

Coaches Corner

Hello from your Population Health team at Community Health Plan of Washington! We're here to help you to live a full and active life, no matter what your health condition is. Being healthy is not just about being free from disease – half of what makes you healthy depends on your health behaviors. The way you manage your health can make it easier to do everyday things, like cooking meals, finishing chores, or keeping appointments. Developing a good-health mindset, a well-balanced diet, and regular physical activity doesn't happen overnight. It takes work, every day, but you are not alone. Our team of Health Coaches can give you the advice and support to develop healthy habits, no matter if you're managing one health issue or several.



Sleep

A rested mind is a healthy mind. Getting enough sleep can improve your mood, make you feel less stressed, and boost your immune system. Sleep is a mini vacation for your brain. It gives your brain time to rest, repair cells, and grow.

Everyone has trouble sleeping sometimes. Daylight savings, depression, insomnia, or feeling anxious can make it hard to sleep. Here are some ways to help you get a full night's sleep:

- Use your bedroom only for sleeping. Move the TV and radio out of your bedroom.
- Try not to use your computer, smartphone, or tablet while you are in bed. The light from these devices tells your brain to wake up. Checking the news or social media can stir up emotions and make it hard to relax and fall asleep.
- If light and noise bother you, consider using a sleep mask and earplugs, or use a white noise machine.
- Go to bed at the same time every night and get up at the same time every morning, even if you feel tired. An evening routine and a regular bedtime will help your body get used to a sleeping schedule.

Hand Washing

The flu spreads easily from person to person through coughing and sneezing. People can spread the flu to others before they know they are sick. Adults can spread the flu to others one day before symptoms develop and up to five days after becoming sick. Kids can spread the virus for 10 or more days.

Washing your hands is a simple and effective way to reduce your risk of catching or spreading a cold or the flu.



Wash your hands after:

- Using the phone, or shaking hands.
- Touching the handles on doors, bathrooms, or buses.
- Coughing, sneezing, or using a handkerchief or disposable tissue.
- Touching anyone who is sneezing, coughing or blowing their nose.
- Wash your hands before eating, or touching your eyes, nose or mouth.



Flu

During the 2016-2017 flu season, the flu shot prevented an estimated 5.3 million hospitalizations related to influenza, a serious disease that affects the nose, throat, and lungs. Protect yourself and your family by getting a flu shot as early as possible. The best time to get your flu shot is October or November, so don't wait! The flu vaccine protects against the most common strains of the flu and takes up to two weeks to provide protection. If you contract a less common strain of the flu, the flu shot will make your symptoms less severe. The flu shot is always free for Community Health Plan of Washington members. All children in Washington under 19 can get flu shots and other recommended vaccines at no cost. Just go to a participating pharmacy or your community health center and ask for a flu shot.

The flu shot doesn't protect against colds, and it can be difficult to tell the difference between the cold and flu. If you think you have the flu, go to your primary care provider and get tested.

Fish – It's What's for Dinner!

Fish are a good source of omega 3s – a healthy type of fat. Omega 3s fight inflammation in your body. Inflammation can lead to serious health concerns like the build-up of plaque in your arteries or heart disease. Protecting your heart with the foods you choose is a powerful, proactive way to support your health.

- Wild salmon (from Alaska, Pacific-caught or New Zealand)
- Herring (Pacific-caught is best)
- Sardines (look for Pacific caught: U.S. or Canada)
- Rainbow trout (from the U.S.)
- Mussels
- Oysters



If you have Diabetes, Asthma, or COPD and are interested in working individually with one of our health coaches, contact our Population Health Department at 1-866-418-7008 or pophealthrequests@chpw.org.

Nurse Hotline 1-866-418-1002

Community Health Plan of Washington is an HMO plan with a Medicare contract and a contract with the Washington State Medicaid program. Enrollment in Community Health Plan of Washington depends on contract renewal. If you need an accommodation, or require documents in another format or language, please call 1-800-942-0247 (TTY: 711) 8 a.m. to 8 p.m., 7 days a week. Community Health Plan of Washington complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-942-0247 (TTY: 7-1-1).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-942-0247 (TTY: 7-1-1)。