

State of Michigan Retirees

For Your Benefit

A variety of timely information related to your health care benefits and needs



Care management available through your doctor's office

Your coverage, your doctor's office now offers care management services to help you better manage your health. These services are provided in partnership with Blue Cross Blue Shield of Michigan, as part of your Blues coverage.

Care management services help you take care of yourself with support from your doctor's office. It can help you understand your condition, coordinate care among your doctors and give you strategies to improve your health.



Don't forget...

The Engagement Center can help you get your questions answered and show you how to make the most of our services and tools. To learn more, call 1-800-775-2583 Monday through Saturday, from 8 a.m. to 8 p.m. Eastern time.

How it works

Your doctor has a care manager on his or her team. The care manager will meet with you during your doctor visit to talk about your health status. For example, if you have asthma, you may talk about having an action plan and treatment for your attacks.

You'll work together to get started on a program tailored to your goals. The program may include helping coordinate your appointments, managing your medications, developing a nutrition plan, and calling you to make sure you're on track with your care plan.

You'll talk about your health goals at visits that may take place in person, on the phone or in groups. This approach is part of the patient-centered medical home style of care your doctor offers.

To participate in the program, talk to your doctor. He or she will work with you to schedule the first meeting. If you have questions about the program, please call the Customer Service number on the back of your ID card.

Please note: This service is not applicable to members enrolled in Medicare.



Simple swap-outs can set you up for success

Summer is in full swing and with it comes graduations, family reunions and cookouts. On top of that, the sweltering heat forces us to turn off our stoves and ovens and reach for cooler, convenient and energy-efficient ways to eat throughout the day. But quicker and easier doesn't necessarily mean healthier – so it's important to pay attention to what you're consuming. Watching your salt intake is essential. This is especially important to lower your risk for high blood pressure, heart disease, diabetes and chronic kidney disease.

A lot of the salt we consume comes from processed and restaurant foods — so we stand to avoid a considerable amount of sodium by replacing even some of the things we eat with healthier options.

Below are a few ideas:

Instead of	Try this
A side of white rice	A spinach salad topped with grilled veggies
A cheeseburger	A turkey burger with low-fat cheese
A glazed donut	A handful of whole-wheat crackers
A plate of cookies	A bowl of in-season fruit
Seasoning with table salt and other processed seasonings, like garlic salt or Cajun spice	Vinegar, ginger, onion and lemon juice all offer a salty taste without actually adding salt. Use a salt substitute or add flavor with garlic, cayenne, paprika and other herbs and spices.

Get in the habit of checking the Nutrition Facts labels for foods you eat on a regular basis to track how much salt you're consuming. For example, processed meats like bacon, sausage, bologna, corned beef, and smoked meats are very high in sodium – so pay attention to how much you eat every day.



Ready to try something new?

Here's a healthy, flavorful spin on a time-honored favorite.

Southeastern Seasoned Catfish

Ingredients

- 2 boneless, skinless catfish fillets (about 3/4 pound)
- 2 teaspoons dried minced onion
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon mustard powder

Directions

On a sheet of waxed paper, combine dry ingredients. Rinse catfish fillets and pat dry with a paper towel. Coat both sides with rub. Heat broiler to high. Pour about a teaspoon of olive oil on a small cookie sheet and place catfish fillets on it. Broil about 4 inches from heat for about five minutes. Turn fillets and broil three to four minutes longer, until fish is opaque and flakes easily with a fork.

Nutrition information

Servings: 2

Each serving provides: Calories, 239; fat, 14g; sodium, 115 mg; carbohydrates, 0 g; fiber, 0g; protein, 27g.



Nourish®, an online health coaching program from BlueHealthConnection®, can help keep you and your family eating healthy for every meal. It performs a complete analysis of your food intake and dietary needs, and then helps you change unhealthy eating patterns. To start, log on your account at bcbsm.com, click on the *Health and Wellness* tab, and take the *Succeed™* health assessment.

You can find this and other low-sodium recipes inside BlueHealthConnection®. Simply login to your account at bcbsm.com, click on the *Health & Wellness* tab at the top of the screen, then click the BlueHealthConnection link.

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How to reach us

For benefit information or claim inquiries, call or write the BCBSM State of Michigan Customer Service Center.

To call

1-800-843-4876

Our customer service representatives are available from 8 a.m. to 6 p.m. Monday through Friday, excluding holidays.

To write

Please send all correspondence to:
State of Michigan Customer Service Center
Blue Cross Blue Shield of Michigan
232 S. Capitol Avenue L04A
Lansing, MI 48933-1504

For Your Benefit is published by Blue Cross Blue Shield of Michigan. It is meant to complement the advice of health care professionals and is not intended to take the place of professional medical care.

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R028514