



## How Stress Affects Your Health

We all feel stress at different ages, during the different seasons of our lives. But do we know what stress is doing to our health?

Believe it or not, sometimes stress can be good for you. In fact, stress is a natural reaction. When you feel stressed, signals are firing to your hormones to help speed up your heart and breathing rate. Even before your mind kicks in, your body is preparing to handle the situation ahead. You may find that stress shows up when you need it most.

On the other hand, when stress lingers for too long, it can become unhealthy. Over time, this unhealthy habit can have a more serious effect on our health. In some cases, sweaty palms and butterflies can quickly escalate to insomnia, anxiety, or depression.

Being aware of our stressors and developing coping techniques to manage them takes time and practice. Small changes in diet and exercise routines can make a big difference. Taking time for ourselves and for others can give us important perspective on what really matters. As your health insurance company, we want to give you healthy tips to manage your stress so that you can make health a priority.

### Make Health a Habit

EmblemHealth wants to help you stay healthy, all year round. Setting healthy habits doesn't have to be hard.

Here are some tips to help you meet your health goals.

- 1. Create visual reminders that will help you to engage in a healthy behavior.** Set up a notification on your phone or lay out your workout clothes the night before.
- 2. Act, but start small.** Is your goal to start eating healthy at lunch? Start by packing a small snack every day, like a piece of fruit.
- 3. Treat yourself with an immediate reward – one that you can feel.** For example, take a minute to acknowledge how much energy you have after a workout. This will keep you on track even longer.

### Define This!

An **Annual Election Period (AEP)** is the period, once a year, when you can enroll in a health insurance plan for the following year. For most Medicare members, you can keep your current plan, pick a new plan, or disenroll from a plan during this period. **AEP runs from October 15 to December 7.**

## Protect Yourself and Your Family from the Flu



The influenza vaccine (flu shot) is the best way to prevent this common but serious respiratory infection. Last year's vaccine may not protect you from this year's viruses. Call your doctor to make an appointment to get your flu vaccine. If the vaccine is the only reason for your visit, it's free. EmblemHealth members ages 18 and over can save time by getting their flu vaccine at a local pharmacy. Visit [emblemhealth.com/flu](http://emblemhealth.com/flu) for more info.

Also talk to your doctor about the **pneumonia** and **shingles** vaccines. **Pneumonia** is a bacterial infection that can cause many illnesses. If you're over 65, you're at the greatest risk. **Shingles** is a painful rash that develops on the face or body. If you've had chickenpox, you can get shingles, and your risk increases with age.

Source: CDC

### Need a Primary Care Doctor? Try AdvantageCare Physicians.\*

EmblemHealth has teamed up with AdvantageCare Physicians (ACPNY) to provide you with quality care from doctors and providers who get to know the **whole you**.

ACPNY offers same- and next-day appointments, and when you need a referral within the EmblemHealth network, you can leave your ACPNY office visit with an approved referral in-hand. Each referral will be posted on your **myACPNY** patient portal and on your **myEmblemHealth** member portal. Your specialist will already have your approved referral when you arrive for your appointment.

### Ready to make an appointment?

**AdvantageCare Physicians:**

**646-680-4227** or visit [acpny.com](http://acpny.com)

**BronxDocs: 646-680-5200** or visit [bronxdocs.com](http://bronxdocs.com)

**AdvantageCare**  
PHYSICIANS



\*AdvantageCare Physicians is part of the EmblemHealth family of companies. To see a full listing of doctors and facilities in your network, go to "Find a Doctor" on [emblemhealth.com](http://emblemhealth.com).

## Statins, Explained

Statins are medicines that can reduce your risk of a heart attack or stroke by lowering your cholesterol and improving how blood flows through your body. Commonly prescribed statin drugs include **atorvastatin**, **lovastatin**, **pravastatin**, **rosuvastatin**, and **simvastatin**.

Ask your doctor about your risk of heart disease — using a statin may be right for you. Always take statins according to your doctor's instructions and tell them **immediately** if you experience unusual symptoms.

**Never stop taking a statin without talking to your doctor first.**

Source: *Circulation*

## IMPORTANT EMBLEMHEALTH MEMBER RESOURCES

At EmblemHealth, we're committed to supporting you. An important part of that commitment is making sure you're informed about all the resources available to you.

This includes:

- Member resources available on our website.
- Your privacy rights.
- Your external appeals rights.
- Your member rights and responsibilities.
- How to find a doctor or hospital.
- How to get a provider directory.
- How to get information in your preferred language.
- Doctor transitions as your child grows.
- What to do if you reach your benefit limit.
- Our care management services.
- Coordinating your health care.
- Utilization management decisions.
- Our quality improvement program.
- Your pharmacy coverage.
- How new medical technologies may become a covered benefit.

To learn more, visit [emblemhealth.com/HealthMatters](http://emblemhealth.com/HealthMatters) or call us at the number on the back of your member ID card. You can also request a copy of this information be mailed to you in your preferred language.

*Health Matters* is published by EmblemHealth to inform members of current health issues and improve the use of services. This publication should not replace the care and advice of your doctor. Always talk to your doctor about your personal health needs.