

# the BETTER BULLETIN

2019 Fall Edition



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## Getting Caught Up

*Summer has come to an end, and it's time to prepare for the holiday season and a new year. Get your fresh start by checking in on your health! Here are a couple of things to mark off your agenda before the fall festivities kick into high gear:*

**Examine your skin.** *Maybe you spent some time in the sun doing yard work, relaxing by the pool or hanging out with friends. Good! These are all great ways to enjoy the summer months. Keep in mind, however, that increased time spent outdoors during daylight means increased risk of sun damage.*

*It takes as little as 15 minutes for the sun's ultraviolet (UV) rays to damage your skin. In the most serious cases, sun damage can develop into skin cancer, the most common of all cancers.*

**Get vaccinated.** *Prepare for upcoming holiday gatherings with friends and family by getting up to date with your vaccinations—like your flu shot! Many adults in the U.S. aren't aware of the vaccines recommended for them and so are missing out on the best protection available to them against serious diseases.*

*Getting your flu shot protects you and others by helping to prevent the spread of the disease. By getting vaccinated, you're not only protecting yourself but also the members of your family and community who may be more susceptible to disease. These include individuals who are unable to get certain vaccinations due to being pregnant, too young, or having compromised immune systems during something such as chemotherapy.*

**As you look forward to the fall season, don't forget about your health. There's a lot you can do to give yourself a fresh start!**

SOURCES:  
[https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)  
<https://www.cancer.org.au/preventing-cancer/sun-protection/check-for-signs-of-skin-cancer.html>  
<https://www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses>  
<https://www.cdc.gov/vaccines/hcp/conversations/downloads/vacsafe-understand-color-office.pdf>  
<https://www.hhs.gov/blog/2018/08/01/honor-national-immunization-awareness-month.html>  
<https://www.ambetterhealth.com/resources/better-health-center/healthy-living/10-reasons-vaccinated.html>



### Now Available:

Get your digital ID card and never worry about losing your member ID card again. You can download it by logging in to your member account. Our enhanced member portal allows for even more ease of use in managing your health plan. Be sure to take advantage of this new feature!



## Fire Safety During Winter Months

What comes to mind when you think of a cozy winter home? Cinnamon-scented candles? A crackling fireplace? Your Christmas tree draped in lights while apple cider simmers on the stovetop?

These are familiar holiday scenes. Unfortunately, they can also contribute to the higher rate of home fires during winter months. This season, be extra aware of your habits and surroundings.



### Cook with caution.

Cooking was the leading cause of winter residential building fires between 2014 and 2016, according to data collected in the U.S. Fire Administration's National Fire Incident Reporting System. Of these, 90% were small, confined fires.

**After a day of cooking, check that your appliances are shut off.**

### Don't let your decorations become dangerous.

For many, holiday decor includes candles, Christmas trees and string lights. According to National Fire Protection Association (NFPA) Applied Research, between 2012 and 2016, U.S. fire departments responded to an average of 170 home fires that started with Christmas trees per year. In 43% of these, electrical distribution or lighting equipment was involved. In a quarter of the fires, some type of heat source—like a candle or equipment—was too close to the tree.



Above all, stay aware of your surroundings and practice safe habits. Understanding the increased risks that come during winter months is an important first step in protecting yourself and your family.



### Ambetter Telehealth. Anytime, Anywhere.

Ambetter Telehealth is a convenient and affordable alternative to the ER and urgent care for non-emergency issues. Set up your account at [AmbetterTelehealthSC.com](https://www.AmbetterTelehealthSC.com).



\*Ambetter does not provide medical care. Medical care is provided by individual providers through Teladoc Health.

SOURCES:  
<https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Seasonal-fire-causes/Winter-holidays/Holiday-fires-by-the-numbers>  
<https://www.rockfordmutual.com/blog/fire-ice-6-most-common-causes-house-fires-winter>  
<https://www.usfa.fema.gov/downloads/pdf/statistics/v19i7.pdf>



## Festive Fall Activities for Your Family

*Fall is a fun season. There are so many opportunities to create memorable family experiences! Here are just a few low- or no-cost options that will have you and your loved ones feeling festive:*



### ***Make homemade apple cider.***

As the weather starts to cool down, holiday drinks heat up. Find an apple cider recipe online or in a cookbook, then gather the ingredients. Make with your family and enjoy a hot, sweet cup while you're watching a movie together.



### ***Have a themed movie night.***

Whether it's a streamed classic movie with a bowl of popcorn or a Christmas special on TV, making a movie night festive can be as simple as providing a few foods fit for the occasion. For the holidays, try serving themed snacks like these Chocolate Cheesecake Santa Hats.



### ***Organize a family outing—and turn it into a fall photo shoot.***

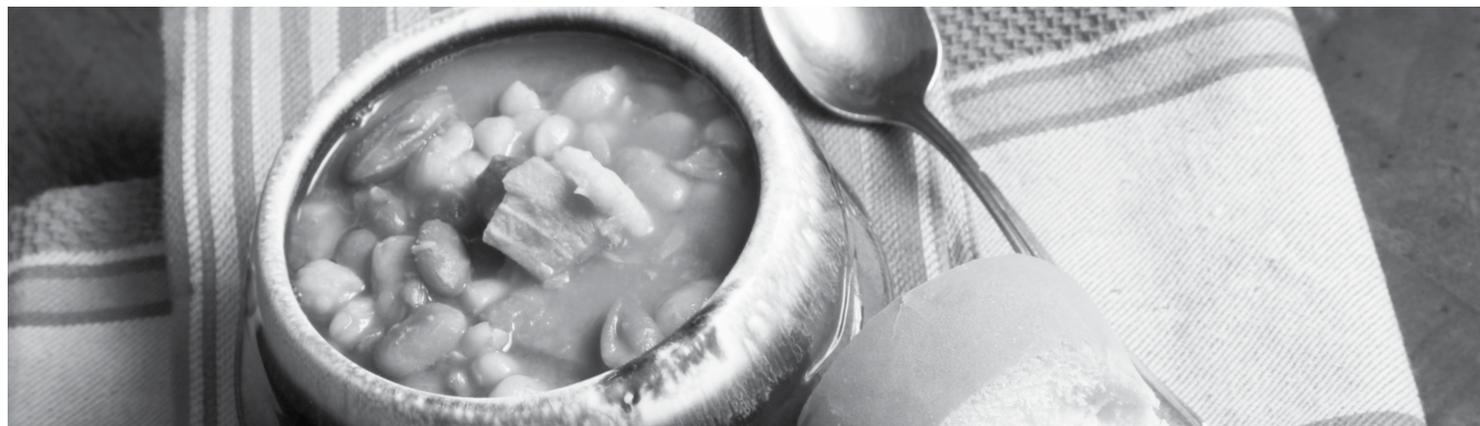
Find a local seasonal activity that your family can do together, like getting lost in a corn maze, going on a hayride, picking apples or visiting a pumpkin patch. Tell everyone to look photo-ready before heading out, then snap some candid pictures of everyone having a good time. You can save these for a family album or send them out to friends as holiday cards!



### ***Design holiday cards.***

The holidays are a good time for sending out a note to relatives or friends to let them know you're thinking of them. Add a personal touch to your holiday cards by making them yourself. Get crafty with glue, construction paper and glitter for DIY holiday cards.

## Ham and Bean Soup



### WHAT YOU NEED

- 1 lb. Northern beans
- 4 cups water
- 1 standard carton chicken broth
- 1 regular pkg cubed ham chunks
- 1 cup of chopped carrots
- 1 cup chopped yellow onion
- 1 tsp minced garlic
- Salt and pepper to taste

### HOW YOU MAKE IT

1. Rinse and prepare Northern beans according to package instructions, then drain and add water, chicken broth, carrots, onions, garlic and beans to large soup pot on high heat.
2. Stir well and bring to a boil.
3. Reduce to low and simmer for 60 minutes.
4. Sear cubed ham in hot skillet until sizzling.
5. Drain any excess grease and stir into simmering soup.
6. Season soup with salt and pepper to taste.

### NUTRITION INFORMATION (PER SERVING) SERVING SIZE = 8

Calories	Potassium (mg)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Other Carbs (g)
260.28	1,029.70	2.06	0.64	0.01	24.24	734.47	23.92

Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% Daily Value)	Vitamin C (% Daily Value)	Calcium (% Daily Value)	Iron (% Daily Value)	Water (g)
12.37	3.57	24.25	53.86%	4.14%	11.68%	20.49%	246.26

# Brain-Bender: Can you solve the sudoku?

Test out your concentration skills by playing this sudoku. Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

4				2				
		2		7				
		5	4					1
1				9	5	4		7
	7		6			2		
							3	5
6				5				3
		3			2	1		4
		7			1			2

9	4	7	3	8	1	6	5	2
8	5	3	7	6	2	1	9	4
6	2	1	9	5	4	7	8	3
2	6	4	8	1	7	9	3	5
5	7	9	6	4	3	2	1	8
1	3	8	2	9	5	4	6	7
7	9	5	4	3	6	8	2	1
3	8	2	1	7	9	5	4	6
4	1	6	5	2	8	3	7	9

Answers:

## Fun Fact

### LARGEST PUMPKIN PIE EVER MADE

Expand your brain by learning about an expanded take on a popular holiday dessert. The largest pumpkin pie ever made was created in New Bremen, Ohio. This record-breaking pie was six inches in height.



## YOUR ONLINE HEALTH PLAN RESOURCES

### WHERE TO FIND MORE INFORMATION ABOUT YOUR HEALTH PLAN

<b>WEBSITE</b> <a href="http://Ambetter.AbsoluteTotalCare.com">Ambetter.AbsoluteTotalCare.com</a>	
<b>SECURE ONLINE MEMBER ACCOUNT</b> <a href="http://Member.AmbetterHealth.com">Member.AmbetterHealth.com</a>	
<b>PHONE</b> 1-833-270-5443 (Relay 711)	
<p><b>MEMBER HANDBOOK</b></p> <p>Your Member Handbook is a helpful resource. It provides you with information on how to get the most out of your plan. And it helps you better understand your health insurance coverage and services available to you.</p>	<p>Find your Member Handbook at <a href="http://Ambetter.AbsoluteTotalCare.com">Ambetter.AbsoluteTotalCare.com</a>. Click on the <i>For Members</i> section and then on the <i>Member Materials and Forms</i> link.</p>
<p><b>SCHEDULE OF BENEFITS</b></p> <p>Your Schedule of Benefits is a summary of your covered services. It lists covered benefits available to you and lets you know when you are eligible to receive them. It also has information about your specific copayment, cost sharing and deductible amounts.</p>	<p>Your Schedule of Benefits and Evidence of Coverage (EOC) can be found when you log in to your secure online member account at <a href="http://Member.AmbetterHealth.com">Member.AmbetterHealth.com</a>.</p> <p>After you're logged in, go to: My Health → My Benefits → 2019</p>
<p><b>EVIDENCE OF COVERAGE (EOC)</b></p> <p>Your Evidence of Coverage (EOC) is a detailed document that lists all of the services and benefits that your particular plan covers. Your EOC can help you understand how to access medical care, what health services are covered by Ambetter and what portion of healthcare costs you will be required to pay.</p>	

If you have any additional questions, please visit:

**[Ambetter.AbsoluteTotalCare.com](http://Ambetter.AbsoluteTotalCare.com)**

Contact Member Services for print versions of all informational materials: 1-833-270-5443 (Relay 711)

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