



The Beacon

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Med-Cert Medical Management Resources

“Guiding your way to better health management”

Stress Management

Stress is what you feel when you must handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the fight-or-flight stress response.

Some stress is normal and even useful. Stress can help if you need to work hard or react quickly.

Stress that happens too often or lasts too long can have bad effects. It can be linked to headaches, an upset stomach, back pain, and trouble sleeping. It can weaken your immune system, making it harder to fight off disease. If you already have a health problem, stress may make it worse. It can make you moody, tense, or depressed. Your relationships may suffer, and you may not do well at work or school.

What Can You Do About Stress?

You can learn ways to manage stress. To get stress under control:

- Find out what is causing stress in your life.

- Look for ways to reduce the amount of stress in your life.
- Learn healthy ways to relieve stress and reduce its harmful effects.

How Can You Avoid Stress?

Stress is a fact of life for most people. You may not be able to get rid of stress, but you should look for ways to lower it.

You might try some of these ideas:

- Learn better ways to manage your time. Make a schedule and prioritize.
- Find better ways to cope. Look at how you have been dealing with stress. Be honest about what works and what does not.
- Take good care of yourself. Get plenty of rest. Eat well. Don't smoke. Limit your alcohol intake.
- Try out new ways of thinking. When you find yourself starting to worry, try to stop the thoughts. Or write down your worries and work on letting go of things you cannot change. Learn to say "no."
- Speak up. Not being able to talk about your needs and concerns creates stress and can make negative feelings worse.

- Ask for help. People who have a strong network of family and friends manage stress better.

How Can You Relieve Stress?

You will feel better if you can find ways to get stress out of your system. The best ways to relieve stress are different for each person. Try some of these ideas to see what works for you:

- *Exercise.* Regular exercise is one of the best ways to manage stress. Walking is a great way to get started.
- *Write.* It can help to write about the things that are bothering you.
- *Let your feelings out.* Talk, laugh, cry, and express anger when you need to with someone you trust.
- *Do something you enjoy.* A hobby can help you relax.
- *Learn ways to relax your body.* This can include breathing exercises, muscle relaxation exercises, massage, aromatherapy, yoga, or relaxing exercises like tai chi.
- *Focus on the present.* Try meditation, imagery exercises, or self-hypnosis. Listen to relaxing music. Try to look for the humor in life. Laughter really can be the best medicine.

December is Safe Toys and Gifts Month

According to the U.S. Consumer Product Safety Commission, nearly 252,000 toy-related injuries were treated in emergency rooms in 2014, and almost half of these injuries affect the head or face. In fact, about 1 in 10 children's eye injuries treated in the ER trace back to toys.

For more information call: 415-561-8534 or visit: www.aao.org/eyesmart

Quote of the day.....

TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.

Did you know??

There are around 100 receptors in each of our fingertips...

Med-Cert News

Our office will be closed Monday, December 25th for Christmas Day and Monday, January 1st for New Year's Day.

DON'T FORGET TO PRECERTIFY

Med-Cert's Toll-free Precert Telephone Number is (800)-356-7126 and should be reflected on your health insurance ID cards.

It is ultimately the responsibility of the employee/participant/member to make sure precertification has been done. Many plans will reduce your benefit amount if you fail to precertify.

Group Health Plans vary from one employer to the next so it is important for you to know what your health plan requires. Call the customer service representative for your health plan if you have questions.

Below is a list of some of the common Standard Precertification Notification Requirements.

- *Inpatient Hospital Stays*
- *Inpatient Treatment for Mental and Emotional Conditions or Substance Abuse*
- *Inpatient Rehabilitation Therapy*
- *Skilled Nursing Care*
- *Outpatient Stays over 12 hours*
- *Outpatient Surgeries*
- *Physical Therapy after first 6 visits*
- *Speech Therapy after first 6 visits*
- *Home Health Care*
- *Hospice Care*
- *Maternity – on confirmation of pregnancy (or at least 2 months prior to delivery) and again on admission for delivery*
- *Outpatient Procedures – refer to your Employee Benefit Plan booklet as some plans require precertification for outpatient procedures*

Med-Cert provides:

Utilization Management, Maternity Management, Large Case and Wellness Disease Management, Transplant Coordination and Stop Loss Assessments

For information on any of our services, please call 866-261-5657 (toll free). We are on the internet. Visit us at:

www.medcertinc.com

Recipe Corner



Creamy Green Bean Bake

Ingredients

- 1 Cup vegetables without fat
- ½ Cup of broth-based soup
- 4 Cups lightly cooked French-style frozen beans
- 10 ¾ oz. can condensed Healthy Request cream of mushroom soup (or similar)
- ½ Cup fat-free or light sour cream
- 1 TBSP diced pimento (optional)
- ¼ Cup canned chow mein fried noodles

Directions

1. Lightly cook frozen beans.
2. Preheat oven to 350 degrees.
3. In a 1-quart casserole dish or 9x9 inch dish, combine condensed soup, sour cream and pimento. Measure 4 cups of cooked green beans, add to dish and stir.
4. Bake for 20 minutes or until bubbly. Sprinkle chow mein noodles over the top and bake 5 minutes more.

Makes 6 servings.



This newsletter is brought to you courtesy of Med-Cert Inc. Our sources for this edition are Web MD and Prevention Magazine.