



**SENDERO
HEALTH PLANS**



Q2 2024 NEWSLETTER

MONTHLY HEALTH AWARENESS



APRIL

Alcohol Awareness Month | Page 3

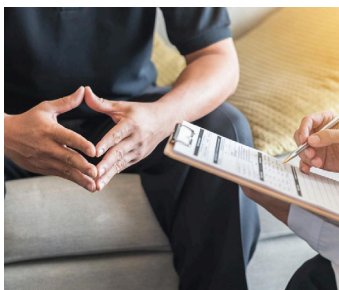
By raising awareness about the risks associated with alcohol consumption and promoting responsible drinking habits, we can empower individuals to make informed choices that prioritize their health and safety. Remember, moderation is key, and seeking support is a sign of strength. Let's work together to foster a culture of alcohol awareness and responsibility in our communities.



MAY

National Nurses Month | Page 3

National Nurses Month is a time dedicated to honoring and celebrating the invaluable contributions of nurses worldwide. Throughout the month of May, nurses are recognized for their unwavering dedication, compassion, and commitment to patient care. This observance serves as an opportunity to express gratitude to nurses for their tireless efforts in providing high-quality healthcare services and support to individuals and communities.



JUNE

Men's Health Month | Page 4

From a notable percentage reporting fair or poor health to concerning rates of alcohol consumption, smoking, and obesity, these findings underscore the need for targeted interventions to improve overall health outcomes. Addressing these health disparities, alongside combating leading causes of death such as heart disease, cancer, and COVID-19, is essential to promoting a healthier future for men across the nation.

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Alcohol Awareness Month



Alcohol consumption is a common part of social gatherings and celebrations for many individuals. However, it's essential to be aware of the potential risks associated with alcohol use and make informed choices to prioritize health and well-being.

Understanding the Risks

- 1. Health Impacts:** Excessive alcohol consumption can have significant health consequences, including liver disease, heart problems, and an increased risk of certain cancers. It can also contribute to mental health issues and affect overall well-being.
- 2. Safety Concerns:** Alcohol impairs judgment and coordination, increasing the risk of accidents, injuries, and even fatalities, especially when driving or operating machinery.
- 3. Dependency and Addiction:** Regular and excessive alcohol use can lead to dependence and addiction, impacting relationships, work performance, and overall quality of life.

Making Informed Choices

- 1. Know Your Limits:** Be aware of recommended alcohol intake limits and understand how much constitutes a standard drink. For men, the CDC recommends no more than two drinks per day to reduce the risk of alcohol-related harm.
- 2. Plan Ahead:** If you choose to drink, plan ahead for a safe way to get home. Designate a sober driver, use rideshare services, or arrange for alternative transportation to avoid driving under the influence.
- 3. Stay Hydrated and Pace Yourself:** Alternate alcoholic beverages with water or non-alcoholic drinks to stay hydrated and pace yourself throughout the evening.
- 4. Seek Support if Needed:** If you or someone you know is struggling with alcohol use, don't hesitate to seek support from healthcare professionals, support groups, or helplines. There are resources available to assist in managing alcohol consumption and promoting recovery.

Resources for Support and Information

- [National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#): Provides research-based information, resources, and treatment options for alcohol-related issues.
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#): Offers helplines, treatment locators, and educational materials for individuals seeking support for substance use disorders.
- [Alcoholics Anonymous \(AA\)](#): A fellowship of individuals who support each other in achieving and maintaining sobriety. Offers meetings and support networks worldwide.



National Nurse's Month

Celebrating Nurses: Honoring Their Dedication and Compassion

As we observe Nurses Month, it's time to shine a spotlight on the incredible contributions and unwavering dedication of nurses worldwide. Throughout history, nurses have been at the forefront of healthcare, providing essential services, comfort, and compassion to patients in need.

Nurses play a vital role in delivering high-quality care across various healthcare settings, from hospitals and clinics to long-term care facilities and community health centers. They are often the first point of contact for patients, offering expertise, support, and reassurance during times of illness and distress.

This Nurses Month, let's take a moment to express our heartfelt gratitude to the nurses who work tirelessly to improve patient outcomes and promote health and wellness in our communities. Their commitment to excellence, professionalism, and empathy inspires us all and deserves recognition and appreciation.

As we celebrate Nurses Month, it's essential to recognize the challenges and sacrifices that nurses face daily. Nurses have demonstrated unwavering resilience, courage, and compassion in the face of adversity, putting the well-being of others above their own.

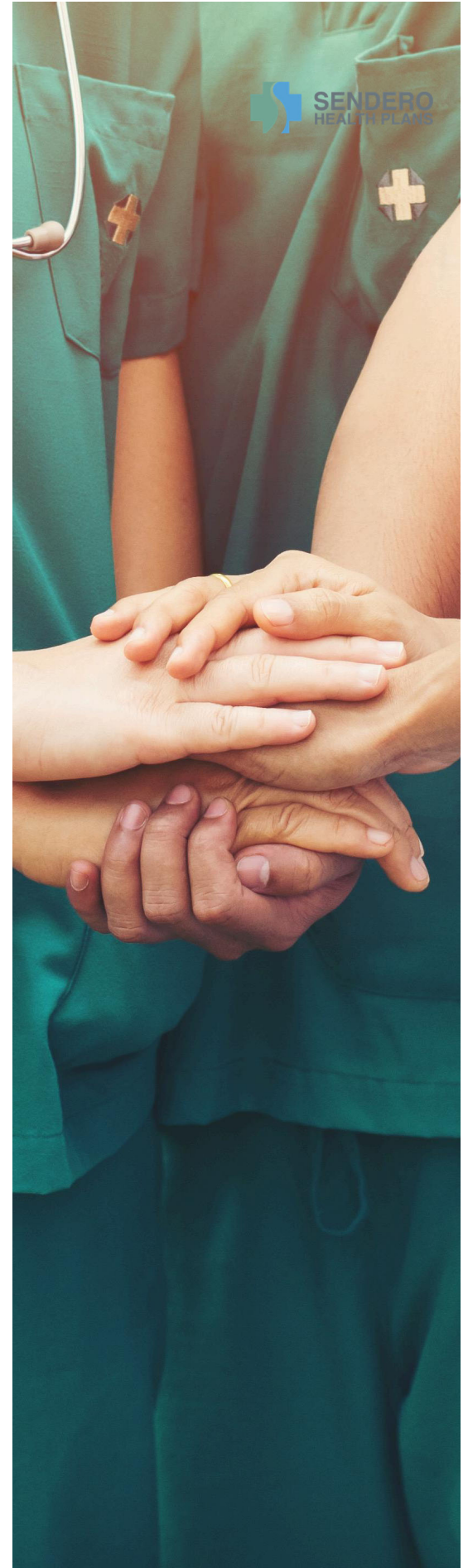
Nurses Month serves as a reminder to honor and celebrate the invaluable contributions of nurses worldwide. Their compassion, expertise, and dedication to patient care make a profound difference in the lives of countless individuals and families. Let's continue to support and uplift nurses, not just during Nurses Month, but every day of the year.

Sources:

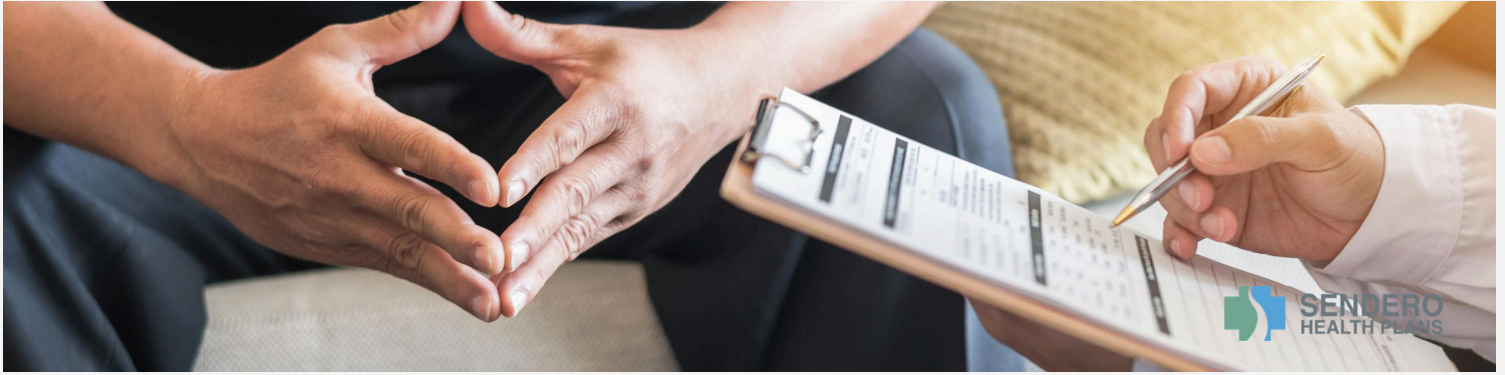
American Nurses Association: <https://www.nursingworld.org/education-events/national-nurses-week/nurses-month/>

International Nurses Day 2022: <https://www.who.int/news/item/09-05-2022-international-nurses-day-2022-nursing-care-for-health-and-humanity>

Centers for Disease Control and Prevention: <https://www.cdc.gov/nursing/nursesmonth/index.html>



Men's Health Month



MEN'S HEALTH STATS

Obesity Prevalence: Approximately 41.6% of men aged 20 and older were classified as obese based on data from 2017 to March 2020.

Excessive Drinking: Around 30.9% of men aged 18 and older admitted to having five or more drinks on a single day at least once in the past year.

Meeting Physical Activity Guidelines: Only 28.3% of men aged 18 and older met the 2018 federal physical activity guidelines for both aerobic and muscle-strengthening activities.

Heart Disease, Cancer, and COVID-19: The leading causes of death in the U.S. include heart disease, cancer, and COVID-19, according to data from 2021.

High Blood Pressure: The prevalence of hypertension among men aged 18 and older, including measured high blood pressure and/or taking antihypertensive medication, was 50.5% based on data from 2017 to March 2020.

IMPROVING MEN'S HEALTH

Regular Physical Activity: Engage in at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week, along with muscle-strengthening activities on two or more days a week.

Limit Alcohol Consumption: Men should limit alcohol intake to no more than two drinks per day, as excessive alcohol consumption can lead to various health issues, including liver disease, heart problems, and certain cancers.

Regular Physical Activity: Engage in at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week, along with muscle-strengthening activities on two or more days a week.

Seek Preventive Healthcare: Schedule regular check-ups with a healthcare provider for preventive screenings and vaccinations, including screenings for cancer, diabetes, and cholesterol levels. Vaccinations such as flu shots and HPV vaccines are essential for maintaining overall health.

Monitor Blood Pressure Regularly: get regular blood pressure screenings and follow medical advice to manage hypertension effectively. Lifestyle changes such as reducing salt intake, exercising regularly, and maintaining a healthy weight can help control blood pressure.

Health Status: Source: <https://www.cdc.gov/nchs/nhis/releases/released202207.htm>

Alcohol Use: Source: <https://www.cdc.gov/mmwr/volumes/69/wr/mm6949a4.htm>

Physical Activity: Source: <https://www.cdc.gov/mmwr/volumes/70/wr/mm7022a1.htm>

Obesity: Source: <https://www.cdc.gov/nchs/data/nhanes/2017-March2020/prepandemic-oei/NHANES-Prepandemic-Obesity-Trends.pdf>

Hypertension: Source: <https://www.cdc.gov/nchs/data/nhanes/2017-March2020/prepandemic-oei/NHANES-Prepandemic-Hypertension-Trends.pdf>

Mortality: Source: <https://wonder.cdc.gov/>

Behavioral Health Resources: Supporting Mental Well-being

In today's fast-paced world, maintaining good mental health is essential for overall well-being. If you or someone you know is struggling with mental health issues, it's important to know that help and support are available. Here are some valuable resources to turn to:

National Institute of Mental Health (NIMH): The NIMH offers a wealth of resources, including information on various mental health conditions, treatment options, and research updates. Their website provides valuable insights and tools for individuals seeking support for mental health issues.

Substance Abuse and Mental Health Services Administration (SAMHSA): SAMHSA provides a range of resources and services for individuals dealing with mental health and substance abuse disorders. From treatment locators to helplines and educational materials, SAMHSA offers support for those in need.

CDC Mental Health Resources: The CDC offers comprehensive information and resources on mental health, including tips for managing stress, coping with trauma, and promoting resilience. Their website is a valuable resource for individuals looking to improve their mental well-being.

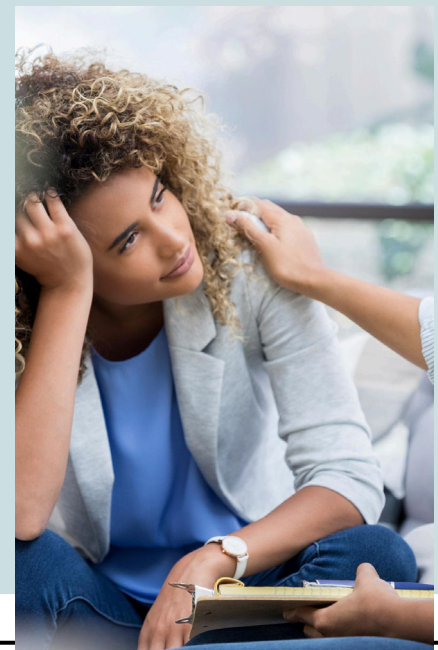
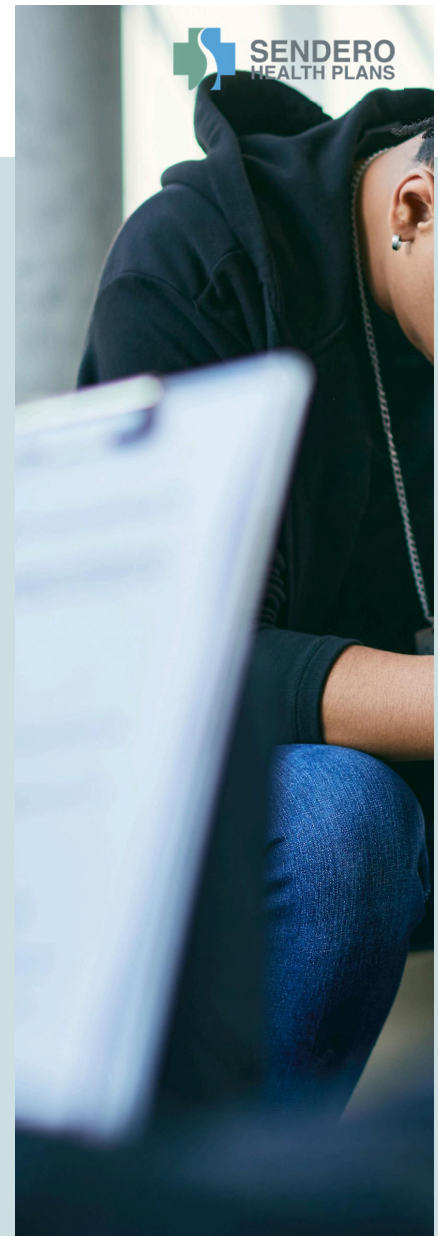
National Alliance on Mental Illness (NAMI): NAMI is a grassroots organization dedicated to providing support, education, and advocacy for individuals affected by mental illness. Their website offers resources for individuals and families, including support groups, educational programs, and crisis helplines.

Therapy and Counseling Services: Seeking professional help from therapists or counselors can be beneficial for managing mental health issues. Online directories such as Psychology Today or GoodTherapy can help you find qualified professionals in your area who specialize in various mental health concerns.

Remember, prioritizing your mental health is not a sign of weakness but rather a proactive step towards overall wellness. Don't hesitate to reach out for support if you're struggling. You are not alone, and help is available.

Sources:

National Institute of Mental Health (NIMH). <https://www.nimh.nih.gov/>
Substance Abuse and Mental Health Services Administration (SAMHSA). <https://www.samhsa.gov/>
Centers for Disease Control and Prevention (CDC) Mental Health Resources. <https://www.cdc.gov/mentalhealth/index.htm>
National Alliance on Mental Illness (NAMI). <https://www.nami.org/>



Additional Sendero HealthPlan Member Resources



Questions? 512-421-5678

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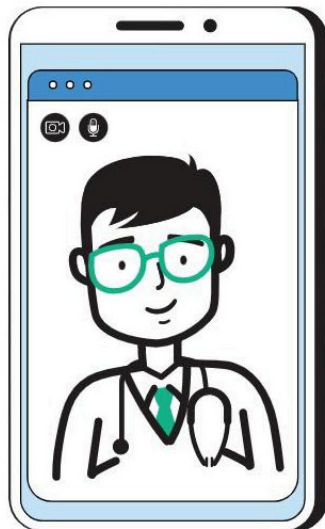
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Special Programs To Help You With Your Health

Sendero Health Plans offers services to help you become educated about health care conditions, coordinate your care, and manage your medical conditions.

We offer case management services to help coordinate your care and to provide advice on managing your medical conditions. This program is especially useful if you have multiple medical conditions or if you have recently experienced a major challenge to your health.

If you would like to be considered for case management, for you or someone who helps you, you can call us at **1-855- 297-9191**.



Nurse Advice Line

Call toll free 1-855-880-7019

Do you have questions about your health?
Do you need advice from a caring and experienced nurse?

Sendero Health Plans offers a toll-free Nurse Advice Line that you can call at any time, 24 hours a day, 7 days a week with questions about your health. Call toll free 1-855-880-7019.



Important Phone Numbers

Member Services

1-844-800-4693

Monday through Friday,
8:00 A.M to 5:00 P.M.

Hearing Impaired (TTY)

7-1-1

Nurse Advice Line

1-855-880-7019

Behavioral Health Crisis Hotline

1-855-765-9696

Vision Line

1-800-334-3937

Utilization Management

1-855-895-0475

Liberty Dental Plan (Dental)

1-866-609-0426

Navitus (Pharmacy)

1-866-333-2757

Norman MD (24/7) On-Demand Urgent Care from local doctors

(512) 421-5678

Monday through Friday
8:00 A.M to 5:00 P.M.

If you call after hours or over the weekend and leave a voice message, you will receive a return call on the next business day.

In case of an emergency call 9-1-1 or go to the closest hospital emergency room to you.

