Why a Good Night’s Sleep Matters

Remember the last time you woke up refreshed and alert? That feeling is one way you can see the impact sleep has on your health and your quality of life.

But not getting enough sleep does not just make you more tired and cranky. It can also have a negative impact on your health.

For sleep to do its job right, both the amount and quality you get are vital, says the National Sleep Foundation. The number of hours you need varies by age. Teens, for example, need at least 8 hours of uninterrupted sleep to refresh their bodies and minds.

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Why a Good Night’s Sleep Matters

Why Do You Need the Right Amount of Sleep?

What happens if sleep is cut short? The body needs sleep to perform many important functions. For example, while you are sleeping, your body fixes muscles, consolidates memory and regulates the hormones that control growth and hunger.

If you do not get enough sleep, your body does not have time to do those things properly. That is why someone who does not get enough sleep may struggle to think clearly and make good choices.

Research also shows that not getting enough sleep can raise your risk for serious health problems, including heart disease, high blood pressure and cancer. That same lack of sleep also plays a role in how well you recover from those and other health problems.

Sleep is also important to good mental health. It is a factor in how well we deal with issues like stress, depression and seasonal affective disorder. Sleep disruptions are both symptoms and contributing factors for those issues.

What is Keeping You Up at Night?

Roughly 3 out of 5 Americans say something keeps them awake at night. Their search for a fix leads them to spend up to $24 billion each year on products like sleeping pills, special pillows, mattresses and white noise machines.

These are some of the tips experts offer to help you get the shut-eye you need:

• Plan on seven to nine uninterrupted hours of sleep.
• Go to bed and wake up at about the same time each day.
• Keep your bedroom dark and cool.
• Exercise. But work out during the day, not at bedtime.
• Avoid caffeine.

Sources: National Institutes of Health; National Sleep Foundation; Harvard Medical School; Mayo Clinic; Gallup Poll; Proceedings of the National Academy of Sciences
The Blue Door Neighborhood Center℠ is Open!

Enter Here for a Healthier Future.

The Blue Door Neighborhood Center is excited to be your new neighbor at the 111th Street Gateway Retail Center in Chicago’s historic Pullman neighborhood. Blue Cross and Blue Shield of Illinois has been hard at work, meeting with community leaders, churches and other groups to learn how we can best support a thriving, healthy community.

The Blue Door Neighborhood Center offers classes and workshops to the community at no cost. The center will be a space to learn and focus on your health. Here are some of the services we offer:

• Classes on healthy meal planning, exercising and relaxation techniques
• Workshops on handling health conditions, like heart disease and asthma
• Resources for understanding and using health insurance
• Tips for connecting to community services that offer food and transportation

“We are thrilled to be adding to the positive energy in Pullman and nearby communities. It is such an honor to serve this neighborhood by giving access to health education classes and information about social services that help residents live healthier,” said Laron Taylor, director of the Blue Door Neighborhood Center.

Stop by the center to learn more about the services we offer and let us know how we can help support you!

Blue Door Neighborhood Center℠

Address
756 E. 111th St.
Suites 102 & 103
Chicago, IL 60628

Hours
Monday-Friday:
7:00 a.m.–7:00 p.m.
Saturday:
10:00 a.m.–2:00 p.m.
Sunday: Closed

Preventive Screenings Help Fight Cancer

Research shows that early screenings can help reduce the number of new cancer cases. For example, screenings may prevent cervical or colorectal cancers by finding pre-cancerous lesions. These lesions can be treated before becoming cancerous.

Early detection is key. Preventive cancer screenings may include:

• A physical exam and history: Doctors look at the body to check general health and to look for anything unusual, such as lumps. As part of the exam, the doctor will ask about health habits, past illnesses and treatments.
• Lab tests: Screenings may involve taking samples of tissue, blood, urine or other substances.
• Imaging: The doctor may want to take images, such as a mammogram for breast cancer.
• Genetic tests: Since some cancers are inherited, a doctor may test for gene mutations (changes) linked to some forms of cancer.

Some examples of important cancer screenings include:

• Breast cancer: Getting mammograms regularly can lower the chance of dying from breast cancer.
• Colorectal cancer: Cancer of the colon and rectum is the second-leading cancer killer in the United States. Everyone age 50 and older should get a screening.
• Prostate cancer: Most prostate cancers grow slowly. Screening can help find it before you have symptoms.

How often you should be screened and what kind of preventive care screenings you need depend on your age, gender, health and family history.

Schedule an appointment with your doctor to discuss any issues you may have. Do not leave your health to luck. Make a pledge to take action today.

Sources: Centers for Disease Control and Prevention (CDC)
Rights & Responsibilities

As a valued member of Blue Cross Community Health Plans (BCCHP™), you have the following rights & responsibilities. Please take a moment to review.

Your rights

• Be treated with respect and dignity at all times.
• Have your personal health information and medical records kept private except where allowed by law.
• Be protected from discrimination.
• Be free from any form of restraint or seclusion used as a means of coercion, discipline, convenience or retaliation.
• Receive information from Blue Cross Community Health Plans in other languages or formats such as with an interpreter or Braille.
• Receive information on available treatment options and alternatives.
• Receive information necessary to be involved in making decisions about your healthcare treatment and choices.
• Refuse treatment and be told what may happen to your health if you do.
• Receive a copy of your medical records and in some cases request that they be amended or corrected.
• Choose your own primary care provider (PCP) from the Blue Cross Community Health Plans. You can change your PCP at any time.
• File a complaint (sometimes called a grievance), or appeal without fear of mistreatment or backlash of any kind.
• Request and receive in a reasonable amount of time, information about your health plan, its providers and polices.

Your responsibilities

• Treat your doctor and the office staff with courtesy and respect.
• Carry your Blue Cross Community Health Plans ID card with you when you go to your doctor appointments and to the pharmacy to pick up your prescriptions.
• Keep your appointments and be on time for them.
• If you cannot keep your appointments cancel them in advance.
• Follow the instructions and treatment plan you get from your doctor.
• Tell your health plan and your caseworker if your address or phone number changes.
• Read your member handbook so you know what services are covered and if there are any special rules.
Memory Loss: Is It Alzheimer’s or Aging?

Does this sound familiar? You meet someone at a party, only to forget the person’s name within minutes. You laugh it off and ask his or her name again.

But sometimes, especially if you are older, you may wonder if your forgetfulness is really an early sign of Alzheimer’s disease.

Alzheimer’s is a brain disease that causes a slow decline in memory, thinking and reasoning skills. It affects 1 in 10 Americans age 65 and older, according to the Alzheimer’s Association. That number is expected to increase as the number of Americans age 65 and older reaches about 88 million by 2050.

Alzheimer’s ranges from the mildest stage, when it just starts to affect a person’s mind, to the most severe stage, when the person cannot do basic tasks. There is no cure, but doctors can slow the disease’s progression if it is caught early.

So how can you tell if you or a loved one may have Alzheimer’s? The Alzheimer’s Association has a list of 10 early signs and symptoms of Alzheimer’s compared with typical age-related behavior.

Here are a few signs of the disease and normal age-related changes.

**Memory loss disrupts daily life.** One of the most common signs of Alzheimer’s is memory loss, especially forgetting recently learned information. Other signs include forgetting important dates or events, asking again and again for the same information, and needing to rely often on notes or family members for information.

**Typical age-related change:** Forgetting names or appointments occasionally but remembering them later.

**Difficulty completing familiar tasks.** People with Alzheimer’s may have trouble doing something they have done many times before. Examples include not knowing how to drive to a familiar location, manage a budget at work or remember the rules of a favorite game.

**Typical age-related change:** Occasionally needing help with technology, such as recording a TV show.

**Confusion with time or place.** Alzheimer’s patients can lose track of dates, seasons and time. They may have trouble understanding something that is not happening now or forget where they are and how they got there.

**Typical age-related change:** Mixing up the days of the week but realizing it later.

**Difficulty with words when speaking or writing.** People with Alzheimer’s struggle in conversation. They may stop and have no idea how to continue. They may repeat themselves. They may be unable to find the right word or call things by the wrong name.

**Typical age-related change:** Sometimes having trouble finding the right word.

**Take action early.**

If you notice any of these warning signs of Alzheimer’s, be sure to contact your doctor immediately. If you notice them in someone else, encourage that person to speak with a doctor as soon as possible. Early treatment can help preserve daily functioning longer. It can also give you an opportunity to explore treatment options and plan for long-term care.

Contact your doctor right away if you notice memory or thinking problems. Be sure to continue taking your medication as directed until your doctor tells you otherwise.

Sources: Alzheimer’s Association; National Institute on Aging; Helpguide.org, Harvard Health Publications
To ask for supportive aids and services, or materials in other formats and languages for free, please call, 1-877-860-2837 TTY/TDD:711.

Blue Cross and Blue Shield of Illinois complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Blue Cross and Blue Shield of Illinois does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Blue Cross and Blue Shield of Illinois:

• Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  ○ Qualified sign language interpreters
  ○ Written information in other formats (large print, audio, accessible electronic formats, other formats)

• Provides free language services to people whose primary language is not English, such as:
  ○ Qualified interpreters
  ○ Information written in other languages

If you need these services, contact Civil Rights Coordinator.

If you believe that Blue Cross and Blue Shield of Illinois has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Civil Rights Coordinator, Office of Civil Rights Coordinator, 300 E. Randolph St., 35th floor, Chicago, Illinois 60601, 1-855-664-7270, TTY/TDD: 1-855-661-6965, Fax: 1-855-661-6960, Civilrightscoordinator@hcsc.net.

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-877-860-2837 (TTY/TDD: 711).


العربية (Arabic):
ملحوظة: إذا كنت تتحدث اللغة، فإن خدمات المساعدة اللغوية تتوفر لك بالمجان. اتصل برقم 1-778-068-778 (رقم هاتف المอบรม 117). 

हिंदी (Hindi): ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-877-860-2837 (TTY/TDD: 711) पर कॉल करें।


ગુજરાતી (Gujarati): સૂચના છે: તમે ગુજરાતી બોલતા હો, તો માટે ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. કોલ કરો 1-877-860-2837 (TTY/TDD: 711).

آردو (Urdu): کریب کاال . بین دستیاب مفت خدمات کی مدد کی زبان کو آپ تو مبین بولنے اردو اپ گر خبردار 1-877-860-2837 (TTY/TDD: 711).


λ ά η ι ε κά (Greek): ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη σε αυτήν την καθήκον η γλώσσα υπηρετεί σας με ελεύθερες υπηρεσίες για την τηλεφωνική και ηλεκτρονική κοινωνία. Καλέστε 1-877-860-2837 (TTY/TDD: 711).
LifeTimes

Your guide to health, wellness, and fitness

LifeTimes is published four times a year for Blue Cross Community Health Plans members. It brings you news about your health plan and staying healthy. Each issue has important phone numbers for you to cut out and keep. If you have questions or need help, call Member Services.

Articles in LifeTimes are meant to educate. They are not meant as medical advice. Please check with your doctor for any advice about your health.

Important Blue Cross Community Health Plans phone numbers (Please have your member ID number ready)

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<tr>
<th>Member Services</th>
<th>1-877-860-2837</th>
<th>711</th>
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<td>If you have any questions, please call Member Services.</td>
<td>We are available 24 hours a day, seven days a week. The call is free.</td>
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| 24/7 Nurseline | 1-888-343-2697 | 711 |

Blue Cross Community Health Plans is provided by Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC), an Independent Licensee of the Blue Cross and Blue Shield Association.