

**FirstChoice**  
by Select Health of South Carolina  
*Your Hometown Health Plan*

Healthy Connections 

# Healthy NOW

FALL/WINTER  
2018-2019

[www.selecthealthofsc.com](http://www.selecthealthofsc.com)

 @firstchoicebyselecthealth

Why flu shots are  
**important**

Women's  
*health checklist*

Design  
a winning  
indoor  
workout  
see page 8

## Notice of Non-Discrimination

First Choice by Select Health of South Carolina complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. First Choice does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

First Choice provides free aids and services to people with disabilities, such as qualified sign language interpreters and written information in other formats (large print, Braille, audio, accessible electronic formats, other formats). We provide free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, contact First Choice at **1-888-276-2020** (TTY **1-888-765-9586**). We are available Monday – Friday (8 a.m. – 9 p.m.) and Saturday – Sunday (8 a.m. – 6 p.m.).

If you believe that First Choice has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

- Grievance Supervisor First Choice Member Services  
P.O. Box 40849, Charleston, SC 29423-0849  
**1-888-276-2020** (TDD/TTY **1-888-765-9586**)  
Fax: **1-800-575-0419**
- You can file a grievance by mail, fax, or phone. If you need help filing a grievance, First Choice Member Services is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201  
**1-800-368-1019** (TDD: **1-800-537-7697**)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.



[www.selecthealthofsc.com](http://www.selecthealthofsc.com)

SH-162106

## Language services

**English:** If your primary language is not English, language assistance services are available to you, free of charge. Call: **1-888-276-2020** (TTY: **1-888-765-9586**).

**Spanish:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-888-276-2020** (TTY: **1-888-765-9586**).

### Arabic:

إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-888-276-2020** (رقم هاتف الصم والبكم: **1-888-765-9586**) (TTY: **1-888-765-9586**).

**Portuguese:** Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para **1-888-276-2020** (TTY: **1-888-765-9586**).

**Russian:** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-888-276-2020** (TTY: **1-888-765-9586**).

**Vietnamese:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-888-276-2020** (TTY: **1-888-765-9586**).

**Brazilian Portuguese:** Se você fala português do Brasil, os serviços de assistência em sua língua estão disponíveis para você de forma gratuita. Chame **1-888-276-2020** (TTY : **1-888-765-9586**).

**Chinese:** 如果您說中文，您可以免費獲得語言援助服務。請致電 **1-888-276-2020** (TTY: **1-888-765-9586**)。

**Falam:** Falam tawng thiam tu na si le tawng let nak asi mi **1-888-276-2020** (TTY: **1-888-765-9586**) ah tang ka pek tul lo in na ko thei.

**Hindi:** यदि आप हिंदी बोलते हैं, तो आपके लिए मुफ्त भाषा सहायता सेवाएँ उपलब्ध हैं। काल करें: **1-888-276-2020** (TTY: **1-888-765-9586**)।

**Korean:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-888-276-2020** (TTY: **1-888-765-9586**)번으로 전화해 주십시오.

**Chin:** Hakha holh a hmangmi na si ahcun man lo in holh leh piaknak lei bawmchanh khawh na si. Auh khawhnak: **1-888-276-2020** (TTY: **1-888-765-9586**).

**French:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-888-276-2020** (ATS : **1-888-765-9586**).

### Karen:

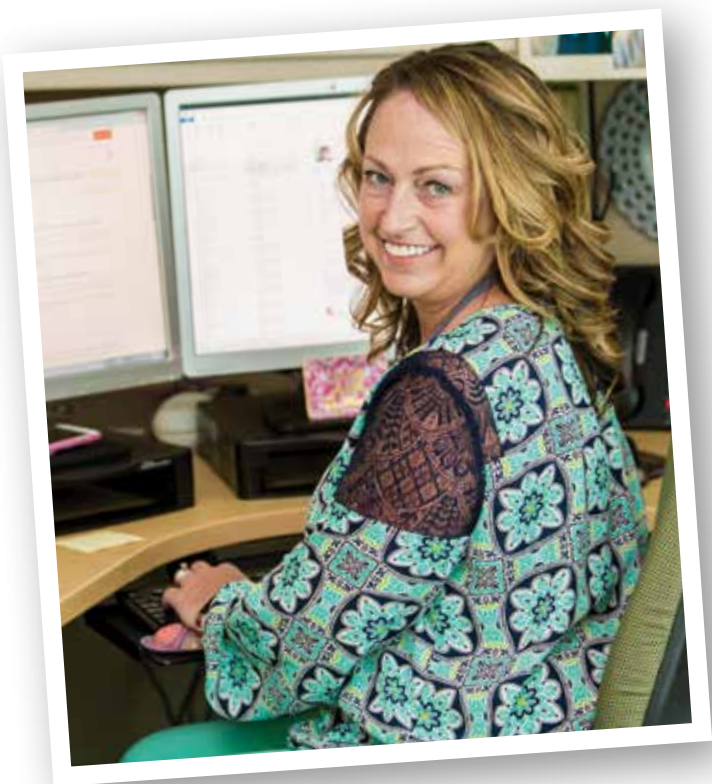
နမ့်ကတိံ ကညီ ကျိုင်အယိံ, နမန့် ကျိုင်အတိံမတလံလ  
တလံကတိံလံကတိံ နိတမံကတိံသုန့်လိံ. ကိံ:  
**1-888-276-2020** (TTY: **1-888-765-9586**).

**Amharic:** ማስታወሻ: የሚናገሩት ቋንቋ ኣማርኛ ከሆነ የትርጉም ስርዓታ ድርጅቶች በነጻ ሊያገዝዎት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ **1-888-276-2020** (መስማት ለተሳናቸው: **1-888-765-9586**)።

**Burmese:** အကယ်၍ သင်သည်မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့် ငဲ့အတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။ ဖုန်းနံပါတ် **1-888-276-2020** (TTY: **1-888-765-9586**) သို့ ခေါ်ဆိုပါ။



# The power of education in delivering care



Sarah, a First Choice member in her 50s, was having trouble adhering to her treatment. She didn't understand the meaning of her blood pressure and blood sugar numbers or why they were important. During one call with Jera Elmore, a Care Manager with Select Health, Sarah made a brave admission: She had never learned how to count.

Jera set out to teach Sarah. "It took about a year," Jera said. "Once she got it, she was able to tell me the number and why it was good."

Today, Sarah understands her health, feels better, and has lost weight.

"Jera listened," Sarah said. "I could talk to her when I couldn't talk to anyone. She got to feeling like a sister to me."

Jera Elmore, Care Manager with Select Health

## We want to get to know you

At First Choice, we want to help make sure you get the best care. To do so, we'd like to ask you about your cultural background and what language you're most at ease speaking with a primary care provider (PCP) or nurse. The better we know you, the better we can meet your health care needs. To help us serve you and your family, please:

1. Call Member Services at **1-888-276-2020**.
2. Answer 5 questions about your cultural background and language preferences. If you choose to share this information, it will stay private and safe by law. We will use it only to better meet your needs.

You can learn more at [www.selecthealthofsc.com](http://www.selecthealthofsc.com). Go to the Members section, click on Information for You, then FAQ. Thank you for helping us improve our services!

Tenemos empleados que hablan español y que están listos para ayudarle. We have employees who speak Spanish and are ready to help you.



A United Voice for Multicultural Health Care

## Your Notice of Privacy Practices

If you want a copy of the Notice of Privacy Practices, call Member Services at **1-888-276-2020**

(TTY **1-888-765-9586**), Monday to Friday, 8 a.m. to 9 p.m., and Saturday and Sunday, 8 a.m. to 6 p.m.

You can also download the document at

[www.selecthealthofsc.com/member/english/info-for-you/privacy-practices.aspx](http://www.selecthealthofsc.com/member/english/info-for-you/privacy-practices.aspx).

# Flu shots are important— here's why

Thousands of people in the U.S. are hospitalized each year with the flu, including young children, according to the Centers for Disease Control and Prevention (CDC). The flu vaccine is the best way to protect yourself from the flu. Even with the shot, some people will get the flu, but the CDC says the vaccine is still the best shot at protection for you and your kids. If you do get sick, getting the vaccine may make your symptoms more mild.

## How the flu vaccine works

Flu viruses occur in many varieties. Every year, scientists predict which flu viruses will be most common in the coming months. Then, according to the CDC, they make a vaccine targeting 3 or 4 of those viruses.

The scientists' predictions turn out to be more accurate in some years than in others. What happens if the viruses in the vaccine and those going around a few months later aren't a perfect match? The vaccine can still be helpful. A vaccine targeting 1 virus may offer some protection against similar viruses.

## Why do kids need the vaccine?

Children younger than age 2 and those with chronic health conditions, such as asthma, diabetes, severe heart disease, and weakened immunity, are at especially high risk, according to the American Academy of Pediatrics.

## What other groups are at high risk for flu?

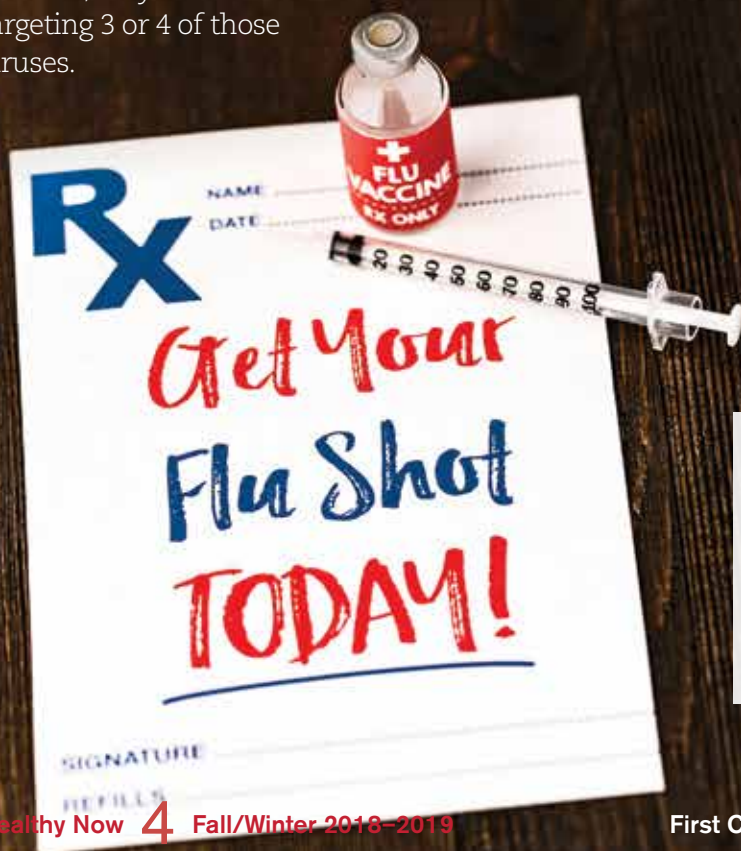
For some people, the effects of flu go far beyond common symptoms like fever, body aches, fatigue, and coughing.

In addition to young children, the CDC's list of at-risk groups includes older adults, pregnant women, and people with chronic medical issues. These people face higher than-average odds for flu-related problems, such as pneumonia, bronchitis, ear infections, sinus infections, and worsening of existing health conditions. This can lead to a hospital stay and even be life-threatening.

## Don't forget!

Be sure to get a flu shot for you and your kids, beginning in September of each year. The vaccine can help keep the flu away. If you do get sick, it could make the difference between a minor issue and a life-threatening illness. This article is not medical advice. If you have any questions about the information in this article, please talk with your primary care provider.

Adults, get a flu shot at your primary care provider's (PCP's) office, a Department of Health and Environmental Control (DHEC) clinic, or a pharmacy. You won't have a copay if you get your flu shot at a network pharmacy or DHEC clinic. If you get it from your PCP, there's a copay for the office visit. It is recommended that children should get flu shots from their PCP or a DHEC clinic.



# Women's health checklist

**✓ MAMMOGRAM**—The American College of Obstetricians and Gynecologists (ACOG) recommends women age 40 or older get a mammogram and breast exam every 1 to 2 years. Age 50 or older, and age 35 and high-risk, get a mammogram and breast exam each year.

**✓ CHLAMYDIA: Ask for a simple urine test.** According to the Centers for Disease Control and Prevention (CDC), if you don't treat it, chlamydia can spread to the uterus and fallopian tubes. This can cause pelvic inflammatory disease, which can lead to:

- Chronic pelvic pain.
- Infertility in both women and men.
- Ectopic or tubal pregnancy.

If you're pregnant, chlamydia can cause premature birth, low birth weight, and infections such as pneumonia.

Testing is easy. Knowing is everything. Ask your PCP for a simple urine test for chlamydia. Treatment with antibiotics is easy, inexpensive, and effective when chlamydia is caught early.

## CERVICAL CANCER SCREENINGS

**✓ PAP TEST**—A Pap test can show changes in the cells of the cervix before they become cancerous. It can also find cervical cancer in its early stages, before it has spread, when it can be treated most easily. ACOG recommends Pap tests for all women ages 21 to 65 even if you have had some form of hysterectomy. If your tests have been normal, you may only need this test every 3 years. Check with your PCP/OB-GYN to find out how often you should get a Pap test or whether a Pap test is still right for you.

**✓ HPV SCREENING**—At age 30 or older, you may choose to have an HPV, or human papillomavirus, screening with the Pap test, according to ACOG. Your doctor can do this test at the same time as your Pap test, and it can help detect forms of cancer or infection. This test is conducted every 5 years.

## For girls AND boys

### ✓ HPV: 2 shots instead of 3

New CDC vaccine guidelines make it even easier to protect your child from cancers related to HPV. Only 2 doses of the vaccine are now needed for protection, instead of 3. All boys and girls who get the shot should get the second dose 6 to 12 months after the first dose.

- **Boys and girls just starting the series:** Get the second shot 6 to 12 months after the first dose. This must be completed before their 13th birthday.

- **Boys and girls on the 3-dose schedule:** If they got a second dose of the vaccine 1 to 2 months after the first dose, they need to complete the third dose before their 13th birthday. If they got a second dose at least 5 months after the first dose, they do not need a third dose.

# Medicine

## Limits on opioid medicine

On March 1, 2018, First Choice implemented limits for treatment-naïve members using short-acting and long-acting opioids. A treatment-naïve member is one who has not had an opioid prescription filled within the last 60 days. Treatment-naïve members are limited to 90 morphine milligram equivalents a day and a 5-day supply of opioids. Your prescriber can submit a prior authorization for prescriptions that exceed these limits if he or she believes it is necessary.

**What is an opioid?** An opioid is a type of medicine used to treat pain.

**Why did First Choice make this change?** In 2016 the Centers for Disease Control and Prevention changed the guidelines for safe opioid dosages. First Choice made this change to meet the guidelines and to keep our members safe and healthy. Visit [www.cdc.gov/drugoverdose](http://www.cdc.gov/drugoverdose) to learn more.

If you have other questions about your health plan or benefits, call First Choice Member Services at **1-888-276-2020** (TTY **1-888-765-9586**).

Please visit

[www.selecthealthofsc.com](http://www.selecthealthofsc.com) for up-to-date pharmacy information.

This includes changes approved by the Pharmacy and Therapeutics Committee, as well as:

- Preferred drug list updates in the **Member tools** area of the website.
- New prior authorization criteria and procedures for submitting a prior authorization request. Click on **Benefits**, then **Prescription Benefits**, and finally **Prior Approvals and Authorizations**.
- Pharmacy benefit restrictions are found by clicking **Benefits** and then **Prescription Benefits**.
- Drug recall information can be found in the **Information for You** section of the website.



## Benefit change to temporary supply of medicine

The allowed temporary supply limit for medicine will change in 2019. Starting January 1, 2019, the limit for all First Choice members will change to an amount to cover the member for 72 hours. You can get a 72-hour supply of medicine if your prescription denies at the pharmacy and needs a prior authorization. During this time, your provider will send the prior authorization request. You

can get 1 temporary supply per prescription number.

There are exceptions to this supply limit due to packaging. In these instances, the member may receive the smallest package size available:

- Inhalers.
- Diabetic test strips and supplies.
- Creams or lotions.

If you need help, please call First Choice Member Services at **1-888-276-2020** (TTY **1-888-765-9586**).

## Use your benefits in the right way

At First Choice, we work with you and your primary care provider to make sure your benefits are used the right and most cost-efficient way. First Choice makes decisions based on the care, services, and your coverage. We do not give rewards or money to our staff, providers, or anyone else for denying, limiting, or delaying health care coverage or services. Please call Member Services to ask about specific services and benefits that First Choice covers.

# Heart attack: What you don't know can hurt you

Each year, approximately 790,000 Americans have heart attacks, according to the Centers for Disease Control and Prevention (CDC). Getting treatment at the first sign of an attack is the best way to prevent serious damage to the heart, but do you know the symptoms? They may not be what you expect.

Intense pain in the chest may be a clear indication of a heart attack, but some of the symptoms may not be as obvious. Shortness of

breath, nausea, breaking out in a cold sweat, and feeling light-headed can all be signs of a heart attack. Some symptoms can vary for men and women, too, according to the CDC. That's why it's important to know the signs. When you do, it can help you to act fast, limit heart damage, and save lives.

**Did you know that cardiac rehab is a covered benefit? If you've suffered from certain heart conditions, such as a heart attack, cardiac rehab might help. Please ask your doctor for more information.**

## Why the confusion?

Heart attack symptoms can vary from person to person and attack to attack. Someone who has had a heart attack may experience different symptoms during another one. In addition to these factors, men and women may

have different signs or experience symptoms at different intensities.

Chest discomfort or pain is the most common symptom of a heart attack in both men and women. The

sensation may range from pressure or fullness to squeezing, crushing pain. It may be constant or come and go. It usually occurs in the center or left side of the chest.

## Symptoms may be vague

While chest pain is common, both men and women may experience other symptoms. According to the National Heart, Lung, and Blood Institute, women, particularly, are more likely to experience subtle signs such as:

- Pain in the back, neck, jaw, or stomach.
- Nausea.
- Light-headedness.
- Abnormal fatigue.
- Breathing problems.

Sometimes symptoms occur suddenly, but they may also develop slowly over hours, days, or weeks. The more symptoms you have, the more likely it is that you're having a heart attack.

Call **911** right away if you have 1 or more symptoms of a heart attack. Don't drive yourself or have someone drive you to the hospital. Call an ambulance so medical personnel can begin lifesaving treatment on the way to the hospital and make sure you get proper care when you arrive.

**If you take statin medicines, such as atorvastatin, pravastatin, and simvastatin, please be sure not to miss any doses. Statins could help lower your cholesterol and reduce your risk for cardiovascular disease. Please take your medicine as your doctor has prescribed.**

# Design a winning indoor workout

**Don't let bad weather spoil a healthy exercise routine.** Instead, bring your exercises inside. Here are some tips from the National Institute on Aging for helpful indoor exercises.

## Indoor aerobic activities

Aerobic exercise helps your heart and lungs. Do aerobic exercise at least 4 days a week for 30 minutes each time. Here are some ways to do aerobic activity inside:

- Borrow exercise videos from the library.
- Do some fast dancing.
- Go up and down the stairs.
- Take a swim, walk at a mall, or work out at a community center.
- Speed up your vacuuming, bathroom cleaning, and kitchen cleaning.



## Strengthen your routine

Strength training helps your bones and muscles. Do strength-training exercises at least 2 times a week for 20 minutes each time. There are many ways to improve your strength indoors:

- Lift light dumbbells 8 times in a row.
- When you can lift them 12 times



in a row, move up to a slightly heavier weight. If you don't have dumbbells, you can use things you have around the house, like soup cans.

Don't start with a weight that is too heavy, as this can lead to injury.

- Do pushups.
- Try pulling on resistance bands.

While seated, place the center of the band under your feet, and pull up on both sides. Hold the position for



# workout

1 second before lowering your arms. You can repeat the motion 10 to 15 times.

- Learn to use the weight machines at a community center. Ask an employee at the community center or gym to explain how to use each machine properly.



injuries. Stretch for 10 minutes every day.

Here's how to do it inside:

- Learn yoga or tai chi from a video, book, or class.
- Lift your arms toward the ceiling and stretch. You can find other good stretches in books or online. You can find some safe stretches at [www.mayoclinic.org](http://www.mayoclinic.org).
- Hold every stretch for 10 to 30 seconds.

Please talk with your doctor before starting any new exercise program.

## Don't forget to stretch

Stretching keeps your muscles flexible and helps prevent

## Keep sadness in check this winter

Wintertime can wear down even the hardiest folks. These annual doldrums often spring from factors we can't control, like shorter daylight hours and chilly weather. But there are steps you can try to lift your spirits:

- **Keep on the sunny side.** A specific type of depression, called seasonal affective disorder, may stem from too little sunshine. Even if you're not clinically depressed, you might feel "blue" during these darker months. Step outside for about an hour around noon. It may help. Increase your indoor light with lamps and sheer curtains, and trim shrubs and trees so that they don't block windows.
- **Make a move.** Exercise can boost your mood, relieve depression, and decrease anxiety. Dress appropriately for cold-weather workouts. Wear gloves, water-resistant shoes, and layers of clothing. You can also choose indoor exercise. Walk around your local mall or dance at home to upbeat music.
- **Stay in touch.** Call family members and friends to set up plans, volunteer in your community, or join a social group.

## Dreaming of college or a new career?

### First Choice Member Scholarship

If you're hoping to go to college, continue your education, or find a new career, First Choice has a scholarship for members that could help make your dream possible.

Visit our website at [www.selecthealthofsc.com/community/member-scholarship](http://www.selecthealthofsc.com/community/member-scholarship) for more information. If you have questions, please call **1-803-254-5601**. Applications are due by March 1, 2019.

# A yummy, healthy holiday

**The holiday season is about** traditions, family recipes, and rich party foods that can fill you with calories, cholesterol, and guilt.

This year, enjoy delicious holiday food that's healthy, too.

## Enjoy eating at a holiday party without coming home stuffed!

- Have a wholesome snack before going to a party to avoid overeating.
- Lighten up diet killers like eggnog with club soda or seltzer. For an even lower-calorie party drink, spark up cranberry, cherry, or pomegranate juice with sparkling water.
- Nuts taste yummy and have lots of protein. Choose dry roasted, unsalted, or lightly salted nuts.
- Offer a healthy dish to share. That way, there will be something you know you can eat at the holiday buffet.
- Eat slowly. Slowing down lets you feel satisfied before you eat too much.

- Stay away from the table once you've eaten. Focus on enjoying the party activities.

## Whisk healthy substitutions into your favorite dishes:

- Replace the butter in cakes with equal parts sugar-free applesauce or mashed, ripe bananas.
- Replace half the white flour in a recipe with healthier whole wheat flour.
- In place of chocolate chips, substitute nuts or dried fruit.
- Sweeten hot apple cider with cinnamon, cloves, and cranberries.



## Low-sugar banana muffins

2 ripe bananas, mashed  
 ½ C unsweetened applesauce  
 2 eggs  
 ¼ C honey  
 2 tsp vanilla extract  
 2 C whole wheat flour  
 2 tsp baking powder  
 ½ tsp baking soda  
 2 TB ground flaxseeds (optional)

Preheat oven to 425 degrees. Grease and flour 1.5 muffin tins or place cupcake liners into each tin. In a large mixing bowl, place bananas, applesauce, eggs, honey, and vanilla extract. Whisk until well blended. In a separate bowl, sift together flour, baking powder, and baking soda. Stir flaxseeds into flour mixture. Gradually whisk flour mixture into wet mixture until well blended. Pour into tins. Bake for 20 to 25 minutes, until brown on top.

Serves 18; a serving size is 1 muffin. Each serving contains about 90 calories, 1 g total fat (0 g saturated fat, 0 g trans fat), 20 mg cholesterol, 95 mg sodium, 18 g carbohydrate, 2 g fiber, 6 g sugars, 3 g protein.

## Your rights and responsibilities

As a First Choice member, you have many rights and responsibilities. For example, you have the right to be treated with respect. You also have the right to take part in choices about your health care. Please visit [www.selecthealthofsc.com](http://www.selecthealthofsc.com) to see the full list of member rights and responsibilities. In the **Members** tab, click on **Information for You**. Then select **Member Rights and Responsibilities**. You can also find it in your Member Handbook or call Member Services toll free at **1-888-276-2020**.

# Online resources for you!

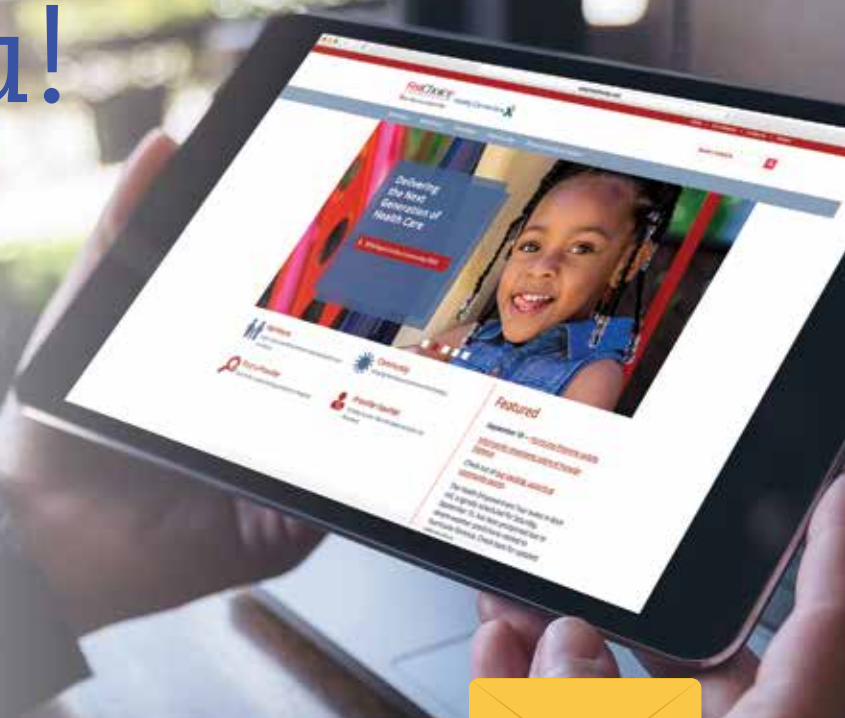
Go to [www.selecthealthofsc.com](http://www.selecthealthofsc.com) to find resources like the Member Handbook, copay reference guide, and online Provider Directory for your First Choice plan. If you need a printed copy of these items, please call Member Services at 1-888-276-2020 (TTY 1-888-765-9586).

**New!** You can also find our new online calendar of community events at the bottom of our community web page.

**New! Check out our Facebook page!** Look for



First Choice by Select Health (@firstchoicebysselecthealth) on Facebook to find health tips, event notices, and information for members!

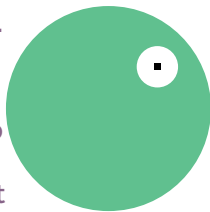


## Our Quality Improvement program works for you

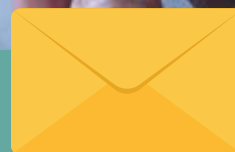
First Choice has a Quality Improvement program dedicated to excellence in clinical and service areas that are important to you.

Each year, the team evaluates our programs and pinpoints ways we can improve clinical and service areas to support our mission to help people get care, stay well, and build healthy communities. To learn how the Quality Improvement program supports you behind the scenes, visit

[www.selecthealthofsc.com](http://www.selecthealthofsc.com)  
or call Member Services toll free at 1-888-276-2020.



## Please help us improve!



First Choice sends out a Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey each year to evaluate services important to you. Around the start of each year, the survey is mailed to a random sample of members. The survey tells us how you feel about your health care providers, our plan, and the care you receive. It helps us improve our programs to better support our mission to help people get quality care, stay well, and build healthy communities. We will mail the next CAHPS survey in early 2019. If you get one, please fill it out and mail it back in the prepaid envelope provided. For more information, visit [www.selecthealthofsc.com](http://www.selecthealthofsc.com) or call Member Services toll free at 1-888-276-2020.

### Your opinion matters

The 2018 child survey showed many good results. The parents or guardians of our child members responded as follows:

- 93% surveyed said they received care quickly.
- 91% said they had a good experience with their doctor.
- 92% said they are pleased with First Choice as their health plan.

From the 2018 adult survey, we have found some areas we can work to improve:

- 94% of our members said they got excellent customer service.
- 88% of members said they were able to receive the needed care.
- 84% of members said they are pleased with First Choice as their health plan.

### Translation availability

First Choice is here for you! This newsletter and other materials are translated into Spanish, and can be found on our website at [www.selecthealthofsc.com](http://www.selecthealthofsc.com). If you need help with translations of other documents, or in other languages, please call Member Services at **1-888-276-2020**.

### Disponibilidad de traducción

¡First Choice está aquí para usted! Este boletín informativo y otros materiales están traducidos al español, y se pueden encontrar en nuestro sitio de Internet en [www.selecthealthofsc.com](http://www.selecthealthofsc.com). Si necesita ayuda con traducciones de otros documentos, o en otros idiomas, llame a Servicios al Miembro al **1-888-276-2020**.

© 2018. Articles in this newsletter are written by professional journalists or physicians who strive to present reliable, up-to-date health information. But no publication can replace the advice of medical professionals, and readers are cautioned to seek such help. Models used for illustrative purposes only. Developed by StayWell 5526M

# Ready, set, goal!

## Create a new you

**Another year, another you.** The new year means a fresh start on achieving the goals that are most important to you. This time around, set yourself up for success with well-thought-out goals and a realistic action plan. Here's how:

- **Look inward.** Set personal goals that truly matter to you. You should be making changes to please yourself, not someone else.
- **Think small.** Break down large, difficult goals into smaller ones that are easier to keep. For example, if you've been inactive but want to get fit, start by vowing to take a brisk, 10-minute walk 3 days per week.

- **Be realistic.** Minor slip-ups are part of the process. If you resolved to eat a piece of fruit every day at lunch, but skipped Monday and Tuesday, don't beat yourself up. Just get back on track Wednesday.
- **Talk about it.** Share your goals and experiences with family and friends. They can support your efforts, celebrate your successes, and help you stay motivated to keep going.
- **Keep track.** Each time you meet a daily goal, circle the date on a calendar. Seeing evidence of your progress is a great motivator.



It's time  
to get your  
flu shot!  
see page 4



First Choice Member Services  
P.O. Box 40849  
Charleston, SC 29423



[www.selecthealthofsc.com](http://www.selecthealthofsc.com)



Member Services:  
**1-888-276-2020**  
TTY for the hearing impaired:  
**1-888-765-9586**



@firstchoicebyselecthealth

**FirstChoice**  
by Select Health of South Carolina  
*Your Hometown Health Plan*

Healthy Connections 