

A Legacy *of Good Health*

FALL 2016



Fuel for learning

IF you pack your kids' lunches, the need to make them both delicious and nutritious can seem overwhelming.

Fortunately, there are ways to make it less daunting and a lot more fun for everyone:

Get the kids involved. Sit down together and make a list of each child's favorite fruits, veggies, whole grains and lean proteins. Mix and match from the list when planning lunches for the week. Or let the kids plan an entire lunch sometimes.

Try something new. Broaden your child's culinary horizons with occasional forays into the unknown. Peruse the produce aisle for fun new treats, such as star fruit, freeze-dried strawberries or jicama.

Create interest. Grab your child's attention with fun shapes—put those cookie cutters to good use on sandwiches and other items—and sizes. Turn fruit or vegetables into kebabs.

Ask the kids to help. Your kids may be more likely to eat things they've helped

prepare. So get them to pitch in on making that pasta salad or rolling up that wrap.

Finally, make food safety a part of your plans. Use an insulated lunch bag and include an ice pack or frozen beverage containers to keep cold foods cold and hot foods hot.

Sources: Academy of Nutrition and Dietetics; American Academy of Pediatrics

Are your child's shots up-to-date?

School immunization law requires all students entering the seventh grade in California to have the Tdap booster shot before starting school. The law also requires other immunizations for school entry of other grades.

For a complete list of immunizations required for school entry, contact your family doctor.

If you have not selected a family doctor or would like to change doctors, call Kern Legacy to speak to a Health Plan Services Representative that can assist you.

Kern Legacy Health Plan
661-868-3280 or 855-308-5547



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When you need urgent care



URGENT care is an alternative way to get treatment when your doctor is not available. Urgent care facilities can treat minor injuries or illnesses that you may have otherwise gone to the emergency room for.

Urgent care facilities can treat:

- Broken bones, sprains and strains
- Fever or flu-like symptoms
- Mild asthma
- Ear infections
- Coughs, colds, sore throats

IN-NETWORK URGENT CARE FACILITIES

BAKERSFIELD:

- Accelerated Urgent Care
- Northeast Walk-in Clinic
- Premier Urgent Care
- Proximity MD Urgent Care
- Sendas Northwest Urgent Care
- The Pedi Center
- Universal Urgent Care

RIDGECREST:

- Health Stone Urgent Care
- Ridgecrest Regional Hospital–Urgent Care

For additional information regarding the network urgent care facilities, see www.kernlegacyhp.com. Click on the icon for Urgent Care located on the home page.

You can also call Kern Legacy to speak with a Health Plan Representative about your urgent care benefit—**661-868-3280** or toll-free **855-308-KLHP (855-308-5547)**.

► Rash or other skin irritations

► Allergic reactions (non-life-threatening)

Emergency rooms should only be used for “true emergent” conditions.

Kern Legacy is contracted with most urgent care facilities in Kern County. These facilities are open after hours and on week-ends. You do not need to make an appointment or have prior plan approval for urgent care visits.

Urgent care may be quick and convenient for you if you work and/or have a busy schedule; however, it is not a replacement for your PCP and is not the starting point for true emergencies.

If you are experiencing a true medical emergency, call 911 or go to your nearest emergency room.

What if I am traveling out of town and need urgent care services?

Outside of Kern County, an emergency room is not your only option for urgent treatment. If you have an illness or injury that is not a true emergency but needs immediate treatment, you have coverage at any urgent care outside of Kern County.

Again, for true medical emergencies, go to the closest emergency room.

Copays

Urgent care and emergency room treatment is covered at the EPO level. Your copay is as follows:

► \$15—Contracted urgent care in Kern County and any urgent care out of area

► \$150—Any emergency room in or outside of Kern County (waived if admitted)

A list of contracted local urgent care facilities is given on this page. If there is an urgent care located near you that you do not see on this list, call Kern Legacy at **661-868-3280**.



Desk Delivery

Offered by Kern Medical Pharmacy
at no additional cost to you

DESK DELIVERY has been a huge success since its inception in February 2016, delivering over 5,000 prescriptions to more than 25 different County buildings. The pharmacy is averaging 25 members and 47 prescriptions delivered per week, using only one pharmacy technician for delivery.

This is a generous service to our Kern Legacy members and tremendous work from Kern Medical Pharmacy to make using their pharmacy services convenient. The feedback from those who are using this service has been very positive.

It is an easy service to set up.

► Have your doctor send your prescriptions to Kern Medical pharmacy.
► Complete the Notice of Consent for Pharmacy Delivery Service form that can be found on the plan website: www.kernlegacyhp.com. Click on “Medical & Pharmacy Services” and then on “Pharmacy.” Fax the completed form to **661-862-7615**.

► If you have any questions regarding this service, call **661-862-7552**.

Here are some helpful tips to follow when using Desk Delivery services:

- 1** Delivery windows are plus or minus 30 to 60 minutes. If you are in need of your medications on an urgent basis, please call the Desk Delivery number or the pharmacy to let them know.
- 2** If you have an early-off schedule, to ensure that your medication is delivered before you are off, please do not schedule your delivery for the last delivery window.

3 Please be sure to either be at your office or have your phone with you to ensure that you are available when the pharmacy tech gets to your office for delivery.

4 Deliveries must take place inside the building. The pharmacy technician cannot meet you outside for delivery.

Kern Legacy and Kern Medical have partnered to offer other great benefits when using Kern Medical pharmacies.

As a Kern Legacy member, you can get up to a 90-day supply of medications. This excludes medications classified as specialty medications and narcotics. Remember: In order to get a 90-day supply, your doctor must write the prescription accordingly.

WellDyneRx

WellDyneRx is responsible for the pharmaceutical benefit for Kern Legacy Health Plan.

Call **661-868-3280** or **855-308-5547**, **option 1, then 4**, to speak with a WellDyneRx representative when you have questions about:

- Covered medications
- Prior authorization for medications
- Ordering diabetic supplies

If you are having issues with copays or a medication rejecting at the pharmacy, call one of the numbers listed above and **push option 1, then 5**, to speak directly to a Kern Legacy Health Plan Representative who can assist in facilitating services.

Generic medications at a Kern Medical pharmacy are \$0. This means for most generic medications, you can get a 90-day supply for no out-of-pocket expense. If you are currently taking a brand-name medication, talk to your doctor about switching to a generic alternative.

Here is a more detailed description of your pharmacy coverage at Kern Medical Pharmacies:

Up to a 90-day supply available

Active employees and dependents:

Generic \$0/preferred brand \$15/
nonpreferred brand \$35

Retirees, dependents and renegade dependents:

Generic \$0/preferred brand \$20/
nonpreferred brand \$40

Kern Medical has two locations to service your pharmacy needs.

Main Campus

2014 College Ave., Bakersfield, CA 93305
Phone: **661-326-2506**
Refill line: **661-326-2860**
Fax: **661-862-7652**

Sagebrush

1111 Columbus St., Suite 2000,
Bakersfield, CA 93305
Phone: **661-326-2506**
Refill line: **661-326-2860**
Fax: **661-862-7652**

Don't forget to set up your Desk Delivery!



Hey there, sleepyhead

What’s keeping you up?

SLUMBERING. Snoozing. Sawing logs. No matter what it’s called, a good night’s sleep never becomes tiresome. Unfortunately, millions of people aren’t getting the seven to eight hours of ZZZs every adult needs—every night—to support good health. If you’re among those sleepyheads, perhaps it’s one of these common sleep disorders that’s keeping you up:

Disorder	Signs and symptoms	Possible treatments
Insomnia	▶ Trouble falling asleep or staying asleep at night. ▶ Waking up too early. ▶ Sleeping for only short periods of time. ▶ Difficulty focusing during the day.	▶ Sleep medications. ▶ Lifestyle changes, such as exercising more and avoiding alcohol, caffeine and tobacco. ▶ Better sleep habits, such as going to bed at the same time every night and getting up at the same time every morning. ▶ Therapy to relieve sleep anxiety.
Narcolepsy	▶ Sudden sleep attacks during the day—even when doing something active, like walking. ▶ Extreme or irresistible daytime sleepiness. ▶ Sudden muscle weakness when awake (called cataplexy), often triggered by a strong emotion. ▶ Hallucinations.	▶ Stimulant medicines to increase daytime alertness. ▶ Medicine to promote sleep at night. ▶ Medicines that treat depression—which can help with muscle weakness, sleep paralysis and hallucinations. ▶ Lifestyle changes, such as taking naps, following a regular sleep schedule and relaxing before bedtime.
Restless legs syndrome (RLS)	▶ Creeping sensations in the legs that create an urge to move them. (Walking or kicking offers some relief.)	▶ A combination of two medicines—one to regulate dopamine levels and one to promote sleep.
Sleep apnea	▶ Frequent pauses in breathing while sleeping. ▶ Nighttime gasping or snoring. ▶ Morning headaches. ▶ Irritability or depression. ▶ Dry mouth upon waking.	▶ Treatment of underlying conditions, such as a nasal condition or heart failure. ▶ Breathing devices worn while sleeping, such as a continuous positive airway pressure (CPAP) machine. ▶ Surgery. ▶ Weight loss.

If you think you have a sleep disorder, ask your doctor for help finding your way back to dreamland.

Sources: Centers for Disease Control and Prevention; National Heart, Lung, and Blood Institute

Have you visited our new website?

You can view the most current list of EPO and PPO providers and get other important plan information. Go to:
www.kernlegacyhp.com.

For CPAP machine and supplies, Sandman Technologies is on Kern Legacy’s EPO provider listing. The rental of the machine and the supplies require prior plan approval. In order to get plan approval, you must show that you are using your machine as ordered by your doctor.

For more information, please call Kern Legacy Health Plan at 661-868-3280 or 855-308-5547.

The ups & downs of blood pressure



Does your doctor cuff you at every appointment? That's good! Regular checks with a blood pressure cuff are important for monitoring your health. Here's why:

If your blood pressure is too high—the top number of your reading is 120 or higher and the bottom number is 80 or above—you're at higher risk for several life-threatening conditions, including heart failure, kidney damage and stroke.

Sometimes called the silent killer because it usually has no symptoms, high blood pressure, or hypertension, affects 1 in 3 American adults. So get cuffed regularly. And let these ups and downs help guide you in keeping your blood pressure in check.

What makes blood pressure go up?

Salt

Try this: Dine out less often, and stock fewer processed foods in your pantry. **Why?** Because 75 percent of the salt in most of our diets comes from processed foods and restaurant meals.

Stress

Try this: Identify stress triggers—then work on avoiding them. That might mean saying no to an extra responsibility or trimming down an overbooked schedule.

Excess weight

Try this: Set a goal to lose as few as 10 pounds if you're overweight. You don't have to lose a lot of weight to see a shift in your blood pressure.

What brings blood pressure down?

Eating a healthy diet

Try this: Cook up a rainbow of fruits and vegetables, especially the deeply colored ones. Serve them with fiber-rich grains; low-fat dairy products; fish with omega-3 fatty acids; or legumes, nuts and seeds.

Relaxing

Try this: When stress makes you feel bad, do something that feels good. Listen to music or take a long walk—exercise by itself helps lower blood pressure, and it also helps relieve stress.

Taking medications

Try this: If you have trouble remembering to take your blood pressure medicines, use a pill dispenser and set a timer. Call your doctor about any bothersome side effects, and never quit your medications without your doctor's OK.

Sources: American Heart Association; National Institutes of Health

Shake loose the sodium habit

For such a tiny substance, salt can do big harm to our health.

Salt is the main source of sodium—an essential nutrient—in our diet. Unfortunately, most of us get far more sodium than we need, which can be potentially dangerous. Too much sodium can increase blood pressure and raise the risk for heart attack and stroke.

The American Heart Association recommends consuming less than

1,500 milligrams of sodium a day. Avoiding table salt can help you meet that goal. But most of the sodium we take in comes from processed foods and from foods we eat in restaurants.

To help lower your intake of sodium, choose fresh, frozen or canned foods that are low in sodium or are prepared without added salt. When eating out, ask that your dish be prepared without salt.

A LEGACY OF GOOD HEALTH is published as a community service for the friends and members of KERN LEGACY HEALTH PLAN, 1115 Truxtun Avenue, First Floor, Bakersfield, CA 93301, telephone 661-868-3280 or 855-308-5547.

Information in A LEGACY OF GOOD HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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6 foods that add up to lower cholesterol

YOU probably already know this equation: Too much LDL (the bad cholesterol) + not enough HDL (the good cholesterol) + high triglycerides (another blood fat) = potential trouble for your heart.

To change the equation in your favor, subtract foods that are high in saturated fats. Next, add some foods that can help balance cholesterol.

What's good, why it's heart-healthy and how you can slip some into your diet:

Avocado

It contains omega-3 fatty acids and plant sterols, which can help lower cholesterol and triglycerides.

Dice it and add it to salads or smoothies.



Salmon (or other fatty fish, such as herring, lake trout, sardines and tuna)

Its omega-3 fatty acids can help lower triglyceride levels.

Eat two 3.5-ounce portions each week—baked, broiled or grilled.

Flaxseed (ground)

They deliver omega-3s—as long as you eat them ground, not whole.

Sprinkle them on your morning yogurt. Or add some to a favorite casserole or muffin recipe.

Oatmeal

This morning staple contains beta glucan, a soluble fiber that helps rid the body of excess cholesterol.

Don't love it for breakfast? Bake it into healthy snack bars. Use it instead of breadcrumbs in your ground-turkey meatloaf.

Olive oil

It's high in monounsaturated fatty acids, which help lower LDL and raise HDL.

Drizzle it on salad, use it in baked goods instead of butter, or make it your go-to oil for sauteeing veggies.



Walnuts

They're a good source of the polyunsaturated fat that can help reduce blood cholesterol and lower the body's production of LDL. They're also a vegetarian source of omega-3s.

Snack on a small handful (about 14 halves). Or chop and use them to top baked chicken or sauteed kale.

Sources: Academy of Nutrition and Dietetics; American Heart Association

September is Cholesterol Education Month. Do you know your cholesterol levels? If not, it may be time to get them tested. Talk to your doctor.