

## Support for Your Healthy Behavior Goals!

McLaren Health Plan (MHP) is committed to helping you achieve your healthy behavior goals! As an MHP Healthy Michigan member, it is your responsibility to complete your Health Risk Assessment (HRA) with your Primary Care Physician (PCP) every year.

Part of completing your annual HRA with your PCP includes a discussion about healthy behaviors. You and your PCP will work together to decide the best healthy behavior for you. Once you select your healthy behavior, MHP will help support you in achieving your healthy behavior goals.

Below are some tips to help you achieve your healthy behavior goals:

### **INCREASE PHYSICAL ACTIVITY, LEARN MORE ABOUT NUTRITION, IMPROVE DIET AND/OR WEIGHT**

- ***Increase your physical activity.*** Things like brisk walking, biking or swimming are good activities to try. Do what you can to increase your activity even by a few minutes a day.
- ***Maintain a healthy diet.*** The current dietary guidelines for Americans recommend that adults eat between 1.5 and 2.5 cups of fruit and between 2.5 and 4 cups of vegetables daily, depending on age, gender and amount of regular physical activity.
- ***Talk to your PCP about the best types of physical activity and diet for you.*** For more information on diet, nutrition, weight loss and physical activity visit [www.WebMD.com](http://www.WebMD.com)\* or [www.Michigan.gov/mihealthiertomorrow](http://www.Michigan.gov/mihealthiertomorrow).

### **REDUCE/QUIT TOBACCO**

Did you know that with a prescription from your doctor you have a choice of several medications to help you stop smoking? You and your doctor should decide on the best option for you. Some of your choices are Nicotine gum, lozenges, patches and inhalers. Other covered medications include Zyban® or Chantix®. You can also get tobacco cessation counseling from your PCP. MHP also offers you a free Stop Smoking Quit Line; all you have to do is call 800-784-8669 to get started!

### **ANNUAL FLU SHOT**

You can get your flu shot at your doctor's office or at your local pharmacy. It only takes a few minutes and will help you avoid getting the flu this year.

## **PCP FOLLOW-UP APPOINTMENTS**

If your doctor has told you that you have hypertension, high cholesterol or diabetes, it is very important to schedule follow-up appointments with your PCP. MHP can also help you if you are diagnosed with one of these conditions:

- Hypertension (high blood pressure) - MHP has a “Down with Hypertension” program. Call Customer Service at 888-327-0671 (TTY:711) for information about this program.
- Cholesterol - Have your cholesterol checked regularly. If you’ve been told you have high cholesterol, follow a low cholesterol diet and visit your doctor regularly. Go to [www.webmd.com](http://www.webmd.com)\* for tips to lower your cholesterol.
- Diabetes - MHP has a free diabetes management program. Call Customer Service at 888-327-0671 (TTY:711) to learn more.

## **FOLLOW-UP APPOINTMENTS FOR RECOMMENDED CANCER OR OTHER PREVENTIVE SCREENINGS**

It’s important to schedule and keep appointments for preventive screenings recommended by your PCP, such as a mammogram or colonoscopy. When you have completed these recommended services, it will help your PCP make sure you are healthy and that you stay healthy!

## **REDUCE/QUIT ALCOHOL CONSUMPTION OR SEEK TREATMENT FOR SUBSTANCE USE DISORDER**

Taking the first step to reduce or quit alcohol consumption or to seek treatment for a substance use disorder is an important one, and MHP is here to help you along the way. It is always a good idea to have regular appointments with your doctor when making lifestyle changes. Your doctor will help keep you on track. If you want to learn more about how to reduce or quit alcohol consumption, visit [www.webmd.com](http://www.webmd.com)\* and select the Health A-Z section; choose Common Topics; then Alcohol Abuse. Information about substance use disorders can be found at [www.webmd.com/mental-health/addiction/tc/drug-abuse-and-dependence-treatment](http://www.webmd.com/mental-health/addiction/tc/drug-abuse-and-dependence-treatment)\*

## **DENTAL VISIT**

Healthy Michigan Plan members have a dental benefit that includes preventive, diagnostic and restorative services. It is important for you to see your dentist twice a year for preventive services. As an MHP Healthy Michigan Plan member, you have Delta Dental coverage for these services. If you need help finding a dentist or scheduling an appointment, call Customer Service at 888-327-0671 (TTY:711). MHP will also help you with transportation to your dentist appointments.

\*[www.webmd.com](http://www.webmd.com) does not replace medical advice from your doctor.

**FOLLOW-UP APPOINTMENT FOR MATERNITY CARE**

Regular visits to your OB-GYN are important when you're pregnant to ensure a healthy pregnancy and baby. Be sure to attend all of your appointments before AND after your baby is born.

**FOLLOW-UP APPOINTMENT FOR MENTAL OR BEHAVIORAL HEALTH SERVICES**

It is important that you keep your follow-up appointments for mental or behavioral health services. When you seek services from mental or behavioral health providers, it is necessary that you continue that care through follow-up appointments so that you get all the care you need.

If you would like more information or assistance with any of your healthy behavior goals or if you would like to speak with your MHP nurse, call Customer Service at 888-327-0671 (TTY:711).

*Thank you for being an MHP Healthy Michigan Plan member!*