

# your health

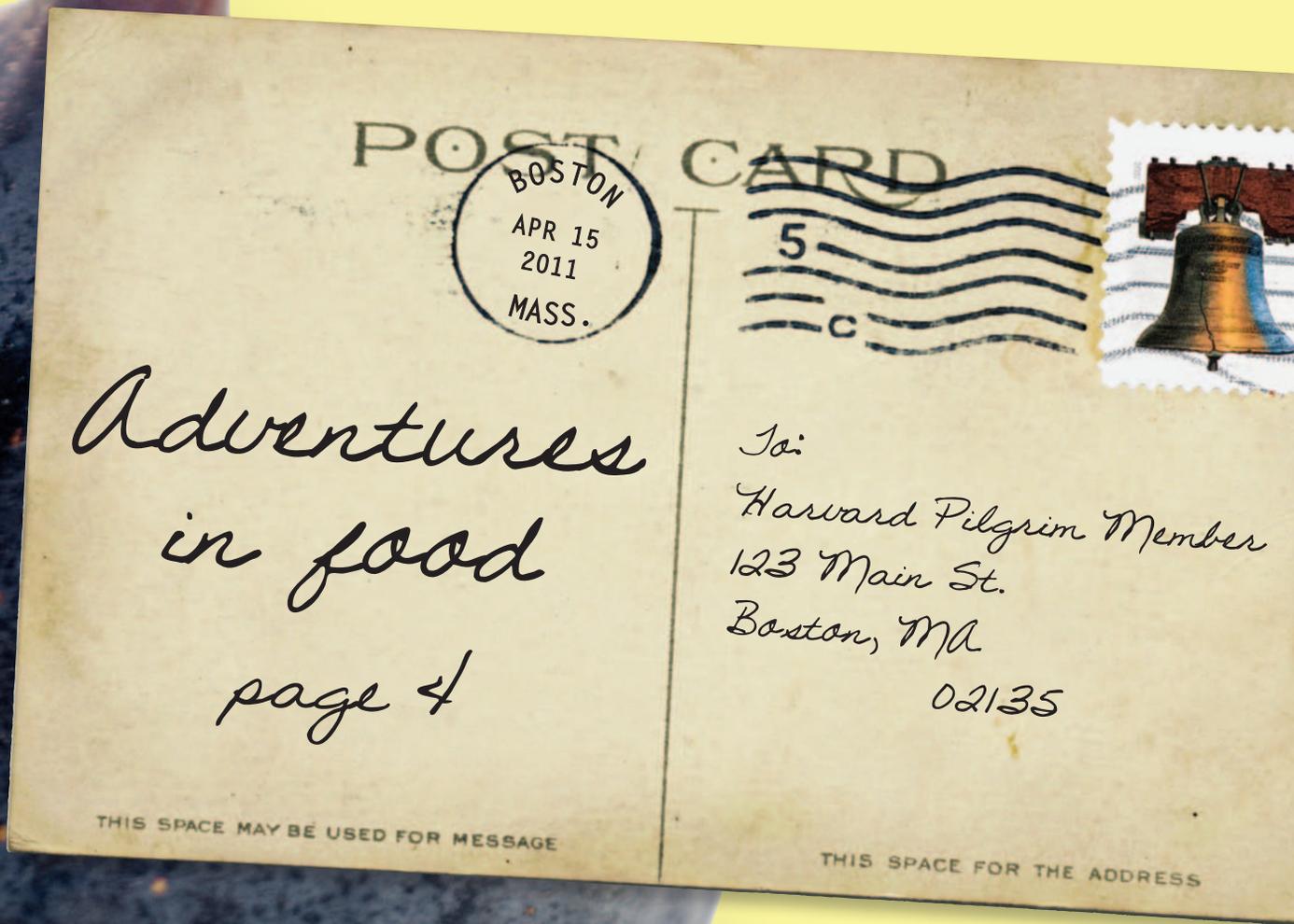
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## your health

Spring 2011

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## Pregnant? A new mom?

### Text4baby

is here to help you  
through your pregnancy  
and baby's first year.  
Sign up now to get free  
helpful messages three  
times a week.



Just text "BABY"

(or "BEBE" para español) to **511411** to sign up.

[www.text4baby.org](http://www.text4baby.org)

A free service from the National Healthy Mothers, Healthy Babies Coalition



## Take the Health Questionnaire and begin your own road to wellness

There is so much we can do to improve our well-being. Harvard Pilgrim's Health Questionnaire (HQ) is a great way to find out what you are doing well and what you can do better.

Confidential and easy, this online tool will help you take action on small choices that can have a big impact on improving your health!

■ Good health begins at [www.harvardpilgrim.org](http://www.harvardpilgrim.org). Log into *HPHConnect* to take your own HQ. If you do not have access to the HQ online, we can help you with other ways (such as a printed version or by phone). Just call Member Services at 1-888-333-4742 to get started!

# Your Member Savings

## Save up to 25% on organic vegetable garden installation and support

Stay active and eat healthy with guidance from Green City Growers, experienced organic farmers with special expertise in installing and maintaining raised-bed vegetable gardens. Harvard Pilgrim members located in Eastern Massachusetts can get help with:

- Installing raised-bed organic vegetable gardens
- Assistance from Green City Growers, including weekly, biweekly, and monthly maintenance plans. Harvard Pilgrim members get two weeks FREE when signing up
- DIY education and material sourcing, including consultations and hands-on education to make growing organic vegetables at home easier

Green City Growers can help you produce farm-fresh food right from your yard. All you need is love of fresh vegetables; they'll do the dirty work.

### Discounts available

- 15% off raised-bed installation service (value of discount ranges from \$75 to \$210 depending on size of raised-bed)
- 25% off self-farm course to learn how to maintain raised-beds (\$43.75 discount value)
- Two weeks FREE maintenance when signing up for weekly maintenance

### ■ Learn more about Somerville, Massachusetts-based

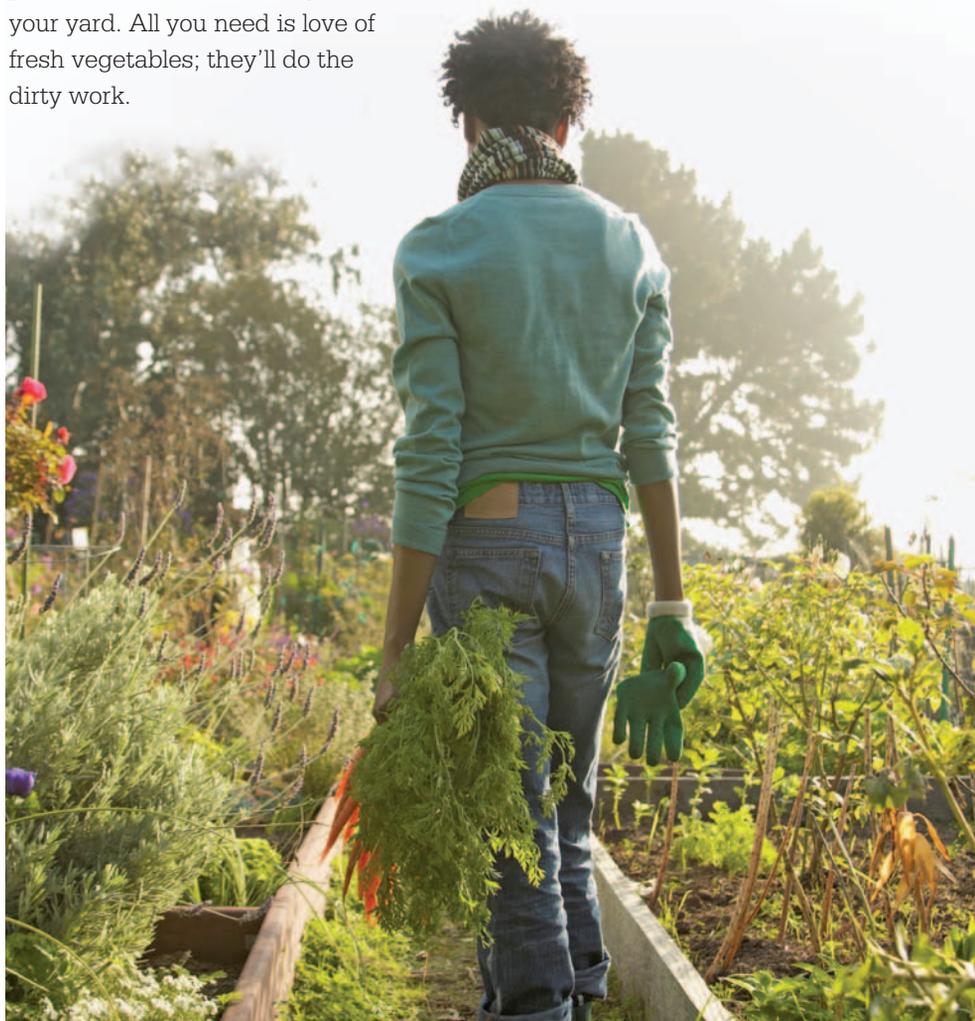
**Green City Growers online at [www.harvardpilgrim.org/savings](http://www.harvardpilgrim.org/savings).**



### FREE QUICK REFERENCE GUIDE

To learn more about healthy food choices and download or order a printed copy of a free guide to delicious seasonal foods of the Northeast, visit [www.healthyharvest.org](http://www.healthyharvest.org). The Healthy Harvest Web site includes comprehensive guides with detailed information about when produce is available regionally both fresh and from storage, as well as food-specific information on varieties, nutritional content, how best to prepare each food item and tips on how to store them. You'll also find recipes from some of the nation's top sustainable cuisine chefs.

■ Visit [www.harvardpilgrim.org/wellness](http://www.harvardpilgrim.org/wellness) to find member savings and wellness programs to help you eat right and improve your health.





*Adventures in  
food*

**A**re you in a food rut? Having the “same old, same old” every day not only is boring, but leaves your body in nutritional need. Who needs that?

Trying new foods will not only add some adventure to mealtimes, it can help prevent disease. Getting a much broader range of nutrients simply gives your body and mind the best health advantage.

Start your journey with these highly nutritious foods that have been staples in other cultures for hundreds of years. Now more widely available in the U.S., you can find them in larger supermarkets, natural food stores, cooperative grocery stores or ethnic markets.

### Tofu

Tofu, also called bean curd, has long been used in many Asian countries. It is a soft, white, custard-like food with a mild flavor. You can choose different levels of firmness, based on what suits your taste or the recipe. You can buy it packed in water or in “aseptic” packaging, which does not need refrigeration. Tofu is a good source of protein, calcium, iron, phosphorus and B vitamins.



Because it absorbs the flavor of the foods, herbs and spices that it’s cooked with, tofu is very versatile. Its chewy texture and high protein content make it a good meat substitute. Mix cubes of firm tofu into vegetable stir fry, casseroles or spaghetti sauce. Soft tofu can be pureed in a blender and used as a mayonnaise or sour cream substitute to make dressings, spreads or dips. Tofu can also be blended to make creamy pies and other desserts.



### Ancient grains

Amaranth seeds were a staple of the Aztecs, and quinoa (pronounced KEEN-wah) seeds were used by the Incas.

Amaranth seeds have a sweet, nutty flavor and are high in protein, fiber and vitamin C.



### HEALTH TOPICS A THROUGH Z

Read more about healthy eating online in our Health Library. Visit [www.harvardpilgrim.org](http://www.harvardpilgrim.org).

For a tasty hot cereal, simmer 1 cup of amaranth seeds in 1½ cups of water for 35 minutes. Cook it in casseroles or with other grains like rice, oats or millet. Amaranth seeds can add flavor and nutrition to breads, cookies and other baked goods.

Quinoa seeds have a mild flavor and a light, fluffy texture. They are an excellent source of complete protein and supply a respectable amount of calcium and iron. Simmer 1 cup of quinoa in 2 cups of water for 10 to 15 minutes. Once quinoa is cooked, you’ll notice tiny sprout-like arcs attached to the seeds. Serve quinoa with vegetables or seafood or add to soups and casseroles.

### Vegetables from the sea

Most people think of seaweed, or sea vegetables, as a Japanese food. But many other cultures have eaten kombu (also known as sea cabbage) for hundreds of years. Usually packaged in dried flat strips, kombu is great for making soup stocks or sautéed with vegetables. Add it to dried beans to reduce cooking time and help lessen the “gassy” effect. Some people use shredded or powdered kombu as a seasoning.



Wakame is found in the coastal waters of Japan, Alaska and the British Isles. This versatile seaweed grows in thin, long strands and can be added to soups or cooked with other vegetables. To rehydrate dried wakame, soak it in water for 15 to 30 minutes.

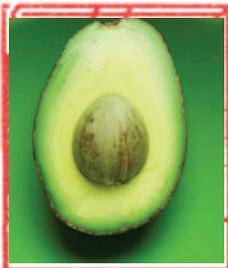
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# 6 superfoods to include on your journey to better health



These foods, perhaps not as exotic, are too often overlooked. Yet they are easy to prepare, pack a nutritional wallop and can help you avoid unhealthy fats.

# 0000003676



## Avocado

Go beyond guacamole by adding slices to your salads and sandwiches.

Avocado offers:

- Heart-healthy monounsaturated fat
- Vitamins A and E
- B vitamins
- Potassium
- Copper



## Barley

A refreshing addition to soups and casseroles, you also can try pearled barley as a rice substitute, or boil to create a unique stir-fry base.

Barley brings you:

- Protein
- 25% of your daily fiber needs in 1 cup
- Potassium
- Phosphorous
- Iron

# 0000003676



## Dried figs

Sweet and fiber-rich, figs are a great addition to casseroles and salads. Or substitute them for raisins in a few recipes to shake things up.

Figs are full of:

- Fiber
- Potassium
- Calcium
- Iron
- B vitamins



## Lentils

Try lentils tossed with rice or baked in a casserole. Or seek out spicy, spreadable lentil dips at ethnic food stores and larger supermarkets. Lentils are loaded with:

- 40% of your daily protein intake in 1 cup
- 65% of your daily fiber dose in 1 cup
- Potassium
- Calcium
- Iron
- B vitamins
- Phosphorous
- Copper

## POST CARD

(For Address Only)



# Sweet Potato

It's too bad sweet potatoes are thought by many to be just a Thanksgiving Day side dish. Available year round, these fulfilling root vegetables (specifically, tubers) offer a filling and healthy alternative to potato chips. Just drizzle thin slices with olive oil, season to taste and bake until golden brown. Sweet potatoes provide:

- Lots of Vitamin A
- Vitamin C
- Calcium
- Phosphorous
- Potassium
- Magnesium
- Iron

## POST CARD

(For Address Only)

# Kale

With an earthier flavor and chewier texture than spinach, dark and leafy kale adds an exotic twist to the dinner table. It is excellent steamed or sautéed with garlic, sesame seeds and a splash of soy sauce.

Kale packs a punch with:

- Twice your daily intake of Vitamin A in 1 cup (cooked)
- Vitamin C
- Small amount of B vitamins
- High in calcium
- No fat

# The classics

## Don't leave these nourishing favorites behind

While it's important to explore and experiment with new foods, we've highlighted these more familiar standards that are important players in a disease-fighting diet.

**PULP FRUIT.** All fruits contain healthy nutrients, but some offer unique health benefits. Citrus fruits contain a phytochemical called limonene that may help prevent cancer. Berries are high in fiber and vitamin C, and contain potent antioxidants. (These are just examples — all fruits contain nutrients that are good for your health.)

**TOMATOES.** Tomatoes are loaded with vitamins B and C, iron, potassium and beta carotene. They also contain an important phytochemical called lycopene, which may help lower the risk for heart attack and prostate cancer, as well as other cancers. Cooked and canned tomatoes contain even more available lycopene than fresh tomatoes.

**ALL THE CRUCIFEROUS VEGETABLES.** Cruciferous vegetables such as broccoli and cauliflower contain a phytochemical called indoles that may help prevent some cancers. They are also high in fiber, vitamin C and beta carotene. And don't forget about the lesser-known members of this family, including arugula, Brussels sprouts, cabbage, turnips, kale, Swiss chard, collard greens, rutabaga and watercress.

**WHOLE GRAINS.** Not sure if your bread or cereal is made from whole grains? Check the labels. Whole wheat, barley or oats should be listed as the first ingredient. Also, look at the fiber content. Whole grains contain fiber, vitamins and minerals. Eating whole-grain foods may help lessen your risk for heart disease and some cancers.

**FISH.** Low in saturated fat but high in omega-3 fatty acids, fish is a great heart-healthy choice. Experts recommend consuming two servings of low-mercury fish per week. Fish with the highest amount of omega-3s include salmon and mackerel. The U.S. Environmental Protection Agency (EPA) warns, however, that nearly all fish contain traces of mercury. For most people, the risk from mercury by eating fish is not a health concern. For pregnant women, women who may become pregnant, nursing mothers and young children, some fish and shellfish contain levels of mercury that may be harmful. Learn what types of fish are safe for you and what to avoid at [www.epa.gov/mercury/advisories.htm](http://www.epa.gov/mercury/advisories.htm).

■ Visit us at [www.harvardpilgrim.org/wellness](http://www.harvardpilgrim.org/wellness) to find member savings and wellness programs to help you eat right and improve your health.

■ Get connected to the region's leading programs helping children eat better and move more — sign up for *The Exchange* e-newsletter today! Visit [www.harvardpilgrim.org/foundation](http://www.harvardpilgrim.org/foundation).

### HEALTH TOPICS A THROUGH Z

Read more about essential vitamins online at our Health Library. Visit [www.harvardpilgrim.org](http://www.harvardpilgrim.org).

### ADDITIONAL RESOURCES

American Dietetic Association: [www.eatright.org](http://www.eatright.org)

American Academy of Family Physicians: [familydoctor.org](http://familydoctor.org)

U.S. Food and Drug Administration: [www.fda.gov](http://www.fda.gov)





# BIG D

## Experts double vitamin D recommendations

**L**ife is full of trade-offs. Get too much sun and you raise your risk for skin cancer. Get too little and you could wind up with a deficiency of vitamin D, the “sunshine vitamin.”

The American Academy of Pediatrics (AAP) recently doubled the amount of vitamin D it recommends for infants, children and adolescents. According to this expert group, children need 400 international units (IU) of vitamin D a day, beginning in the first few days of life. Its previous recommendation, issued in 2003, called for 200 IU per day.

### Why the change?

Vitamin D is synthesized from cholesterol as ultraviolet B rays of sunlight strike the skin. But Americans now spend 93 percent of their time indoors, and cloudy skies, clothing, sunscreen and even air pollution limit how much sunlight reaches the skin. The amount of pigment in skin also affects vitamin D synthesis. According to the AAP, vitamin D deficiency is turning up in infants, children and adolescents.

### Why you need D

Without vitamin D, calcium is poorly absorbed from the gastrointestinal tract. A severe deficiency of vitamin D in infants and children can cause rickets, a condition in which bones are weakened, leading to skeletal deformities. In adults, vitamin D deficiency can lead to osteoporosis. The vitamin also strengthens immunity, protects against high blood pressure and may help ward off diabetes, autoimmune disorders and some forms of cancer.

Although rickets is a rare condition, there has been an uptick in cases among children living in northern, less sunny latitudes. Research shows that higher levels of vitamin D can prevent and treat rickets.

### Getting enough

Few foods contain vitamin D. The best sources are milk (which is fortified with the vitamin), eggs, fatty fish and some fish oils. To get enough, supplements are often needed. The AAP recommends that infants who are breast-fed, or who receive both breast milk and infant

formula, need a supplement of 400 IU of vitamin D daily, beginning in the first few days of life. Formula-fed infants and older children who drink less than a liter a day of fortified formula or milk also need a supplement of 400 IU. Adolescents who don't get 400 IU of vitamin D a day from milk and other vitamin D–fortified foods also need a supplement of 400 IU, according to the AAP.

And what about getting your vitamin D from sunshine? Because of concerns about skin cancer, experts are still weighing the pros and cons of sun exposure. For now, covering up and wearing sunscreen while outdoors remains sensible advice for everyone.

### ADDITIONAL RESOURCES

**American Academy of Pediatrics**  
[www.aap.org](http://www.aap.org)

**National Library of Medicine**  
[www.nlm.nih.gov/medlineplus/druginfo/natural/929.html](http://www.nlm.nih.gov/medlineplus/druginfo/natural/929.html)

### LET'S TALK ABOUT FOOD FESTIVAL

**Saturday, June 25 (rain date: Sunday, June 26)**

**10 a.m. to 5 p.m.**

**Cambridge Parkway Greenway** (the Cambridge side bank of the Charles River, right next to the Museum of Science) More information at [www.mos.org](http://www.mos.org).



Museum of Science

## Let's talk about FOOD!

### WHAT WE EAT AND WHY IT MATTERS

This summer the Museum of Science Boston serves up its second annual food festival, "Let's Talk About Food." Both celebration and exploration of food, health, cooking and science, the event will take place Saturday, June 25, in Cambridge, Massachusetts.

Sponsored by Harvard Pilgrim, the festival will feature demonstrations, tastings, Q & As with experts and plenty of hands-on activities to inspire healthy eating and more informed choices. Participants include farmers, chefs, scientists, policy makers, health care professionals, performers, artists and hopefully YOU!



In the mineral world, iron tends to be featured in the nutrition limelight. But these five minerals deserve to shine as well.

Cr

**Chromium**

Chromium helps the body regulate metabolism, insulin and blood sugar levels. And it may improve blood sugar control in individuals with diabetes. **Chocolate and almonds are good chromium sources.** The Institute of Medicine (IOM), one of the National Academies of Science, suggests about 35 micrograms a day for men and 25 micrograms for women. Research studies continue to examine the role of chromium in the body.

K

**Potassium**

This mineral helps your body control blood pressure, use muscles and send nerve signals. You lose potassium through heavy sweating, which is why it often comes in sports drinks. **You'll also find potassium in bananas, orange and other citrus juices,**

**beans, peas, legumes and nuts.**

The IOM suggests you get about 4,700 mg a day.

Mg

**Magnesium**

It is important for muscle relaxation and blood clotting. Magnesium is needed to manufacture ATP (adenosine triphosphate, the body's main energy molecule). And studies have found that it may improve blood sugar control in people with diabetes. **You'll find magnesium in romaine lettuce, spinach, green beans, peas and other green vegetables.** The IOM suggests about 400 mg a day for men and about 300 mg for women.

Ca

**Calcium**

Calcium is essential for healthy bones and teeth, and is necessary for muscle and blood vessel contraction. **Good sources are from milk, yogurt, cheese, broccoli, kale and spinach.** The recommended dose is about 1,000-1,200 mg daily, depending upon your age and gender.

Zn

**Zinc**

It helps keep your immune system strong, is needed for wound healing and is essential for chemical reactions in the body. **You'll find it in beef, chicken, eggs, nuts, grains, fruits and vegetables and oysters.** Men need 11 mg a day, the IOM says. Women need 8 mg.

**Note: The IOM-recommended amounts are guidelines only. Try to meet your nutritional needs with smart food choices as much as possible. Talk to your doctor about your specific health needs before taking supplements.**

# Protect your skin

**S**kin cancer is the most common type of cancer in our country, accounting for about half of all cancer diagnoses in the U.S. Ultraviolet (UV) light exposure (both from the sun and artificial sources like tanning beds) is the most preventable risk factor for skin cancer.

Here is how you can better protect your skin:

## Year-round tips

Practicing these skin protection habits year-round can help keep you safe:

- Generously apply a broad-spectrum water-resistant sunscreen with a Sun Protection Factor (SPF) of at least 30 to all exposed skin. "Broad-spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays.

## KNOW YOUR SKIN AND BE AWARE OF CHANGES

Inspect your moles monthly — and don't forget to look between your fingers and toes — for the "ABCDE's" of melanoma.

"You know your body better than anyone," notes Dr. Derick. Remember, skin cancer is very treatable when caught early.

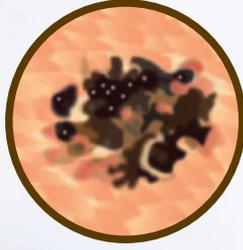
### A



#### ASYMMETRY.

One side of the mole doesn't look like the other.

### B



#### BORDER.

The mole has an uneven or blurry outline.

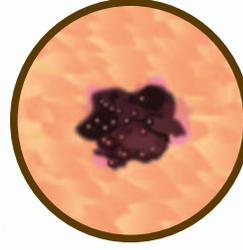
### C



#### COLOR.

Shades of tan, brown, black, white, red or blue could signal melanoma.

### D



#### DIAMETER.

Melanomas are often wider than a pencil eraser.

### E



#### EVOLUTION.

Cancers grow rapidly, so look for changes like a mole that appears to be growing or spreading outward.

Re-apply every two hours, even on cloudy days, and after swimming or sweating.

- Look for shade when you're outside and try to avoid the sun when it's strongest, between 10 a.m. and 4 p.m. Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- Use extra caution near water, snow and sand. They reflect the damaging rays of the sun which can increase your chance of sunburn.
- Avoid tanning beds. Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a UV-free self-tanning product, but continue to use sunscreen with it.

## AND REMEMBER THAT CAR EXPOSURE COUNTS, TOO

If you spend a lot of time on the road, be aware that the sun makes its way into your car as well. Your left side is especially exposed since it receives more direct sunlight next to the window.

"Most car windows block UVB rays that burn the skin, but UVA light, which penetrates more deeply and damages skin cells, can still get through," says Amy Derick, MD, a dermatologist with the American Academy of Dermatology. "Tinted windows help block UVA light, but for easier prevention, cover any exposed skin including your hands, arms, face and neck with sunscreen containing SPF 30."

# Planning for retirement?

## Harvard Pilgrim can help

### Medicare Supplement Plan **NEW!**

Harvard Pilgrim introduced a new Medicare Supplement plan, effective January 1, 2011. Designed for Medicare beneficiaries who don't have retiree health insurance from a past employer, this plan helps fill in Original Medicare coverage gaps.

Members will have the excellent value and service they've come to expect from Harvard Pilgrim, as well as:

#### More choice

- The freedom to go to any Medicare-participating physician or hospital in the country
- Two easy-to-understand plan options

#### Simplified access

- No need to choose a primary care physician
- Referrals or prior authorizations (approval before a treatment) are not needed either

#### Savings

- No copayments for physician services (though a Part B deductible may apply)
- A fitness benefit offering up to \$150 yearly reimbursement

Of course, Harvard Pilgrim members also enjoy healthy discounts on a

wide number of health-related products and services such as eyewear, hearing aids, nutrition and weight loss support. Learn more at [www.harvardpilgrim.org/savings](http://www.harvardpilgrim.org/savings).

### Celebrating 65<sup>SM</sup>

Retirement planning presents so many important decisions to make. With so many choices, the information can be overwhelming and difficult to understand.

That's why Harvard Pilgrim created Celebrating 65<sup>SM</sup>, an educational program to help you plan for your health care needs. Celebrating 65<sup>SM</sup> can help guide you through the maze of Social Security, Medicare and retirement health plan options so you can plan the future that works best for your needs.

**1-877-909-4742**

■ Call us at **1-877-909-4742** to learn more about our retiree plans and how we can help. Or visit our Web site at [www.harvardpilgrim.org](http://www.harvardpilgrim.org).

# Protect your medical identity

**D**id you know that your medical records and health insurance information should be guarded with the same level of caution as your financial information? Though not as common as financial identity theft, medical identity theft can cause serious problems if it does occur. There is the threat not only to your privacy, but also to the accuracy of your medical records and cost of your care.

That is why your health care providers and Harvard Pilgrim take strong precautions (and are required by strict state and federal laws) to protect your information.

There is a lot you can do to protect yourself as well. These simple steps can help you keep your medical information confidential:

## Keep your insurance card in a safe place.

“Treat it like a credit card,” advises Lynn Bowman, vice president of Harvard Pilgrim Member Services. “The only people you should be giving out insurance information to are your insurer, health care providers, pharmacist and possibly your child’s school — and never to a telemarketer.”

## Get a printout of your prescriptions.

Periodically ask your pharmacy (or mail-order prescription service) for a printout of all prescriptions dispensed to you. Just like occasionally getting a credit report, it helps you keep a watchful eye out for anything amiss.

## Use only reputable online health resources.

When using online health services that request personal information (for example, Google Health, WebMD), be sure to review their privacy policies, which explain how they use or may exchange your information.



## your health

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## Independence Day 2011

Come celebrate the Fourth of July with us at the Harvard Pilgrim 10K at Patriot Place in Foxborough, Massachusetts! Featuring a triumphant 50-yard line finish you and your friends can see on Gillette Stadium's jumbo screen, this is an annual event you can't miss.

The event also features a Health & Fitness Expo at Patriot Place on Saturday, July 2, and Sunday, July 3. Children can enjoy the Kids' Fun Run on Sunday the 3rd inside Gillette Stadium.

The proceeds of this Harvard Pilgrim-sponsored event will benefit Camp Harbor View (part of the Boys and Girls Clubs of Boston) and the New England Patriots Charitable Foundation.

■ Get complete details and register online at [www.HarvardPilgrim10K.com](http://www.HarvardPilgrim10K.com).

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AT PATRIOT PLACE