

A Quality You

Your QualChoice Member Newsletter

Spring 2017

Grow Your Own Groceries

Easy tips for planting a spring container garden—no green thumb required!



Bring springtime inside by planting an indoor herb or veggie garden. It's a fun way to add fresh produce to your meals. If you don't have a sunny window, consider planting a few containers on a balcony or patio after all chance of frost has passed.

Planting with Purpose

Planting a window or patio garden offers many benefits:

- **Affordable.** It doesn't cost much to start one.
- **Convenient.** Pick some lettuce for a salad instead of going to the store.
- **Healthy.** You're growing foods that are good for you.

Getting Started

Are you ready to get your hands dirty? Keep these tips in mind:

- Choose a window or outdoor area that gets at least six hours of sunlight each day.
- For indoor plants, choose varieties that won't grow too large.
- Be sure each container has a drainage hole and provides enough space for plants to grow taller and wider.
- Place the tallest plants in back so they don't block your smaller plants from getting enough sun.
- Water often.

FOR TIPS ON HEALTHY EATING and other health issues, visit QualChoice.com. Sign in to *My Account* for even more on health and wellness topics.

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Pick the Best Produce, Even if You Don't Grow It

You're trying to eat more veggies, but do you wonder if you're choosing the healthiest produce for the price? Here's how to get the biggest nutrition bang for your buck:

- 1. Buy vegetables that are in season.**
They'll cost less and taste better. Check out the sales at your supermarket or visit your local farmers market.
- 2. Stock up on frozen veggies.**
They're easy to heat and are just as healthy as fresh.
- 3. Keep canned vegetables on hand.**
Canned tomatoes, beans, mushrooms, and beets are an easy way to add veggies to any meal. Be sure to choose those labeled "low sodium" or "no salt added."

Individual “Metallic” Plans: Primary Care Physician Required

If you are on a QualChoice Platinum, Gold, Silver, Bronze, or Catastrophic individual plan (not an employer plan), you must use a primary care physician (PCP) to direct your care and refer you to specialists. If you do not have or choose a PCP, you will be assigned one.

- To find a PCP, use *Provider Search* at QualChoice.com; search within the *Select* network.
- Complete and mail the *PCP Selection or Change Form*, found at QualChoice.com under *Member Forms*.

For questions, call Enrollment at **800.235.7111**, ext. **7013**, Monday through Friday, 8 a.m. to 5 p.m. (CST), TTY: **711**.

Member Rights and Responsibilities

We are committed to treating our members with respect and dignity. As a member, you have certain rights and responsibilities. Learn more at QualChoice.com. Under *Members*, select *Member Rights*.

Your Privacy Is Important

We’re also committed to protecting your privacy. View our complete privacy policy at QualChoice.com. Select *Privacy Policy* at the bottom of the home page. You can also call QualChoice Customer Service at **800.235.7111** for a paper copy to be mailed to you.

Sign in to My Account

For plans including our QCARE Health & Wellness Programs, sign in to *My Account* at QualChoice.com.

The Doctor Is In

Milton Hammerly, M.D., MNDR, Chief Medical Officer

Prescription Painkillers: *What You Don’t Know Can Hurt You*

Opioids are powerful drugs often prescribed for pain relief after surgery or an injury. They can also be used for cancer pain. When taken properly, these painkillers can be effective and safe. But it is important to respect their power. Every day in the U.S., between 70 and 80 people die from an opioid overdose. Misuse can also lead to addiction. Here are four things you should know if you or a loved one takes an opioid:

1. For certain long-lasting pain conditions, opioids may not be that effective. It is best to use opioids for a short time, but your doctor may decide that an opioid is the right choice for you to manage lasting pain. If so, your body may get used to the drug over time, so that you need higher and higher doses to get the same relief. Also some people who take opioids for long-lasting pain find that their pain actually increases as the dose increases.

2. For some people, the painkiller’s side effects may be worse than the pain. These can include nausea, constipation, and feeling “foggy.”

3. Not following your doctor’s instructions exactly can be a prescription for trouble. Don’t increase your dose or take doses sooner than you should. Make sure any other medications you take are OK to use while you are taking the opioid. For example, mixing alcohol, sleeping pills, or antianxiety drugs with opioids puts you at risk for an overdose.

4. Sharing opioids can be deadly. Access to an older family member’s prescription drugs is a leading cause of poisoning in young children. Other people who live in or visit your house may look for prescription painkillers to use for fun or to treat their own pain. Keep your medicines under lock and key to prevent accidental poisonings and misuse. And if your pain goes away



before your prescription runs out, get rid of extra pills or patches properly. In many communities, you can drop off unused drugs at the police station, or there may be scheduled “drug take-back” days.

Be smart about opioids and be safe.

Common Opioids

- Oxycodone (OxyContin, Percocet)
- Hydrocodone (Vicodin)
- Hydromorphone (Dilaudid)
- Fentanyl (Duragesic)
- Methadone
- Morphine
- Codeine

Member News & Reminders

Member Survey

Each year, QualChoice asks plan members chosen at random how we're doing. We also ask if they're getting the care and service they need. We will be mailing out surveys with postage-paid envelopes. If you get a survey, please help by completing and returning it. It takes only about 15 minutes to do.

A vendor partner will mail the survey and receive your response, keeping your answers completely private. If you have questions about the survey, please call Customer Service at **501.228.7111**. We value your input! To send input any time, use our *QuicQuestions* online messaging system at QualChoice.com.

Vision Coverage Reminders

- For many plans, a vision exam is covered at no cost to you every 24 months as a *preventive* benefit. Other vision care may be covered under the *medical* benefit.
- For individual plans under the Affordable Care Act: A vision exam is covered every 12 months up to age 18. Routine vision care is not covered after age 18.
- For small employer groups under the Affordable Care Act: A vision exam is covered every 12 months up to age 18, then once every 24 months.

Plans vary, so check your plan documents for specific benefits.

My Account Contest Winners

Congratulations to the four QualChoice members who won iPad Minis by signing up for *My Account*!

One lucky winner was selected at the end of each month from October 2016 through January 2017. Members who had already signed up were also eligible. With *My Account*, you'll find all your benefit information in one place—claims, deductibles, temporary ID card, and more. It's mobile-friendly, so you can manage your account on the go! Visit QualChoice.com to sign up today.



Reporting Health Coverage on Your Taxes

You must report your 2016 health insurance coverage on your federal tax return.

For QualChoice Group Coverage through an employer, retiree plan, or COBRA. Depending on what kind of coverage you had, you may get either or both of the following:

- Form 1095-B, Health Coverage (from QualChoice)
- Form 1095-C, Employer-Provided Health Insurance Offer and Coverage

Some employers won't send a form, but you may file your taxes without it.

For IQChoice Individual Health Coverage

- Use Form 1095-B, Health Coverage (from QualChoice)

For Health Care Independence Program (Private Option) Coverage

- Use Form 1095-B from the Department of Health Services (DHS).
- For questions about tax filing, call DHS at **844.461.3860**.

For Health Insurance Marketplace

- You must file a federal tax return for 2016, even if you don't always file or your earnings level doesn't require you to file.
- Use Form 1095-A, Health Insurance Marketplace Statement. Find it in your **HealthCare.gov** account or by U.S. Mail from the Marketplace.

For questions about your Form 1095-B from QualChoice, contact Enrollment at **800.235.7111**, ext. **7013** or email QCA_enrollment@QualChoice.com.

Didn't receive your Form 1095-B? Contact Finance at **800.235.7111**, ext. **7023** or email QCA_finance@QualChoice.com.

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The QualChoice Building
12615 Chenal Pkwy., Suite 300
Little Rock, AR 72211



ACCREDITED
Health Plan - Health
Insurance Marketplace
Expires 05/01/2017



ACCREDITED
Health Plan
Expires 05/01/17



ACCREDITED
Health Utilization
Management
Expires 10/01/2018

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QualChoice in the Community:

Improving the health of our community is just as important as improving the health of our members. For 2017, our QualChoice volunteers look forward to supporting these community organizations:

- American Heart Association
- Centers for Youth and Families
- Easter Seals Arkansas
- Juvenile Diabetes Research Foundation (JDRF)
- Mamie's Poppy Plates
- Springfest
- Susan G. Komen Arkansas
- Women Run Arkansas
- Youth Home



QualChoice volunteers participating in the August 2016 Easter Seals Rollin' on the River.

Recipe: *Spring Vegetable Sauté*

Ingredients

- 1 tsp. olive oil
- 1 finely chopped garlic clove
- 3 to 4 tiny new potatoes, quartered
- ½ cup sweet onion, sliced
- ¾ cup carrots, sliced
- ¾ cup asparagus pieces
- ¾ cup sugar snap peas or green beans
- ½ cup radishes, quartered
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. dried dill

Directions

1. Heat the oil in a skillet. Cook the onion for 2 minutes. Add the garlic and cook another minute.
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender.
3. If the vegetables start to brown, add 1 to 2 tablespoons of water.
4. Add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender—about 4 minutes.
5. Serve warm.



Per Serving

Serves four; serving size is ¼ of vegetables.
Each serving provides: Calories: 80, Total fat: 1.5 g, Saturated fat: 0 g, Cholesterol: 0 mg, Sodium: 200 mg, Fiber: 3, Protein: 3 g