



Whole health AND **you.**

Free
things to
do in PA this
summer.

Gateway Health
Plans are now
Highmark
Wholecare.

How summer
affects your
diabetes.

**Get
organized!**

Did you know
Highmark Wholecare
is on social media?



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Check out important notices online.

Highmark Wholecare cares about the health and well-being of our members.

We have guidelines in place to make sure you receive the quality care and service you deserve.

Our guidelines cover topics like:

- Your member rights and responsibilities
- Medical necessity
- Doctor appointment guidelines
- Second opinions
- Protecting your privacy

Go to HighmarkWholecare.com/Medicare/member-newsletters to view these and other important topics. You can also ask for a printed copy of the 2022 Important Member Notices by calling 1-800-685-5209 (TTY users, call 711).

Need help? Call us!

MEMBER SERVICES

1-800-685-5209 (TTY 711)
Monday through Friday,
April 1 through September 30:
8 a.m. – 8 p.m.
7 days a week,
October 1 through March 31:
8 a.m. – 8 p.m.

PHARMACY SERVICES

1-855-845-6212 (TTY 711)
Monday through Friday:
9 a.m. – 5 p.m.

24 HOUR NURSELINE

24 hours a day, 365 days a year:
1-855-805-9420 (TTY 711)

NUTRITION COUNSELING

1-844-277-8052 (TTY 711)
Monday through Friday:
8:30 a.m. – 5 p.m.

Other useful numbers.

PA QUIT NOW

(for help quitting smoking)
1-855-891-9989 (TTY 711)

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255 (TTY 711), 24/7

TRANSPORTATION BENEFITS

1-877-797-0339 (TTY 711)
Monday through Friday:
8 a.m. – 5 p.m.
Saturday: 9 a.m. – 1 p.m.

GOODNESS REWARDS

1-800-539-5722 (TTY 711)

OVER-THE-COUNTER (OTC) BENEFIT

1-855-350-0074 (TTY 711)
Monday through Saturday:
8 a.m. – 5 p.m.
Sunday: 10 a.m. – 5 p.m.
hmkcares.com/OTCStore

SILVERSNEAKERS® Tivity Health

1-888-423-4632 (TTY 711)
Monday through Friday:
8 a.m. – 8 p.m.

PA HELPLINE

(if struggling with anxiety)
1-855-284-2494 (TTY 711)

211 UNITED WAY

Dial 211 for help getting connected

DEPARTMENT OF AGING

1-717-783-1550 (TTY 711)

Let's get social!

Like us on Facebook: [@HighmarkWholecarePlans](https://www.facebook.com/HighmarkWholecarePlans)

Follow us on Instagram: [@highmarkwholecare](https://www.instagram.com/highmarkwholecare)

Join us on Twitter: [@ItsWholecare](https://twitter.com/ItsWholecare)



Get an account on our Member Portal!



1. Go to HighmarkWholecare.com
2. Click on "Member Portal"
3. Click on "Register Now"

Your digital ID card is always at your fingertips.

There is no need to search for your member ID card again.

Your digital ID card is always available on your mobile device or computer, and it works the same as the physical one. Use it when you visit the doctor or pay for services or care. When you pull it up, you can be confident you're providing your current health plan details.

Don't like talking on the phone?

Use secure messaging and live chat in our free member portal and mobile application!



Your Gateway Health Medicare Assured plan is still here—just wrapped in a new package— Highmark Wholecare.

Same great benefits—same access to your doctors and specialists.

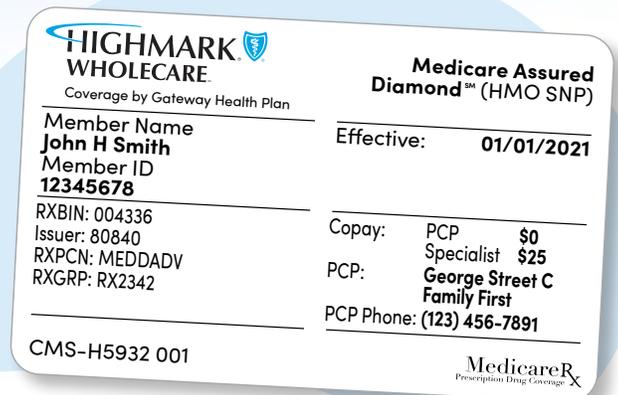
Just a new name!

We know that better medical care is only one of the many things that helps keep you healthy. For more than 25 years, Gateway Health has offered programs that help improve your life beyond medical care. The goal of our programs is to support you on a path to better overall health and well-being. Highmark is one of the most trusted names in health care and is the largest health insurer in Pennsylvania. Our new affiliation with Highmark only serves to strengthen this commitment to you.

The change in the names of the health plans does not mean that your coverage has changed. You will not experience any changes to your benefits based on the introduction of Highmark Wholecare. The coverage you know and love has not changed. Plan benefits and services remain the same, including your doctors, specialists, and pharmacies.



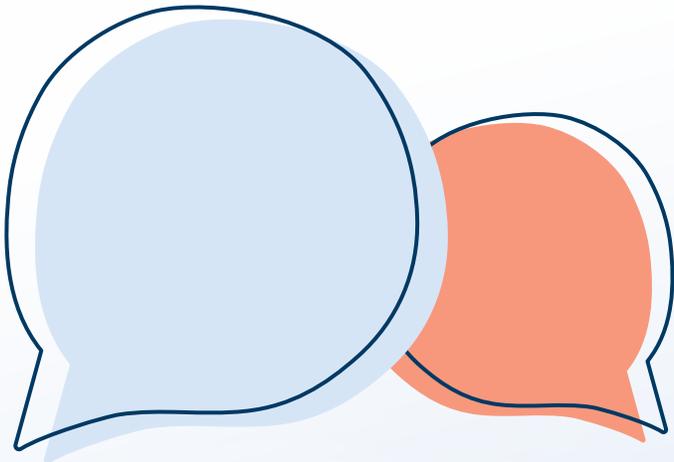
HIGHMARK
WHOLECARE



Members benefit greatly from Highmark Wholecare's large network of community partners. Community partners throughout Pennsylvania provide members with important programs and services. The community partners that currently provide you with services are not changing because of the plan name change.

We are thrilled to continue to help you on your journey to achieve your very best health!

We invite you to learn more about Highmark Wholecare by visiting our new website at [HighmarkWholecare.com](https://www.HighmarkWholecare.com). All the information you need regarding your plans can be found here.



real talk

WITH

Lorie Regas,

*Learning Specialist, Human Resources,
Highmark Wholecare*

Resiliency and hope.

In March 2020, over two years ago now, everyone in my organization received a text message that said we must work from home, “effective immediately.” The news media predicted about two weeks to “flatten the curve” of pandemic cases and that we would all be back to work by May.

May turned to Labor Day. Labor Day turned to New Year’s Eve. I had been leading the work from home charge in my roles even

before my days at the company, since 2004 really, and COVID-19 gave me an opportunity to share my remote working and learning

expertise with friends, families, and colleagues. It was finally time to test my own process and dig in for the long haul.

“ If asked about my mental health, I’d point to resiliency and hope, two tenets of my faith. Sunday school lessons replay, ‘This too shall pass.’ The resiliency of others has encouraged me to stay the course—to not lose hope. ”

That first test came quickly, only weeks later. On April 1, my grandson’s daycare closed, too, but my daughter’s role at the grocery store was deemed “essential.” She was placed on a mandatory, six-day-a-week schedule. Which meant I got to watch the four-year-old. He “worked” on his Leap Frog laptop beside me. We took many breaks to build blanket forts, plant seeds in terrariums, watch (a lot of) *Daniel Tiger’s Neighborhood*, and give each other countless “ugga mugga” nose bops. One of his favorite pastimes became our morning “time-outs” with Cosmic Yoga.

A second test was teaching my elderly parents over the phone how to use FaceTime and WhatsApp. At first thought impossible, they finally got it and were able to get excited about seeing their great grandson in a new way. I feel blessed that technology can connect us.

Finally, after being cooped up for over a year, last spring, I was given the chance to volunteer with Allegheny Health Network Team Vaccine. I’ve been an advocate for “giving back” every Monday in orientation class. It was time to get out of the house and help. We got two paid volunteer days that year, so I spent it helping thousands in our communities receive their first and second COVID-19 shots. What a rewarding opportunity. That renewed my hope that others still wanted to help our members, too.

If asked about my mental health, I’d point to resiliency and hope, two tenets of my faith. Sunday school lessons replay, “This too shall pass.” The resiliency of others has encouraged me to stay the course—to not lose hope.

It is my hope that you feel recharged and blessed with this personal message today. That even

during long periods of isolation from your loved ones, you, too, have been able to find pockets of hope with resiliency that has you looking forward to a brighter future. There is hope. You are resilient. Find that bounce in your step you once had, summon the energy to rock on, and don’t forget to stop and help someone else along your way. Many blessings.

We like you... like us back!

Like and follow Highmark Wholecare on social media to discover more ways to achieve whole life health.



Our Facebook, Instagram, and Twitter pages include:

- Information on benefits and programs to help you get the most out of your membership.
- Community events and activities for you and your loved ones.
- Health and wellness tips to help you feel your best.
- Free vaccination clinics and screenings.
- Resources for food, housing, and utility assistance.
- Healthy, delicious, and budget-friendly recipes.
- And much more!

Connect with us on Facebook (@HighmarkWholecarePlans), Instagram (@highmarkwholecare) and Twitter (@ItsWholecare) today.

If you would like to see additional content on our social media channels, we'd love to hear from you! Send us a message through any of our social media channels with your suggestions.

Highmark Wholecare wants to hear from you.

Good feedback offers new insight, builds awareness, and identifies opportunities for improvement. We know your opinions and experiences are valuable. Sharing with us allows Highmark Wholecare to get a well-rounded viewpoint from those members we serve.

We've made it easy for you to provide your feedback. Just send your answers to the questions below to:

[MemberFeedback@
HighmarkWholecare.com](mailto:MemberFeedback@HighmarkWholecare.com)

There are no right or wrong answers. We're asking for your feedback on how best to serve you in the future.

1. Interpreter services.

Do you use interpreter services when you call Highmark Wholecare? Or do you need an interpreter when you see your doctor?

If you do use an interpreter, we want to hear your story! Please tell us about your experiences using interpreter services.

2. Member portal.

Did you know that Highmark Wholecare has a member portal? You can use it to find all kinds of useful information. If you do not have an account, you can

register for one by visiting <https://highmarkwholecare.com/Medicare/Member-Tools/Get-Started-With-Highmark-Wholecare>.

If you do have an account, we want to know what you think! Tell us your favorite and least favorite things about the member portal. Which features do you find most useful?

3. Primary care provider (PCP).

Tell us about your relationship with your PCP. When was the last time you saw your PCP?

Does your PCP take your opinions, culture, or personal beliefs into consideration while providing your care?

4. Health plan programs.

Would you like to help us come up with new programs? Do you have opinions on current ones to help us improve?

If so, we would be happy to have you be a part of our committee! Please send us an email at MemberFeedback@HighmarkWholecare.com with your first and last name, phone number, and email address so a member of our team can reach out to you with more information.

Thank you in advance for your help. We greatly appreciate your feedback.

A clean home is a happy home.

Tips to keep your home clean!

Keeping a clean home not only looks good, but it feels good, too. Research shows that cleaning can help you feel less stressed, and it's even a form of exercise. But are you having a hard time finding the motivation?



Jessica, a professional residential cleaner for Cleaning Maid Beautiful, has some great tips.

- Clean one room at a time.
- Get your cleaning done in the daytime. It gives you as much natural light as possible.
- Focus on areas that create buildup, like showers and bathtubs. Clean them more often than windows, for example, which take longer to accumulate dust and grime.
- “Don’t put it down, put it away,” is a mantra that can create better behaviors for reducing mess and clutter.
- Cleaning is exercise, so if you plan on cleaning your entire living space, make sure to take breaks and hydrate.
- Listen to music, podcasts, or audiobooks.
- Work from top to bottom in each room.
- Use products that are designated for the item you’re cleaning and don’t mix products.



Jessica says...

I never knew how much I would love professional cleaning until I started over three years ago. Not only is it a stress reliever for me, but now I can positively contribute to others’ physical and mental health.



Highmark Wholecare is not directly affiliated with Cleaning Maid Beautiful. Highmark Wholecare does not endorse or sponsor any product, service or activity provided by Cleaning Maid Beautiful. Opinions and advice provided by Cleaning Maid Beautiful are independent from Highmark Wholecare.

Get organized!



Junk drawers: everyone has one! But becoming organized can save you time and money! Here are some tips on how to organize your “junk drawer” from Vickie Dellaquila, a certified professional organizer, author, and owner of Organization Rules.

Highmark Wholecare is not directly affiliated with Organization Rules. Highmark Wholecare does not endorse or sponsor any product, service or activity provided by Organization Rules. Opinions and advice provided by Organization Rules are independent from Highmark Wholecare.

Many people ask, how do I start?

Define your goals and the steps it takes to get there. Don't be afraid to start small; think organizing your “junk drawer” versus tackling your whole house or apartment. Then schedule the time to do the project and put it on your calendar.

Next, go through the stuff in the drawer.

Take the items out of the drawer, place them on a table, and group like items together. Then you can decide how much you want to keep. You can group pencils, paperclips, coupons, and other like items together.

Where does everything go?

Some things can probably be tossed or given away. After decluttering, then comes deciding where will things live in the drawer. Think about how you use the drawer. Are you right-handed? Maybe it makes sense to put writing instruments near the right side of the drawer.

Once you have decided where everything will go, then you can organize!

Some types of drawer organizers work well to divide and keep things in place, and you don't have to spend a lot of money on them. Or, maybe you have some old checkbook boxes or jewelry boxes to use as organizers.

Staying organized!

With the items in the containers, now you can put the containers in the drawer. Now comes the hard part: staying organized! The first step is to put things back where they belong every day. I call it “putting your toys away.” When you bring something new into your home, think about where this item will live. Can you let go of something else to make room for it?

Living with Park

David Mikach, 76, Delmont, PA

David was born in Trafford, Pennsylvania and moved to Denver, Colorado, where he lived for about 28 years, working in human resources for a Fortune 500 company. While he always considered himself more of a homebody, enjoying cooking and reading, he also liked go ice skating and horseback riding.



ON OUR COVER

Meet Evelyn (Lynn) Register!

Lynn has arthritis, but that doesn't keep her from going on adventures. Lynn's positive attitude and active lifestyle are results of her healthy choices. She is proactive about scheduling her annual wellness visits to help prevent and detect diseases early. She manages her arthritis by talking to her doctor about how she can ease her symptoms.

Lynn, who lives in Fredericksburg, says her daughter and grandchildren keep her "young at heart," and she keeps busy with weekend getaways, movie nights with her girlfriends, and doing the things she loves.



Parkinson's disease.

When David's parents grew older, he moved back to Pennsylvania to take care of them. His father had Alzheimer's disease and ended up in a nursing home and, for the next nine years, he took care of his mother at home.

Getting diagnosed with Parkinson's.

David was diagnosed with Parkinson's disease about six years ago. At a routine doctor's appointment, he mentioned he was getting hand tremors. His doctor referred him to a neurologist, who diagnosed him with Parkinson's. "I had assumed it was a much faster progressing disease but, fortunately for me, that is not the case," he said.

David stated, "Parkinson's kind of robs you of a lot of things. I have mobility issues. I can't drive anymore. I haven't been able to drive for years. To do repetitive things like writing is hard to do. Reading isn't enjoyable anymore simply because my eyes get strained. Even television doesn't hold my interest anymore."

What has helped David live with Parkinson's?

Medication has been very helpful. David's case manager from Highmark Wholecare, Ruth, calls at least once a month, sometimes more, just to talk. Ruth has been able to put him in touch with different programs—such as a meal delivery service, Phillip's Lifeline, a Safelink phone—ordered over-the-counter products and even ordered bathroom safety products. She also helped him get qualified for an in-home waiver program, which provides him help with housekeeping and, as he declines, more services will be available, such as personal hygiene services. Ruth also helped him get connected with programs that send volunteer companions that help with some of the boredom caused by no longer being able to do the things he loves, such as reading, writing, and cooking. His brother also comes to visit often and is very helpful.

Parkinson's disease is a disorder of the brain that develops when nerve cells that control movement become impaired or die. The disease can lead to life-altering tremors, stiffness, and impaired balance and coordination.

Source: <https://www.nia.nih.gov/health/parkinsons-disease>

David's advice for others who are recently diagnosed with Parkinson's.

"Ask for help. There are a lot of organizations available and people to talk to. My knowledge prior to being diagnosed was very limited. I had an uncle with Parkinson's, and I remember visiting him with my mother and seeing his tremors. He was reluctant to get help that was available."

He added, "Find out as much as you can about it. Talk to your doctors. Talk to resources. A lot of people think it is a death sentence, but you can live with it. It's an adjustment, but that's life."

What David loves about Highmark Wholecare.

“ The transportation has been a lifesaver since I can't drive anymore. It's nice to be able to call for a ride to my appointments. Ruth also helped me get connected to Go Westmoreland, which takes me to non-medical places, such as shopping or to visit a friend. I have been with the same doctor for 15 years, also. The fact I've been able to have such a great doctor for so many years has been very helpful. I receive excellent care. ”

Osteoporosis in women and men.

When you age, it's natural for your bones to get thinner. Sometimes, this progresses into osteoporosis, a disease caused by weakening bones or decreased bone density. This can lead to broken bones, often occurring in the hip, spine, and wrist. While we can do some things to help prevent osteoporosis, some things are out of our control.



What risk factors can't we change?

- Age. Your risk for osteoporosis goes up as you get older.
- If you have certain hormonal or stomach and intestine diseases.
- Family background.
- Having a slender body frame.
- Race. People of European and Asian background are most likely to get osteoporosis.

It's not all bad news!

Here are some things you can do to build and strengthen your bones.

- Load up on calcium! Eat foods like yogurt, cheese, milk, and dark green vegetables.
- Get enough vitamin D. Sources can come from eggs, fatty fish, cereal, and fortified milk.
- Soak up the sun. Your body makes its own vitamin D when it absorbs sunshine.
- Keep moving. Add bone-building exercises like walking, jogging, dancing, and weight lifting to your routine.
- Limit your alcohol consumption. That means no more than two drinks a day for men and one drink a day for women.
- Avoid smoking, altogether. This can accelerate the thinning of bones. Need help quitting? Talk to your doctor.
- If you are on medications that affect bone growth and repair, talk to your doctor. They can also help you understand if the benefit of the medicine is greater than the risk.



Source: Healthwise

Tips for women.

- After menopause, estrogen levels fall. Estrogen is a hormone that promotes healthy bones, so be mindful of doing what you can to eliminate osteoporosis risks.
- If you've had an early menopause or a hysterectomy before age 45, or absent periods for more than six months as a result of overexercising or too much dieting, you may be at greater risk.

Tips for men.

- As you age, your body makes less of the male hormone testosterone. Some medical treatments, like using corticosteroids or taking medicines to treat prostate cancer, can also lower the level of testosterone in your body.
- Evidence suggests that low levels of estrogen in men can lead to bone loss.
- Experts suggest that older men talk to their doctor about osteoporosis and have bone density tests done if they are at risk.

NUTRITION COUNSELING PROGRAM

ONE-ON-ONE

Nutrition counseling sessions can be done telephonically or via our virtual telehealth system with your computer, smart tablet or phone with one of our registered dietitians.

WE CAN HELP YOU WITH THE FOLLOWING:

- Diabetes
- Anemia
- Kidney Disease
- Pre-Diabetes
- Overweight/Obesity/
Weight Management
- Counseling
- Gastric Sleeve
- Hypertension
- Cholesterol



Call us
to learn more at
844-277-8052

Option #2

You may be eligible for up to

**14 SESSIONS
PER YEAR.**

Benefits vary by plan

hmkcares.com/ILS

How summer affects your diabetes.

Did you know that extreme heat can affect your blood sugar control? This can put you at a higher risk during the heat waves.



Drink lots of water: Avoid alcohol and drinks with caffeine. They can lead to water loss and spike your blood sugar levels.

Follow these tips to help manage your diabetes while enjoying the outdoors:

Avoid dehydration: Carry a bottle of water or electrolyte drink while outdoors.



Adjust insulin: Ask your doctor how you should adjust your insulin or carbohydrate intake before outdoor activities.

Test your blood sugar levels: Hot temperatures can cause blood sugar levels to change, so check your blood sugar before, during, and after you're active.



Avoid sunburn: Use a broad-spectrum sunscreen and wear protective eye gear to help avoid sunburn, which can raise blood sugar levels.



Carry items to treat low blood sugar: Discuss possible options with your dietitian, such as packing snacks or glucose tabs—or carrying a glucagon kit.



Protect your medications: Consider bringing a small cooler bag for your insulin, medications, or glucagon kit. According to the Cleveland Clinic, insulin should not be exposed to temperatures higher than 93-95 degrees Fahrenheit.



Limit your outdoor time: When there is an extreme heat wave, try to limit your time outside.



Protect your equipment: Heat and direct sunlight can damage your blood sugar monitor, insulin pump, and other diabetes equipment.



Don't go barefoot: As tempting as it is to squish your toes in the sand, don't go barefoot on the beach or at the pool.



Sources: *How to manage your diabetes in extreme summer heat.* (2020, September 23). Cleveland Clinic. <https://health.clevelandclinic.org/how-to-manage-your-diabetes-in-extreme-summer-heat/#:~:text=Hamaty%20says%20the%20extreme%20heat,a%20rise%20in%20glucose%20levels>
Managing diabetes in the heat. (2021, March 26). Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/library/features/manage-diabetes-heat.html>

Fernando's summer eats.



Fernando Espejel is the owner of Brassero Grill in Braddock, PA.

This summer, try new healthy foods, Fernando-style. Enjoy his famous secret recipes that are quick, easy, and budget-friendly. Cook these dishes in the kitchen or on the grill.



Beet soup.

INGREDIENTS

- 6 beets
- 3 carrots
- 1 potato
- 1/4 head cabbage
- 1 bay leaf
- 1/2 teaspoon black pepper
- Salt to taste

DIRECTIONS

1. Place beets, carrots, potato, bay leaf, and black pepper in pot of water and boil.
2. Break cabbage apart with hands so it is shredded and chop onions. Add to a pan with a small amount of corn oil. Heat for 5-10 minutes. Add salt to taste.
3. After water boils, take out vegetables that are in the pot and shred them with cheese grater once cooled. Put shredded vegetables, cabbage, and chopped onions to the water.
4. Bring water to a boil again.
5. Chill in a bowl in fridge overnight and serve chilled. Add a dollop of light sour cream if desired.





Fernando's famous burger.

INGREDIENTS

- 1 lb ground meat
(use ground turkey for leaner option)
- 1 bunch fresh parsley
- 1 small onion, finely chopped
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Buns
- Lettuce
- Tomatoes
- Onion
- Cheddar cheese

DIRECTIONS

1. Place ground meat, parsley, onion salt, pepper, and a drizzle of corn oil to bowl and squish with your hands to blend. Add some breadcrumbs for taste, as well.
2. Make meat into shape of patty and place on grill. Before flipping to other side, top with cheddar cheese slice. Grill to desired meat temperature.
3. Place on bun *(whole wheat bun for a healthier option)*.
4. Top with lettuce and slices of tomatoes and onions.

Rainbow kebobs.

INGREDIENTS

- 1lb ground meat
(use ground turkey for leaner option)
- 1 bunch parsley
- 1 small onion, finely chopped
- Salt to taste
- Pepper to taste
- 1 green pepper
- 1 yellow pepper
- 1 orange pepper
- 1 red onion

DIRECTIONS

1. Place ground meat, parsley, onion salt, pepper, and a drizzle of corn oil to bowl and squish with your hands to blend. Add some breadcrumbs for taste, as well.
2. Chop peppers and red onion into cubes.
3. Add a yellow pepper to skewer, then a green pepper, then a red pepper, then a red onion, then wrap small section of skewer with meat, and repeat until skewer is full.
4. Place on grill or pan and cook each side until desired meat temperature.



Highmark Wholecare is not directly affiliated with Brassero Grill. Highmark Wholecare does not endorse or sponsor any product, service or activity provided by Brassero Grill.

Get more at the farmers' market.



Use your SNAP benefits at participating farmers' markets.

Did you know that some farmers' markets accept SNAP/ EBT (food stamps)? Many even offer matching programs, which means you can get more for your money when shopping for fresh fruits and veggies! (Note: matching varies from market to market and can change when funds are available to do so.)

1 Visit your farmers' market information tent.
Tell a staff member that you would like to use your EBT card.

2 Purchase.
If your farmers' market accepts SNAP benefits, the staff member will swipe your EBT card and give you either tokens, bucks, or coupons (this varies from market to market).

3 Shop the market!
Spend your tokens, bucks, or coupons with any vendor selling SNAP-eligible items.

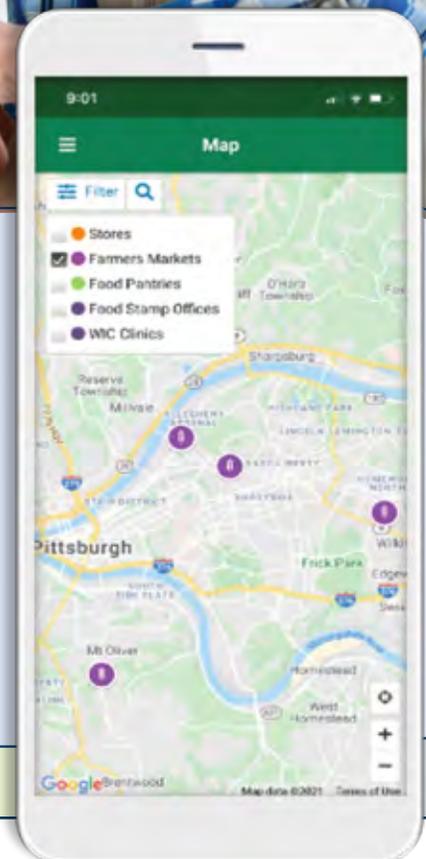


Want to find a farmers' market near you that accepts SNAP?



Download the Fresh EBT App today!

Once downloaded, create an account using your ACCESS EBT card number and click on "Maps." Then select "Farmers' Markets" to find farmers' markets around you that accept SNAP benefits.



Eat or toss?

Shelf life of common foods.

NOT SURE? HERE ARE SOME GUIDELINES FOR SHELF LIFE:

It's happened to all of us: you're looking in the fridge and find food you completely forgot about. Do you eat or toss? We'll help you navigate!

As a general rule of thumb, toss if it:

- Doesn't smell normal.
- Is moldy.
- Has a different texture than usual.
- Has a bad taste.

Poultry and seafood: Freeze immediately or cook within one to two days.



Milk:

Good for a week after “sell by” date. If you notice a weird smell, color, or chunks, toss it.

Deli meat:

If you buy it in a package, you have two weeks to use. Consume three to five days after opening. Freshly sliced deli meat should be used within three to five days.

Canned goods:

Toss if you find rust, bulges, dents, or leaks. Canned goods can be stored for up to 12 months. Once opened, place in a sealed container in the refrigerator for five to seven days.

Rice/ dried pasta: Good for two years, or three to four days in the fridge after cooking.

Beef and pork: Freeze immediately or cook within three to five days.

Eggs: If you purchased before the “sell by” date, you have three to five weeks from the time you brought them home, if refrigerated properly.

Sources: Amidor, T., R.D., & C.D.N. (2011, April 1). Save or toss: Shelf life of common foods. Food Network. https://www.foodnetwork.com/healthy_eats/2011/04/save-or-toss-shelf-life-of-common-foods
Before you toss food, wait. Check it out! (2013, June 27). USDA. <https://www.usda.gov/media/blog/2013/06/27/you-toss-food-wait-check-it-wates/Trash-it-or-eat-it?The-truth-about-expiration-dates>. (2020, October 29). Health Essentials from Cleveland Clinic. <https://health.clevelandclinic.org/trash-it-or-eat-it-the-truth-about-expiration-dates/>

Your

Oral Health & COVID-19

Some people who were treated for COVID-19 have experienced lingering health issues, including an oral health problem called dry mouth.



Many people who were sick with COVID-19 say they felt better within a

few weeks. But others reported having health problems long after they first were infected.

According to the Centers for Disease Control and Prevention (CDC), the disease's lingering health issues can include:

- Tiredness
- Shortness of breath
- Difficulty concentrating
- Sleep problems
- Fevers
- Anxiety
- Depression

Even the medical treatment of COVID-19 can cause problems, resulting in almost 84 percent of patients having a persistently dry mouth, according to the *Journal of Dental Research*.



Prescription drugs – even those used to treat COVID-19 – are the most common causes of dry mouth, but an assisted-breathing tube during a long hospital stay can result in dry mouth, too.

Signs of dry mouth range from tenderness inside the mouth to being unable to produce a normal amount of saliva. That can make it tough to taste and chew, and increase your tooth sensitivity.

Over time, dry mouth can lead to cavities, gum disease, and mouth sores, according to the American Dental Association (ADA).

Saliva is a key to your oral health. It can neutralize harmful acids and germs, and help you chew and digest your food. Keep your saliva flowing by following these tips:

- Sip water with meals to help chew and swallow food.
- Chew sugar-free gum or suck on sugar-free hard candies to stimulate saliva.
- Limit caffeine, tobacco, alcohol, and sugary drinks.
- Brush your teeth twice a day, floss at least once, and keep up with your dental appointments.

Your dentist can help spot and treat problems, including dry mouth, before they get worse.

Healthiest meals to order from fast-food restaurants.

Fast food is not the healthiest but we understand that, occasionally, you might be craving something quick, easy, or cheap. While we don't condone eating fast food on the regular, here are the healthiest options at some of the most popular fast-food restaurants in Pennsylvania.

Domino's
Small Pacific Veggie
pizza on thin crust
(240 calories)



image credit:
businessinsider.com/vegetarian-and-vegan-menu-items-at-dominos-2019-6

KFC
Grilled chicken
breast with
green beans
(240 calories)



image credit:
foodfornet.com/best-low-carb-fast-foods/

TACO BELL
Grilled chicken tacos
(140 calories)



image credit:
doordash.com/store/taco-bell-rocky-view-county-1176052/

CHIPOTLE
Vegetarian bowl
(620 calories)



chipotle.com/mexicobowls

STARBUCKS COFFEE
Grande flat white with
almond milk
(100 calories)



image credit:
starbucks.co.nz/menu/beverages/espresso-beverages/flat-white

SUBWAY
6-inch turkey sub on
8-grain wheat bread
(250 calories)



image credit:
everydayhealth.com/diet-nutrition/diet/6-things-dietitians-eat-recommend-subway/

DUNKIN'
Veggie egg white sandwich
(290 calories)



image credit:
walkingoffpounds.com/healthy-eating-on-the-go-dunkin-donuts-veggie-egg-white-sandwich/

BURGER KING
Grilled chicken sandwich,
no mayo (370 calories)



image credit:
fastfoodnutrition.org/burger-king/grilled-chicken-sandwich

DQ
Grilled chicken BLT salad
(270 calories)



image credit:
ruled.me/keto-and-fast-food-on-the-go/

arby's
Chopped
Farmhouse Salad
with roasted turkey
(250 calories)



image credit:
fastfoodnutrition.org/arbys/roast-turkey-farmhouse-salad

PANDA EXPRESS
Grilled teriyaki
chicken
(300 calories)



image credit:
Panda Express/Facebook

Wendy's
Half Harvest
Chicken Salad
(320 calories)



image credit:
eatthis.com/wendys-harvest-chicken-salad/

POPEYES
3pc blackened tenders
(170 calories)



image credit:
ruled.me/keto-and-fast-food-on-the-go/#popeyes

McDonald's
Regular hamburger
(250 calories)



image credit:
mcdonalds.com/ca/en-ca/product/hamburger.html

Chick-fil-A
6pc grilled nuggets
(100 calories)



image credit:
mcdonalds.com/ca/en-ca/product/hamburger.html

Need help with housing?

We can connect you to resources that can help.

The Wholecare Resource Center connects you to food, clothing, housing, utility bill assistance, education programs, and much more in seconds.

We even tell you which programs you may qualify for and how many benefits you could receive!



Get started today!

Visit.

hmkcares.com/WRC

Enter your zip code.

Call.

You can also call us to get connected! Just dial **1-800-685-5209** (TTY 711).

Get connected.

- Find local programs, resources, and support
- See which programs you may qualify for
- Apply to programs
- Bookmark programs
- Get program alerts

Housing help in your area.

Here are some spotlight organizations that help with housing.

Check out our Wholecare Resource Center to get connected to great organizations like these in your area.

★ WESTERN PA

Bloomfield-Garfield Corporation Home Ownership Program

Phone: 412-441-6950

Address: 5149 Penn Avenue
Pittsburgh, PA 15224

Website: bloomfield-garfield.org/

The Bloomfield-Garfield Corporation works to make decent, affordable housing available for all residents of our community.

Macedonia FACE's Accelerated Support for Older Persons (ASOP)

Phone: 412-281-2573

Address: 2038 Bedford Ave
Pittsburgh, PA 15219

Email: chughey@macedoniaface.org

Case management services are offered to Allegheny County residents age 60 or over who have been referred for assistance with housing, employment, clothing, food, or other critical needs.

★ CENTRAL PA

Care Advisors by Care Patrol—Pennsylvania

Phone: 267-449-7785

Website: carepatrol.com/pennsylvania.html

CarePatrol guides and helps families find assisted living, independent living, memory care, and in-home care services.

Housing Call Center by Socialserve

Phone: 877-428-8844

Website: socialserve.com/Services.html

Socialserve offers a call center that assists people with housing location and listing services across the United States.

★ EASTERN PA

City of Philadelphia, Office of Homeless Services—Homeless Prevention

Phone: 215-686-7177

Email: ohs@phila.gov

Website: philadelphiaofficeofhomelesservices.org/

The City of Philadelphia - Office of Homeless Services provides limited emergency financial assistance and/or emergency response for families and individuals displaced or experiencing homelessness and residents with court-ordered evictions.



Housing Services by Lehigh Valley Center for Independent Living (LVCIL)

Phone: 610-770-9781 ext. 124

Address: 713 North 13th Street
Allentown, PA 18102

Website: lvcil.org/housing

LVCIL provides housing counseling for people with disabilities who are living on limited income and may be at-risk of homelessness.

Housing by Community Options, Inc

Phone: 877-875-1212

Address: 200 Butler Avenue,
Lancaster, PA 17601

Community Options provides person-centered housing services that support independence and self-determination.

Senior Care and Housing Assistance by Patriarch Placement

Phone: 800-848-8157

Address: 713 North 13th Street
Allentown, PA 18102

Email:

help@patriarchplacement.com

Patriarch Placement assists and supports older adults and their families in need of senior care and housing options, by providing expert guidance and offering advice.

Let's get physical!

Summer yoga!

Loosen your hamstrings
and relieve your back pain!

SilverSneakers yoga.

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. This class is available through your SilverSneakers benefit for free. **Here are some moves from SilverSneakers instructor Sonja Apperson that you can try out either on your own or in a yoga class!**



Cross over hammy stretch.



1. Step one foot across the other so the outsides of your feet are closer together.



2. Press your back shin into your front calf. Pull your hips back and reach your heart forward. If you have a concern with blood pressure, keep your heart above your hips at all times. If not, bend as low as you like. You can even release down to the ground. **Hold for 30 seconds.**



3. Return to starting position and repeat on the other side. **Repeat 3-5 times.**



High pyramid pose.



1. Step your foot forward and hold onto a chair with both hands. Step your other foot backwards. Pull your back hip forward and front hip back, so hips are parallel to the chair. Keep your belly button pulled in.



2. Hinge forward over the chair, squeeze your inner thighs, and hold for **30 seconds**.



3. Bend your front knee. Come up.



4. Step your feet together. Repeat on the other side. **Repeat 3-5 times**.

Seated neck stretch.



1. Sit on top of your hand with your palm facing down. Push into your thumb. Reach the crown of your head up. Pull your belly button in.



2. Lean your head in the opposite direction of the hand you are sitting on. **Hold for 30 seconds**.



3. Slowly come up and repeat on the other side. **Repeat 3-5 times**.

INSTRUCTOR BIO:

Sonja Apperson is a registered yoga teacher. She has taught for almost 10 years and has been practicing yoga for close to 20 years. Sonja has taught a variety of classes, including beginner and intermediate vinyasa, family yoga, mommy and me yoga, restorative yoga, and chair yoga. Sonja has two little girls who often attend classes with her while she teaches. Sonja loves teaching because she gets to help people figure out how to help themselves. What she finds rewarding is seeing women who once took her chair yoga class no longer needing a walker or cane.



Lifeline

Be there

At Lifeline, we help you be there for the moments that matter. At home or on the go,¹ we have the right medical alert system to match your lifestyle. With access to the help you need at the press of a button, you have the peace of mind to focus more on living your life.

With the #1 medical alert service,² you can:

- Feel assured knowing you have 24/7 access to trained Care Specialists
- Be self-confident with technology designed to help you maintain your lifestyle
- Have the freedom to live how you want with advanced fall detection³ and mobile system options available¹

You may already be eligible for a Lifeline system with your current benefits plan. Please call **1-800-685-5209** (TTY: 711) and follow the options for Care Management to find out more.

1. Coverage inside and outside the home provided where AT&T wireless network coverage is available. Recharging of the mobile pendant is done by the subscriber as needed, when connected to the charger.
2. No. 1 claim based on the number of subscribers.
3. AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help.



Through your SilverSneakers benefit, you can get memberships to thousands of fitness locations, like the Plum Community Center.

To get started, call **1-888-423-4632 (TTY 711)** to sign up! You can also visit [hmkares.com/SilverSneakers](https://www.hmkares.com/SilverSneakers)



The Plum Community Center

499 Center New Texas Rd.
Plum, PA 15239

Find your fit, friendships, and fun. More than just a gym.

The Plum Community Center is a fitness center that you can get free access to with your SilverSneakers benefit.

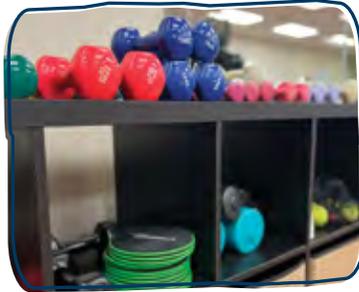
To find out more about the center call: (412) 795-2330, or visit: www.plumcommunitycenter.com.



Seniors for Safe Driving



HomeMeds Medication Management



Exercise Equipment



Recumbent Exercise Bike



Arts & Crafts



Bingo



Meals on Wheels



Fit 3 Multi-Gym



Events

SilverSneakers is a registered trademark of Tivity, Inc. Tivity, Inc. is a separate company that administers the SilverSneakers Fitness Program.



Summertime is the perfect time to plan a staycation at home instead of planning time away.

Staycation.

There are so many options in your own area, both indoor and outdoor, that can make you feel like you are on a relaxing vacation right at home. With COVID-19 still present, understanding your options to have a peaceful, fun vacation at home is important.

Below is a list of steps you should take when planning your staycation:



1. Plan ahead and write down a list of activities that you have always wanted to do in your area but have not had the time.



2. Once you have a list of ideas, make a schedule with some built-in time for relaxation, also at home.



3. Decide if you want to take this staycation alone or with others.



Planning ideas for what you would like to do on your staycation might be a bit challenging.

Below are some ideas for what you could do alone or with others to have the perfect staycation.

1 Host a cooking night.

Turn your kitchen into a dining experience. Invite some family or friends over and try out some new recipes from places where you've wanted to travel.



2 Explore your city like you're a tourist.

Although you live in the area, there might be some hot spots that you have not visited or haven't been to in quite some time. This is a great time to check out some cool spots in your city and wander through interesting neighborhoods, gardens, and restaurants, or check out close neighboring areas to you.

3 Explore your local parks.

Check out nearby parks where you can go hiking, take a walk, enjoy a picnic, and more. This is the perfect time to put on your sunscreen and to get out into the sun with some outdoor activity.



4 Go camping.

You can go camping indoors or outdoors. First, decide which way you would like to enjoy your camping trip. You can make your own tent outdoors or clean your room inside and get some fresh-cut flowers to set up in your room. Next, have a picnic either indoors or outdoors, and you can even make s'mores!



5 Have a spa day at home.

If you can't get away, find some relaxation by setting up a spa in your own home. You can run a bath and incorporate candles, tranquil music, essential oils, and more to feel like you're in the spa itself.



6 Take a virtual tour.

Did you know you can tour the world, without even leaving your couch? Just Google "free virtual tours around the world," and you will get a ton of options right at your fingertips.

Summertime does not have to mean planning expensive trips. These are all great ways to plan the perfect getaway with still being right at home!



Sources: 15 Staycation ideas That'll keep you close to home. (2021, May 27). WestgateResorts. <https://www.westgateresorts.com/blog/15-staycation-ideas-close-home/>
Staycation. (2020, October 15). Pittsburgh Parks Conservancy. <https://pittsburghparks.org/staycation/>

SUN SENSE:

Beat the heat!

We all love having fun in the sun, but it is important to protect yourself from the rays and the heat.



Find shade.

Limit your direct exposure to the sun, especially between 10 a.m. and 4 p.m., when UV rays are strongest.



Cover up!

Wear a hat and clothing to cover and protect skin.



Use bug repellent.

Mosquitoes can carry a number of illnesses, including the Zika virus and West Nile virus.



Stay hydrated.

Drink lots of water throughout the day. Drink water at least every 20 minutes when it is hot outside.

Take breaks

during physical activity so you don't get overheated.



Protect your eyes

with sunglasses that block at least 99% of UV light.

Use a sunscreen

that says "broad-spectrum" with an SPF of at least 30. A water-resistant sunscreen will protect you in and out of the water. Re-apply sunscreen every two hours.



Remember, even on cloudy days, the sun can still be harmful.



Infuse your water.

It's especially important to stay hydrated in the summer.

At times, drinking water can get boring. Infusing your water is an easy way to increase your daily water intake and makes drinking water fun and exciting. Check out some ideas to infuse your water or have fun making your own creations. The possibilities are endless!

Tips for water infusing.

- Use cold or room temperature water. Hot water will take away nutrients and vitamins.
- Let the fruit-infused water sit at room temperature for one to two hours or refrigerated for about three to four hours before drinking it. Infusing for up to eight hours will make it pretty strong, if that's your preference.
- If you're adding citrus peel, like lemons and limes, those can get bitter after just five to six hours, so you'll want to consider what fruits you're using, as well.
- Frozen fruit works, too, but it won't be as flavorful and will break further down in the water than fresh fruit.
- If you prefer carbonated water, that works fine, too! Just drink it right away, so your drink can stay bubbly.
- Check out your farmers' market for some inspiration!



Source: Hill, M. (2021, May 1). 8 infused water recipes. Culinary Hill. <https://www.culinaryhill.com/8-infused-water-recipes/>

Yummy water infusion ideas.

Strawberry, basil, and lemon.

- Strawberries, stemmed and sliced; fresh or frozen
- Large fresh basil leaves, torn
- Lemon, thinly sliced

Blackberries, orange, and ginger.

- Blackberries
- Orange, thinly sliced
- One piece fresh ginger, peeled and thinly sliced

Blueberry, lemon, and rosemary.

- Blueberries
- Lemon, thinly sliced
- 4 sprigs fresh rosemary

Watermelon, kiwi, and lime.

- 1 cup watermelon, cubed
- 1 kiwi, diced or cut into circles
- 1 lime, sliced into circles

Mango, raspberry, and ginger.

- Mango, peeled and cubed
- Raspberries
- One piece fresh ginger peeled and thinly sliced

Honeydew, cucumber, and mint.

- Honeydew, cubed
- Cucumber, thinly sliced
- Fresh mint leaves, torn

Wrinkle warrior! Summer skincare.

Wrinkles tend to appear on parts of the body that are most exposed to UV sunlight.



Here are some tips to slow down signs of aging and create smoother, tighter skin—and protect it, too.



SPF, SPF, SPF.

Wear sunscreen and don't leave home without it—ever! Experts recommend using a broad-spectrum sunscreen of SPF 30 or higher on all exposed skin. Make sure to cover your hands, feet, neck, back, and ears, and don't forget your lips.

Lighten up.

Instead of putting on moisturizer and SPF separately, consider getting a moisturizer that already has SPF in it.

Food face.

Eating more vitamin C and less fats and carbohydrates is associated with better appearance as your skin ages. Changing your diet will combat wrinkles. Foods rich in antioxidants, such as fish, fruits, and vegetables, can help protect skin.



Vitamin C.

Consider using a vitamin C serum on your face. You can find this for an affordable price at dollar stores and discount stores. Vitamin C serum can help prevent age spots and fine lines.

Shorten that shower!

You may shower more in the summertime, but the steam can dry out your skin. During this time of year, consider cutting down the time you spend in the shower or lower the water temperature from hot to warm.



Exfoliate!

Consider using a cleanser that doubles as an exfoliator and exfoliate once a week.

Hydrate from the inside out!

Drink plenty of water to get that inner glow and keep your skin plump and hydrated.

Sources: Smith R. Journal of the American Academy of Dermatology, August 2007; vol 57 (2): pp 247-256.
Harvard Health Report: "Skin Care & Repair."

Go green!



Summer gardening with the “Soil Sisters.”

Growing a garden—no matter how big or small—is a gift that keeps on giving. If you have space outdoors to plant in the ground, a small patio to fit containers, or even just a south-facing window that gets a few hours of sunlight, you can grow some green beauty this season. Need motivation?

Here are some reasons to start a garden from the “Soil Sisters,” Raynise and TaRay Kelly.

- 1 It promotes a healthy lifestyle.** Often one of the challenges with making healthy food selections is knowing what is deemed healthy! It’s true there are many healthy foods to eat, but the process of how they are grown is just as important as the harvest. Imagine how much time you save, and the nutritional value you add, from picking produce from your garden, instead of the store!
- 2 It relieves stress.** With so many uncertainties of the pandemic, the garden is one way we can control an outcome and enjoy it. It’s been scientifically proven that just being outdoors lowers blood pressure and reduces stress, plus many other health benefits.
- 3 It helps with food access.** In today’s world, many of us may not want to go into the grocery store and face long lines and big crowds. Some of us may not have a grocery store in their area that sells fresh quality produce, either. Starting a garden eliminates these anxieties—knowing you can feed yourself, your family, and your neighbors.
- 4 It’s a great family project.** There is something to do in the garden for everyone, at any age! Start by finding a location where you would like your garden to be. Don’t forget to add everyone’s input! This is also a good time to make a list of some of your favorite things to eat.
- 5 It can save money on groceries.** The more that you grow your own food, the less money you will spend on produce. It also allows you to try different varieties that are not sold at your local markets. You may find what you paid for one cucumber may have cost the same for a pack of seeds to last the whole season!

Set up for a summer plant sale before construction and completion of the plant nursery.



Soil Sisters Summer Camp visiting Fonta Flora Flower Co. in Beaver county.

Soil Sisters Plant Nursery is the first of its kind in the city of Pittsburgh, growing plants from seeds in the predominantly black neighborhood of Beltzhoover. This minority small business is owned by two sisters who have a combination of over 10 years of experience in the agriculture field. Living in the inner city all their lives, Raynise and TaRay Kelly know firsthand the impact of food access and burdens food deserts cause families throughout the city. They have made it their mission to address this issue and other food injustices by empowering the members of the community.



Raynise Kelly (left) and TaRay Kelly (right) at their home where they grow seedlings in their basement.

Highmark Wholecare is not directly affiliated with The Soil Sisters. Highmark Wholecare does not endorse or sponsor any product, service or activity provided by The Soil Sisters. Opinions and advice provided by The Soil Sisters are independent from Highmark Wholecare.

Free Cell Phone Service

Talk, text, and data every month.

Highmark Wholecare is excited to be working with **SafeLink Wireless** to offer PA Medicare members this special Lifeline program at no cost!

ONCE ENROLLED, RECEIVE:

- ✓ **A free smartphone or the option to use your own smartphone***
- ✓ **350 talk minutes per month**
- ✓ **Unlimited text messaging**
- ✓ **4.5 GB of data per month****
- ✓ **UNLIMITED free calls to Highmark Wholecare**



SafeLink
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For more information on how to apply for this program, call **1-800-Safelink** (723-3546) (TTY 711) or apply online today at hmkcares.com/safelink

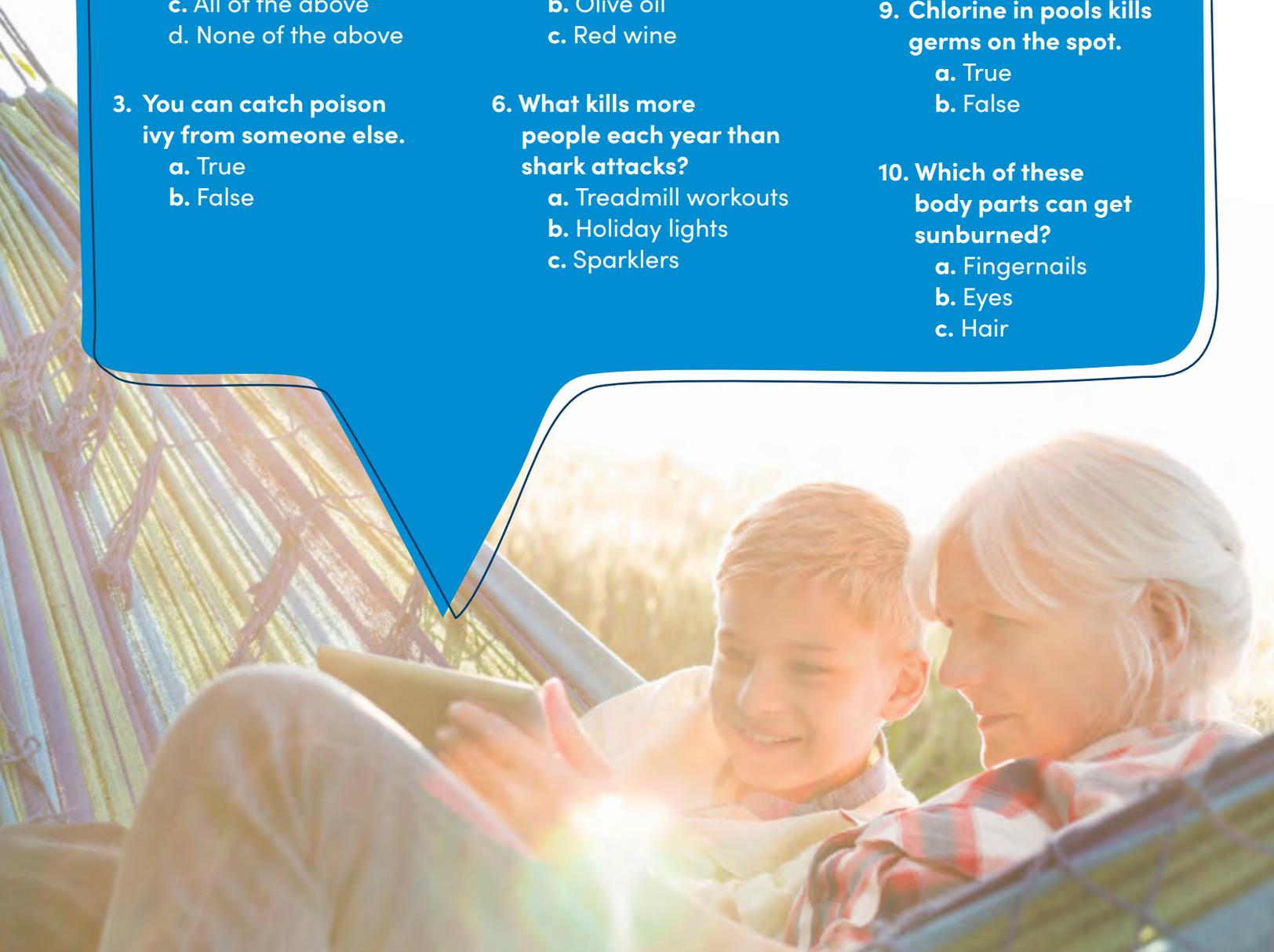
With a SafeLink phone, there are no bills, so there are no surprises. You can always call 911 or Highmark Wholecare for free, even if you run out of minutes.

SafeLink is provided by TracFone Wireless Inc. TracFone Wireless Inc. is a separate company that offers the SafeLink program for Highmark Wholecare.



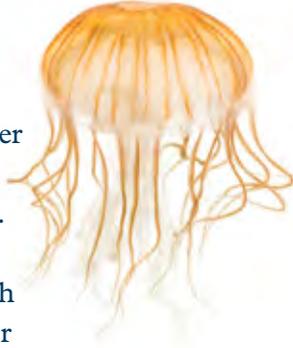
Summer myth busters quiz.

- 1. If you get stung by a jellyfish, you should pee on the sting.**
 - a. True
 - b. False
- 2. What can you eat to keep mosquitoes away?**
 - a. Garlic and onions
 - b. Bananas and pineapples
 - c. All of the above
 - d. None of the above
- 3. You can catch poison ivy from someone else.**
 - a. True
 - b. False
- 4. How long should you wait to swim after eating?**
 - a. About 15 minutes
 - b. 30–45 minutes
 - c. No time at all (unless your stomach is hurting)
- 5. What can you soak a cloth in to ease sunburn pain?**
 - a. Skim milk
 - b. Olive oil
 - c. Red wine
- 6. What kills more people each year than shark attacks?**
 - a. Treadmill workouts
 - b. Holiday lights
 - c. Sparklers
- 7. Try this to help get water out of your ear.**
 - a. Pull your earlobe
 - b. Use a hairdryer
 - c. Both
- 8. You can catch a cold from air conditioning.**
 - a. True
 - b. False
- 9. Chlorine in pools kills germs on the spot.**
 - a. True
 - b. False
- 10. Which of these body parts can get sunburned?**
 - a. Fingernails
 - b. Eyes
 - c. Hair



Answers to the summer myth busters quiz.

1. **b. False.** Urine can actually make a jellyfish sting hurt worse. Use normal, hot water and a pain reliever, such as lidocaine, to numb the area. Saltwater can also help. If you are heading to the beach this year, keep an eye out for jellyfish. Even dead ones can sting you!



2. **d. None of the above.** Garlic wards off Dracula in the movies, but there's no proof it keeps real-life bloodsuckers (mosquitos) away. Eating certain foods won't help either. Use bug spray and wear pants and long sleeves when you're outside to protect yourself.
3. **b. False.** Nope, not even if you touch someone's rash. You can catch poison ivy by touching the sticky oil from the plant. This creates a blistering rash that looks like streaks or lines. The saying about poison ivy goes, "Leaves of three, let them be," so watch out for plants with three leaves.
4. **c. No time at all.** Turns out your parents were wrong. You don't need to wait a specific amount of time before going back in the water. You should be fine to swim after a small meal or snack. Use common sense, though. If you head back into the water after a big meal, you could get cramps or heartburn. If you feel too full, wait to get back in the pool.



5. **a. Skim milk.** The milk creates a layer that will ease the pain of your sunburn, and the coolness will dial down the heat.

6. **b. Holiday lights.** Sharks don't usually hunt people. When they do, it's usually because they mistake us for seals or turtles. The reality is, more people die each year from accidents involving Christmas lights than shark attacks. Even so, if they are seen in the water, stay away. Don't take a dip in the ocean early in the morning, at dusk, or at night. That's when they tend to hunt for their meals.
7. **c. Both.** If water stays in your ear too long, you can get an infection. Tilt your head so it can run out. You can also tug on your earlobe gently in different directions to drain the liquid. If that doesn't work, use a hair dryer. Put it on the lowest heat and speed, and hold it a few inches away from your head. You can wear ear plugs and swim cap to keep this from happening as well.



8. **b. False.** You can't blame your running nose and sneezes on the air conditioning. Colds are caused by viruses, not by changes in the temperature. So, just wash your hands as much as you can and stay away from people who have cold symptoms to stay safe.
9. **b. False.** Yes, chlorine kills some bacteria, but it won't get rid of all germs—and it doesn't work immediately. Shower or rinse off before you decide to take a dip. Try not to swallow the water. It could have things in it that can make you sick, such as sweat or urine. Also, avoid going in the pool if you have diarrhea.
10. **b. Eyes.** Protect your eyes when you go outside. The sun can make them red, painful, and sensitive to light. Wear sunglasses with UVA/UVB protection and a wide-brimmed hat or cap to shield your face.

Source: Summer health myths debunked. (n.d.). WebMD. <https://www.webmd.com/a-to-z-guides/rm-quiz-summer-health-myths>

More than just food.

What your SNAP card benefits can do for you.

SNAP/EBT cards can do more for you than just food assistance! Below is a list of benefits that your SNAP card also gives you access to.



50% off Amazon Prime

Discounted cell phone services

(provided below is a small list; there are more available).

- T-Mobile
- Safelink Wireless
- Assurance Wireless
- StandUP Wireless

Discounted home phone services

(provided below is a small list; there are more available).

- Verizon
- Armstrong Telephone Company
- North-Eastern Pennsylvania Telephone Company
- North Penn Telephone Company

Discounted internet provider

- AT&T
- Cintex Wireless
- Comcast (Xfinity)
- Boost Mobile
- Cricket Wireless
- Metro by T-Mobile
- Verizon

Discounted museum entrance (Free-\$3)

Philadelphia Museum of Art

2600 Benjamin Franklin Parkway
Philadelphia, PA 19130

ExpERIENCE Children's Museum

420 French Street
Erie, PA 16507
814-452-3743

Mattress Factory

500 Sampsonia Way
Pittsburgh, PA 15212
412-231-3169



Children's Museum of Pittsburgh

10 Children's Way
Pittsburgh, PA 15212
412-322-5058

Reading Area Firefighters Museum

501 South Fifth Street
Reading, PA 19601
484-525-0590

Pennsylvania Military Museum

51 Boal Avenue
Boalsburg, PA 16827
814-466-6263

Lewisburg Children's Museum

815 Market Street
Lewisburg, PA 17837
570-768-4914



Source: *Pennsylvania EBT Discounts and perks 2022*. Food Stamps Now. (2022, January 20). Retrieved February 11, 2022, from <https://foodstampsnow.com/pennsylvania-ebt-discounts/>

FREE

things to do in PA.

Enjoy the warm weather and explore things to do right in your hometown—for free!

Below is a list of activities to take advantage of this time of year, at no cost to you. Enjoying these outings comes with a win-win: Walking around is a great form of exercise, and you can have fun at the same time!



Pittsburgh activities.

North Park

303 Pearce Mill Rd
Allison Park, PA 15101

Take a stroll through this 3,075-acre park just north of the city. You are also able to fish and kayak on the 65-acre lake. This is also a great location to have a picnic.

Randyland

1501 Arch St
Pittsburgh, PA 15212

Walk around and enjoy the different art in Pittsburgh that is open from 10 a.m. until dusk. You can view the vibrant murals, and you are often able to listen to music while enjoying the scenery.

Mount Washington

136-160 Grandview Ave
Pittsburgh, PA 15211

Take in the view of Pittsburgh's city skyline. You can go out on the

lookout spots that are along the cliff side and take photos for memories. There are also many restaurants and shops to enjoy in the area.

Allegheny Observatory

159 Riverview Ave
Pittsburgh, PA 15214
Phone: 412-321-2400

Located in a public park, but owned by University of Pittsburgh, the Allegheny Observatory hosts free tours to view the laboratory of stars. Free tours are from April to November and go from 8 p.m. to 10 p.m. (a reservation is required).

Due to COVID-19, hours might be changed. Please call ahead to verify.



Harrisburg activities.

Fort Hunter Park

5300 N Front St
Harrisburg, PA 17110

Take a day to go to the park and enjoy a picnic at one of the riverfront tables, chairs, or swings. Stroll through the park and enjoy the fresh air.

Farmers' Market in Hershey

1215 Research Blvd
Hummelstown, PA 17036

Visit the farmers' market in Hershey, held every Thursday from May to October from 2:30 p.m. to 6:30 p.m. There is often live music that is held later in the evening to listen to while walking around.

Negley Park

210 Cumberland Rd
Lemoyne, PA 17043

Get a view of the Harrisburg skyline by visiting Negley Park. This is a great place to view the river valley, as it is located on a bluff above the river. Take a nice long walk in the summertime weather.

Hershey's Chocolate Tour

101 Chocolate World Wy
Hershey, PA 17033

Take a tour and learn how Hershey's famous chocolate is made. This is a great tour for the whole family and, at the end, you even receive a free piece of candy.

Philadelphia activities.



Dream Garden

601 Walnut St
Philadelphia, PA 19106

View over 100,000 public art pieces just a block away from Independence Hall. Walk through and see all the amazing glass murals and more.

Reading Terminal Market

51 N 12th St
Philadelphia, PA 19107

Wander through the unique shopping experience located in downtown Philadelphia, where you can browse different products and smell the amazing food.



Rocky Steps

2600 Benjamin Franklin Pkwy
Philadelphia, PA 19130

Visit the movie scene of the movie "Rocky," where actor Sylvester Stallone runs up the 72 famous steps. This is a very popular tourist spot and a must-see stop in Philadelphia.

Tomb of the Unknown Revolutionary War Soldier

217-231 W Washington Square
Philadelphia, PA 19106

This tomb honors many soldiers, both American and British, of the Revolutionary War. It is located in Washington Square and has an eternal flame to view above the grave site.



Erie activities.

Presque Isle State Park

301 Peninsula Dr
Erie, PA 16505

Take some time to get some fresh air and visit Presque Isle Park where you can swim, fish, kayak, boat, hike, and relax. You can pack a picnic to enjoy as you spend the day.

Tom Ridge Environmental Center

301 Peninsula Dr
Erie, PA 16505

Visit this educational center that teaches the different forms of life that inhabit the peninsula of Presque Isle. This has changing exhibits throughout the year.



Happenings at our Connection Centers!

Stop by and
check out some of our
awesome events!



Join Others in Preventing Type 2

Check your risk for Type 2 diabetes as part of your 2022 Medicare benefits.

Highmark Wholecare has partnered with Solera to offer a Diabetes Prevention Program — a lifestyle change program that's proven to prevent or delay Type 2 diabetes.



WHO CAN JOIN?

You may be at risk for Type 2 diabetes if you have the following risk factors:

- Are overweight
- Have a parent, brother, or sister with Type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant (gestational diabetes)

WHAT'S INCLUDED



Access to a personal health coach



Weekly sessions



A small group for support



Tools like a wireless scale and Fitbit® activity tracker*

SEE IF YOU QUALIFY TODAY!

hmkcares.com/solera or call 1-866-671-9027 (TTY: 711)

*For participants who complete four weeks of activity meeting Diabetes Prevention Program guidelines. Applies to select Fitbit models; limited to one per person. Solera Health reserves the right to substitute an alternate tracker.

Calming glitter jars.

These calming jars are great to have as a mindfulness and relaxation tool. Once your jar is complete, just shake it up and focus on the glitter as it swirls and settles to the bottom to help calm down from anger, anxiety, or frustration.

It's super simple to make!



ALL YOU NEED IS:

- Warm water.
- Clear Elmer's (or off-brand) glue or glitter glue.
- A few drops of food coloring (optional).
- Loose glitter.
- Mason jar or bottle with a secure lid (a screw-on lid is highly recommended).

HOW TO MAKE THEM:

Step 1: Add warm water to the jar or bottle, filling it 2/3 of the way full.

Step 2: Add the clear glue or glitter glue to the jar and stir until it has combined with the water.

Step 3: Add in about three drops of food coloring and stir (this step is optional).

Step 4: Pour in the glitter! You can use as much or as little as you want and you can use a mix of fine or chunky glitter—whatever you prefer or have! Stir well until combined.

Step 5: Fill up the jar with more warm water until it is almost full. Be sure to leave a little gap at the top to allow the glitter to move. Then secure the lid—and it's complete!

everly health solutions

Your health and wellness are important – and now they may be even easier to manage



everlywell

At-Home Lab Test

Physician-reviewed lab tests,
fast and easy-to-read results,
all from the comfort of your home



Collect your
sample



Mail your
sample



Your sample
is tested



Retrieve your
results

You may qualify for an Everlywell at-home lab test at no cost.

Complete the test from the comfort of your home with simple instructions, easy shipment via a pre-paid envelope, and straightforward results.

Find out if you're eligible for an at-home A1C Test, Kidney Health Test, or a Fecal Immunochemical Test (FIT) at no cost.

Contact the Highmark Wholecare Customer Support Team
to access your complimentary at-home lab test today!

1-800-685-5209 (TTY 711)

Everlywell Health Solutions is a separate company that administers in-home testing kits for Highmark Wholecare.

Meet Member Services team supervisor, Shawnte Robinson!

Tell us about yourself and what you do for Highmark Wholecare.

I'm Shawnte Robinson, supervisor for the Highmark Wholecare Member Services team. I have been with the company for five years and in my role as a supervisor for four years. I started out as a contingent worker for agent support. This was my first experience with working in the health care field. There was a lot to learn, but I adapted very quickly, which helped get me promoted within the company within a year's time. I love working with our members and employees.

What do you love about working with the Highmark Wholecare Members?

It makes me feel good to help out in the community that I am a part of.

What is the online chat feature?

I have a team that works our online "chat feature." This new feature allows our members to access on-demand connections with our employees to assist them when they need it. I personally like the feature because it allows our internet-savvy members the chance to get assistance and/or gain access to the member portal and review their policy information. They have access to print ID cards, check claims,



update addresses, and more. This makes it easy for our members to gain the access they need. My team of five portal/chat agents are equipped and trained to assist with any member inquiry that may be needed. We enjoy the immediate connections we can make on a daily basis with our members.

SAMPLE CHAT

"Hello Jane! This is Rachel from Highmark Wholecare. How are you doing today?"

Rachel

"I am doing well. I hope you are having a good day!"

Jane

"So glad to hear! I am having a wonderful day. Thank you for asking! What can I assist you with today?"

Rachel

"I need some help understanding my dental benefits."

Jane

"I will be happy to review your dental benefits with you and answer any questions you may have to help you better understand your benefits!"

Rachel

Use your **Over-the-Counter (OTC) Benefit** to order some products to help you enjoy your summer!



Here are some featured summer products.



922-10516
Banana Boat
Sport 30 SPF
3 oz.



922-90950
Aloe Vera
16 oz.



922-10220
Gold Bond
Eczema Relief
Cream
5.5 oz.



922-90933
Calamine
Lotion
6 fl. oz.



922-10464
Tiger Balm
Pain Relieving
Hydrogel
Patch Large
4 ct.



922-11580
Claritin
Reditabs
10 ct.



922-10801
AccuRelief
Complete
3-in-1 Pain
Relief Device



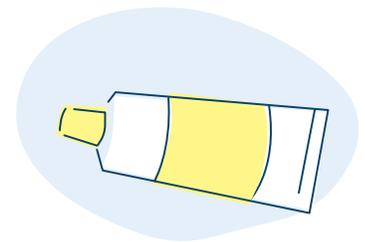
922-01072
Stainless Steel
Digital Scale
Maximum
Capacity
550 lb.



922-00328
Aspercreme
Lidocaine No
Mess Liquid
Roll On
2.5 oz.



922-00358
Omron Upper
Arm Blood
Pressure
Monitor Cuff
Circumference:
9 in. - 17 in.



With our **Over-the-Counter (OTC) Benefit**, you have access to hundreds of retail wellness products when you use your quarterly OTC allowance.

Take advantage of it; it's at no cost to you!



922-99056
Aveeno
Anti-itch Lotion
4 oz.



922-10800
Hand Sanitizer
with Pump
8 oz.



922-10459
Steam Inhaler



922-99158
Arm and
Hammer Odor
Control
Foot Powder
7 oz.



922-91045
Clear Eyes
Triple Action
Relief
0.5 fl. oz.



922-00350
Vitamin C
Chewables
Wafers
500 mg. 60 ct.

There are
3 EASY WAYS
to order.

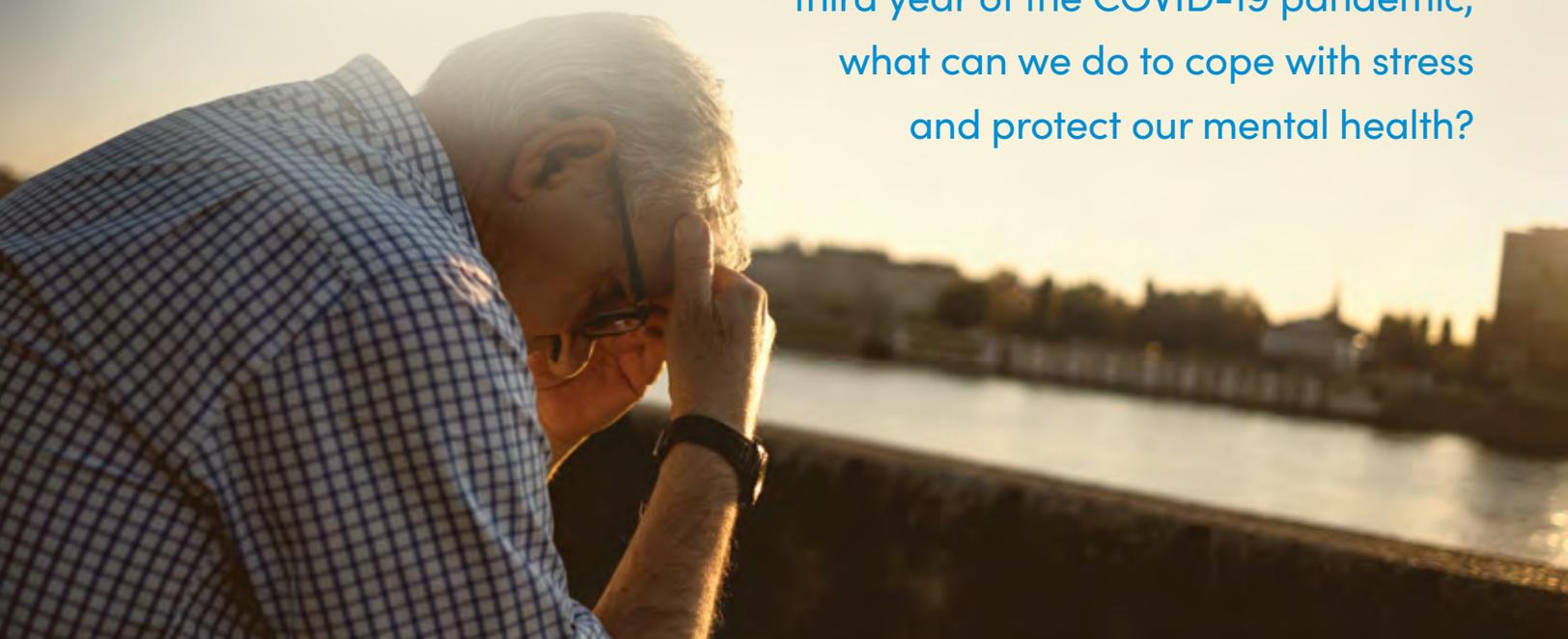
- **Order online.**
HighmarkWholesaleOTCStore.com
- **Order by mail.**
Complete the order form found in the OTC Catalog, or download one on the website and send it in the postage paid envelope to:

Fieldtex Products
2921 Brighton Henrietta TL Road
Rochester, NY 14623
- **Order by phone.**
1-855-350-0074 (TTY 711)
Monday - Saturday:
8 a.m. - 5 p.m.
Sunday:
10 a.m. - 5 p.m.

Fieldtex is a separate company that administers the OTC, Home Safety, and Air Quality Equipment benefits for Highmark Wholesale.

COVID-19 and mental health as we enter year three of the pandemic.

Recent surveys have shown a major increase in the number of adults in the United States reporting stress, anxiety, depression, and insomnia compared to surveys completed before the pandemic. As we enter the third year of the COVID-19 pandemic, what can we do to cope with stress and protect our mental health?



Public health measures like social distancing, which are necessary to combat the spread of COVID-19, can also cause us to feel isolated, lonely, and depressed. Fear of getting sick or loved ones becoming infected may make us feel more anxious or cause us to lose sleep. Constant news coverage can also make us feel overwhelmed and hopeless.

Our bodies are made to cope with stress, but when stress becomes a long-term problem, it can affect our overall health by:

- Causing changes in appetite.
- Decreasing energy levels.
- Making us lose interest in doing things.
- Causing difficulty concentrating or making decisions.
- Causing us to have difficulty falling or staying asleep and decreasing quality of sleep.
- Increasing physical reactions like headaches, pain, stomach/bathroom problems, and skin rashes.
- Worsening chronic health and mental health conditions.
- Increasing use of tobacco, alcohol and other substances.

While we can't control the course of the pandemic, there are ways we can decrease stress and improve our mental health.

- Get enough sleep. Pick a bedtime and a wake-up time and try to stick to them every day. Aim to get at least seven hours of sleep each night. Limit caffeine which can increase stress, anxiety, and sleep problems.
- Stay physically active. Regular exercise and physical activity can help lower anxiety, increase energy, and improve mood.
- Eat healthy. Follow a well-balanced diet and avoid filling up on processed foods high in refined sugar. Choose water instead of sugary and caffeinated beverages.
- Avoid tobacco, alcohol, or other drugs. Smoking and vaping can damage the lungs and increase the risk of lung disease as well as COVID-19 infection. Using alcohol or other substances to numb or cope can actually increase stress on the body and reduce the body's ability to cope with stress. Avoid taking drugs that are not prescribed or approved by your doctor.
- Limit time spent watching the news. While keeping up on current events is important, too much news can increase fear, anxiety, and stress. Consider limiting news watching to a couple times a day and try to unplug from electronics for a few hours each day.
- Stick to a regular routine. Following a predictable routine each day will help you feel more in control. Having a routine also helps you remember to take medications at the correct times, which will keep chronic health conditions controlled.
- Connect with others. Talk with people you trust about how you are feeling and concerns you have. If social distancing prevents being together in person, make time to talk on the phone, through social media, or even by mail.

- Continue to take medications for chronic and mental health conditions. In times of stress, it can be easy to forget about taking routine medications. In addition to having a daily routine, try setting a reminder alarm on your phone, using a pill organizer, or marking a calendar to help keep track of medications.
- Talk to a medical professional. Call your primary care provider or mental health professional if stress is getting in the way of your daily activities for several days in a row.

Emergency/Crisis Support:

- National Suicide Prevention Lifeline: **1-800-273-8255** (English), **1-888-628-9454** (Spanish).
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline for individuals or families facing mental and/or substance use disorders: **1-800-662-4357**.
- National Alliance on Mental Illness (NAMI) Helpline: **1-800-950-6264**.



Creating and logging in to your member account

Davisvision.com gives you quick access to your vision benefits information. Your member account includes useful tools allowing you to access your member ID card, find an in-network provider or view your list of benefits.



Step 1

From any page on **davisvision.com**, select "Member log in" from the navigation.

Step 2

If you have already set up your account, enter your username and password. Otherwise, click "Register new account."

Step 3

From the member registration page, the primary policy holder can set up an account with their own username and password and have immediate access to the secure member area of the website.



Need access to benefits on the go? We've got you covered.

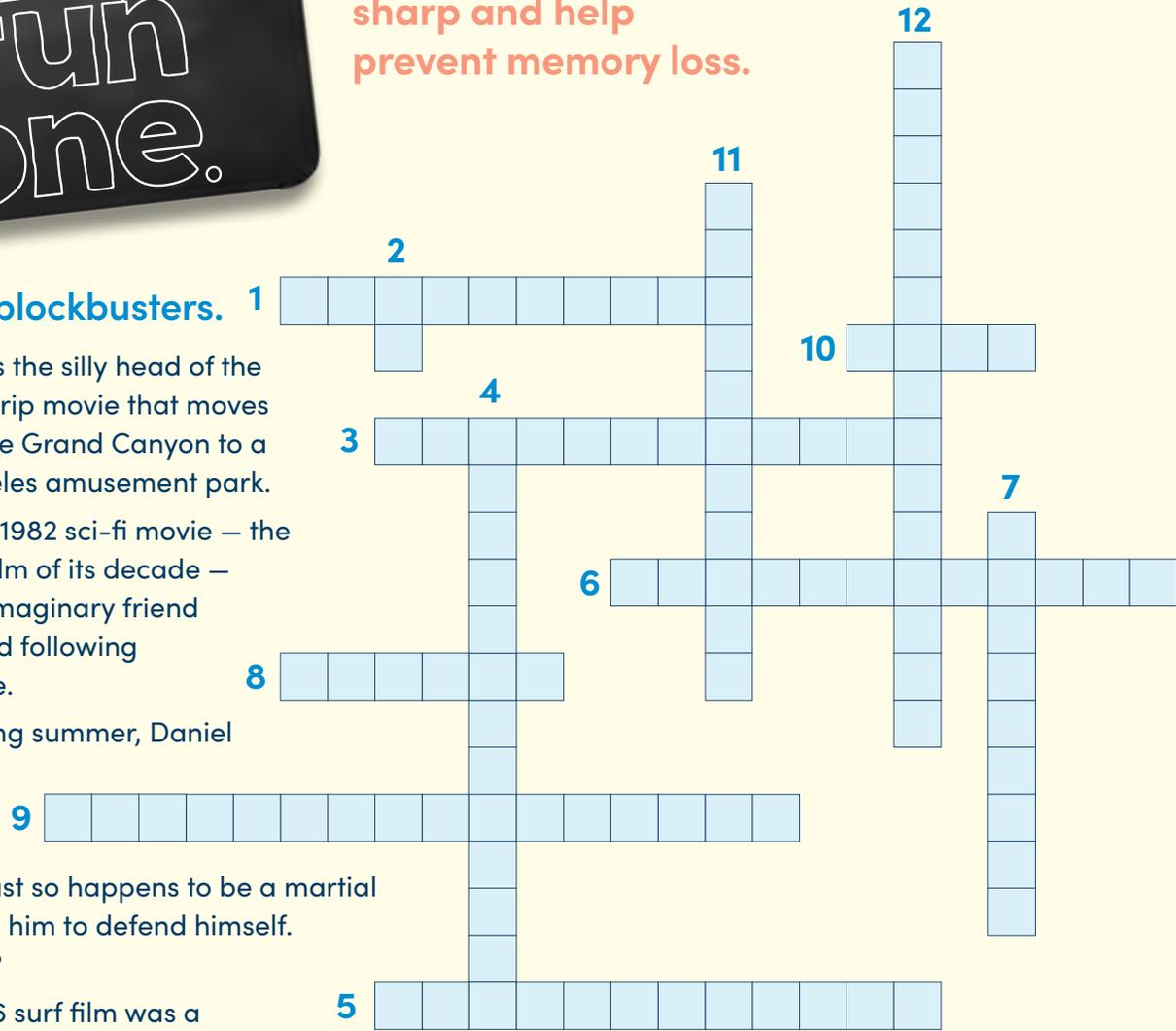
Download our mobile app and log in using the same credentials from your member account for quick and easy access to the same great features found online.



Brain games can help keep your mind sharp and help prevent memory loss.

Summer movie blockbusters.

1. This actor is cast as the silly head of the family in the road trip movie that moves from Chicago to the Grand Canyon to a shuttered Los Angeles amusement park.
2. Steven Spielberg's 1982 sci-fi movie – the highest-grossing film of its decade – was based on an imaginary friend the director created following his parents' divorce.
3. After a life-changing summer, Daniel can't get rid of a group of bullies. So, he asks a repair man (who just so happens to be a martial art master) to train him to defend himself. What is this movie?
4. Bruce Brown's 1966 surf film was a trailblazer because it introduced the newly popular California sport to a wider American audience.
5. This classic 1987 film about a Catskills summer resort is remembered for fun dance scenes and nostalgic set pieces.
6. New York in summertime, Bill Murray is cast as a charming ghost exterminator and, of course, the evil Stay Puft Marshmallow Man. What is this memorable flick?
7. This is a film about growing up, made even more so by the real-life tragic death of one of its lead young actors, River Phoenix.
8. The high school musical to end all high school musicals, this story of a greaser in love with a good girl is as sweet and iconic as they come.



9. The year was 1988. In this movie, the second in the "Candy trilogy," two in-laws tangle with a bear in a lake cabin.
10. A movie of beach towns, lifeguards, and a terrifying shark who is terrorizing the town.
11. In 1940s South Carolina, mill worker Noah and rich girl Allie fall in love, but they must separate because of their social differences. What is this film?
12. The classic comedy tells the story of two best friends who run into a wee bit of trouble together and subsequently decide to flee to Mexico in a 1966 Ford Thunderbird.

The Fun Zone

ANSWERS

1. Chevy Chase
2. ET
3. The Karate Kid
4. Endless Summer
5. Dirty Dancing
6. Ghostbusters
7. Stand by Me
8. Grease
9. The Great Outdoors
10. Jaws
11. The Notebook
12. Thelma and Louise



Scam alert!

Fraud, waste, and abuse.

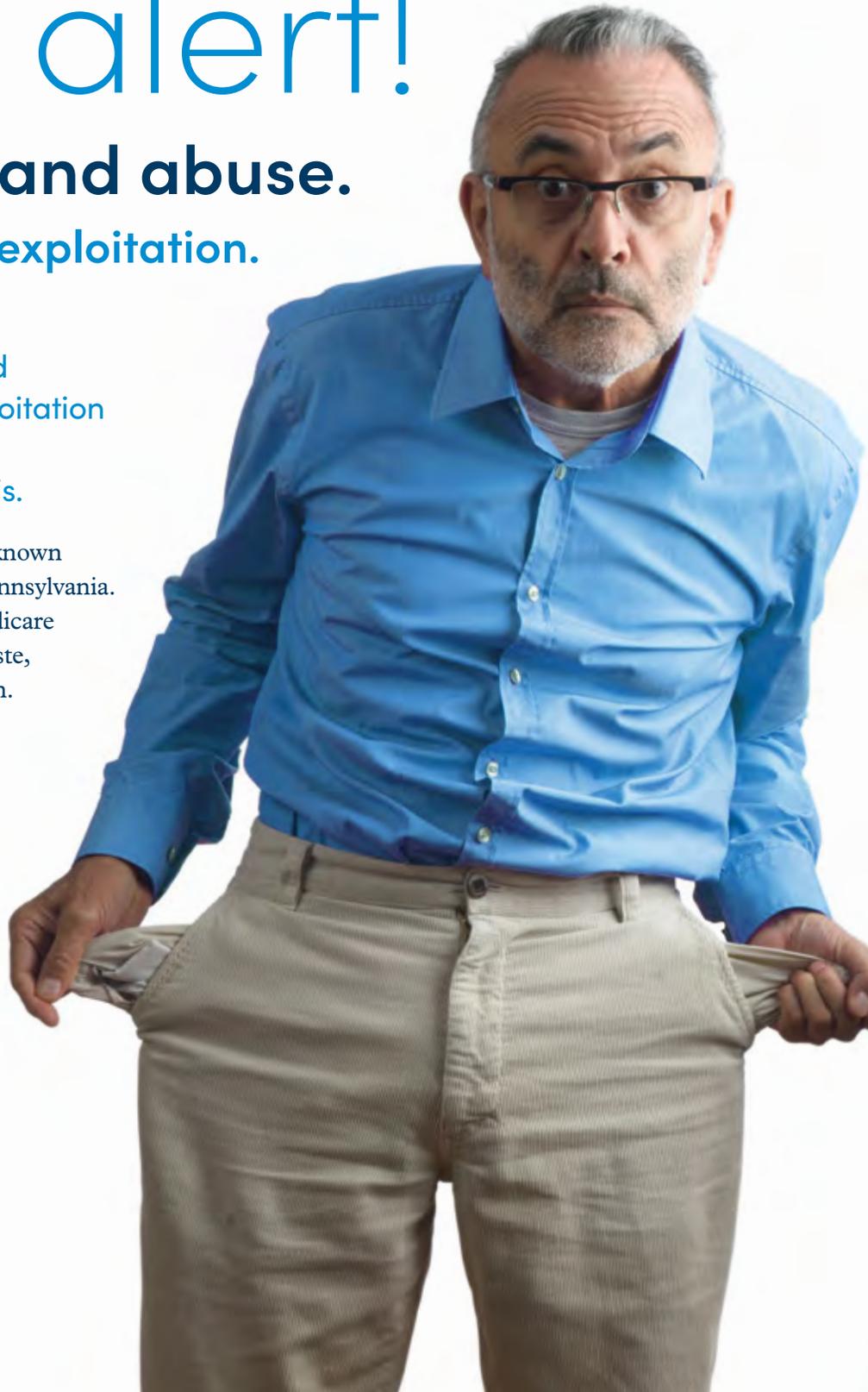
Scams and financial exploitation.

Unfortunately, fraud, waste, and abuse scams and financial exploitation impact millions of people in the United States on an annual basis.

Financial exploitation is the number one known criminal activity against older adults in Pennsylvania. There are signs you can look for, as a Medicare beneficiary, to identify potential fraud, waste, and abuse scams and financial exploitation.

Signs that financial exploitation may have occurred.

- Substandard care being provided or bills unpaid despite the availability of adequate financial resources.
- Unauthorized withdrawal of funds using the older adult's ATM card.
- Unexplained disappearance of funds or valuable possessions.
- Discovery of an older adult's signature being forged for financial transactions or for the titles of his/her possessions.



If you suspect fraud, waste, or abuse, please call us at **412-255-4340** or **1-844-718-6400** (TTY Users can call **711** or **1-800-654-5984**) so we may look into your concerns. You have the option to remain anonymous at all times. Highmark Wholecare has a team of people who look into all calls or mail regarding possible fraud, waste, or abuse of health care services.



I have a 4-year-old grandchild. She waited almost three years to start talking. When she finally said, "I love you," I heard it loud and clear. I cannot think of a better sound or a better reason to have purchased hearing aids.

—TruHearing® Customer

Delight in the details.

Why miss out on life's most precious moments because of hearing loss? Many wait too long to seek help, but you don't have to. As part of your Highmark Wholecare plan, you have a hearing aid benefit available through TruHearing®.



Call TruHearing to schedule a hearing exam **1-844-782-3072** (TTY: 711)



Risk-free, 60-day trial



1 year of follow-up visits



3-year manufacturer warranty



80 free batteries per hearing aid



State-of-the-art hearing aid technology



Dedicated Hearing Consultant to help you



Hours: 8am–8pm, Monday–Friday

All content ©2022 TruHearing, Inc. All Rights Reserved. TruHearing® is a registered trademark of TruHearing, Inc. See your Evidence of Coverage for your plan's details.

TruHearing is a separate company that administers the hearing aid benefit(s) for Highmark Wholecare.

Tick prevention for people and pets.



Summertime is the perfect occasion to get outside and explore. With the warm months and being outdoors also comes the concern of ticks, which are most active during the warmer months. Below are some steps you can take for yourself and your pets to avoid and look for ticks.

TIPS FOR YOURSELF.

Before you go outdoors.

Know where to expect ticks.

Ticks live in grassy or wooded areas. Spending time outside walking your dog, gardening, or camping could bring you in close contact. Many people get ticks in their own yard or neighborhood.

Treat clothing and gear with products containing 0.5% permethrin.

After you come indoors.

Check your clothing for ticks.

Ticks may be carried into the house on clothing. Any ticks that are found should be removed.

Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.

Shower soon after being outdoors.

Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases.

Check your body for ticks after being outdoors.

Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body for ticks:

- Under the arms
- In and around the ears
- Inside belly button
- Back of the knees
- In and around the hair
- Between the legs
- Around the waist

TIPS FOR YOUR PET.

Talk to your veterinarian about:

- The best tick prevention products for your dog
- Tickborne diseases in your area

To further reduce the chances that a tick bite will make your dog sick:

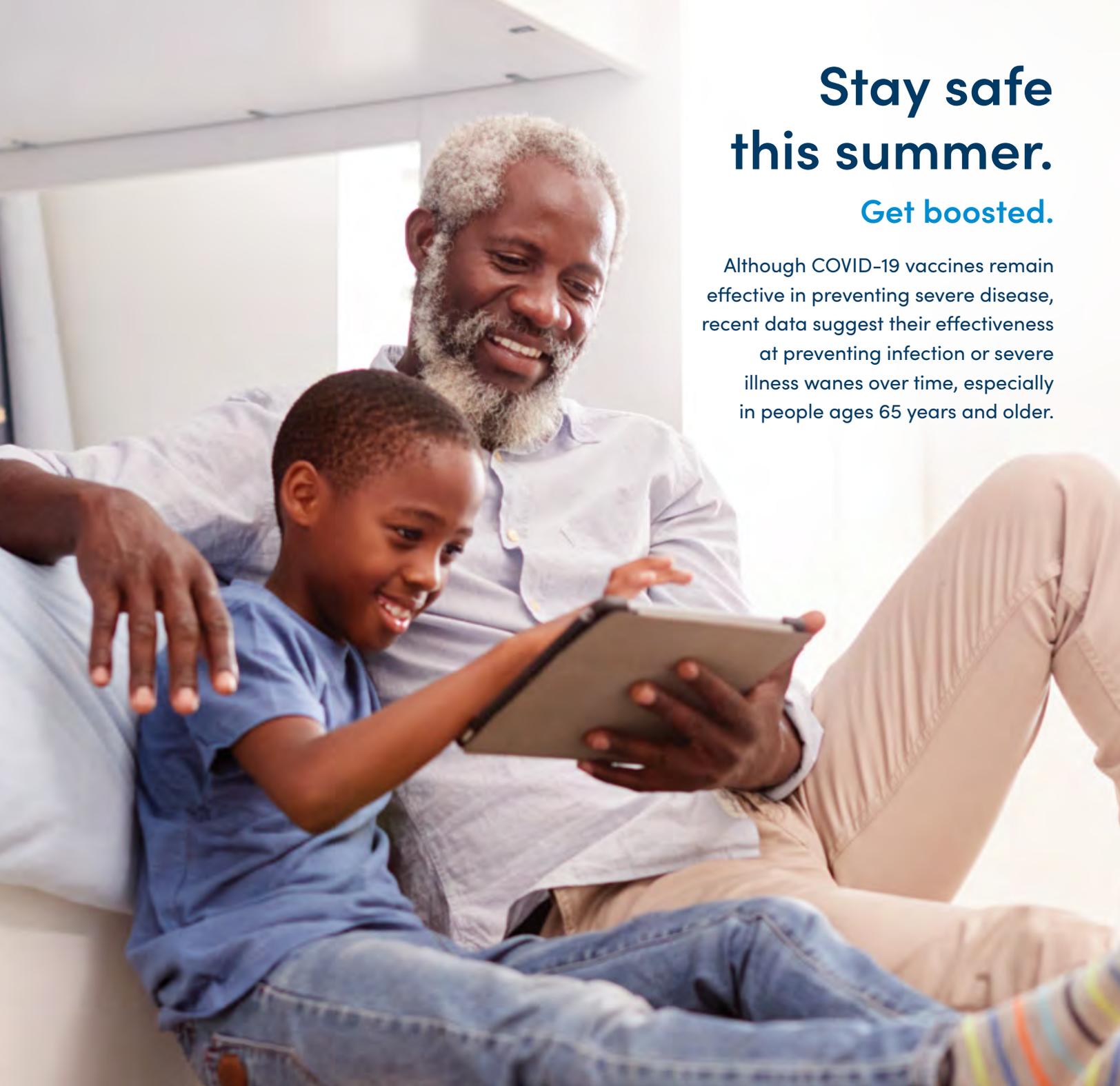
- Check your pets for ticks daily, especially after they spend time outdoors.
- If you find a tick on your pet, remove it right away.

The best areas to look for ticks on your dogs:

- In and around the ears
- Around the eyelids
- Around the tail
- Under the collar
- Under the front legs
- Between the back legs
- Between the toes



Sources: Preventing tick bites on pets | CDC. (2020, January 9). Centers for Disease Control and Prevention. https://www.cdc.gov/ticks/avoid/on_pets.html
Preventing tick bites. (2020, July 1). Centers for Disease Control and Prevention. https://www.cdc.gov/ticks/avoid/on_people.html



Stay safe this summer.

Get boosted.

Although COVID-19 vaccines remain effective in preventing severe disease, recent data suggest their effectiveness at preventing infection or severe illness wanes over time, especially in people ages 65 years and older.



Health benefits or health benefit administration may be provided by or through Highmark Wholecare, coverage by Gateway Health Plan, an independent licensee of the Blue Cross Blue Shield Association ("Highmark Wholecare").