A magazine from Cigna

Fall 2019

MORE FROM LIFE®

THE BODY-MIND CONNECTION

A positive mindset can help your body

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Cigna®

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CONNECT WITH US

Cigna Customer Service
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Cigna®

Together, all the way.®

Exploring the body-mind connection

Page 4

Living life to the fullest means caring for both your physical and mental health. Starting on page 4, we explore a couple of complementary therapies that, along with regular medical treatment, can boost your mood, reduce stress and, ultimately, improve your overall well-being.

Page 6

Ted Danson has a message and has joined forces with Cigna to share it: The 70-year-old actor believes in health care that focuses on treating the *whole* person — body and mind.

FROM OUR PRESIDENT

Dear Cigna friends,

You may have seen our television commercials featuring actor Ted Danson. He's helping us spread the word about the important connection between body and mind, and how it impacts our overall health. We encourage you to get annual checkups and use that time to talk openly with your doctor about how you feel — both physically *and* mentally. Check out the articles on pages 4 and 6 to learn more.

I hope you'll also take advantage of the helpful resources we provide on our website, **CignaMedicare.com**, including:

- Health and wellness information
- Searchable provider and pharmacy directories
- Our drug list (formulary), which is updated frequently
- Your plan's Annual Notice of Changes (ANOC) and Evidence of Coverage (EOC); see page 7

We're nearing Medicare's Annual Enrollment Period (AEP), which runs from October 15 through December 7, so I urge you to take some time to review your Cigna plan. There's no action needed — you'll be automatically re-enrolled for 2020.

If you need help or have questions about your coverage, don't hesitate to give Customer Service a call.

See you next issue!

Brian Evanko
President, Government Business

AN ALLOWANCE FOR ADULTS?

Yes!

Did you know that as a Cigna customer, your plan may include a quarterly allowance you can use to purchase certain over-the-counter (OTC) items?

Here's how it works: Cigna deposits an OTC allowance into an account for you four times a year. The amount depends on which Cigna plan you're enrolled in (check your Evidence of Coverage for details and to see if your plan includes this benefit).

You can use your allowance to buy things like OTC medicines, vitamins, health-related products like compression socks, and safety items, such as non-skid bath mats and safety rails.

You can spend your full allowance as soon as it's available each quarter or save up to order higher-priced items later in the year. Unused balances roll over to the next quarter, but don't carry over to the next year.

If your 2020 plan includes an allowance, you'll receive an OTC catalog in the mail in December. If your current 2019 plan includes an OTC allowance and you need a catalog, call Customer Service at **1-800-668-3813 (TTY 711)**.

CONNECTING BODY AND MIND

Complementary care can improve your health

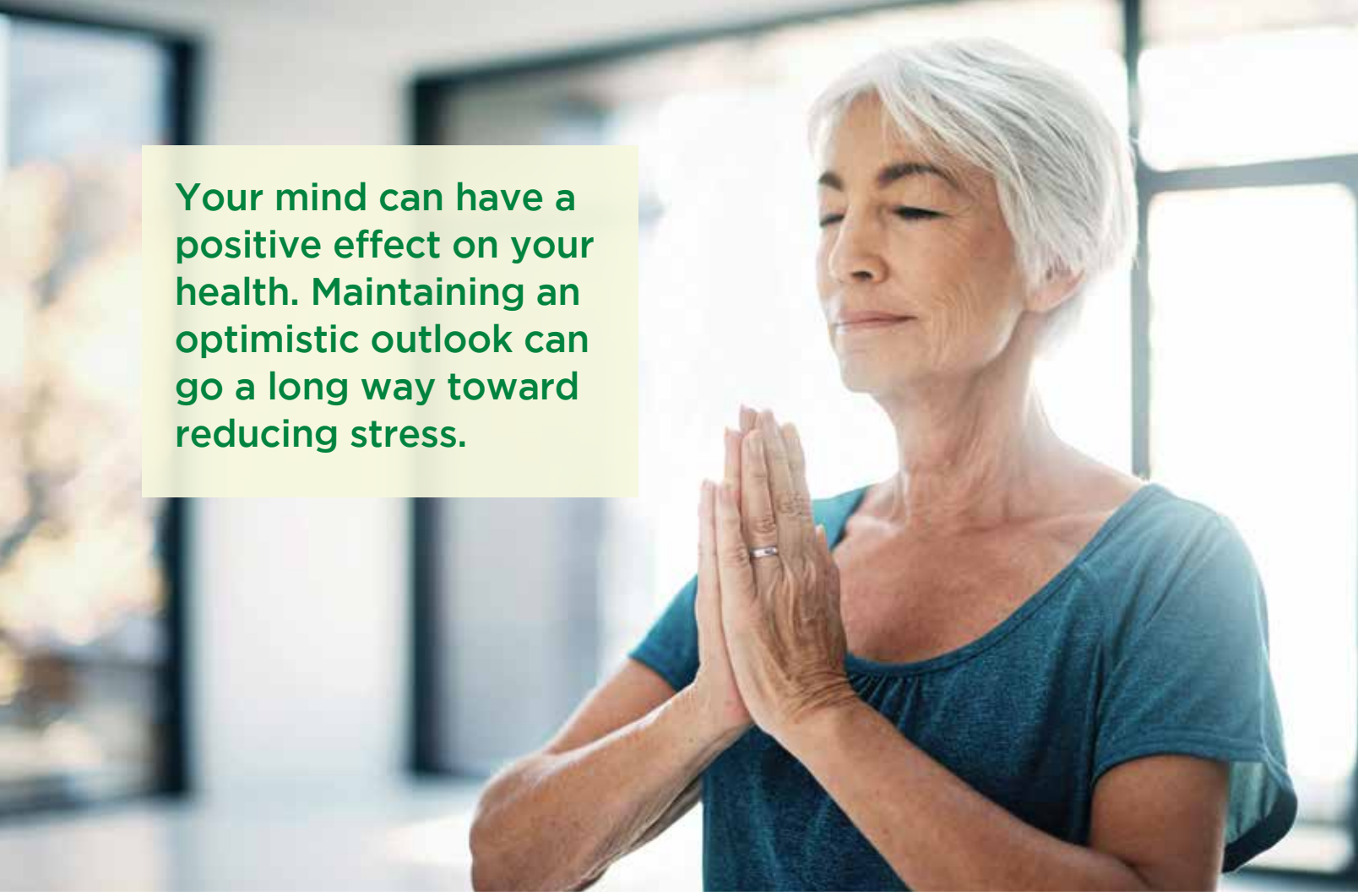
The word "relaxation" wasn't in Sherry's* vocabulary. She was constantly on the go and had priorities that didn't include taking care of herself. Between her volunteer duties, serving on several church committees and watching her grandchildren after school each day, there was little time left to unwind. After suffering serious headaches, she made an appointment with her doctor and was shocked to learn she had high blood pressure. She was even more surprised to learn that her high blood pressure was likely caused by stress.

As Sherry discovered, the body and mind are closely connected. Whether you're simply coping with everyday stress or dealing with a more serious problem like anxiety or depression, your mental state can lead to physical symptoms, such as pain, upset stomach or difficulty sleeping.

Similarly, chronic health problems — heart disease, for example — can cause stress, anxiety and depression, making chronic conditions more difficult to manage.

The good news is your mind can also have a *positive* effect on your health. Maintaining an optimistic outlook can go a long way toward reducing stress. And complementary therapies like yoga and meditation can teach you how to relax and de-stress.

* Fictional character



Your mind can have a positive effect on your health. Maintaining an optimistic outlook can go a long way toward reducing stress.

Yoga

More than 13 million U.S. adults practice yoga, making it one of the most popular forms of complementary therapy. It incorporates breathing, stretching, strength and cardio for a total body-mind workout and can be adapted to any fitness level. Check with your local fitness center, community center or YMCA about available yoga classes. If you prefer practicing at home, there are a variety of yoga apps you can download to your computer, tablet or smartphone.

Meditation

Researchers believe meditation can physically change the body and brain. It's a proven blood pressure reducer and can help you cope with illnesses and conditions like depression. It boosts your ability to relax and improves your overall health. And you can meditate in the comfort of your home — there's no equipment required.

To learn more about these and other complementary therapies, visit the National Center for Complementary and Integrative Health website at **nccih.nih.gov**.

Complementary therapies aren't meant to replace treatment you receive from your doctor; instead, they complement — or add to — that care. Talk to your doctor before starting any new exercise program.

TREATING THE WHOLE PERSON

Ted Danson has a message and has joined forces with Cigna to share it: The 70-year-old actor believes in health care that focuses on treating the *whole* person — body and mind.

The body and mind are so closely connected that the effects of stress can lead to many emotional and physical health issues, including depression, anxiety, loneliness and sleeplessness, and can even lead to chronic conditions like diabetes and heart disease.

Danson emphasizes the importance of having meaningful conversations with your doctor to discuss how you're feeling, both physically *and* emotionally.

"I like the personal relationship with a fellow human being who has compassion and offers a solid plan to fix whatever is going on with both body and mind," he says. "If something is going on with me, or I'm afraid something is, usually just knowing the facts not only relaxes me but empowers me, because the doctor will tell me what to do to make it better."

Honest communication with your doctor is crucial for healthy aging. And being proactive about prevention, such as making time to see your doctor for annual checkups, can go a long way toward improving and maintaining your overall health.

So don't be afraid to be open with your health care provider about any issues you might have — body and mind.

This is a paid endorsement/actor portrayal.

LOOKING AHEAD TO 2020

Important information coming your way

If you haven't already, you'll soon receive an **ANNUAL NOTICE OF CHANGES (ANOC)** in your mailbox. This important document lets you know about any changes to your current health plan for 2020. You can also view it online at **CignaMedicare.com**.

Your **EVIDENCE OF COVERAGE (EOC)** is available online. It explains what your health plan covers, how much you pay for health care services and more. To view your EOC, visit **CignaMedicare.com**.

Have questions? Call Customer Service. Our representatives are here to help you understand your benefits.

Prefer paper?

You can request printed copies of your EOC, provider directory and/or drug list (formulary) by visiting **CignaMedicare.com/advantage/resources** or calling Customer Service at **1-800-668-3813 (TTY 711)**.

NEW PREFERRED HOME DELIVERY PHARMACY OPTION

Available now

Cigna has teamed with the Express Scripts Pharmacy℠ to provide a new preferred prescription drug home delivery* option for many of our customers.

There are lots of advantages to using a preferred home delivery service like the Express Scripts Pharmacy, including:

- Convenient home delivery so you can avoid trips to the pharmacy
- Cost savings, depending on your plan
- Easy-to-order refills

The Express Scripts Pharmacy is the third largest pharmacy in the country and serves more than 10 million Americans.

Want more information about home delivery? Give Customer Service a call at **1-800-668-3813 (TTY 711)**.

* There are other home delivery pharmacies in our network. Preferred pharmacies are not available in all plans. For a complete list, visit CignaMedicare.com. Express Scripts may also contract with other Medicare Advantage plans. Express Scripts Pharmacy is a trademark of Express Scripts Strategic Development, Inc.

TRAVELING WITH MEDICATIONS

What you need to know

Packing is a big part of preparing for a trip. But while making sure you take enough underwear is pretty straightforward, knowing how to pack and travel with your medications can be a little more challenging. Here are some tips to help you avoid hassles and inconvenience.

Take extras

Always carry a few extra doses in case of travel delays. If you think dosage limits might leave you short, call Cigna Customer Service or your doctor before your trip. They can help make sure you have enough to last.

Use original containers

Always travel with your medicine in its original container. This helps identify the drug and its dosage, and prove it's yours if there are any questions. If you use a pill organizer, leave it empty while traveling and fill it when you arrive at your destination.

Keep them close

When flying or traveling by bus or train, keep your medications with you in a carry-on bag to guard against lost luggage and thieves. This also means your medicine won't be exposed to extreme temperatures in cargo holds and storage areas. At the airport, you'll have to show any liquid medicine to TSA agents, but non-liquid medications can stay in your bag.

Plan for time changes

If you're crossing multiple time zones, you may need to change when you take your medicine. Work with your doctor to create a modified schedule. A multi time zone watch, alarm clock or phone app can help you keep track.

Prepare for possible problems

Be sure to carry phone numbers for your doctor, pharmacy and Cigna Customer Service with you. If you lose your medication while traveling, one of these resources can help you find a network pharmacy or replace your medications. If you're required to pay the full price for a prescription, save your receipt so you can ask to be reimbursed when you return.

Foreign restrictions

Some prescriptions and even over-the-counter medications are restricted or banned in certain countries. Visit **cdc.gov** and search for "traveling abroad with medicine" for more guidance.

ARM YOURSELF

… against the flu and more!

It's common knowledge that getting a flu shot can help ward off the flu virus. But the vaccine may also arm you in ways you haven't considered, especially if you …

… have heart disease

Research shows that a flu shot can be a literal lifesaver for people who have or are at high risk for heart disease. Avoiding the flu can lower the chance of heart attack, stroke or heart failure.

… are a grandparent

Children are often called "germ super spreaders" because they can easily infect others, including grandparents who may be more vulnerable. Children are also at greater risk of getting the flu themselves. Protect yourself and your loved ones by getting your flu shot.

… want to avoid a hospital visit

The flu can lower your immunity and make you prone to bacterial infections, especially in the respiratory tract. This, in turn, can lead to pneumonia, which is a serious health issue that could land you in the hospital.

… want less downtime if you *do* get sick

The flu shot is the best protection against the flu, but it's not perfect. It's designed to work against certain strains of virus, which can change. And it can take around two weeks to fully kick in. However, even if the shot doesn't prevent you from getting the flu altogether, it might lessen its impact and reduce your sick time.

… are worried about the cost

Your flu shot is free! Your Cigna Medicare Advantage plan covers the cost of the shot once a year.

Sources: Centers for Disease Control and Prevention; Mayo Clinic

Have you had both pneumonia shots?

There are two shots that guard against pneumonia and other serious infections like meningitis: PCV13 and PPSV23. Adults age 65 and older are advised to have both vaccines. If you haven't had your shots or aren't sure if you're due for one, talk to your doctor.

CIGNA IN THE COMMUNITY

A recent Cigna survey asked seniors if they felt ready to face old age — financially, physically, mentally and socially. Only half said yes. Given the unease many seniors feel, Cigna team members are reaching out through community events and charitable partnerships.

Thousands of older adults attended the **Senior Synergy Expo** in Texas to learn how to stay active and healthy. Team members led group exercise sessions and health information workshops. They also gave free health screenings on Cigna's Health Improvement Tour bus.

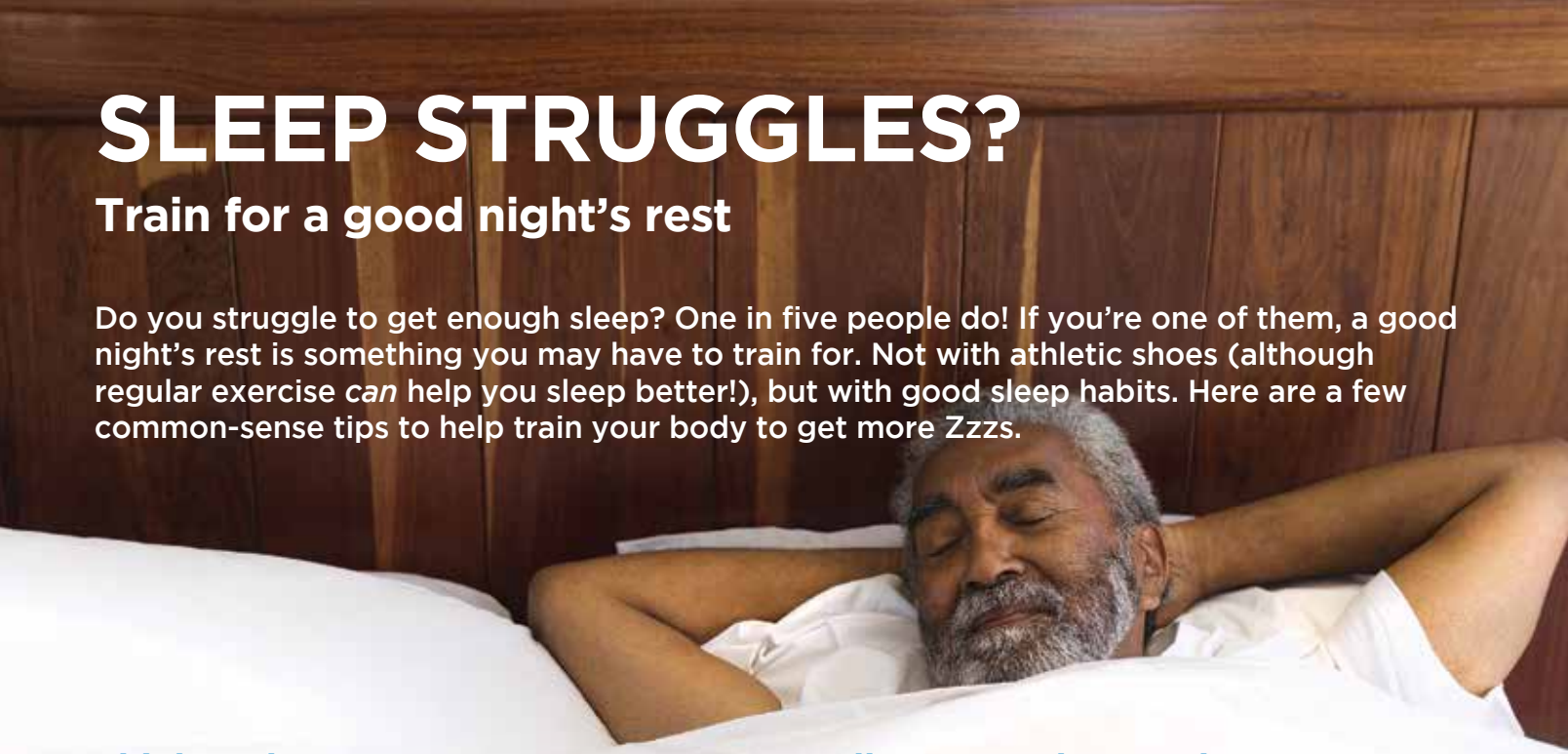
FiftyForward, a leading resource for Middle Tennessee adults age 50+, helps their clients live longer, more fulfilling lives. Throughout the year, Cigna employees volunteer their time and talents at FiftyForward events, delivering meals, playing bingo and hosting holiday parties. Cigna's Nashville campus also displayed art and jewelry created by FiftyForward artists through **50+, an Exhibition of Senior Artists**.

FiftyForward recently presented Cigna with its 2019 Crowning Achievement Award in recognition of their partnership and support.

Last year, more than 600 Cigna employees came together to package 125,000 meals for seniors as part of **#CignaFightsHunger**, a series of events in which Cigna employees form assembly lines to package at least 100,000 healthy meals per office. Since the program launched in 2013, Cigna employees have packaged more than 2.6 million meals in hunger projects coast to coast.

SLEEP STRUGGLES?

Train for a good night's rest



Do you struggle to get enough sleep? One in five people do! If you're one of them, a good night's rest is something you may have to train for. Not with athletic shoes (although regular exercise *can* help you sleep better!), but with good sleep habits. Here are a few common-sense tips to help train your body to get more Zzzs.

Think early

Often, sleep troubles occur because of what you do late in the day, like eating a heavy or spicy meal, drinking caffeine, or exercising. Do these things as early as possible to give your body a better opportunity to wind down at night.

Groom your room

Your bedroom should be a haven for sleep. Make sure it's a comfortable temperature. Room-darkening curtains can also help block out natural light that may disturb you early in the morning. Also, avoid watching TV or reading in bed as these activities can distract you from sleep.

Shut off screens

Avoid computer screens at least an hour before bedtime. You can also activate the nighttime settings on your phone. Most devices have a setting that automatically shifts the colors of your display to a warmer level at a certain time each night.

Hone your habits

If you need a nap during the day, keep it short (20 minutes or less). And make it a habit to go to bed and get up at the same time each day. This helps your body develop a sleep rhythm. It's also helpful to practice relaxation techniques or meditation as your body winds down (see the article on page 4).

Talk to your doctor about medications

In cases where good sleep habits aren't getting the desired result, medications can help, but they must be used with great care. For example, over-the-counter options can contain antihistamines that may cause confusion and increase your risk of falling. Supplements, such as melatonin, can help but may have negative interactions with other medications. And prescription sleep aids, such as Ambien® and Lunesta®, also come with serious safety concerns. They can cause abnormal and potentially deadly sleep behaviors like sleepwalking and even sleep driving.

Talk to your doctor or pharmacist before taking *any* medications for better sleep.

Sources: National Institutes of Health; U.S. Food & Drug Administration

Sleep problems are not only frustrating but also bad for your health. Chronic disease, cancer risk, the potential for accidents and even life span can be affected by too little rest.

FALL SAFETY IS NO ACCIDENT

Tips to help you stay on your feet

One in four older adults take a spill each year.

This statistic might make you think falling is a natural part of aging. It's not! While we do lose some muscle strength and coordination as we get older — which can increase the risk of taking a tumble — many falls that *do* occur could have been prevented with a few simple changes.

HOME risks

Home is where half of fall accidents take place. This is largely because of clutter, rugs that slip and bad lighting. Removing trip hazards and ensuring your home is well lit, including adding night lights, are easy fixes and should be on your immediate to-do list.

Other home modifications may be a little more involved and require hired or neighborly help. For example:

- Adding non-slip treads on outdoor stairs and ramps
- Installing handrails on stairs and grab bars in the bathroom
- Using non-slip decals or mats on the tub floor
- Installing raised toilets

PHYSICAL risks

If you feel unsteady on your feet, you may be tempted to avoid activity. But exercise is vital to increasing or maintaining strength, flexibility and balance.

Failing eyesight can also contribute to the problem. In fact, people with vision problems are twice as likely to fall. Having your eyes checked annually and updating your glasses as needed are important measures.

In addition, some medications can make you drowsy or light-headed. For example, blood pressure medicine can cause a dizzying drop in blood pressure if you stand up too quickly. Talk to your doctor about drug side effects and how to avoid them.

MENTAL risks

The old saying about pride going before a fall is also relevant to this discussion. Some people avoid using a cane or walker because it's hard to admit they need help. But these and other devices, when used properly, can actually improve mobility *and* stability.

Lack of awareness is another issue. Many people fall because they're not paying attention to their surroundings. As we get older, the results of a fall become more dire, so it's more important to be aware of risks.

Sources: National Council on Aging; American Medical Association

Falls can result in serious injuries and long-term health problems, so prevention is extremely important. If you think you might be at risk for a fall, reach out to family and health care providers for help.

WELLNESS INCENTIVE

Want to earn a $50 gift card to a store near you in 2020? It's easy! Simply complete your yearly 360 Exam between January 1, 2020 and May 31, 2020, and submit a form.

This important wellness exam helps your provider identify your current health care needs. And we've made it easier to participate by going online. Incentive information will be mailed to you in December.

CONSIDER THE (ONLINE) SOURCE

Not all health information websites are created equal

Thanks to internet search engines like Google and Yahoo, we now have instant access to vast amounts of health-related information. But not all online sources are reliable, so it's important to be a savvy web surfer and know what to look for. Here are some clues:

Check the last three letters

Pay attention to the three letters at the end of web addresses. Those that end in .edu (university affiliated), .gov (government sites) and .org (organizations like the American Heart Association) are generally considered credible sources.

Look for non-profits

Check the bottom of the site's homepage to see if there's an About Us link, which can tell you who runs the site. Look for those created by non-profit organizations. For-profit groups may have conflicts of interest; for example, a site that provides prescription drug information might belong to a drug manufacturer that's promoting a product.

Pay attention to quality and updates

A poorly designed site can signal equally poor content. Watch for misspelled words, hard-to-read text and general sloppiness. Credible sites generally look polished and professional. Check dates on articles to make sure information is current or updated often.

Visit CignaMedicare.com for health information and details on your health plan.

Stick to well-known sources

Use sources from large, reputable organizations you've heard of. Examples include:

- Centers for Disease Control and Prevention: **cdc.gov**
- Mayo Clinic: **mayoclinic.org**
- Harvard Health: **health.harvard.edu**

Get advice from a trusted source

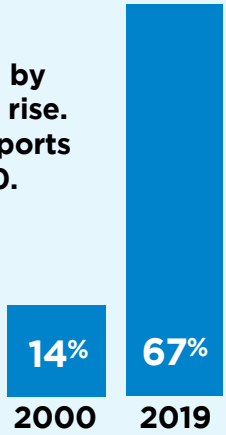
For an easy-to-follow tutorial about how to find the most reliable health information, visit **medlineplus.gov/webeval/webeval.html.**

MedlinePlus is one of the most comprehensive online health information sources available and is created by the U.S. National Library of Medicine.

Technology and internet use by adults 65 and older is on the rise. The Pew Research Center reports a steady increase since 2000.

50%

Seniors who own a smartphone



Seniors who use the internet

AUTUMN IS IN THE AIR

Colorful leaves, crackling fires, hot chocolate and cozy sweaters are signs that cooler weather is here. Search up, down, forward, backward and diagonally to find these hidden words:

Apples
Autumn
Bonfire
Brisk
Chestnuts
Chilly
Cider
Cornstalk
Cozy
Fall
Fireplace
Foggy
Football
Frosty
Harvest
Hayride
Leaves
Maple
Pumpkins
Rake
Scarecrow
Scarf
Season
Squash
Turkey

Puzzled? The solution is on page 17.

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

ASK THE DOC

Dr. Laurie Greenberg
Cigna Senior Medical Director

Most of us have taken an antibiotic — they're commonly prescribed to treat bacterial infections. But it's important to take them correctly to avoid problems like a recurring infection or antibiotic resistance. Cigna Senior Medical Director Dr. Laurie Greenberg answers some common questions about antibiotics.

My doctor prescribed a 10-day course of antibiotics, but I feel much better after five days. Can I stop taking it?

Feeling better doesn't necessarily mean the infection has cleared up. When your doctor prescribes an antibiotic, the length of treatment is based on the best clinical evidence for your condition. You should finish the entire course to ensure your infection is gone; otherwise, your symptoms may return.

If you have questions about whether to stop early, talk to your doctor and follow his or her advice.

I get diarrhea and stomach cramps when I take an antibiotic. Is there a way to avoid side effects?

Antibiotics are very effective in treating bacterial infections, but they can upset your digestive system and cause symptoms like diarrhea and cramping.

Your doctor or pharmacist might be able to recommend ways to avoid these unpleasant side effects. They can also tell you exactly how your antibiotic should be taken, including whether it should be taken with or without food, and if there are certain foods, drinks or other medicines to avoid while taking your antibiotic. Taking your antibiotic exactly as directed will help you avoid unwanted side effects that can be prevented.

Continued

I went to my doctor for a bad cold, but she didn't prescribe an antibiotic. Why?

Most respiratory illnesses like colds are caused by viruses, not bacteria. And antibiotics don't work on viruses. They also won't prevent a viral infection from turning into a bacterial infection. If you take antibiotics when you don't have a true bacterial infection, there's a danger of developing antibiotic resistance. This occurs when antibiotics are used improperly, and the bacteria changes and becomes resistant to medication. So when you have a real need for an antibiotic, it may not work.

If your symptoms continue beyond 7-10 days, however, you may have a bacterial infection and antibiotics may be necessary.

Reminder: Always make sure your doctor knows all medications you're taking. And never change the way you take a prescribed medication without talking to your doctor first.

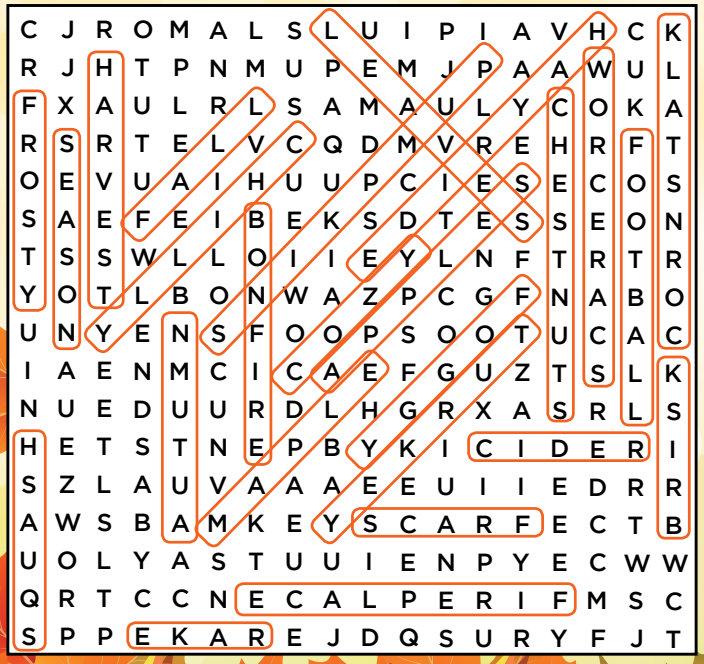
Sources: U.S. Food & Drug Administration; World Health Organization

FDA Warning: Avoid Certain Antibiotics

The U.S. Food and Drug Administration has released several safety warnings about a class of antibiotics called fluoroquinolones, which include ciprofloxacin (Cipro®) and levofloxacin (Levaquin®). Warnings state that these medicines can cause serious side effects. Talk to your doctor or pharmacist if you have any questions about this warning or the possible side effects. And always talk to your doctor before you stop or change the way you take a prescribed medication.

This column is intended only as general interest and does not in any way create a doctor-patient relationship. As with all information contained in this magazine, you should discuss any health concerns with your doctor or caregiver. If you have any immediate health care needs, contact your doctor immediately. The information in this column is not intended to serve as medical advice.

Puzzle solution from page 15



Notice of Nondiscrimination: Discrimination is Against the Law

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

Cigna:

- 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 Customer Service at 1-800-668-3813, 8 a.m.–8 p.m., 7 days a week.

If you believe that Cigna 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:

Cigna
Attn: Customer Grievances
PO Box 2888
Houston, TX 77252-2888
Phone: 1-800-668-3813 (TTY 711) Fax: 1-888-586-9946.

You can file a grievance in writing by mail or fax. If you need help filing a grievance, Customer Service 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)
Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation. The Cigna name, logos, and other Cigna marks are owned by Cigna Intellectual Property, Inc. ATTENTION: If you speak languages other than English, language assistance services, free of charge are available to you. Call 1-800-668-3813 (TTY 711), 8 a.m.–8 p.m., 7 days a week. ATENCIÓN: si usted habla un idioma que no sea inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-668-3813 (TTY 711), 8 a.m.–8 p.m , 7 días de la semana. Cigna-HealthSpring is contracted with Medicare for PDP plans, HMO and PPO plans in select states, and with select State Medicaid programs. Enrollment in Cigna-HealthSpring depends on contract renewal. INT_17_49135 09302016

Multi-language Interpreter Services

English – ATTENTION: If you speak English, language assistance services, free of charge are available to you. Call **1-800-668-3813** (TTY 711).

Spanish – ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-668-3813** (TTY 711).

Chinese – 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-800-668-3813** (TTY 711)。

Vietnamese – CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-668-3813** (TTY 711).

French Creole – ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele **1-800-668-3813** (TTY 711).

Korean – 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-800-668-3813** (TTY 711)번으로 전화해 주십시오.

Polish – UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-800-668-3813** (TTY 711).

French – ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-800-668-3813** (ATS 711).

Arabic – ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-800-668-3813** (TTY 711).

Russian – ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-668-3813** (телетайп 711).

Tagalog – PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-800-668-3813** (TTY 711).

Farsi/Persian – توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با **1-800-668-3813** (TTY: 711) تماس بگیرید.

German – ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-800-668-3813** (TTY 711).

Portuguese – ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para **1-800-668-3813** (TTY 711).

Italian – ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-800-668-3813** (TTY 711).

Japanese – 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。 **1-800-668-3813** (TTY 711)まで、お電話にてご連絡ください。

Navajo – Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'dęę', t'áá jiik'eh, éí ná hóló, kojį' hódíílnih **1-800-668-3813** (TTY 711).

Gujarati – ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-800-668-3813 (TTY 711).

Urdu توجہ دیں: اگرآپ اردو زبان بولتے ہیں تو آپ کےلئے زبان معاون خدمات مفت میں دستیاب ہیں۔ کال کریں **1-800-668-3813** (TTY 711)

PO Box 20002
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Health and wellness or
prevention information

HEALTHY RECIPE

Autumn Salad

Fruit and nuts make this salad a fun starter or side dish, and it can be served year round.

INGREDIENTS

1 medium Granny Smith apple, sliced thinly (with skin)
2 tablespoons lemon juice
1 bag (about 5 cups) mixed lettuce greens
½ cup dried cranberries
¼ cup walnuts, chopped
¼ cup unsalted sunflower seeds
⅓ cup low-fat raspberry vinaigrette dressing

DIRECTIONS

Sprinkle lemon juice on apple slices. Mix lettuce, cranberries, apple slices, walnuts and sunflower seeds in bowl. Toss with ⅓ cup of raspberry dressing to lightly cover salad.

Makes six 1-cup servings

Per serving: 138 calories; 7g total fat; 1g saturated fat; 0mg cholesterol; 41mg sodium; 3g total fiber; 3g protein; 19g carbohydrates; 230mg potassium

Recipe is from the National Heart, Lung, and Blood Institute's Keep the Beat™ collection at nhlbi.nih.gov.

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