

## Current Year Wellness Screening Requirement Waived Due to COVID-19

**P**EEHIP members covered under the Blue Cross Blue Shield Group #14000 Plan: There is still time to earn your \$50 monthly wellness premium waiver for the 2020-2021 plan year. To help members avoid any situations in which they may be at greater risk of exposure to the coronavirus, **PEEHIP is waiving the wellness screening requirement for the current plan year.** These waivers will display in members' Sharecare accounts prior to the end of the plan year. Please see below for additional information.

- ◆ All members who are currently incomplete for this year's wellness screening in the *Choose Well, Live Well* wellness program will be given a waiver for that screening requirement.
- ◆ This screening waiver does not apply to the coaching requirement for those members that were identified for health coaching, as health coaching can be done either telephonically or online, and because health coaching provides a valuable resource to maximize health during this time of a global pandemic.
- ◆ **Members who have a health coaching requirement will receive a one-month extension, which means their new deadline to complete their coaching is September 30, 2020.**
- ◆ To access your *Choose Well, Live Well* wellness program, visit [peehip.sharecare.com](http://peehip.sharecare.com) or call Sharecare at 855.342.6809.

Use this time at home to start making healthy lifestyle changes. Challenge yourself to eat in the green this month by joining the Summer Slim-Down Challenge. Track your healthy eating choices and keep your Sharecare diet tracker in the green for at least 21 days from May 11 through June 12.

For those who complete the challenge, there will be 250 randomly selected participants who will also win a healthy-living prize pack comprised of a personal blender, cutting board, and grocery tote.

Registering for this challenge is simple:

- ◆ Register for Sharecare at [peehip.sharecare.com](http://peehip.sharecare.com)
- ◆ Once registered, download the Sharecare app
- ◆ Select the Achieve icon within the app and navigate to Challenges
- ◆ Select Upcoming from the dropdown box in the upper right corner
- ◆ Select Summer Slim-Down Challenge and join now

Note: You are not required to join a challenge, download the app, or visit the website to earn your \$50 monthly wellness premium waiver.



## Coronavirus (COVID-19) and Your PEEHIP Benefits

PEEHIP, Blue Cross Blue Shield of Alabama, VIVA Health, and Humana have announced a series of steps aimed at protecting our members from the novel coronavirus, or COVID-19. Please visit [www.rsa-al.gov/about-rsa/coronavirus-information/](http://www.rsa-al.gov/about-rsa/coronavirus-information/) to see the latest temporary benefit changes designed to help members and reduce the spread of the virus. ●



## Eating Healthy Can Be Delicious

**P**EEHIP and Chews Wisely Alabama<sup>SM</sup> want to help you eat healthy and stay active so you feel better. It is always important, whether you are at work, home, or anywhere. Chews Wisely Alabama<sup>SM</sup> has an incredible range of recipes you can create at home with food from your favorite grocery stores. These recipes have little tweaks that introduce a healthier element, while keeping all the flavor.

### May's Menu

#### Don't sit...get fit!

May is National Physical Fitness and Sports Month. Eating better and being active work together to help you feel healthier and more energetic...and that leads to feeling happier! Even if you are stuck at home, there are plenty of things you can safely do to keep moving. We are not asking for you to teach a fitness class, but you can do your part by going on walks, doing push-ups and sit-ups, choosing healthier sides for your meals, and even standing up while you video chat with loved ones. Little things that may not seem like much, but add up to a healthier you.

#### Get Kitchen Fit

Eating healthy doesn't have to be a chore. [ChewsWiselyAlabama.com](http://ChewsWiselyAlabama.com) has tons of great

recipes you can easily make at home, with ingredients you'll recognize. All recipes are not just easy to make, but they never skimp on the flavor. Recipes feature Alabama classics like Tomato Pie and Fried Chicken, with certain ingredients swapped out, so you get all the flavor you love in a healthier package.

#### Let's Grow Together

Growing season in Alabama is in full swing and that means fresh veggies everywhere. Whether you are growing your own or picking up from the local farm stand, there's no better time to try out some healthy recipes at home. From fun summer veggie tacos to a simple salad, fresh vegetables will make the flavors come to life. You will be eating something that is healthy, delicious, and Alabama grown.

#### Open Your Ears

This month's featured recipe is our Corn Casserole. Enjoy a healthier twist on this old crowd-pleaser. ●

### RECIPE OF THE MONTH



#### INGREDIENTS

- Cooking spray
- 8.5 oz corn muffin mix
- 15.25 oz can sweet yellow corn, drained
- 14.75 oz can sweet corn, cream style
- 16 oz fat-free Greek yogurt
- ¼ cup melted light butter
- ½ cup egg whites

#### INSTRUCTIONS

1. Preheat oven to 350°F. Spray a 9 x 13 baking dish with cooking spray.
2. In a large bowl combine all ingredients and mix with a spoon. It will be fluffy and you will think you did something wrong, but don't worry, you are doing fine.
3. Pour into baking dish and bake 55-60 minutes, or until the edges are golden.
4. Let it cool a few minutes before cutting.

#### FIND US ONLINE!

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



### Stay Up-to-Date

Follow us on Facebook for the latest tips and recipes on healthy eating: [Facebook.com/ChewsWiselyAlabama](https://www.facebook.com/ChewsWiselyAlabama). Plus, don't forget to visit our website, [ChewsWiselyAlabama.com](http://ChewsWiselyAlabama.com), for great content on healthy eating and living.

## Update Regarding Activity Limits for Go365<sup>®</sup>

**A**s presented in the March and April 2020 PEEHIP Advisor newsletters, members of the PEEHIP Humana Group Medicare Advantage (PPO) Plan have access to Go365<sup>®</sup> by Humana, a wellness and rewards program that rewards you for completing healthy activities. Activities must be recorded and redeemed before they expire at the end of each medical plan year or when the member's coverage is terminated. Forms and information on rewards can be found on the Humana Go365<sup>®</sup> Community for Medicare web page at: <https://community.medicare.go365.com>. Please note that the limits for the following social and lifestyle activities are a combined limit of four per year (\$20 annual maximum): athletic event (e.g. 5k walk/run); volunteering; and fitness or lifestyle class (e.g. yoga, dancing, painting). ●



# 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/](http://www.rsa-al.gov/peehip/retirees/).

## Keeping Up with Healthy Food: Coronavirus (COVID-19)



Getting healthy food is important to maintaining a healthy routine, especially during the challenges brought on by the COVID-19 pandemic. The good news—there are resources, people, and helpful tips that can guide and support you during this time.

### The overall food supply is strong

Currently, essentials like toilet paper, cleaning wipes, fresh fruits and vegetables, meats, and bottled water have been decreasing on store shelves as many people have started to buy more than they may need for a given time frame.

But large retailers are stocking shelves every day and continue to manage their inventories. Transportation and food supply have not halted, and with colleges, schools, and restaurants

temporarily closed, food and other supplies are being rerouted to retailers so shoppers can have increased access.

In fact, the Chief Operating Officer of Costco recently said, “Our stores are getting stocked every day. Our suppliers are working around the clock and the flow of goods is strong.”<sup>1</sup>

### Senior-only shopping hours

Many grocery retailers have begun “senior-only shopping” time frames—typically in the early morning—exclusively for seniors 65 and older, people with disabilities, and people who are pregnant (this may vary based on store). This allows people that may be at a higher risk to shop with smaller crowds and a broader inventory. Check with your local stores for these set-aside hours.

<sup>1</sup>[www.nytimes.com/2020/03/15/business/coronavirus-food-shortages.html](http://www.nytimes.com/2020/03/15/business/coronavirus-food-shortages.html)



### Grocery and restaurant pick-up and delivery options

For people who need and want to remain in-home, consider these convenient options for shopping your local groceries and restaurants:

#### Grocery:

- ◆ Use an online grocery delivery service, which allows you to shop online from local groceries, superstores, and pet stores in your area, and have the products delivered right to your door.

#### Restaurants:

- ◆ Use an online restaurant delivery service, which delivers you food from local restaurants that are still open with pick-up or drive-thru options.
- ◆ Many local restaurants are also offering pick-up or “no-contact delivery” of food or bulk meals, which allow you to support local businesses and still practice healthy social distancing.
- ◆ Try to order food that meets your special diet and includes nutritious items. If your doctor or care team has suggested a low-salt and/or low-fat diet, ask the restaurant how foods are prepared and if specific seasonings can be used in smaller amounts.

### Tips for in-store grocery shopping

- ◆ Consider shopping at smaller stores that are not chains as they may have more inventory.
- ◆ Get less expensive cuts of meat that may be in stock and are great to use in casseroles, soups, stews, burritos, etc.—for bigger meals with lots of leftovers.
- ◆ In place of meat, you can try beans, legumes, eggs, and canned and frozen fish—less expensive but nutritious sources of protein that can be used in many ways. Also, canned fish does not require refrigeration.
- ◆ If fresh fruits, vegetables, and meats are available, many of those items can be frozen to use for future meals.
- ◆ If fresh vegetables are limited, try canned vegetables and beans. Properly rinse and drain them before cooking.
- ◆ Frozen fruits, berries, and vegetables are usually just as nutritious as their fresh counterparts. They are available year-round and are often sold in large bags.
- ◆ Canned fruit packed in water or its own juice is an option if fresh fruit is not available.
- ◆ Powdered milk and/or evaporated canned milk (not sweetened condensed milk) are lower cost alternatives to dairy-based milk. Simply add the amount of water that is recommended on the package or can.

### Nutrition and help with preparing meals

- ◆ To help you get the nutrition you need, consider eating a variety of fruits, vegetables, whole grains, lean proteins, and low-fat/fat-free dairy or dairy-free options.
- ◆ If you are on a special diet from your doctor or care team, follow that diet as closely as you can.
- ◆ If you have one, use a slow cooker or pressure cooker to prepare soups, stews, and other mixed dishes, which may provide leftovers for more than one day.
- ◆ Frequently wash your hands before and after meal preparation and eating.
- ◆ Keep foods at proper temperatures before and during cooking and when they are stored after a meal.
- ◆ When preparing meals, keep vegetables separate from raw meats, poultry, and fish.
- ◆ Throw away foods and beverages if dates have expired. ●



## Additional Helpful Tips For Eating on a Budget

### USDA Choose My Plate: Healthy Eating on a Budget

Tips, tools, and information for meal and grocery planning, shopping the aisles, preparing healthy meals, and more.

[www.choosemyplate.gov/eathealthy/budget](http://www.choosemyplate.gov/eathealthy/budget)

### Academy of Nutrition and Dietetics: Eat Right

Food fact sheets on nutrition, planning and prepping meals, vitamins and supplements, resources, and more.

[www.eatright.org/food](http://www.eatright.org/food)

### FoodSafety.gov: 4 Steps to Food Safety

Steps and guidance on the four simple steps to help keep your family safe from food poisoning at home.

[www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety](http://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety)

## Food Support and Assistance

For additional support on food assistance and meal delivery, connect with the organizations below.

### Feeding America Affiliate Food Bank

Connects you with the local food banks in your area, providing information on the food pantries and feeding programs nearest you. Resources and requirements vary by food bank. [www.feedingamerica.org/find-your-local-foodbank](http://www.feedingamerica.org/find-your-local-foodbank)

### Supplemental Nutrition Assistance Program (SNAP)

(Formerly known as food stamps)

Money to purchase food at grocery stores, farmers markets, and other retailers. The average benefit is about \$127 per month per

person. Your household must meet certain requirements to be eligible.

[www.fns.usda.gov/snap](http://www.fns.usda.gov/snap)

### Women, Infants, and Children (WIC)

Program Money to purchase certain healthy foods for pregnant, postpartum, and breastfeeding women, as well as infants and children under the age of 5. Nutrition education and breastfeeding support is also provided.

[www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)

### Eldercare and Area Agencies on Aging

Addresses the needs and concerns of seniors at the regional and local levels, including nutrition challenges, offering support like home-delivered meals.

[www.eldercare.acl.gov](http://www.eldercare.acl.gov)

800.677.1116 (TTY: 711),

Monday – Friday, 9 a.m. – 8 p.m., Eastern time

### Meals on Wheels

Provides free or low-cost home-delivered meals to seniors. Focuses on caring for individuals whose diminished mobility makes it difficult to shop for food, prepare meals, or socialize with others. [www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org)

### 211 Helpline

Provides community information and referrals to social services for everyday needs and in times of crisis, including nutrition support. Calls are free and confidential.

[www.helplinecenter.org](http://www.helplinecenter.org)

Dial 211 from any phone ●

## Learn more about COVID-19

For more information, go to [Humana.com/coronavirus](http://Humana.com/coronavirus) or [CDC.gov/coronavirus](http://CDC.gov/coronavirus).

This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis, or treatment. Consult your healthcare provider if you have questions or concerns. Consult your doctor before beginning any new diet or exercise regimen. ●