

GOLDEN

Spring 2020
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notables

HEALTH NEWS OF NOTE FROM DEAN HEALTH PLAN

HOW TO FIGHT MEDICAL FRAUD

Also inside:
**Are You Ready
to Meditate?**

**Healthy
Cooking Tips**

**4 Big Benefits
of Gardening**





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Health Briefs

COVID-19: Stay Up-to-Date
 In a time of rapid change, it's important to stay up-to-date on the latest news and information about COVID-19. Visit our COVID-19 page for the latest news and information.

Watch Your Dialysis
 Dialysis is a life-saving treatment for people with kidney failure. It's important to watch your dialysis carefully to make sure you're getting the most out of it.

Have Kidney Disease? Look for Signs of Trouble
 Kidney disease is a common condition that can lead to serious complications if not caught early. Look for signs of trouble, such as fatigue, swelling, and changes in urination.

Get your flu shot
 The flu shot is one of the best ways to protect yourself and your loved ones from the flu. Get your flu shot today!

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10 FOODS THAT NOURISH YOUR BRAIN

Healthy brain cells need the right nutrients to function properly. The following 10 foods are rich in nutrients that support brain health.

1. Leafy greens
2. Berries
3. Eggs
4. Nuts
5. Fish
6. Soybeans
7. Pumpkin seeds
8. Avocado
9. Turmeric
10. Dark chocolate

Keep Your Brain Sharp as You Age

As you age, your brain's ability to learn and remember new information may decline. This is a normal part of aging, but there are things you can do to help keep your brain sharp. Regular exercise, a healthy diet, and mental stimulation are all important for brain health.

Brain Health Checklist

- Get regular exercise
- Eat a healthy diet
- Stay hydrated
- Get enough sleep
- Stay mentally active
- Manage stress
- Avoid alcohol and tobacco
- Get regular checkups

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Ask Dean Health Q&A

Learn more about health, fitness, and lifestyle topics. Ask your questions here!

1. I hear meditation is good for me. But I don't know how to get started. How can I learn meditation on my own?

2. Are you eating gluten?

3. How can I improve my sleep?

4. How can I improve my digestion?

5. How can I improve my skin?

6. How can I improve my energy?

7. How can I improve my mood?

8. How can I improve my focus?

9. How can I improve my memory?

10. How can I improve my overall health?

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MEDICAL FRAUD!

How to Guard Against It

Medical fraud is a growing problem that costs billions of dollars each year. It's important to know how to guard against it.

Medical Fraud Not Only Steals

Keep Your Medical Identity Safe

Be Alert for Medicare Fraud

Take Action

These strategies can help protect you from health care fraud:

1. Know your health insurance plan.
2. Get your health insurance card.
3. Don't give out your health insurance information to anyone you don't know.
4. Don't sign any documents you don't understand.
5. Report any suspicious activity to your state's attorney general.

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