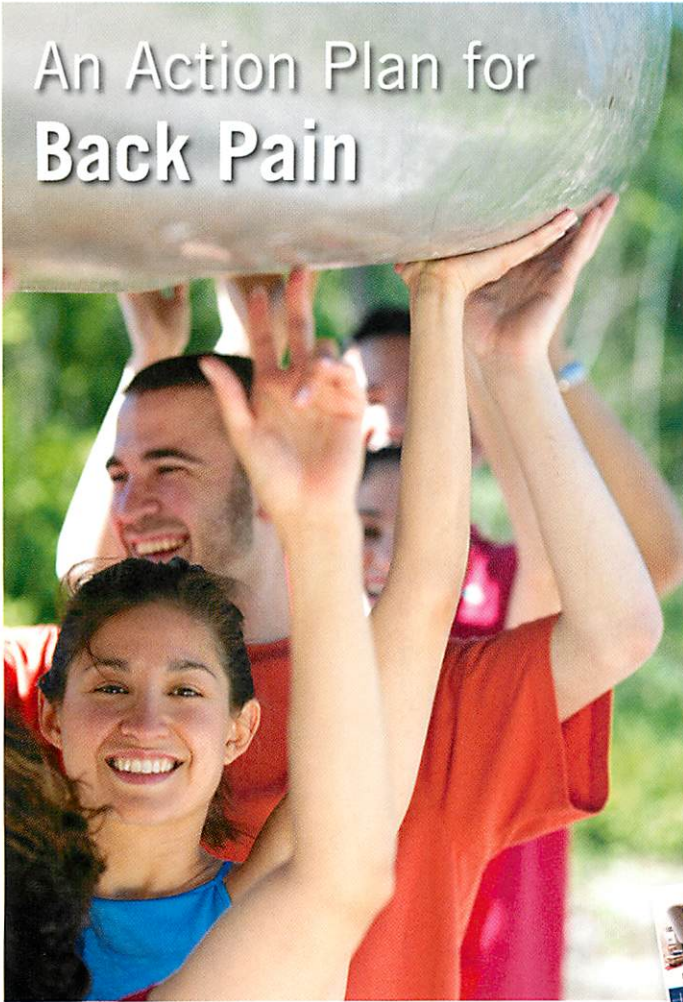


# health link

YOUR PARTNER FOR LIFE

## An Action Plan for Back Pain



**A** shooting pain after lifting a heavy box, the dull ache from sitting too long in front of a computer, stiffness due to disc disease—back pain can be as varied as the sources that cause it. In fact, it's one of the most common medical problems, with eight out of 10 U.S. adults experiencing back pain at some point in their lives.

Determining the source of your back pain can be costly. Many people undergo expensive—and sometimes unnecessary—imaging services like X-rays, MRIs, and CT scans. These techniques may not always be able to pinpoint the cause.

That's why WINhealth Partners has created the Acute Back Pain program to help you put an end to back pain—without busting your budget.

The first step is to see your doctor for back pain that doesn't go away on its own after a few days. With your doctor's help, pain will usually fade in a few weeks.

If back pain lasts longer than three weeks, ask your doctor for a referral to the Acute Back Pain program. Once you're enrolled, you'll get an average of six to eight physical therapy visits that focus on body mechanics and core strengthening. A case manager will keep your doctor up-to-date on your progress during the program. We'll also check in with you after you've completed the program to determine your satisfaction and long-term success.

This program is FREE for WINhealth Partners members. Therapy copayments will be waived while you're enrolled in the program, but coinsurance and deductibles will still apply. ●

THE ACUTE BACK PAIN PROGRAM can help relieve your back pain so that you can return to daily activities. Call Care Management at 307-773-1320 for a FREE brochure.



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## YOGURT POPSICLES

*Kids can help with this deliciously simple—and healthy—recipe!*

### INGREDIENTS

- 1 cup plain low-fat or fat-free yogurt
- 1 banana, sliced
- 1 tsp. vanilla
- 1 cup fruit juice or fruit chunks

### DIRECTIONS

1. Blend ingredients together and pour into small paper cups.
2. Freeze.
3. Place a plastic spoon or popsicle stick in each cup when yogurt mixture is half frozen.
4. To serve, turn cup upside-down and run hot water over it until the popsicle slips out. Keep the cups to use as a holder. Makes four or five small popsicles.

For a simpler version, pour fat-free or low-fat drinkable yogurt (or regular yogurt) into a paper cup. Add a stick and freeze. Peel the cup and eat.

SOURCE: *National Bone Health Campaign: Parents: Recipes* | DNPA | CDC

# Budget-Friendly Summer Activities for Kids

**Y**ou've had this problem before. School is out for the summer, and you're scrambling to find things to keep your kids occupied without busting your budget. With a little effort and teamwork, you can keep your children busy with healthy and educational activities that are low-cost or free.

## Make a Plan

Review the plans you've already made—vacations, summer school, or camps. Then start filling in gaps with some old-fashioned brainstorming. Remind children that some ideas may need to be trimmed down to fit the family budget.

Get creative with these tips:

- Search local newspapers and websites for museums and other family-friendly attractions that offer discount days or coupons.
- Ask other family members, friends,

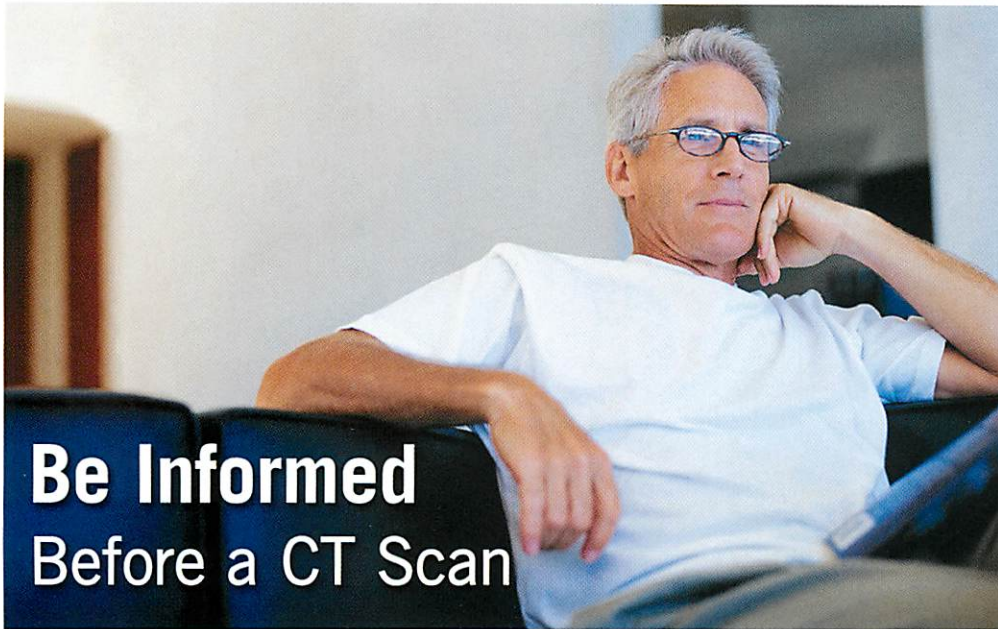
and neighbors for ideas.

- Check your local parks and recreation department website. You can often find free or low-cost programs, as well as maps for local parks and pools.
- Check your local library for free programs to keep kids busy—and reading—all summer.

## Free Time Is OK, Too

When you've finished brainstorming and review your calendar, you're going to see holes—and that's OK. Leave room for spontaneity. Go bike riding as a family. Hike a local walking trail. Picnic at a local park. Plant a backyard garden. Encourage your kids to come up with things they can organize themselves to do, such as playing cards, writing in a journal, performing a skit, doing a puzzle, reading, building a fort, or conducting a treasure hunt. ●





## Be Informed Before a CT Scan

Computed tomography, or CT, scans have revolutionized medical care and saved lives. But according to a study in *Radiology*, because of CT scans, the average American today is exposed to six times more radiation every year than in the 1980s. This exposure can increase the risk for cancer.

### Benefits and Risks

CT scans provide cross-sectional views inside the body. They help doctors make a diagnosis, determine the extent of a disease, and monitor the effectiveness of treatment.

But CT scans deliver much more radiation than conventional X-rays. And the number of CT scans performed in the U.S. has grown from approximately 3 million in 1980 to nearly 70 million in 2007. Together, these factors increase the odds of developing cancer.

### Ask Questions

The American College of Radiology urges patients to keep a record of their imaging history and ask questions such as:

- Why do I need the scan?
- How will the scan improve my health care?
- Are there alternatives that do not use radiation that are just as good? ●

IF YOU HAVE QUESTIONS about your coverage for CT scans and other imaging tests, please call WINhealth Partners Member Services at 307-773-1330.

## stay active with asthma this summer

For some people, exercise can trigger asthma symptoms. So how can you be physically active and have good asthma control? Medication helps, but so does your choice of activity.

Swimming is one of the best physical activities for people with asthma. Other asthma-friendly exercises include baseball, football, golf, surfing, walking, hiking, and leisure cycling.

Talk with your health care provider about your exercise routine and asthma medications.



## WINhealth News

### a shot at good health

Immunizations help children fight many childhood diseases that could make them very sick. They are safe, and most have few side effects.

Ask your child's doctor when your child should have these shots and if he or she may need others:


- **RV** protects against rotavirus.
- **DTaP** protects against diphtheria, tetanus (lockjaw), and pertussis (whooping cough).
- **IPV** protects against polio.
- **MMR** protects against measles, mumps, and rubella.
- **Hib** protects against meningitis, pneumonia, heart problems, and infections of the blood, bones, and joints.
- **Varicella** protects against chickenpox.
- **Hep B** protects against a virus that may cause liver disease.
- **PCV 7** protects against infections such as pneumonia and meningitis.
- **MCV** protects against meningococcal meningitis.
- **Hep A** protects against a virus that can cause liver infection.
- **HPV** protects against a virus that can cause cervical cancer and genital warts.

Also, children ages 6 months through 18 years should have a flu shot every year.

# health link

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President and Chief Executive Officer

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[service@winhealthpartners.org](mailto:service@winhealthpartners.org),  
or write to WINhealth Partners,  
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## 6 Tips for the Summertime Athlete



**S**ports training often heats up in the summer, just as temperatures begin to soar. Beginners and pros alike can stay safe with these tips.

### 1 Avoid Heat-Related Illness

Gradually increase the intensity and duration of your workouts over seven to 10 days. Stay hydrated and exercise during cooler parts of the day.

### 2 Drink Up

Drink 16 to 32 ounces of water per hour during activity. For workouts longer than 90 minutes, try a sports drink, which replaces lost salt and minerals.

### 3 Dress for Success

Wear loose-fitting, lightweight clothing that allows air to circulate between the skin and fabric.

### 4 Be Sun Smart

Avoid exercising outdoors from 10 a.m. to 4 p.m., when the sun is strongest. Wear sweat-proof sunscreen with an SPF of 15 or more and reapply at least every two hours. Also, wear sunglasses that offer 99 to 100% UV protection.

### 5 Put Safety First

If you're trying a new activity, learn to do it right and progress slowly. Wear all necessary safety gear, such as knee or wrist pads and a helmet.

### 6 Take Caution

If you have a health condition, such as heart disease or asthma, ask your doctor ahead of time if you should take any precautions before exercising in the heat. ●