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Insure Your JOINT HEALTH

For the most important areas of your life, you have protection—life insurance, home insurance, car insurance. It's time to take out a policy to protect your body's valuable moving parts: your joints.

When all is in order, the joints function elegantly to move us through daily life. Soft tissue called cartilage cushions the tips of bones as they come together. A thin, smooth tissue called the synovial membrane coats joint surfaces and produces lubricating fluid. Muscles, tendons, and ligaments stretch across the junction, moving in tandem to help your knee bend, hip twist, or foot step.

A Wrench in the Machinery

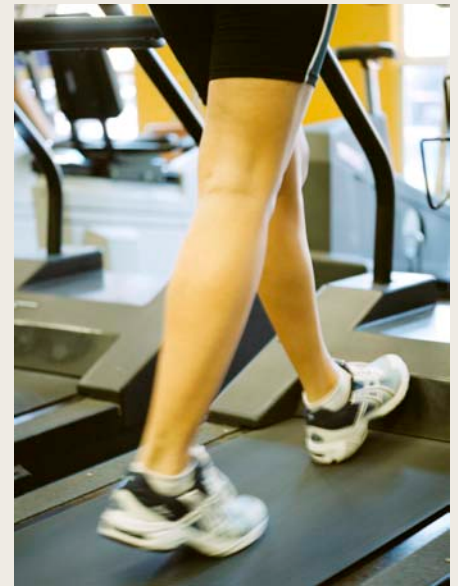
Injury or disease can disrupt this fragile structure. The most common cause of pain and malfunction is arthritis, a term that literally means joint inflammation but has evolved to encompass other conditions, such as osteoarthritis, rheumatoid arthritis, and gout.

Regardless of type, many forms of arthritis have similar symptom patterns. Joint pain, stiffness, swelling, tenderness, warmth, or redness may be mild and strike intermittently at first, but gradually worsen. Eventually, pain can become severe and unrelenting, making sleep difficult and causing disability.

Take Steps to Save Joints

Both arthritis and joint pain become more common with age. But they're by no means inevitable. The long list of modifiable risk factors—obesity, injury and overuse, infections, and on-the-job squatting and kneeling—means you can create your own joint insurance policy, keeping your knees, hips, and other joints strong and working properly at any age. Here are the most important parts of the plan.

- **Control your weight.** Extra pounds stress your knees, hips, back, and feet exponentially; every pound you lose takes four pounds of pressure off your knees.



- **Use them or lose them.** Though joints suffer wear and tear, they shouldn't be coddled on the couch. Get thirty minutes of moderate physical activity five days a week. Aerobic activities, such as walking and cycling, keep your weight down and strengthen muscles and bones to prevent cartilage depletion, and may even reduce some inflammation in joints.
- **Lift and carry heavy loads properly,** including your body weight. Good posture ensures your mass is distributed ideally, protecting your neck, hips, back, and knees. When you lift large objects, don't be afraid to ask for help or use carts, levers, or other assistive devices.
- **Wear proper shoes.** Make sure they're well padded, with plenty of room for your toes. Ask your doctor if special footwear could help realign your gait or ease pressure on your feet, knees, or hips.



BEFORE YOU TRAVEL



As spring approaches, a lot of us plan to travel. We are anxious, excited, or maybe even a little stressed. We often forget about the potential need for medical attention while we are away. Here are a few tips to save you time and money and make your trip a healthy one.

Always carry your Welborn Health Plans ID card.

Research in advance: Learn about planned stops and medical services available at your destination. If your

employer has purchased the MultiPlan wrap-around network, you may access both urgent and routine care from MultiPlan providers outside of the WHP service area. Emergency care outside of WHP service area is covered with any provider.

Don't forget your medicine: If you take prescription medication, make sure you have enough to last the duration of your trip. Always carry your medications in their labeled containers, not a pill pack. If you are flying, be sure to include

your medication as “carry-on” baggage, as checked luggage can sometimes be misrouted.

What could make you sick? Be aware of conditions that may affect your health, such as altitude, pollution, allergies, local food, and water. Frequent hand washing or the use of waterless hand cleanser is very helpful in preventing disease.



As always—in an emergency, obtain medical treatment immediately.

HELPFUL RESOURCES:

- www.travel.state.gov
- www.multiplan.com





Asthma in the *Springtime*

Trees are turning green, flowers are blooming, and weather temperatures are warming. Spring is in the air, but so are spring allergens.

Allergy and asthma symptoms can be difficult to manage during spring months. Be aware of your springtime asthma triggers, and make sure you have an action plan in place to help you control flares.

Pollen from trees, grasses, and weeds are the major culprits in springtime asthma attacks. Environmental molds may also be bothersome. Be proactive in controlling your exposure to triggers, and in reducing your risk for a springtime flare.

- **Keep windows closed.** This includes car and home windows. Use air-conditioning or fans if needed. When using home forced-air units, change filters regularly.
- **Avoid being outdoors when pollen counts are highest.** Use a local news source to learn the pollen count in your area each day. Generally,

pollen counts are highest during morning hours between 5 and 10 a.m. Also, outdoor activities should be avoided on windy days when pollen and molds are blown about.

- **Take a shower and change clothing after spending time outdoors.** Pollen collects in hair and on skin and clothing, which prolongs your exposure to outdoor allergens even after you are indoors.
- **Use your controller medicine** as prescribed, even when you don't have symptoms.
- **Review your asthma action plan.** Whether you are using a peak-flow meter or relying on symptoms to predict a flare, know when to jump into action. Have your short-acting inhaler and other medications on hand. Talk with your asthma and allergy doctor if you do not have an asthma action plan.

Understanding Asthma Triggers:

Asthma triggers are things that cause asthma symptoms to flare. Triggers are different for everyone.

Some triggers are **allergens**, or things to which you are allergic. Examples include dust, mold, pet dander, and pollen. Your doctor can perform tests to determine your allergens. Seventy-five percent of people with asthma have allergies. Besides respiratory symptoms, allergens may cause other symptoms such as itching, hives, and watery eyes. Even if you are not allergic to allergens, they may still be irritants that trigger an asthma attack.

Irritants are triggers that do not cause an allergic reaction but do cause the respiratory system to overreact. Examples include wood or tobacco smoke, strong odors, the flu, cold weather, and stress. Physical activity or exercise may also trigger asthma. It may be necessary to track your exposures to allergens and irritants to determine which may be triggering an attack.



Homemade Chicken Parmigiana

When you cook at home, you know what's in there. You can make nutritional room for the saturated fat in the cheese by using an egg white instead of a whole egg to dip the cutlets. Using no-salt-added tomatoes offsets some of the salt in the cheese.

The Cheese

1 cup shredded, low-moisture, skim-milk mozzarella

The Sauce

1 tbsp. olive oil
1 large onion, chopped (about 1 cup)
2 cloves garlic, crushed
1 28-oz. can crushed no-salt-added tomatoes
1 28-oz. can diced low-salt tomatoes
2 tbsp. dried parsley
1 tbsp. dried basil
1 bay leaf

Heat olive oil in a heavy pot. Add onion and sauté until transparent. Add garlic and stir. Add tomatoes and herbs. Bring sauce to bubbling and turn down heat to simmer. Let cook, stirring occasionally, until it begins to thicken, while you prepare the rest of the ingredients.

If you're making the sauce in advance, cook for about 45 minutes to an hour, then refrigerate. You'll need 2 cups for your chicken; the rest can be frozen.

Makes 5 cups. Each cup contains about 124 calories, 3 g fat (less than .5 g saturated fat, no trans fat, no cholesterol), 272 mg sodium, 22 g carbohydrate, 5 g dietary fiber, 14 g sugars, and 4.5 g protein.



The Chicken

1 egg white
1 tsp. water
 $\frac{3}{4}$ cup panko (light Japanese-style breadcrumbs)
2 tbsp. olive oil, divided
1 lb. chicken breast cutlets—four pieces*

*If you buy the chicken as two skinless breasts, cut each breast in half lengthwise. Put chicken between two sheets of waxed paper and pound to make it evenly thick, about one-half to three-quarters of an inch.

Put egg white and water in a shallow bowl. Beat lightly. Dip cutlets in egg wash.

Spread some panko on waxed paper. Cover the cutlets with panko, pressing the crumbs into the chicken.

Put 1 tablespoon olive oil in large frying pan and heat to medium high. Add chicken and cook about three minutes, until golden. Add the second tablespoon of olive oil when turning chicken. Cook two minutes more.

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The Complete Dish

To assemble the chicken Parmigiana, spread 1 cup of sauce in the bottom of a shallow baking dish that will hold the chicken in one layer. Spread another cup of sauce over the chicken. Bake for about 15 minutes at 350 degrees.

Remove dish from oven and sprinkle with shredded mozzarella. Return dish to oven for five minutes and turn off the heat. The cheese doesn't need to cook, just melt. Serve with whole wheat thin spaghetti and a salad.

Makes four servings. Each serving of chicken, cheese, and sauce contains about 361 calories, 10 grams fat (3 g saturated fat, no trans fat, 81 mg cholesterol), 485 mg sodium, 26 g carbohydrate, 3 g dietary fiber, 8 g sugars, and 32 g protein.



WHP Medicare Advantage Plans

Receive High Ratings

Welborn Health Plans (WHP) has received a 4-star rating for its Medicare Advantage product line! The 4-star rating was assigned by the Centers for Medicare and Medicaid Services and is based on reported data and audits. This is the rating that all plans display on the Medicare.gov website.

WHP is one of only 39 other plans, out of the 575 plans in the U.S., which have received a 4-star rating or higher! Below are 9 categories of measures that were used to obtain this rating:

- Staying healthy: screenings, tests, and vaccines;
- Managing chronic (long-term) conditions;
- Ratings of health plan responsiveness and care;
- Health plan member complaints and appeals;
- Health plan telephone customer service;
- Drug plan customer service;
- Drug plan member complaints and Medicare audit findings;
- Member experience with drug plan;
- Drug pricing and patient safety.



Below shows how we compared to the other plans in the local market.

| CONTRACT | PLAN NAME | OVERALL PLAN RATING |
|-------------|--|---------------------|
| H3044-002-0 | HP Silver (HMO) | ★★★★☆ |
| H3044-001-0 | WHP Silver Rx (HMO) | ★★★★ |
| H3044-003-0 | WHP Platinum Rx (HMO) | ★★★★ |
| H3044-004-0 | Platinum Select Rx (HMO-POS) | ★★★★ |
| H1510-004-0 | Humana Choice (PPO) | ★★★★☆ |
| R5841-009-0 | Blue Medicare Access Value (Regional PPO) | ★★★★ |
| H1509-009-0 | AARP Medicare Complete Choice (PPO) | ★★★★ |
| R5941-003-0 | Blue Medicare Access Standard (Regional PPO) | ★★★★ |

Provider Additions

Family Medicine

**Good Samaritan Hospital
Physician Services**
Vincennes, IN 47591
Valerie Beard, MD
Scott Keyes, MD
Kristen Mahan, MD
Scott Stine, MD
812-882-1106

Internal Medicine

Deaconess Clinic *
Morganfield, KY 42437
John V. Holeman, MD
270-389-0031

**Good Samaritan Hospital
Physician Services**
Vincennes, IN 47591
Johnny Bear, MD
Rey Carandang, MD
James Feltt, MD
Gerry Hippensteel, MD
812-882-1106

Martha Yearsley, MD
Jasper, IN 47546
812-482-5700

Pediatrics

Deaconess Clinic *
Morganfield, KY 42437
John Holeman, MD
270-389-0031

Crick & Fife, LLP *
Henderson, KY 42420
Larry Crick, MD
Kelly Fife, MD
270-827-3573

**Good Samaritan Hospital
Physician Services**
Vincennes, IN 47591
Kenneth Buehlman, MC
Jerick Pacheco, MD
Kathleen Stutz, MD
Noel Suanes, MD
812-882-1106

Martha Yearsley, MD
Jasper, IN 47546
812-482-5700

Chiropractic

Robert F. McCay, DC
Madisonville, KY 42431
270-821-2321

Dermatology

West Kentucky Dermatology *
Madisonville, KY 42431
Henry G. Smith, MD
270-821-0066

Infectious Disease

SICC Services, LLC
Evansville, IN 47710
Emilian Armeanu, MD
812-893-1749

Laboratory

**Advanced Reproduction
Institute, LLC**
Evansville, IN 47714
812-473-9934

Mental Health

Deaconess Clinic
Evansville, IN 47713
Fania S. Lee, PsyD
812-426-9779

**Evansville Psychiatric
Associates**
Evansville, IN 47711
Angela K. Heidorn, LCSW
812-425-7974

**RiverValley
Behavioral Health ***
Owensboro, KY 42301
Beaver Dam, KY 42320
Morganfield, KY 42437
Shazia Basit, MD
270-689-6500
270-274-0650
270-389-3240

**Southwestern
Behavioral Health**
Evansville, IN 47713
Anita Shaw, MSW
812-423-7791

Karen Morris, MSW *
Owensboro, KY 42301
270-685-1331

Neonatology/Perinatology

Tri-State Perinatology
Newburgh, IN 47630
Alyssa A. Mills, MD
812-842-4550

Neurology

**Memorial Hospital and
Health Care Center**
Jasper, IN 47546
Suprasad M. Rao, MD
812-481-5781

Obstetrics & Gynecology

Women's Healthcare, PC
Newburgh, IN 47630
Charles L. Wakefield, DO
812-858-4600

Ophthalmology

Hayden Vision, LLC
Evansville, IN 47714
Gregory L. Hayden, MD
James A. Stearns, MD
Jon C. Perkins, MD
812-477-3937

Optometry

**Eye Center of Southwestern
IN, PC**
Princeton, IN 47670
Jessica R. McEllhiney, OD
812-385-2225

Outpatient Surgical Facility

Crescent City Surgery Center
Evansville, IN 47711
812-424-2020

Plastic & Reconstructive Surgery

**Evansville Plastic Surgical
Associates, Inc.**
Evansville, IN 47714
Wayne Lisle, MD
812-477-8808

Pulmonology

**Deaconess Critical
Care Group**
Evansville, IN 47710
David Ryon, MD
812-450-7720

St. Mary's Physician Network

Evansville, IN 47714
Jasper, IN 47546
Robert K. Spear, MD
812-485-7680
812-485-6030

Owensboro Advanced Sleep Center

Owensboro, KY 42303
Robert N. Pope, MD
270-687-9000

Provider Updates

Deaconess Clinic

520 Mary St., Ste 340
Evansville, IN 47710
Thomas L. Stratton, MD
812-450-6700
~New location~

Primary Physician Network

801 St. Mary's Dr., Ste 505 E
Evansville, IN 47714
William J. Blanke, MD
Tricia Baird, MD
Christine Schaffer, DO
Lindsey Ellerbrook, MD
812-491-3236
~Additional location~

Deaconess Clinic

421 Chestnut St.
Evansville, IN 47713
Richard P. Sloan, MD
Vijay K. Bhasin, MD
812-426-9372
~Additional location~

Deaconess Pain Clinic

600 Mary St.
Evansville, IN 47747
4099 Gateway Blvd.
Newburgh, IN 47630
Donna K. Lilly, LCSW
812-450-4800
812-842-2737
~Additional locations~

*Not a participating provider for Medicare Cost and/or Advantage members.
Provider listings are subject to change.

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Health or Wellness or Prevention Information

CEO: Chris Reef

MARKETING: Janet Burnett (CMO)

CUSTOMER SERVICES: Heather Burns

MEMBER EDUCATION: Karen Skinner

Provider Additions

Continued from previous page

The Heart Group

4007 Gateway Blvd., Ste 100
Newburgh, IN 47630

Hoang S. Tran, MD

Dominic C. Cefali, MD

Richard A. Murrell, MD

Lee S. Wagmeister, MD

812-842-0907

~Additional location~

The Heart Group

800 W. Locust St.
Olney, IL 62450

Venkata S. Yalamanchili, MD

618-395-1944

~Additional location~

Ashley Cobb, DO

328 North 2nd St., Ste 201
Vincennes, IN 47591

812-882-2281

~Additional location~

Choice Medical Care *

815 E. Parrish Ave., Ste 330
Owensboro, KY 42303

Michael J. Jarvis, MD

270-688-0900

~New location~

Infusystem, Inc

31700 Research Park Dr.
Madison Heights, MI 48071

800-962-9656

~New location~

Miles Eye Care, PC

954 S. Kenmore Dr.
Evansville, IN 47714

John D. Miles, OD

812-476-2000

*~Change of name, formerly Miles
Optometric~*

Family Medicine Specialist, PLLC*

2315 Mayfair Dr., Ste 8
Owensboro, KY 42301

Felicity Polio, MD

270-684-6255

*~No longer accepting
new patients~*

St. Mary's Physician Health Group

801 St. Mary's Dr., Ste 110 E
Evansville, IN 47714

Eric Gourieux, MD

812-485-1895

*~No longer accepting
new patients~*

Pharmacy Updates

Co-pay changes:

- Nitrofurantoin (MACRODANTIN, MICROBID) tier 1 co-pay
- metoprolol succinate (TOPROL XL) tier 1 co-pay
- diltiazem ER (CARDIZEM LA, ER) tier 1 co-pay
- spironolactone (ALDACTONE) tier 1 co-pay
- amphetamine salt combo (ADDERALL) tier 1 co-pay

Step-edits removed

- losartan potassium (COZAAR)
- losartan HCTZ (HYZAAR)

Removed from the SPL

- colchicine (single ingredient)
- propoxyphene nap/APAP

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Provider listings are subject to change.*