



Quartz *for you*

News for BadgerCare Plus Members

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- Being Outside Helps You on the Inside Too.
 - Spring is Beautiful. But, it Can Be Stressful Too.
 - Kids Run Better Unleaded!
 - April is Autism Awareness Month.



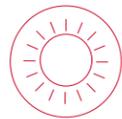
Spring 2019

BEING OUTSIDE HELPS YOU ON THE INSIDE TOO



- ▶ Did you know being outside not only helps your physical health, but also your mental health? Don't worry, you don't have to trek up a mountain to truly reap the benefits of being outdoors. **Getting outside for even a few times a day can help you put down your phone and take a break from other stressors you have in your daily life.** Even low-impact exercise, such as yoga or tai chi or walking outside can help give both your mind and body a boost.¹

WHAT HAPPENS ON THE INSIDE?



Studies show that by being outdoors, you can cut your cortisol, a stress hormone.

One study showed that being outdoors helps lower your blood pressure and adiponectin, a protein that helps regulate blood sugar levels.²

Not all of us live in an area where it's sunny enough each day to get outside. You can still give your mind and spirit a boost indoors too. **It takes just five minutes each day with these four tips –**

1. Sit comfortably and **focus** on your breath.
2. **Notice** things that take your mind away from your breath. Things such as a lawnmower or a dog barking, or even a thought about the day's activities.
3. If you do notice something else, try to let that distraction pass and **ease your attention back** to your breath.
4. Take the time to **breathe deeply** and turn your attention inward.

No matter where you are, finding ways to get away from screens, deadlines or worries will help you feel better. It will help you be more mindful of what's really important to your well-being.

To learn other ways you can improve your health, go to [QuartzBenefits.com](https://www.QuartzBenefits.com).

Sources: ¹Diana Kachan, PhD; Henry Olano, MPH; Stacey L. Tannenbaum, et. al, "Prevalence of Mindfulness Practices in the US Workforce: National Health Interview Survey," (accessed December 21, 2018), available at [cdc.gov](https://www.cdc.gov). ²Park BJ, et al, "Physiological effects of Shirin-yoku – using salivary cortisol and cerebral activity as indicators," (accessed December 21, 2018), available at [ncbi.nlm.nih.gov](https://www.ncbi.nlm.nih.gov).

SPRING IS BEAUTIFUL. BUT, IT CAN BE STRESSFUL TOO.

- ▶ The sun is getting brighter, days longer and birds are singing again. But, certain spring events, including tax time, graduations, weddings and even the change in weather, can increase your stress. **And, too much stress for too long can lead to anxiety and depression.**

WHAT YOU CAN DO TO MANAGE YOUR STRESS

Taking steps to manage your stress can help reduce or prevent the overall impact it has on your mental health.

Some of the things you can do –

- ▶ **Recognize the signs.** Listen to your body. Signs of too much stress include problems sleeping, alcohol or substance use, irritability and low energy.
- ▶ **Exercise.** Just **30 minutes a day** can help reduce stress and boost your mood.
- ▶ **Quiet your mind.** Try to add mindfulness activities into your day.
- ▶ **Surround yourself with good people.** Your family, friends and others can be a great source of support. Stay connected and don't be afraid to ask for help.
- ▶ **Set realistic goals.** Decide what you must get done and what can wait. Focus on what you finish, not what you don't.
- ▶ **Talk to your doctor.** Don't try to take it all on by yourself. There's help available. Your doctor can put you in touch with the right resources.

Quartz provides mental health and substance abuse (drug and alcohol) services to all members. Where you get these services depends on the location of your PCP –

- ▶ If your PCP is located inside Dane County but NOT in Cambridge, Marshall or Mazomanie, you can call Journey Mental Health at **(608) 280-2720**.
- ▶ If your PCP is located outside of Dane County, or in Cambridge, Marshall or Mazomanie, you can call UW Health Behavioral Health Care Management at **(800) 683-2300**.

MAY IS MENTAL HEALTH MONTH



Being healthy isn't just about your body. It's about

your mind, too. Did you know nearly **44 million** adults have mental illness each year?

Less than 50 percent of those people get the health care they need, according to the National Alliance on Mental Illness (NAMI).

During the month of May, NAMI would like to change that by working to raise awareness of mental health across the U.S. **Their goal is to help people be more open about mental health.**

WHAT CAN YOU DO TO HELP?

Kindness and caring are the best ways help people who experience a mental illness. NAMI can help you find the resources you or a loved one needs. You can reach NAMI by –

- ▶ Phone: **(800) 950-NAMI (6264)**
- ▶ Email: info@nami.org
- ▶ Online: [nami.org](https://www.nami.org)



KIDS RUN BETTER UNLEADED!

- ▶ Childhood lead poisoning is a big problem in Wisconsin. It has been identified in every county. **To ensure your child's good health now and years to come, please have your child's blood lead level tested before age 2.** One more perk: when your child gets a blood lead level test, they will be entered in a monthly drawing for a **\$10 Walmart gift card.**

LEAD POISONING CAN –

- ▶ Cause learning and behavior problems
- ▶ Cause delays in growth and development
- ▶ Cause hearing and speech problems
- ▶ Make it hard to pay attention and learn

LEAD CAN BE FOUND IN SOME –

- ▶ Drinking water
- ▶ Homes with old paint or lead dust
- ▶ Soil
- ▶ Toys or jewelry
- ▶ Candy from other countries
- ▶ Jobs or hobbies that expose you or your family to lead
- ▶ Cosmetics, folk remedies, pots, ceramics or pottery that are not lead-free

PREVENTING LEAD EXPOSURE IS IMPORTANT

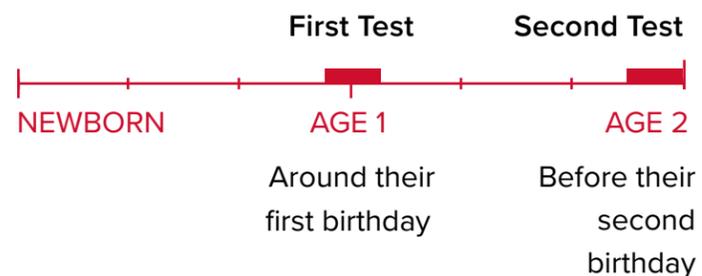
- ▶ There is no safe level of lead in the body.
- ▶ Early testing is critical.
- ▶ If your child has been exposed to lead, it can be treated.
- ▶ Talk to your doctor or nurse about the care and treatment your child needs.

HOW DO YOU KNOW IF YOUR CHILD HAS A BLOOD LEAD LEVEL THAT COULD DAMAGE THEIR HEALTH?

- ▶ Test your child for lead – get a simple blood lead test
- ▶ All children enrolled in BadgerCare Plus should have two blood lead level tests



YOUR CHILD'S BLOOD LEAD TESTS



WE'RE IN THIS TOGETHER. A FAMILY PLAN FOR BETTER HEALTH.

- ▶ Board games, movie nights and vacations – lots of things are better as a family. And that includes getting and staying healthy.

Moms and dads, spring is the perfect time get the whole family involved in moving more and eating right. If that sounds great in theory but you're not sure how to make better health a family affair, try this five-step plan –



- 1. Make family time active time.** Bike to the library together or explore a nearby park. Encourage everybody to train for a charity walk or run. Is somebody's birthday coming up? Celebrate with something active – a pool party, volleyball game or hike. And ask your kids for ideas on ways to be active as a family. Then follow through with some of their favorite picks.



- 2. Stay away from screens.** Every moment sitting is a moment nobody's moving. Limit kids' TV, computer and video game time to one or two hours each day. And remember, kids imitate their parents. Try to set a good example and minimize your screen time too.



- 3. Keep a family activity log.** Track everyone's progress and post the results on your fridge. Sample logs are available online.



- 4. Provide healthy food choices.** Put a bowl of washed fruit on the table where it's easy to see and grab. Shop smart at the grocery store. Choosing good-for-you foods is easier when foods like chips and candy aren't in your pantry. Fruit is often cheaper too.



- 5. Gather around the kitchen table.** Let your kids help you plan and prepare healthy foods. Eat together as a family too, as much as you can. Table time helps kids and parents stay close – a real win-win.

Sources: National Heart, Lung, and Blood Institute, "We Can! Ways to Enhance Children's Activity and Nutrition," (accessed January 21, 2019), available at nhlbi.nih.gov.

APRIL IS AUTISM AWARENESS MONTH

- ▶ Since 1970, April has been Autism Awareness Month. This spotlight has created ways to get people talking and involved.
- ▶ **Autism is a developmental disorder that affects the ability to communicate and interact. It has become more widespread too. In 2018, the Centers for Disease Control and Prevention reported about 1 in 59 children in the U.S. was diagnosed with autism.**

EARLY DIAGNOSIS CHANGES LIVES

Autism is treatable. Kids can't outgrow it, but studies show early diagnosis can lead to better outcomes. Signs of autism can show up in the first two years of a child's life. **Some of the most common signs are –**

- ▶ Lack of speech
- ▶ Delay in speech
- ▶ Repeating use of same language or motions
- ▶ Little or no eye contact

Not all children with autism will show all the signs. This is why the American Academy of Pediatrics recommends that all children get screened for autism. It is also why professional evaluation is key.

Source: Autismspeaks.org



WHAT YOU CAN DO

Raising awareness of autism is a big deal. However, knowing where to start can be the biggest task. **To spread the word, you can –**

- ▶ **Talk about it.** Talking with other families living with autism can go a long way in helping you and others learn more.
- ▶ **Contact your local leaders.** The more informed your elected officials are, the more they can do to help. Call, email or meet with a local official to let them know how important autism awareness is.
- ▶ **Use your voice.** No matter how you support autism awareness this April, your voice matters, so use it! April is the perfect time be heard.

Accessibility at Quartz

Quartz provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, contact Quartz at (800) 362-3310.

Spanish – Usted tiene derecho a recibir esta información y ayuda en su idioma sin costo alguno. Llame al (800) 362-3310. TTY / TDD: 711 / (800) 877-8973.

Hmong – Koj muaj cai tau cov ntshiab lus no thiab tau kev pab ua koj hom lus pub dawb rau koj. Hu rau (800) 362-3310. TTY / TDD: 711 / (800) 877-8973.

Laotian – ທ່ານມີສິດໄດ້ຮັບຂໍ້ມູນຂ່າວສານ ແລະ ການຊ່ວຍເຫຼືອເປັນພາສາຂອງທ່ານ ໂດຍບໍ່ເສຍຄ່າໃຊ້ຈ່າຍໃດໆ.ໃຫ້ໂທຫາເບີ (800) 362-3310. TTY / TDD: 711 / (800) 877-8973.

Chinese – 您有權利免費獲得以您母語撰寫的本訊息和各種幫助。請致電 (800) 362-3310。聾啞人電話：711 / (800) 877-8973。

Somali – Haddii aad ku hadashid af Soomaali, adeegyada caawimada luuqada, ayaa waxaa laguugu siinayaa bilaash, waa lagu heli karaa. 1-800-362-3310 (TTY: 1-800-877-8973) bilbilaa.

For health insurance benefit questions, please call Quartz Customer Service at (800) 362-3310. They will gladly assist you.



[▶ QuartzBenefits.com](http://QuartzBenefits.com)

The Quartz for You newsletter is published two times a year for BadgerCare Plus members. Gundersen Health Plan, Inc. is contracted with the State of Wisconsin to provide BadgerCare Plus HMO services. Information in the Quartz for You newsletter comes from a wide range of medical experts. If you have any concerns or questions about certain content that may affect your health, please contact your health care provider. ©2019 Quartz Health Solutions, Inc. All rights reserved.

GET IN AND WIN

▶ Quartz wants you and your family to have a healthy future. Each time your child can GET IN for a HealthCheck exam and blood lead level test, your child’s name will be entered in a monthly drawing. The drawing is for a chance to win a **\$25 Walmart gift card**. Winners will receive their Walmart gift card in the mail.

Please call your doctor’s office today and make an appointment.

If you don’t know who your doctor is, please call Quartz Customer Service at **(800) 362-3310**. Look at the schedule for when your child needs a HealthCheck exam and blood lead test.

HEALTHCHECK IS –

- A physical exam for your child / children that is necessary and important.
- An exam that is done by your child’s / children’s doctor.
- A way of making sure your child / children are growing properly.
- A way of making sure that all shots / immunizations are up-to-date for your child / children.
- An exam that includes vision and hearing testing.

A blood lead test is needed at age 1 and by age 2. You can request to have a test done at your doctor’s office or at the Wisconsin Infant and Children (WIC) office in the following counties: Jefferson, Sauk, Columbia, Green, Juneau, Rock, Fond du Lac and Dodge. This service is not available at the WIC office in Dane County.

VISIT TO PROVIDER	
HEALTHCHECK EXAM	Within One Week of Delivery
	One Month
	Two Months
	Four Months
	Six Months
	Nine Months
	12 Months
	15 Months
	18 Months
	24 Months
	30 Months
	Three Years
	Every Year after Age 3

Remember that a HealthCheck exam is NOT a WIC visit.
If you have any questions, please call Quartz Customer Service at (800) 362-3310.