed for AD work by regulating chemicals that transmit messages between neu-

ronia with an estimated 5.8 million with AD in 2019. This number includes an estimated 5.6 million people age 65 and older and 200,000 under age 65 who have younger-onset AD.

There were 1.4 million people in Alabama in 2017 age 55 and over. According to the Center for Disease Control, there were 184,000 of these older Alabamians who reported memory loss that was worse than the preceding 12 months. There were 82,000 who reported the need for assistance



rons. They may help reduce symptoms and help with certain behavioral problems. However, these drugs don't stop the underlying disease process. They are effective for some but not all people and may help only for a limited time. Other treatment includes managing behavioral symptoms such as sleeplessness, wandering, agitation, anxiety, and aggression.

A nutritious diet, physical activity, social engagement, and mentally stimulating pursuits have been associated with reducing cognitive decline and dementia. Researchers are looking at therapies targeting genetic, molecular, and cellular mechanisms to halt the progression or prevent it. Scientists are researching plaques, tangles, and other biological features of dementia such as vascular conditions (heart disease, stroke, and high blood pressure) and metabolic conditions (diabetes and obesity).

Estimates from the World Health Organization are that there were 8.9 million Americans with

with day-to-day activities due to memory loss.

Caring for a person with dementia can have high physical, emotional, and financial costs. The demands of day-to-day care, changes in family roles, and decisions about placement in a care facility can be difficult. Visit these websites for information about dementia and resources: alz.org (Alzheimer's Association); nia.nih.gov (National Institute on Aging); cdc.gov (Centers for Disease Control); alzheimersnavigator.org; and who.int (World Health Organization). ●

Medicare-Eligible PEEHIP Members

The information below pertains to Medicare-eligible PEEHIP retirees or Medicare-eligible dependents of PEEHIP retirees. For more information, visit www.rsa-al.gov/peehip/retirees/.

Want to be rewarded for healthy activities?

As a member of the PEEHIP Humana Group Medicare Advantage (PPO) Plan, you have access to Go365[®] by Humana. Go365[®] is a wellness and rewards program that rewards you with gift cards for completing healthy activities. The best part is you are already enrolled and can participate either online or through the mail.

What activities are rewardable?

A wide variety of activities you may already be doing, such as walking, getting your Annual Wellness Exam, and volunteering, qualify.

Below is a snapshot of awardable activities. (Activities that are more clinical in nature are not listed.)

After earning at least \$10 in rewards for completing eligible healthy activities, you can choose gift cards from a variety of popular brands including Amazon, Shell, Walmart, and Kohl's!

How to get started

Choose whether you will be participating through the website or by mail, and then take the appropriate action below:

- ◆ **ONLINE:** Sign in at MyHumana.com. Click on **Go365[®]** from your dashboard. (Your username and password will be the same as you use to sign in to MyHumana.com.)
- ◆ **MAIL:** Request paper materials by calling your dedicated PEEHIP

Humana Group Medicare Customer Care Team at 800.747.0008 (TTY: 711).

Get started today and look for more information about the Go365[®] program coming soon in your PEEHIP Advisor newsletter. ●



| Preventative Screenings | Reward Value Per Activity | Activity Limit |
|--|---------------------------|--------------------------------------|
| Annual Wellness Exam | \$25 | 1 per year |
| Mammogram | \$30 | 1 per year |
| Colorectal Screening | \$30 | 1 per year |
| Cardiovascular Disease Screening | \$10 | 1 per year |
| Bone Density | \$20 | Once every 2 years |
| Flu Shot | \$10 | 1 per year |
| Get Active | Reward Value Per Activity | Activity Limit |
| 8 workouts per month – SilverSneakers [®] , connected activity tracker (minimum of 500 steps/day), or paper tracker noting steps/activity completed | \$5 | Once per month (\$60 annual maximum) |
| Social and Lifestyle Activities | Reward Value Per Activity | Activity Limit |
| Athletic Event (e.g., 5k walk/run) | \$5 | 4 per year (\$20 annual maximum) |
| Volunteering | \$5 | |
| Fitness or lifestyle class (e.g., yoga, dancing, painting) | \$5 | |