

Gateway to Better Health
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GATEWAY

to Better

Health

Spring/Summer 2019



New Gateway Benefit: Substance Use Treatment

We have good news! Beginning February 1, 2019, Gateway to Better Health has received approval to offer a new substance use treatment benefit. This benefit includes substance use treatment visits, generic medications and counseling services available through your health center. For more information, please reach out to your health center or call the Gateway to Better Health Call Center at 1.888.513.1417.

Preventive Care is Vital to Your Health

Preventative care includes tests, shots, screenings and other care to help you avoid illness before you have symptoms of a problem.

What are some examples of preventive care?



- Vaccines (shots)
- Eye exams and teeth cleanings
- Yearly wellness checkups
- Tests and screenings, such as blood pressure and cholesterol checks

Why should I get preventive care?



It helps you feel better and live a long, healthy life:

- You can catch problems early, before they get worse
- If a health problem is found sooner, it's easier to treat and get back to full health

How can I get preventive care?



Call and schedule a yearly wellness checkup with your doctor. Your doctor may recommend other preventive services based on your age or gender.

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5 Tips for Mindfulness

Mindfulness is the practice of being aware of the moment. Being mindful can decrease stress, reduce headaches and help get a good night's sleep. Here are a few suggestions to start your own mindfulness practice:

1. **Set your intention each day** – Start the day with a purpose.
2. **Activate your brain and your muscles** – Stretch your body and mind. Puzzles and word games are a great way to stretch your mind.
3. **Become aware of your surroundings** – Notice the small things.
4. **Breathe!** – Take deep, intentional breaths throughout the day.
5. **Practice gratitude** – Name three things you appreciate at the end of each day.

Mindfulness can happen anytime, anywhere!



Take 5: Do A Word Search! Mindfulness

M B R E A T H E Z U
S E D I S C O V E R
L E D U N I Q U E Q
H Z X I N S P I R E
L U F E T A R G R I
F H Q X R A D U N G
C O N N E C T I O N
N E T S I L I I L D
T C E P S E R S O A
S S E N D N I K E N

BREATHE KINDNESS
CONNECTION LISTEN
DISCOVER MEDITATION
EXERCISE RESPECT
GRATEFUL UNIQUE
INSPIRE

Did You Know?

- Mental illness (ex: depression) is the biggest cause of disability in the world.
- One in five Americans are affected by mental disorders.
- Just 15 minutes of exercise a day has been related to lower levels of mood, anxiety and substance use disorders.

Mood Food



Did you know that you can eat foods that boost your mood? Mental Health America recommends eating foods that have **Omega 3 Fatty Acids, B Group Vitamins and Vitamin D** in them. Here are some examples:

OMEGA 3 FATTY ACIDS

- Boost brain health
- Decrease inflammation and risk of heart disease
- Reduce depression up to 30%
- Examples: Albacore tuna, salmon, trout, mackerel, anchovies, sardines, walnuts and dark green leafy vegetables like brussels sprouts, kale and spinach
- Fish oil supplements can also be a great source of omega 3

B GROUP VITAMINS

- Make up the building blocks of proteins in the body
- Can decrease risk of depression
- Folate, folic acid and vitamin B12 are examples of B vitamins.
- Try: Green leafy vegetables, legumes, whole grains, fish (salmon, trout, tuna), beef, lamb, clams, chicken and turkey, eggs and milk.

VITAMIN D

- Important for optimal brain functioning, including mood and critical thinking
- Try: salmon and tuna, eggs and fortified breakfast cereals
- Cod liver oil supplements are high in vitamins A, D and omega 3 fatty acids.
- Sunlight is a major source of vitamin D. Five to thirty minutes of sun exposure twice a week can produce enough vitamin D in the body. Low levels of vitamin D are linked to depression.

Find Affordable, Healthy Food at Local Farmers Markets

Shopping at farmers markets is a great way to get healthy fruits and vegetables at a good price. There are other health benefits as well: getting out in fresh air and walking through the market. Here's a few examples of local markets:

- **The Seeds of Hope Farm Project** is operated by the Community Action Agency of St. Louis County (CAASTLC) to increase food security, economic access and education. They support community gardens and host free cooking and gardening classes.
1120 Trampe Ave, St. Louis, MO 63138
- **Ferguson Farmers Market** is a Saturday tradition that brings you fresh fruits and vegetables picked within 24 hours of the market. You will also find live music and family-friendly activities.
501 S Florissant Rd, Ferguson, MO 63135
- **Tower Grove Farmers Market** hosts markets on Tuesdays and Saturdays through the summer. The market will be full of food vendors and artists, as well as free samples and fun in the sun activities for the whole family.
Center Cross Dr, St. Louis, MO 63116

The Funny Bone



Member Orientations

If you are a new Gateway to Better Health member, or if you would like more information about how to use your Gateway to Better Health coverage, please come to one of our scheduled member orientation sessions. To learn more, or to register for any of these sessions, please call the Gateway to Better Health Call Center at 1.888.513.1417.

