



WHOLE you



ISSUE 4, 2021

Thank you for being our member and taking care of the Whole YOU.

If you are new to SilverSummit Healthplan, welcome!

If you are not new to our plan we are glad you are here!

STAY WITH SILVERSUMMIT HEALTHPLAN.

If you have been with us for a while there is NO ACTION required.

If you joined us from Health Plan of Nevada or Anthem we're excited to have you as part of the family! No action is needed.

And don't worry your existing appointments, procedures, surgeries, and doctors are covered by us. And you can access many of the same doctors and mental health providers.

Stay connected and more:

Your [online member account](#) is a great way to not only stay up to date with important plan information but also to help improve your health!



Look at everything you can do:

- Manage your **my.healthpays**® rewards
- Find or change your doctor
- Get care through our virtual health services
- Join our Start Smart for Your Baby®
- View your claims status and more!

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More than just good health, you get more free benefits

*As a SilverSummit member, you now have access to these
FREE value-added benefits and more:*

- **WE GET YOU MORE WITH** up to \$800 in Visa® gift cards for going to the doctor and completing programs
- **WE GET YOU ACCESS** to Pharmacy home delivery
- **WE GET YOU CONVENIENCE** with a Costco® card.*
- **WE GET YOU THERE** with rides to your doctor appointments and other services like WIC, food banks, and the pharmacy
- **WE GET YOU CARE** for your kids with Boys & Girls Club memberships
- **WE GET YOU PAMPERED** with spa services for new moms
- **WE GET YOU BETTER** with NO waiting, quality service

We know your health is important to you and your family, and it's important to us, too. If you have questions, you can contact us at 1-844-366-2880, (TTY/TDD: 1-844-804-6086).

A Healthy Twist on a Classic Family Dish

Pizza is a fun meal that the whole family can agree on. It's fun to eat and even easier to make.

Topping a pizza is a great way to get the entire family to help out with dinner. But before you make your shopping list, here are some tips to make your tomato pie a little bit healthier:

Grab a veggie crust.

Rather than using a regular pizza crust, try a frozen veggie crust like cauliflower or broccoli.

Try a sugar-free sauce.

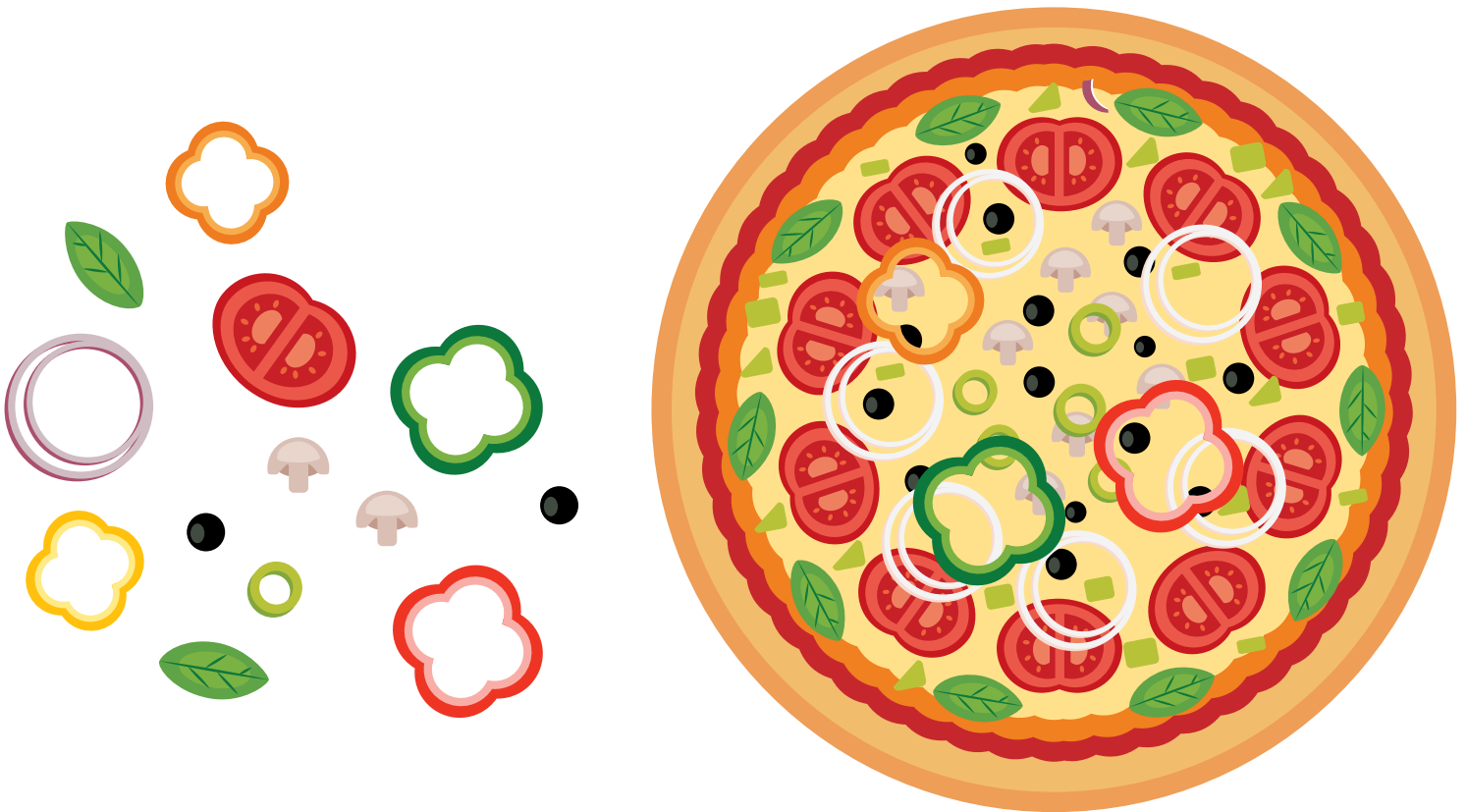
You don't have to skip the sauce to make it healthier. Grab a sugar-free option at the store to try. Or even a no-sugar-added one instead.

Go easy on the cheese.

Cheese is a good source of protein and calcium, but everything is best in moderation.

Load up the veggies.

Go crazy with the vegetable toppings. Let the family pick out their favorites and sneak in a couple of your own.



TIP

Save time by stopping by the salad bar at the store to grab fresh, pre-cut veggies!

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Get the Most From Your Coverage: Support With Asthma Care

As the season changes, people with asthma can be impacted the hardest. But SilverSummit Healthplan has various resources available to get you the support you need.

Check out a few of the benefits below. Reach out and let us help you create a plan. We want to make sure you have access to the care you need when you need it the most.

Find a Provider/Pharmacy

Search our network of providers and pharmacies to find one that's convenient and easily accessible for you.

<https://findaprovider.silversummithealthplan.com/location>

or call **1-844-366-2880**, (TTY/TDD: **1-844-804-6086**) to learn more.

Care Coordination

You will be paired with a care coordinator who can give you specialized attention to help assist with resources and improve healthcare delivery. Call **1-844-366-2880**, (TTY/TDD: **1-844-804-6086**) to learn more.

Myhealthpays® Rewards Program

Earn rewards when you complete healthy activities like a yearly wellness exam, annual screenings, tests, and other ways to protect your overall health. Call **1-844-366-2880**, (TTY/TDD: **1-844-804-6086**) to learn more.

Transportation Assistance.

Your benefits cover non-emergency rides for covered services, like your doctor visits. Set up rides by calling Member Services at **1-844-366-2880**, (TTY/TDD: **1-844-804-6086**).



Five Hydration Hacks for the Holidays



The end of the year is a busy time for everyone. It's easy to forget to do basic things like drinking water. While there's no official number for how much plain water you should drink in a day, there are some positive effects to making it a daily routine. Drinking water helps prevent dehydration. But it also helps improve your mood and clears your thinking.



Start your day with water. Most of us reach for a cup of coffee before our feet even hit the ground. When you go for your cup of joe, grab a second cup to fill with water. Sneaking in water first thing is a great way to start your day hydrated.



Carry a water bottle with you. Using a refillable water bottle is a great trick to making sure you're hydrating throughout the day. If you keep it with you, you're more likely to drink it.



Mix things up with some fresh fruit. If you get bored with drinking plain water, try adding some fruit. The more common ones are lemon or lime. But why stop there? If more flavor is what you're missing, add berries, melons, and even pineapple.



Serve water with your meals. Instead of pairing your meals with sugary drinks, pour yourself a glass of water. Meals can act as milestones to stay hydrated throughout your day.



Schedule water breaks. Use your phone or computer to set reminders to take a break and get another cup of water. Take a moment to refresh and rehydrate yourself.



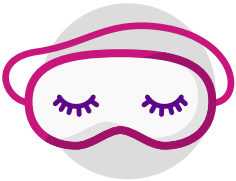
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Are You and Your Heart Working Too Much?

Most of us want to perform well at our jobs. But working long hours and not taking care of yourself can cause heart health complications down the road. SilverSummit Healthplan is pleased to offer a few tips. Helping you avoid the pitfalls of working too much and improve your heart health.



Plan and prioritize. Write down ways to add healthy habits into your schedule. Do you want to eat healthier? Exercise more? How about stop checking emails after dinner? Prioritize your goals. But be realistic with yourself. Small steps can make a big difference.



Slumber smarter. You're at a higher risk for cardiovascular and coronary heart disease when you don't get enough sleep. Aim for the recommended seven to nine hours each night. Having a consistent sleep and wake time is good for your body and mind. It tells them to get into a rhythm that helps you feel rested all day long.



Alleviate anxiety. It's important to unwind after a long day of work. Let go of your stress. Unplug and clear your mind. Be present in the moment. Try a free yoga class or meditation with videos online. Take a hot shower or listen to music to decompress. Dedicating time to calm down from a busy day can lower your anxiety and depression. And help keep you healthy and alert.



Take some me time. It's important to plan activities you look forward to during the week. Carve out time to read a good book or cook your favorite meals. Even better, think of ideas to stay active, like running or exercising.



Connect with others. Spending time with family, hanging out with friends, or calling friends are great ways to get the health benefits of strong relationships. Make the time to enjoy connecting with friends or loved ones—even virtually—and you'll be improving your health!

SilverSummit Healthplan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. SilverSummit Healthplan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

SilverSummit Healthplan cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. SilverSummit Healthplan no excluye a las personas ni las trata de manera diferente debido a su raza, color, nacionalidad, edad, discapacidad o sexo.

If you, or someone you're helping, has questions about SilverSummit Healthplan, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 1-844-366-2880, (TTY/TDD: 1-844-804-6086).

Si usted, o alguien a quien está ayudando, tiene preguntas sobre SilverSummit Healthplan, tiene derecho a recibir ayuda e información en su idioma sin costo. Para hablar con un intérprete, llame al 1-844-366-2880, (TTY/TDD: 1-844-804-6086).

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