



## Upcoming Events

- Youth Mental Health First Aid**  
 Paradox Valley Charter School  
 March 9, 8am-5pm  
 Call 970.708.7096 or email info@tchnetwork.org to register
- Chronic Disease Self-Management**  
 Nucla Community Center  
 Begins March 28  
 Wednesdays, 9:30-11:30am  
 Call 970.708.7096 or email info@tchnetwork.org to register
- Skippy+ Clinic Dates:**

Naturita Elementary	3/12-14
Nucla Middle/High	3/19 & 3/21
North Fork Montessori at Crawford	4/9
Ouray School	4/13 & 4/16
Ridgway Secondary	4/18-19
Ridgway Elementary	4/24-26
Telluride IMH	4/30-5/3
Telluride Elementary	5/9-11
Norwood School	5/14-15
Paradox Valley School	5/21-22

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## Welcome

**M**ARCH - In this issue, uncover the seriousness of diabetes and how TCHNetwork can help those affected. We also say goodbye to three invaluable members of our team and explore what Skippy has in store for kids this spring. If you have health insurance and receive services, you should get an EOB in the mail. Learn what it is and what to do with it. Finally, read an important message from TCHNetwork's ED.

## Diabetes Wake-Up Call

**M**arch 27th is American Diabetes Alert Day - in other words, a 1-day wake-up call for the nation regarding the seriousness of diabetes.

According to the American Diabetes Association, about 30.3 million Americans are affected by diabetes, yet nearly 1 in 4 adults with diabetes are unaware that they even have the disease.

Diabetes is a chronic condition in which the body is unable to properly process food for use as energy. A person with diabetes is either unable to produce enough insulin or can't use its own insulin as well as it should, meaning that glucose, or sugar, has a hard time entering cells. As a result, sugar builds up in the blood instead.

There are two types of diabetes: Type 1 and Type 2. Type 1 diabetes could be caused by genetic, autoimmune, or environmental factors, and accounts for 5-10% of all diagnosed diabetes cases, according to the CDC.

Type 2 diabetes, on the other hand, accounts for 90-95% of diabetes cases and

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## TCHNetwork Spotlight

*Saying goodbye to our VISTAs*



From left to right: Miguel, Coni, Eric

The time has come to say goodbye to our three AmeriCorps VISTA volunteers. Each has been an invaluable asset to TCHNetwork's many programs during their year of service. As the writer of HealthMatters for the past year, I hope you've enjoyed reading the newsletter as much as I've enjoyed writing it! Stay tuned for a new HealthMatters in June (more on page 4).  
 -Coni Arevalo, Communication Specialist

## Insurance Corner

*Do you have a chronic condition?*



Tell your insurance company if you have an ongoing health condition like diabetes, high blood pressure, mental health challenges, or are pregnant. They likely have a health management program to help with medications, monitoring, doctor appointments, and support programs!

can be affected by the following risk factors:

- Age (greater risk for ages 45+)
- Overweight & obesity
- Physical inactivity
- Family history of diabetes
- History of gestational diabetes
- High blood pressure
- Abnormal cholesterol
- Race/ethnicity (African Americans, Latinos, Native Americans & Asian Americans/Pacific Islanders are at higher risk)

The implications of diabetes can be quite serious, and can include heart disease, blindness, kidney failure, and lower-extremity amputations. As a result, it's important that if you have been diagnosed with diabetes, that you stay physically active, monitor your diet, and take any medications prescribed by your doctor.

If you haven't been to the doctor in a while, but are concerned about your risk for diabetes, Tri-County Health Network's Community Health Workers (CHWs) are a great resource.

CHWs run free health screenings in the community to assess your risk for heart disease and diabetes. Just a prick of your finger and a few health questions are enough to know your risk level. During a health screening, a CHW will be able to tell you your blood glucose levels, and if you are at greater risk for diabetes, an A1C test can also be administered to measure your average levels of blood glucose over the past 3 months.

CHWs will also work with you to determine an action plan to improve your overall health and lower your risk for diabetes and heart disease.

Additionally, CHWs offer Diabetic Retinopathy Telescreenings (DRT) every 6 months at various clinics in the region.

Diabetic retinopathy is the most common cause of vision loss in people with diabetes and is the leading cause of vision impairment and blindness among working-age adults, according to the National Eye Institute. DRT screenings thus offer a free, painless way to test for this particular type of diabetic eye disease. This screening is recommended for all individuals with diabetes.

If interested in a free health screening to assess your risk for diabetes, or if you have diabetes and would like to receive a free DRT screening or other resources for managing your diabetes, call Tri-County Health Network at 970-708-7096 and we'll get you connected with your local CHW.

## Spring time is Skippy time (and so is the Fall)

Skippy+ dental clinics are coming to a school near you (again)! What's great is that if you signed your child up in the Fall, they are all ready to go for the Spring semester. To double check, our Navigators will give you a call to find out if anything has changed for your child and update their Skippy records. It's important to collect up to date information to see if their health has changed in the last 6 months. This will also give our Navigators an opportunity to discuss insurance enrollment, and if you and your family need assistance, you can easily schedule a follow-up appointment.

Since our children grow up so fast, many of their dental needs do too. We are adding this step to ensure we have up-to-date health history in our system. Then, when we see your child at our clinic, we will know more about what your child may need and adjust our services accordingly. Most of the time the services will be the same:

- High quality cleanings and scaling
- Fluoride
- Sealants
- X-Rays if they are due
- Exam by our tele-connected dentist
- Complete notes and a follow-up call regarding your child's needs

Once the clinic is complete, the same Navigator will contact you if your child has any need for followup care. He/She will help identify local dentists, secure transportation to the dentist, and provide financial assistance if needed. If you have a preferred dentist, simply complete the referral form that we send home with your child and we will securely send your child's patient records to your dentist of choice. This way, any services are not duplicated between clinics.

If you have any questions about Skippy or any other TCHNetwork program, please give us a call at

970-708-7096 and we will be happy to help.

*-By Erich Lange, Community Programs Manager*

*For a list of Skippy+ clinic dates, see Upcoming Events on page 1.*



## Follow Us

Stay up to date on TCHNetwork and community partner events!

Facebook:  
TriCountyHealthNetworkTelluride

Twitter:  
@TCHNetwork\_CO



### Serving Size

Serves 4, 1 cup per serving

### Ingredients

- 1 large onion
- 1 medium jalapeno pepper
- 6 1/2 teaspoons ground cumin
- 2 1/2 teaspoons ground coriander
- 1/2 teaspoon ground cinnamon
- 1 Tablespoon canola oil
- 1 pound lean ground turkey
  
- 1 (14-ounce) can diced tomatoes, no salt added
- 3/4 cup water
- 3 Tablespoons cocoa powder
- 1/2 teaspoon salt
- *Optional:* 1 bunch fresh cilantro
- 1 small scallion

### Materials

- Can opener
- Cutting board
- Large skillet
- Measuring cups
- Measuring spoons
- Mixing spoon
- Plate
- Sharp knife

### Chef's Notes

- Serve over cooked rice. Add a side of sauteed greens or a tossed salad.
- For extra heat, add another rinsed and minces jalapeno pepper in step 4.
- You can use 1 teaspoon anise seed in place of the cumin and 1/2 teaspoon of the coriander, if you like.

## March Recipe Turkey in Mole Sauce

For more healthy, affordable, delicious and easy recipes, see:

<https://cookingmatters.org/recipes>

### Instructions

1. Peel an chop onion. Rinse and mince jalapeno.
2. If using, rinse and chop cilantro. Peel and thinly slice scallion.
3. In a large skillet over medium heat, add cumin, coriander, anise seed (if using) and cinnamon. Cook until fragrant, stirring often, 2-3 minutes. Transfer spices to a plate.
4. Add oil to the skillet and heat. Add onion and cook until golden, 12-14 minutes. Add jalapeno and cook until fragrant, about 1 minute more.
5. Add turkey and spices. Cook until turkey is browned, breaking up clumps with a mixing spoon, about 5 minutes.
6. Add tomatoes, water, and cocoa powder. Stir to combine. Bring to a boil, then reduce heat to simmer. Simmer for 20 minutes. Stir in salt. If using, serve sprinkled with cilantro and/or scallions.
7. Enjoy!

### Nutrition Facts

Serving Size 1 cup (265g)			
Servings Per Container 4			
<b>Amount Per Serving</b>			
<b>Calories</b> 230	<b>Calories from Fat</b> 100		
<b>% Daily Value*</b>			
<b>Total Fat</b> 11g	<b>17%</b>		
<b>Saturated Fat</b> 2.5g	<b>13%</b>		
<b>Trans Fat</b> 0g			
<b>Cholesterol</b> 65mg	<b>22%</b>		
<b>Sodium</b> 380mg	<b>16%</b>		
<b>Total Carbohydrate</b> 11g	<b>4%</b>		
<b>Dietary Fiber</b> 3g	<b>12%</b>		
<b>Sugars</b> 5g			
<b>Protein</b> 24g			
<b>Vitamin A</b> 15%	<b>Vitamin C</b> 45%		
<b>Calcium</b> 4%	<b>Iron</b> 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

# Understanding your EOB

Open Enrollment has come to an end, which means countless people are now enrolled in insurance for 2018. But what happens now?

If you've been to the doctor recently, or plan to go in the future, you should expect to receive an Explanation of Benefits, or EOB, in the mail.

An EOB may look like a bill, but it's not. Think of it as an itemized receipt for the services you received. An EOB is a statement from the health insurance com-

pany to covered individuals that explains what medical treatments and/or services were paid for on the individual's behalf.

In the example below, the doctor's visit cost a total of \$500. The individual paid a deductible of \$250. Then, their 20% co-insurance started, which was \$50. Their insurance covered 80%, which corresponds to the \$200 amount. In total, the doctor's visit cost the individual \$300, and their insurance paid \$200.

It's recommended that individuals wait until receiving a bill from their medical provider before paying anything. Sometimes the costs are reduced depending on the services received, so it never hurts to wait.

It's also important to note that you do not owe your insurance company anything other than your monthly premium. However, you will owe your provider for services that your insurance company did not cover.

# A Letter from TCHNetwork's ED

Dear HealthMatters readers,

First and foremost, I would like to thank you for taking the time to read our newsletter each month.

At Tri-County Health Network, our mission is to improve the overall health and quality of healthcare services in our rural region. One of the ways we do this is by keeping our community informed about our programs, upcoming events in the community, and various health and insurance matters that may affect them and their loved ones.

In order to better provide our readers with information relevant to their interests and geographic location, HealthMatters will be switching from a monthly newsletter to a quarterly one.

Consequently, the next HealthMatters newsletter can be expected on June 1st, rather than April 1st - no, this is not an April Fool's joke!

If you would like more frequent updates on all things TCHNetwork, follow us on social media, check out our website, or give us a call! Let us know your needs and we will be more than happy to assist in whatever ways we can.

See you in June!

Lynn Borup  
Executive Director

*Thank you for reading this month's HealthMatters. If you have content that you would like for us to share with our TCHNetwork community, contact: info@tchnetwork.org*



P.O. BOX 70000  
VAN NUYS, CA 91479-0001

### EXPLANATION OF BENEFITS

ISSUE DATE December 3, 2013	PAGE 00001 OF 00003	E032017
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Subscriber's Name:  
Identification Number:  
Group Number:  
Group Name:  
Product:

Patient's Name:		Sequence Number:		MILLS HOSPITAL			
Claim Number:		Provider of Services:		Outpatient			
Claim Processed Date: 12/02/13		Place of Service:					
Patient Acct. Number:							
Paid Amount: 200.00		To: MILLS HOSPITAL		It is not your responsibility to pay: 200			
SERVICE DATE(S)	TYPE OF SERVICE	TOTAL BILLED	OTHER AMOUNT(S)	PATIENT SAVINGS	APPLIED TO DEDUCTIBLE	COINSURANCE COPAYMENT AMOUNT	CLAIMS PAYMENT
1/12/18	123456	500.00			250	50	200
TOTAL THIS CLAIM		500			250	50	200
DETAIL MESSAGE:							
01 - This is the amount in excess of the allowed expense for a participating provider. The member, therefore, is not responsible for this amount.							
* You can learn more about the services listed by calling the customer service phone number on the back of your ID card. We can tell you the diagnosis and treatment codes included on your claim, along with the descriptions for those codes.							

#### HAVE QUESTIONS??

Check out Our Website at [WWW.ANTHEM.COM/CA](http://WWW.ANTHEM.COM/CA)  
Order I.D. Cards / Check claims status / Review benefits /  
Verify family members covered on your policy / Find a participating provider  
OR call our CUSTOMER SERVICE DEPARTMENT AT: 1-800-227-3613

MAIL ALL INQUIRIES TO: ANTHEM BLUE CROSS  
OR CLAIMS TO: P.O. BOX 69007  
LOS ANGELES, CA 90060-0007

English: If you need assistance in Spanish to understand this document, you may request it for free by calling customer service at the number on your identification card or in your enrollment booklet.

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*Improving the health of our communities through innovation & collaboration*