

health link

YOUR PARTNER FOR LIFE



What's New with Flu This Season?

The H1N1 flu virus has been on many people's minds lately. And with all the attention that H1N1 is getting, it's easy to forget that "traditional" flu season is just around the corner. Outbreaks can occur as early as October and peak during the winter months. But you can protect yourself and your family from the H1N1 flu virus as well as seasonal flu.

There are many similarities between the H1N1 flu virus and seasonal flu. Symptoms of both include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Many people diagnosed with the H1N1 flu virus have also reported diarrhea and vomiting.

Seasonal flu and H1N1 appear to spread in the same way: from person to person through coughing or sneezing. So follow these precautions to avoid both:

- Cough or sneeze into a tissue and then throw the tissue away.
- Frequently wash your hands with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners work, too.
- To prevent the spread of germs, avoid touching your eyes, nose, or mouth.

The flu shot is the best way to protect yourself from seasonal flu, but that vaccine probably won't offer protection against 2009 H1N1. The U.S. Food and Drug Administration has approved 2009 H1N1 vaccines. At press time, these were scheduled to be available by mid-October 2009. People should receive this vaccine and the regular flu shot, according to guidelines from the Centers for Disease Control and Prevention. ●

Ask your health care provider about getting flu shots this season.

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New Team Leads the Way for WINhealth Partners



John L. Lucas,
MD, CEO



Stephen Goldstone,
MHA, COO

The Board of Directors of WINhealth Partners has appointed John L. Lucas, MD, the company's Chief Executive Officer (CEO) effective July 29, 2009. Dr. Lucas has been a member of WINhealth's board since 2006 and has served as vice president of the board since November 2008.

Dr. Lucas brings with him more than 30 years of medical, executive, and administrative experience in HMOs (health maintenance organizations), hospitals, and physician group practices. Currently, Dr. Lucas also serves as CEO of Cheyenne Regional Medical Center, where he plans to continue in that role.

"Health care reform is on the immediate horizon," says Dr. Lucas. "As a community, we must begin preparing our health care delivery systems to ensure we can meet the influx of people who we anticipate will be coming into

the system in the very near future."

To help lead WINhealth to new heights, Dr. Lucas recently named Stephen K. Goldstone, MHA, Chief Operating Officer. Goldstone has been serving as Chief Business Development Officer of WINhealth since February 23, 2009.

Goldstone brings more than 35 years of experience to this position, including serving as principal of the Goldstone Group from 1992 to 2009 and executive positions at Lincoln National Corporation, Partners National Health Plans, CIGNA Healthplans Inc., and Medcenter Health Care Inc.

Dr. Lucas says he is confident that he, Goldstone, and the WINhealth team will continue to strengthen the integration between the people, companies, and organizations that WINhealth serves by developing new products and continuing to provide outstanding customer service. ●

WINhealth Partners will soon offer wellness coaching. Certified wellness coaches will assist you with meeting your wellness goals as a benefit of participating in the long-term WINhealth Wellness Program. For more information, contact your Human Resources department.



How Can I Set Goals to Lose Weight?



Weight loss involves setting two types of goals—how much weight you want to lose and how you'll go about losing it. To succeed, you need to set realistic and specific goals. Here's how you can get started:

Pick a number. If you're overweight, aim to lose 5 to 10 percent of your current weight. If this seems daunting, commit to just 5 pounds at first and strive to lose only ½ pound to 2 pounds per week.

Make a plan. To lose weight, you need to consume fewer calories, burn more, or both. Keep an honest record for one week of everything you eat and drink and the exercise you get. This gives you a basis for setting goals. Where are your diet pitfalls? When in your day can you be more active? Commit to a few small changes that you can live with long term.

Talk with your health care provider. He or she can help you set goals that make sense for you.

SAVE MONEY ON HEALTHY MEALS! See page 4 for tips.



FOLLOW THE DIABETES PREVENTION DIET

No one superfood can prevent diabetes. In fact, some researchers believe it's mostly eating too much—and being overweight—that increases your risk.

However, some studies have linked certain foods to the development or prevention of type 2 diabetes. To reduce your risk:

- Limit the amount of soft drinks and sugary fruit beverages you drink. One study found that regular sodas, drinks like Kool-Aid, and some fruit drinks increased the risk for type 2 diabetes in African-American women.
- Load up on fresh fruits and veggies.

Not only do they help keep your weight down by making you feel fuller on fewer calories, they also contain healthy nutrients like vitamin C and magnesium that may ward off diabetes. Eat a variety for the biggest benefits.

- Avoid simple sugars and starches, like cookies, cakes, and white rice. Choose brown rice, whole-wheat bread, and whole-grain pasta at least half the time. ●

DID YOU KNOW? We cover vision exams for people with diabetes. Visit www.winhealthpartners.org to learn more about all the preventive care services we cover.

keep up with your asthma medications

Running out of asthma medication can put your health at serious risk. Here's what you can do to make sure you always have the amount you need:

- Don't wait until the last minute to refill your prescriptions. Allow extra time for any refills you get by mail.
- Prepare for out-of-town trips. Pack more medicine than you think you'll need, and keep it with you at all times.
- Keep enough medicine on hand so that you have enough to handle flare-ups.
- Talk with your health care provider to figure out what is a reasonable amount of asthma medication to keep on hand.



WINhealth Partners welcomes the following newly contracted providers:

CHEYENNE

Brausch, Laura, MD	Pulmonary/Sleep
Chacon, Sheri, PA-C	Orthopedic Surgery
Chapman, James, MD	Cardiology
Eaton, Jeremy, DO	Family Practice
Favata, Jill, LPC	Behavioral Health
Fitch, John, DC	Chiropractic
Harrison, William, MD	Internal Medicine
Hilzer-Dickie, Jonna, LPC	Behavioral Health
Johnson, Tamiaka, LPC	Behavioral Health
Keefe, Amanda, DPT	Physical Therapy
Kenosi, Thabo, MD	Endocrinology
Khan, Muhammad, MD	Cardiology
Maxfield, Gayla, MSW	Behavioral Health
Mitten, Joanne, MPT	Physical Therapy
Morrow, Rachel, PA-C	Physician Assistant
Mufti, Kashif, MD	Rheumatology
Patterson, Carmen, APRN	Nurse Practitioner
Rogers, Jamie, LCSW	Behavioral Health
Sprenger, Darci, MA	Behavioral Health
Taylor, Tara, MD	Pulmonary
Tetenta, Sodienye, MD	Pulmonary
Vigue, Lisa, MD	OB/GYN
Wilhelm, Ellen, NPC	Nurse Practitioner
Wylie, Scott, PsyD	Behavioral Health
Wyoming Sleep Disorders Center	Sleep Laboratory

CODY

Kight, Kerry, PT	Physical Therapy
Tipton, Allison, OT	Occupational Therapy

EVANSTON

Barton, Jared, MD	General Surgery
DePalma, Catherine, MD	Pediatrics
Peterson, Brian, DO	Orthopedic Surgery

LARAMIE

Bertilson, Susan, MSW	Behavioral Health
DeVine, Gary, LPC	Behavioral Health
Gilman-Kehrer, Ester, CNM	Nurse Midwife
Glode, Mary, MD	OB/GYN
Hannifan, Kathleen, MD	Pediatrics
Herkstroeter, LuAnn, PT	Physical Therapy
Lee, Tristan, LPC	Behavioral Health
Mansfield, Tina, LPC	Behavioral Health
McGee, Nancy, APRN	Behavioral Health
Steward, Sharon, LPC	Behavioral Health

ROCK SPRINGS

Etman, Amr, MD	OB/GYN
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TORRINGTON

Cantu, Norma, MD	Family Medicine
Hunter, Michelle, PA-C	Physician Assistant

WHEATLAND

Hicks, Tanda, NP	Nurse Practitioner
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WORLAND

Bulczak, Darius, MD	Diagnostic Radiology
Butterfield, Jeanna, PCSW	Behavioral Health
Chilukuri, Ananthakrishna, MD	Diagnostic Radiology
Flinner, Mark, MD	Family Medicine
Graham, Beach, DO	Family Medicine
Greek, Brock, LCSW	Behavioral Health
Jordan, Lisa, LCSW	Behavioral Health
Kinzell, Kerri, PCSW	Behavioral Health
Russler, Mark, LCSW	Behavioral Health
Shearer, Kenneth, PCSW	Behavioral Health
Wisehart, Darcie, LCSW	Behavioral Health

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JOHN L. LUCAS, MD
CEO

STEPHEN GOLDSTONE, MHA
COO

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soothe stress in minutes with these simple tips

Money woes, job pressures, family cares—the world is full of stressful situations. Try these tips for on-the-spot relief.

- Talk it out with friends or loved ones to boost your mood right away.
- Keep a journal for an emotional outlet and to remind yourself how you've dealt with problems before.
- Practice relaxing breathing exercises.
- Work out to release tension. Your body produces feel-good chemicals called endorphins when you exercise.
- Take a sniff. Studies show that certain aromas—including lavender, rosemary, and peppermint—have calming powers. Breathe in drops of essential oils or dilute them in bathwater.

FRUGAL FOODS: PUT THE FOCUS ON WALLET-FRIENDLY MEALS



The economic slowdown and rising food prices have many people seeking ways to lower their grocery bills. But trimming a food budget doesn't mean throwing good nutrition out the window. You can come out ahead in both dollars and health with these tips:

- **Make a plan.** Set aside time to plan the week's meals. Take stock of what's in your cupboards, check weekly supermarket specials, and make a shopping list.
- **Shop smart.** Shop for groceries just once a week. The fewer trips you make, the less money you'll spend on expensive convenience items and impulse buys.
- **Cook up savings.** Save money by eating at home more often and relying

less on preprepared convenience items. Double recipes and put half in the freezer for nights when you don't have the time or energy to cook.

- **Eat smart away from home.** At restaurants, share an entrée or take half home, share side dishes, and skip the super-sizing. Order water instead of soft drinks and pass on desserts. ●

To Contact Us ...

Call 307-773-1300, send an e-mail to info@winhealthpartners.org, or write to WINhealth Partners, 1200 East 20th Street, Suite A, Cheyenne, Wyoming 82001.