Listen to Your Gut

What's New

- MyHPN and MySHL app
- Urgent care house calls
Easily manage your health plan information on the go. Get the MyHPN or MySHL app.

Download on the App Store

Search MyHPN or MySHL in your app store.
We’re on call.
If you’re unsure about your condition, our 24/7 advice nurse may be able to help. Our nurse is available to answer questions, provide self-care advice and help you decide whether to seek urgent care, emergency care, or schedule an appointment with your provider. Just call toll-free 1-800-288-2264, TTY 711.

Questions about your health plan?
Call the number on the back of your health plan ID card to speak with our Member Services team.

Or visit HealthPlanofNevada.com or SierraHealthandLife.com and sign in.

HealthMatters is published as a community service for members of Health Plan of Nevada and Sierra Health and Life. Benefits discussed in this magazine may vary by plan and geographic region. If you have specific questions regarding your coverage, please refer to your plan documents or call Member Services at the number on the back of your health plan ID card.

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The Financial Information Privacy Notice is included at the end of this magazine and describes how financial information about you may be used and disclosed as an enrollee or applicant of your individual health plan.
It may be trying to tell you something. Stomach upset, sugar cravings, fatigue and skin rashes may be symptoms your digestive health is out of balance.

The “good” bacteria and other microorganisms that live in the digestive tract perform many important functions. They help absorb vitamins and minerals from food, metabolize drugs, destroy disease-causing cells, and support the body’s immune system.

A healthy gut may help you:
• Maintain a healthy weight
• Lower your risk for diabetes and some cancers
• Relieve skin irritation
• Improve your mood

THE GUT-BRAIN CONNECTION
Did you know your gut is in constant contact with your brain? Yes, thanks to the nerve cells and hormones produced there, your digestive tract may impact your mood.

For many years, it was thought that stress, anxiety and depression led to irritable bowel syndrome. Now researchers think the opposite may be true. Those feelings may be the result of an irritated gut sending distress signals to the brain.

During stressful situations, blood pressure, heart and breathing rates may go up, but digestion actually slows down. As a result, the body may not be able to produce as much serotonin, a hormone that impacts mood. Ghrelin, the “hunger hormone” that has an important role

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in appetite and fat storage, is also mostly produced and released in the stomach.

“We call the gut the ‘second brain,’” said HPN/SHL registered dietitian Julie Usdavin, M.S., who is board certified in obesity and weight management. “When the gut is in good health and well balanced, everything falls into place.”

FOR BETTER GUT HEALTH

• **Avoid sweets and highly processed foods.** A healthier diet may improve gut bacteria within two weeks.

• **Choose whole foods and grains.** These foods contain natural fiber that support the “good” bacteria in your gut.

• **Try fermented foods.** Plain yogurt, kefir and sweet acidophilus milk contain probiotics, live microorganisms important to digestion. You’ll also find them in kimchi, as well as pickles and sauerkraut. (Check the label for the words “naturally fermented.”)

• **Eat mindfully.** Chew food well for full digestion and absorption of nutrients.

• **Get a handle on stress.** Walking, meditation, art, laughter and yoga may help you relax.

• **Get up and move.** Regular exercise helps your gut too.

• **Go to bed earlier.** Try for seven to eight hours of uninterrupted sleep every night.

• **Drink more water.** Stay well-hydrated.

• **Limit alcohol.** And avoid smoking.

WHEN YOUR GUT SAYS “NO!”

Bloating, gas, diarrhea, abdominal pain and nausea may be caused by an inability to digest certain foods. If you notice some foods seem to trigger symptoms, try avoiding them for a while. You may start feeling better.

“An elimination diet is the gold standard to determine food intolerances,” Usdavin said. “Take a look at what you’re eating. Could something be swapped out, modified or adjusted?”

Your next step? Talk to a registered dietitian to discuss how digestion may be affecting your health. To arrange a consult, call Health Education and Wellness toll-free at 1-800-720-7253, TTY 711.
ABOUT Probiotics

From your local pharmacy to celebrity-endorsed websites, you’ll find probiotic supplements just about everywhere. Probiotics are living, microscopic organisms known to help prevent and treat some illnesses, including certain types of diarrhea, irritable bowel syndrome and ulcerative colitis.

The most common probiotic supplements contain either Lactobacillus or Bifidobacterium bacteria. But within those two groups, there are hundreds of species and strains. Each one may affect the body differently. The science is still out on which probiotic supplements may have the most health and wellness benefits.

“Food is the most important source of probiotics, but I recommend supplements for complicated stomach issues,” Usdavin said. “It is important to talk to a registered dietitian or a provider first about which supplements may be best for a particular issue.”

The American Gastroenterological Association says probiotic supplements may not be ideal for everyone, including children, pregnant women, elderly individuals and those with certain underlying health conditions. For more information about probiotics, visit their patient resource page at Gastro.org.
try to walk at least 30 minutes every day, or at least four times per week. Isn't that what the experts recommend? I get my phone, set my playlist and bop my way around the neighborhood.

But today was different. Today I felt the gentle call of the here and now urging me to go outside and really experience the world for what it is, unbound by sounds pulsing through cords and tiny speakers. So I set out on a leisurely stroll—no headphones, no music, no podcast. I felt naked at first. Exposed. But I was determined to set my comforts aside—and I could hardly believe what happened next.

I saw bottle caps and broken glass, relics of what might have come before. Oh, I thought, the secrets they could tell. A dad buckling his daughter into her car seat made me wonder what adventure they had in store. I saw children playing Double Dutch—sidewalk-chalk art beneath their feet. I remembered playing those games 55 years ago and wanted to jump right back in.

The sun was going down and I heard birds chirping on a wire as the siren from a fire engine echoed in the distance. I passed a home where a teenage garage band was practicing and singing while leaves picked up their rhythm as the wind kicked up. I strolled by a home with tinkling wind chimes and the trickling sound of water from the patio water fountain. I was transported to a trip to my family’s city of origin in Italy where garden fountains proudly displayed family surnames for centuries.

This new way of walking allowed me to free my senses and experience my surroundings in a whole new light.

Through the lens of my senses, life in all its simple glory revealed itself to me with new meaning. With every step I took, I was kindly gifted by life’s treasures.
That’s when I started to feel what I call “love butterflies,” flutters in my stomach, like when my cat is purring peacefully on my lap. Suddenly I became aware that I had goosebumps—not because I was cold but, rather, because I realized all the utter joy and meaning flowing through my body. I could actually feel my own smile.

Then, out of nowhere—whew, where did that come from?—I was jolted by the smell of garbage and, I think, disposable baby diapers. But thankfully, around the corner, close to my home, wafted the fragrant smell of laundered clothes drying and dinner being cooked. It summoned my taste buds, and my mouth began to water. It was in that second that the streetlights blinked on, snapping me out of my reverie.

As I turned the key to enter my home, I felt calm, yet energized and mesmerized by how very alive I felt by what had just happened within me. I wanted to hold tight to this deliberate way of walking, free of distraction, witnessed only by my senses.

I wanted to hold tight to this deliberate way of walking, free of distraction, witnessed only by my senses.

Closing the door behind me, I caught a glimpse of my headphones resting on a nearby table and smiled, grateful for what their absence allowed me to experience. It may be hard, but the next time you take a walk, consider letting your senses lead the way. Or maybe you’re tempted to skip it altogether because your cell phone isn’t fully charged or you forgot your headphones at work. I challenge you to go anyway. Take the opportunity to let your mind reset without the distractions of technology. Allow yourself to move to nature’s beat. You never know what may happen when you decide to walk this way.

By: Cora Lee Anderson
Cream the Competition

What if we told you making your own coffee creamer is almost as easy as opening one of those little plastic tubs that may be in your kitchen right now? It’s true! Two common ingredients are used as your basic creamer, but it can be turned into a tempting flavor, like hazelnut or salted caramel, in a snap! And the great part is there are no artificial additives, and you know exactly what’s in your coffee creamer. Most of the ingredients come in organic options, so you can feel extra good about your morning brew.

**INGREDIENTS** *(Substitute milk and sugar as needed with your favorite healthier alternatives)*

**For the base**
- One 14-ounce can sweetened condensed milk
- 1 ¾ cups whole milk

Add to a Mason jar, or any container with a lid, and shake well to mix thoroughly. Now add your favorite flavor!

**French Vanilla**
- 3 teaspoons of vanilla

**Cinnamon Vanilla**
- 2 teaspoons cinnamon
- 2 teaspoons vanilla

**Hazelnut**
- 2 teaspoons hazelnut extract

**Autumn Pumpkin Spice**
- 3 tablespoons pureed pumpkin
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla
- 3 tablespoons maple syrup

**Salted Caramel**
- 3 tablespoons pre-made caramel (like ice cream topping)
- ½ teaspoon salt

Mix and pour into your next cup of java!
Pro tip: For flavors with thicker ingredients like autumn pumpkin spice, heat up a portion of the base mixture and then add the flavoring. This will help it mix thoroughly and prevent lumps.

NUTRITION INFORMATION PER SERVING (for the base only):

- Makes: 3.5 cups
- Serving size: 2 teaspoons
- Calories: 23
- Fat: 0.8g
- Carbs: 3g
- Sugar: 0.6g
- Protein: 0.6g
- Fiber: 0g
- Sodium: 10ml
What is a nurse practitioner?

If you’re looking for a primary care provider with a strong emphasis on wellness, a nurse practitioner (NP) may be right for you. NPs are registered nurses that have completed advanced education and training. They are qualified to:

- Conduct physical exams
- Order X-rays, lab work and other diagnostic tests
- Diagnose illnesses and conditions
- Develop and manage treatment plans
- Provide health education and counseling

NPs take a preventive, whole-person approach to primary care. Most specialize in family medicine, adult and geriatric medicine, women’s health or pediatrics.

You’ll find them working in medical offices, clinics, urgent care centers, hospitals, nursing homes, schools and public health departments.

To become an NP, a registered nurse must have a bachelor’s degree in nursing. Then the nurse must complete a master’s degree or doctorate in nursing education from an accredited program and 600 hours of clinical training. Additionally, the nurse must pass a national certification exam and meet state licensure requirements.

In 2019, there were more than 270,000 NPs in the U.S.
We’ve got your health covered.

Learn more about our Health Education and Wellness programs at HealthPlanofNevada.com or SierraHealthandLife.com.
Unless it’s a life-threatening emergency, a hospital emergency department really isn’t the place to be. This level of highly specialized medical care is for the most critically ill or injured patients.

But for minor cuts, colds and flu, not so much. If you’re already not feeling well, why add on a likely longer wait time and higher out-of-pocket costs?

URGENT CARE CENTERS (Northern and Southern Nevada)
When it comes to urgent care, you have several options. But to save money and receive the most coverage, you’ll want to make sure you stay in network. If you’re in northern Nevada, your health plan is contracted with Concentra, Renown or Saint Mary’s urgent care centers. In Southern Nevada, we’re contracted with Southwest Medical, UMC, HealthCare Partners, Dignity Health and Code3 urgent cares, giving you locations across the valley.

“Urgent cares treat a wide variety of conditions and you may actually get care faster than in an ER. Another benefit is less out-of-pocket cost.”

Dr. Laurine Tibaldi, Chief Medical Officer Health Plan of Nevada/Sierra Health and Life

SOUTHWEST MEDICAL URGENT CARE CENTERS (Southern Nevada)
With six convenient locations, Southwest Medical has you covered. Most clinics offer evening and holiday hours, and one is open 24/7. They also offer FASTlab testing which gives you results within 15 minutes.

Some locations also have:
• Onsite X-ray
• Diagnostic EKG
• Digital X-ray, ultrasound and CT imaging
• 23-hour observation for conditions that need monitoring

But before grabbing your keys, go online to smalv.com. The wait time for each urgent care clinic is posted.
24/7 VIRTUAL VISITS WITH NOWCLINIC®
ANYTIME, ANYWHERE

It’s easy to see why the popularity of virtual visits or video chats has quadrupled since 2014. With crystal-clear, face-to-face video capabilities, providers may:
• Order tests
• Make referrals
• Review your uploaded photos of skin rashes or other concerns
• Send electronic prescriptions to your local pharmacy

And if you’re part of Southwest Medical in Southern Nevada, NowClinic providers have instant access to your electronic medical record.

A study published in the March 2017 Journal of Telemedicine and e-Health found patients with colds reported a better quality with virtual visits.

“NowClinic patients spend four times longer with providers during visits,” said Dr. Lo Fu Tan, Senior Medical Director, Digital Health, Southwest Medical and Mountain West Region. “There is little to no copayment, travel, wait time or exposure to other germs.”

To use NowClinic, download the NowClinic app from your app store, or go to NowClinic.com

URGENT CARE HOUSE CALLS*
(Southern Nevada)

Yes, you read that right. Southern Nevada members residing in certain ZIP codes can get urgent care at home for the same cost as a regular urgent care visit. An emergency-trained physician assistant or nurse practitioner may treat most things seen at an urgent care center, sometimes even more. They give IV fluids, treat asthma flare-ups, and even take X-rays. All with the support of a medical technician and virtual physician. They also treat kids, which is helpful when everyone in the family is down with the flu.

The next time you need urgent care and aren’t feeling well enough to travel, call our 24/7 advice nurse to see if an urgent care house call is right for you. Call toll-free 1-800-288-2264, TTY 711.

*This service is only available to health plan members living in Southern Nevada and covered ZIP codes. To check availability, call 1-800-288-2264.

NowClinic is not intended to address emergency or life-threatening medical conditions. Please call 911 or go to the emergency room under those circumstances. NowClinic services may be covered by some health plans.Copays and deductibles may apply. Members under the age of 18 must have a guardian contact NowClinic customer support for assistance in enrolling for their account. Customer support can be reached at 1-877-550-1515.
KNOW WHERE TO GO
Dial 911 or go to the nearest hospital emergency room if you have a life-threatening situation. But if it’s not an emergency, comparing your care options could save you time, money and frustration.

Urgent care is a much better choice for less serious conditions such as:

- Ear infections
- Cold and other respiratory problems including coughs and congestion
- Sprains and strains
- Most abdominal pain
- Vomiting and diarrhea
- Most cuts, burns, fevers and back pain
- Minor fractures and dislocations
- Minor wounds
- Sports injuries
Super Foods That Pack a Healthy Punch

KALE
PUMPKIN
SWEET POTATOES
BRUSSELS SPROUTS
SWISS CHARD
BEETS
POMEGRANATES
GINGER
WINTER SQUASH
BELL PEPPERS
TOMATOES
Much has been written about the negative influences of social media. Looking at someone else’s life through their “personal perfection filter” can leave us sad, depressed and even despondent if we feel our own lives simply don’t stack up. Remember, behind your coworker’s flawless European vacation on Instagram may be missed flights, screaming kids, disagreements, sunburns, diarrhea or mounting credit card debt. As perfect as anything may seem on social media, we all know the reality of family vacations. One thing you can do is spend less time focusing on someone else’s life and more time on your own.

Here are some real-world tips you can use to step away from the screen and back into real life:

**The Dinner Party Cell Phone Basket**
Put a small basket near your front door and label it cell phones. Ask your guests to place their phones in the basket while they are visiting. If you’ve spent all day preparing a delicious meal or spectacular evening, the very least your guests can do is leave their phones at the door and honor the fact that you would like them to be present and in the moment. You’ll find that most of your friends will be happy to take a break from their phones and connect with the people around them.

**Most of your friends will be happy to take a break from their phones and connect with the people around them.**

Take every opportunity to be in the moment.

**The Lunch Phone Grab**
Having lunch with friends? Encourage everyone to put their phones face down in the center of the table. The first one to look at their phone pays for lunch. It’s a pretty effective deterrent, especially if you’re at a trendy, high-priced lunch spot.

Five Ways to Unplug and Reconnect
The Top 10
Part of the problem with being connected to minicomputers all day is that we don’t have to use our memories as much as we used to. And, just like any muscle, if you don’t use it, you lose it. This little game is great for families with children. Ask your kids to memorize the top 10 phone numbers they may need in case of an emergency. At dinnertime, you can spot-check to see how they’re doing. When they can finally recall all 10 contacts with no help, reward them. Not only does this exercise their recall, but in case they lose or break their phones, they will be able to remember important numbers when they do get to a phone. You can even try this one yourself. Make a bet with your significant other, and the first one to remember all 10 numbers wins!

The Google Deferment Plan
There’s nothing like an evening with friends when the conversation is fun, eclectic and all over the place. One minute, it’s “Who sang that song?” and the next, it’s “What’s aquafaba?” In those situations, people are always grabbing their phones to Google the answers. By the time someone finds an answer, the conversation has moved on. Here’s a fun tip. Leave a pad and paper on the table. When those questions come up, forget the phone and jot them down. At the end of the evening, you can read back the questions, which is a great way to recap your night and it usually gets everyone laughing at the collective stream of consciousness. Someone can even take the list home and group-email everyone the answers as a fun follow-up or thank-you for the evening. The Google deferment plan keeps everyone engaged with the conversation and provides some additional levity to the occasion.

The Solo Sans Phone
One of the most common phone grabs is when we’re alone in a waiting room, having a solo meal or coffee, or even standing in a checkout line. As we’ve become more programmed to multitasking and interfacing with our phones than with our surroundings, we quickly retreat to the familiarity of our digital space. Try this. Take one time a day when you find yourself alone. Let’s say you’re grabbing a quick lunch for one. Once you sit down, resist the urge to check your phone and soak in your surroundings instead.

While our phones and electronic devices will remain part of our everyday lives, like anything, relying on them in measured doses is key. Time away from looking down will hone your social skills, develop your creativity and imagination, and may even prevent the dreaded text neck.
WHAT PARENTS NEED TO KNOW ABOUT TEEN VAPING
Don’t be caught off-guard when it comes to teen vaping. Learn about the signs and dangers. We know it can be awkward trying to talk with your teens. Our Health Education and Wellness team now offers you and your teen the opportunity to meet face-to-face with a licensed health educator at no additional cost. To make an appointment, call toll-free 1-800-720-7253, TTY 711.

HPN IS TAKING ON HEALTHY™
Recipes. Stories. Health tips for real life. It seems we’re all hoping to achieve “good health,” whether it’s physical, mental, spiritual or environmental. Health Plan of Nevada hopes to engage, educate and entertain our community while inspiring people to live a healthier lifestyle. Get inspiration and resources for a happy life at TakingOnHealthy.com

EVERYTHING YOU NEED TO GET STARTED IS IN YOUR WALLET
Shaped like a credit card and fits in your wallet. Your health plan ID card is your key to coverage. It holds important information like your member ID, plan copays and Member Services phone number. Always carry your health plan ID card with you. Show it when you fill a prescription and check-in for your medical appointments.

10 Years Smoke-Free After Completing Our Tobacco Cessation Program
Congratulations Marjorie Lough!
Financial Information Privacy Notice

This notice describes how financial information about you may be used and disclosed. Please review it carefully.

Effective January 1, 2019

We are committed to maintaining the confidentiality of your personal financial information. For the purposes of this notice, “personal financial information” means information about an enrollee or an applicant for health care coverage that identifies the individual, is not generally publicly available, and is collected from the individual or is obtained in connection with providing health care coverage to the individual.

Information We Collect
Depending upon the product or service you have with us, we may collect personal financial information about you from the following sources:

• Information we receive from you on applications or other forms, such as name, address, age, medical information and Social Security number;
• Information about your transactions with us, our affiliates or others, such as premium payment and claims history; and
• Information from a consumer reporting agency.

Disclosure of Information
We do not disclose personal financial information about our enrollees or former enrollees to any third party, except as required or permitted by law. For example, in the course of our general business practices, we may, as permitted by law, disclose any of the personal financial information that we collect about you, without your authorization, to the following types of institutions:

• To our corporate affiliates, which include financial service providers, such as other insurers, and non-financial companies, such as data processors;
• To nonaffiliated companies for our everyday business purposes, such as to process your transactions, maintain your account(s), or respond to court orders and legal investigations; and
• To nonaffiliated companies that perform services for us, including sending promotional communications on our behalf.

Confidentiality and Security
We maintain physical, electronic and procedural safeguards, in accordance with applicable state and federal standards, to protect your personal financial information against risks such as loss, destruction or misuse. These measures include computer safeguards, secured files and...
buildings, and restrictions on who may access your personal financial information.

Questions About This Notice
If you have any questions about this notice, please call the toll-free member phone number on your plan ID card or call the Customer Service Call Center at one of the following numbers below:

Health Plan of Nevada Members:
1-800-777-1840 (TTY 711).

Sierra Health and Life Members:
1-800-888-2264 (TTY 711).

For purposes of this Financial Information Privacy Notice, “we” or “us” refers to the entities listed that are affiliated with UnitedHealth Group: AmeriChoice Health Services, Inc.; CNIC Health Solutions, Inc.; Dental Benefit Providers, Inc.; gethealthinsurance.com Agency, Inc.; Golden Outlook, Inc.; Health Allies, Inc.; Health Plan of Nevada, Inc.; LifePrint East, Inc.; Life Print Health, Inc.; MAMSI Insurance Resources, LLC; Managed Physical Network, Inc.; OneNet PPO, LLC; OptumHealth Care Solutions, Inc.; Optum Women’s and Children’s Health, LLC; OrthoNet, LLC; OrthoNet of the Mid-Atlantic, Inc.; OrthoNet West, LLC; OrthoNet of the South, Inc.; Oxford Benefit Management, Inc.; Oxford Health Plans LLC; POMCO Network, Inc.; POMCO of Florida, Ltd.; POMCO West, Inc.; POMCO, Inc.; Sierra Health and Life Insurance Company, Inc.; Spectera, Inc.; UMR, Inc.; Unison Administrative Services, LLC; United Behavioral Health; United Behavioral Health of New York I.P.A., Inc.; UnitedHealthCare Services, Inc.; UnitedHealth Advisors, LLC; UnitedHealthcare Service LLC; UnitedHealthcare Services Company of the River Valley, Inc. This Financial Information Privacy Notice only applies where required by law. Specifically, it does not apply to other UnitedHealth Group health plans in states that provide exceptions for HIPAA covered entities or health insurance products. This list of health plans is complete as of the effective date of this notice. For a current list of health plans subject to this notice go to www.uhc.com/privacy/entities-fn-v1.

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Notice of Nondiscrimination and Language Assistance

We do not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

We provide free language services to help communicate with us. We offer interpreters, letters in other languages, and letters in other formats like large print. To get help, please call 1-800-777-1840 for Health Plan of Nevada Members, 1-800-888-2264 for Sierra Health and Life Members, or the toll-free phone number listed on your ID card (TTY 711). Monday through Friday, 8 a.m. to 8 p.m. ET.

ATENCIÓN: Si habla español (Spanish), los servicios de asistencia de idiomas están disponibles sin cargo. Los miembros de Health Plan of Nevada deben llamar al 1-800-777-1840. Los miembros de Sierra Health and Life deben llamar al 1-800-888-2264.

注意: 如果您說中文 (Chinese), 我們可免費提供語言協助服務。Health Plan of Nevada 會員請致電 1-800-777-1840。Sierra Health and Life 會員請致電 1-800-888-2264。

For Members in California:

You may be entitled to the rights and services below. You can get an interpreter or translation services at no charge. Written information may also be available in some languages at no charge. To get help in your language, please call 1-800-777-1840/TTY: 711 for Health Plan of Nevada Members or call 1-800-888-2264/TTY: 711 for Sierra Health and Life Members. If you need more help, call HMO Help Line at 1-888-466-2219 or Department of Insurance Hotline at 1-800-927-4357.

Para miembros de California:

Es posible que califique para los siguientes derechos y servicios. Puede conseguir un intérprete o servicios de traducción sin cargo. También es posible que haya información escrita disponible en algunos idiomas sin cargo. Para obtener ayuda en su idioma, llame al 1-800-777-1840/TTY: 711 para miembros de Health Plan of Nevada o al 1-800-888-2264/TTY: 711 para miembros de Sierra Health and Life. Si necesita más ayuda, llame a la línea de ayuda de la Organización para el Mantenimiento de la Salud (Health Maintenance Organization, HMO) al 1-888-466-2219 o a la línea directa del Departamento de Seguros al 1-800-927-4357.

對於California地區的會員:

您享有以下權利並有權獲得以下服務。您可以獲得一位免費的口譯人員或免費翻譯服務。對於有些語言，還可免費獲得書面資訊。Health Plan of Nevada 會員如需以您的語言獲取協助，請致電 1-800-777-1840 / 聽力語言殘障服務專線：711；若為Sierra Health and Life 會員，請致電 1-800-888-2264 / 聽力語言殘障服務專線：711。如需更多援助，請致電管理式醫療保險機構協助專線 1-888-466-2219 或保險局熱線 1-800-927-4357

“For purposes of the Language Assistance Services and this Non-Discrimination Notice (“Notice”), “we” refers to the entities listed in the enclosed Financial Information Privacy Notice. Please note that not all entities listed are covered by this Notice.”
TAKE ACTION TO PREVENT THE FLU. GET THE FLU SHOT!

Help prevent the flu. Flu season generally lasts October through May with a peak in January and February.

Get the flu shot! It's the best way to help protect against the flu.

Know the facts. Flu shots don't cause the flu. The flu is contagious 1 day before and 5 to 7 days after symptoms. It takes 2 weeks to build immunity.

Clean household surfaces. Avoid sick people. Wash your hands.

One sneeze can spray 3,000 infectious droplets into the air!

Cold and flu viruses can live up to 24 hours on hard surfaces like desks and tables.