

Spring 2020



CheckUp

DeanHealthPlan.
A member of SSM Health.

The Harms of Heavy Drinking

Heavy drinking for men is more than four drinks on any day, or more than 14 drinks per week. For women, it is more than three drinks on any day, or more than seven drinks per week.

If you drink this much, you could be putting yourself or others at risk. Here are three ways alcohol can be harmful.

Alcohol increases the risk for injuries and death. Alcohol slows your reaction time. It makes you less coordinated. It affects your judgment. The more you drink, the worse these abilities become.

Heavy drinking can cause health problems. There's a long list of health problems that tend to occur with heavy drinking. They include liver and heart disease, depression, stroke and certain types of cancer. If you have a

health condition and drink a lot, then you may not be able to care for yourself like you should. This can make your health problems worse.

You could develop an **alcohol use disorder**. About 17 million people in the U.S. have an alcohol use disorder. Doctors use this term when your drinking becomes harmful or causes distress. There are many symptoms. Some examples are:

- Your drinking interferes with responsibilities at home, work or school.
- You want to cut back but can't.
- You get into dangerous situations while drinking.

If you think you may have a drinking problem, talk with your doctor. Many different treatments are available.



FREE HEALTH BASICS

24-HOUR NURSE LINE
Nurses are available 24/7 for BadgerCare Plus members through Dean On Call at **800-57-NURSE (800-576-8773)**. Please call us anytime. We'll be here for you.

ARE YOU STRUGGLING WITH ALCOHOL?

Are you facing an alcohol or other substance abuse disorder? Call the Substance Abuse and Mental Health Services Administration National Helpline at **800-662-HELP (800-662-4357)**. You can call 24/7.

April is Alcohol Awareness Month



CUSTOMER CARE CENTER

4 Keys to a Healthy Pregnancy

Being pregnant, you're not only taking care for two, but for three. Keeping healthy and making other choices for you and your baby.

Here's how to take care of your health and your baby in a pregnancy:

- 1. Eat Healthy**
A good diet can affect your baby's growth, help your placenta, and help you feel better.
• Eat a variety of fruits and vegetables.
• Eat whole grains such as oatmeal, whole wheat, and brown rice.
• Drink plenty of water.
• Avoid alcohol, caffeine, and tobacco.
- 2. Exercise Regularly**
Exercise can help you stay healthy during pregnancy. It can also help you feel better. Talk to your doctor about what's best for you.
• Aim for 30 minutes of moderate exercise most days of the week.
• Choose activities you enjoy, like walking, swimming, or prenatal yoga.
- 3. Get Regular Prenatal Care**
Prenatal care is important for you and your baby. It can help you stay healthy and catch any problems early.
• See your doctor every 4 weeks until you're 28 weeks pregnant.
• See your doctor every 2 weeks from 28 weeks until you're 36 weeks pregnant.
• See your doctor every week from 36 weeks until you give birth.
- 4. Get Enough Sleep**
Getting enough sleep is important for you and your baby. It can help you feel better and catch any problems early.
• Aim for 7-9 hours of sleep each night.
• Try to go to bed and wake up at the same time every day.

The Baby Blues

After the baby is born, it's normal to feel a mix of emotions. You might feel happy, but you might also feel sad, angry, or overwhelmed. These feelings are called the "baby blues." They usually go away on their own within a few weeks.

Strong Beginnings

Helping you get started on your journey to a healthy pregnancy. We'll be here for you every step of the way.

SMITH
DEAN HEALTH PLAN

Healthy Home Cooking Made Easy

Meatless and protein-rich foods are often packed with fat, sugar and salt. Here are some tips to help you cook healthy meals at home.

- 1. GET MORE PLANT-BASED PROTEIN**
Beans, lentils, and tofu are great sources of protein. They're also low in fat and calories.
- 2. CHOOSE HEALTHY FATS**
Olive oil, avocado, and nuts are healthy fats. They can help lower cholesterol and reduce the risk of heart disease.
- 3. USE HERBS AND SPICES**
Herbs and spices can add flavor to your food without adding fat, sugar, or salt. Try basil, garlic, and turmeric.
- 4. READ THE LABELS**
Check the nutrition facts on food labels. Look for high amounts of fat, sugar, and salt.