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Hill Health

THE MAGAZINE OF HILL PHYSICIANS MEDICAL GROUP

How to Get Engaged in 5 Easy Steps

The First Year of Life

Winter Weight
& Aching Joints

3 Secrets to Aging Well

He's Known as
"Uncle Chief"

Daniel McCrimons, M.D.

Look Inside for Your Magnet

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HOW TO GET E

Getting started doesn't have to be overwhelming.

Last year, Maria's primary care physician told her she was pre-diabetic and needed to focus on losing weight and controlling her blood sugar. When she set up this year's appointment, she realized she'd actually gained several pounds despite her best intentions to get in better shape. With her job, family needs, home responsibilities and social life keeping her busy, Maria said she doesn't know how to make positive changes in her life. Embarrassed by the weight gain, she started to dread the appointment and canceled it at the last minute. "I let him down, and I let myself down," she said.

Feelings like these are not unusual, and the first few months of the year can be especially uncomfortable because the New Year's Eve resolutions have come and gone. People can become discouraged and disengage from healthy changes because they expect to fail.

But becoming a more engaged patient can literally save your life.

Keep It Simple, So You're Successful

Behavioral scientists have identified three components of a habit: the trigger, the routine and the reward. The trick to changing a bad habit into a good one is to become aware of what triggers the habit, make it easy to choose a different reaction and reward the new, better behavior until it becomes routine. That goes for being engaged in one's own healthcare. It's also better to start with small, simple steps that set you up for success.



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ENGAGED in 5 Easy Steps



For example, being told to eat five servings of fruits and vegetables per day may sound like going to the moon to someone who's been living on meat and soda pop, according to Terry Hill, M.D., a vice president at Hill Physicians. A more effective recommendation would be to find one appealing vegetable every week and add it to Friday's dinner. That keeps it simple and attainable, and you're more likely to continue the journey if you experience success early on.

"Long-distance goals are not achieved in a single bound," Dr. Hill says. "The key to changing behavior is to set up small, reachable goals that give you a feeling of success. Habits are like muscles – they must be trained." ■

One Step at a Time

Take control with these five easy steps:

1. Keep physician information handy.

Take five minutes to enter the names and numbers of your family's doctors into your smartphone contact list. Make them easy to find by listing all under "doctor."

2. Add one small habit.

Replace one existing habit with a simpler, healthier one. If you spend too much time online at night, replace your smartphone on the nightstand with a book you've been wanting to read.

3. Know your nearest in-network urgent care center (UCC).

If your car has a navigation system, program in the UCC address so you don't have to look up information when someone is injured. Turn to page 15, and peel off the UCC magnet to post on your refrigerator. Clip out the card, complete it and put it in your wallet.

4. Mind your meds.

Set medication reminders through the virtual assistant on your smartphone. You don't need an app. Press the microphone icon on an Android phone or the home button on an iPhone for Siri. For example, say "Remind me to take my blood pressure medication at 7 a.m."

5. Who speaks for you if you can't

speak? Guessing what your loved one would want in a situation such as severe illness or injury comes with a terrible burden of guilt and fear. One of the kindest actions you can take for your loved ones is to put your wishes and intentions in writing. An advance care directive (ACD) document ensures your providers and family know your preferences about your care in case you're unable to tell them. Download ACD forms in multiple languages at HillPhysicians.com/AdvanceDirective.

Don't stop here. Explore our health centers and other simple ways for you to become more engaged in your health at HillPhysicians.com/Engage.

He's Known as "Uncle Chief." Daniel McCrimons, M.D.

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For three decades, Daniel McCrimons, M.D., a Hill Physicians pediatrician in Sacramento, has loved working with children.

"I went into medicine over 30 years ago, and I find the children have given me an opportunity to do something I always wanted to do."

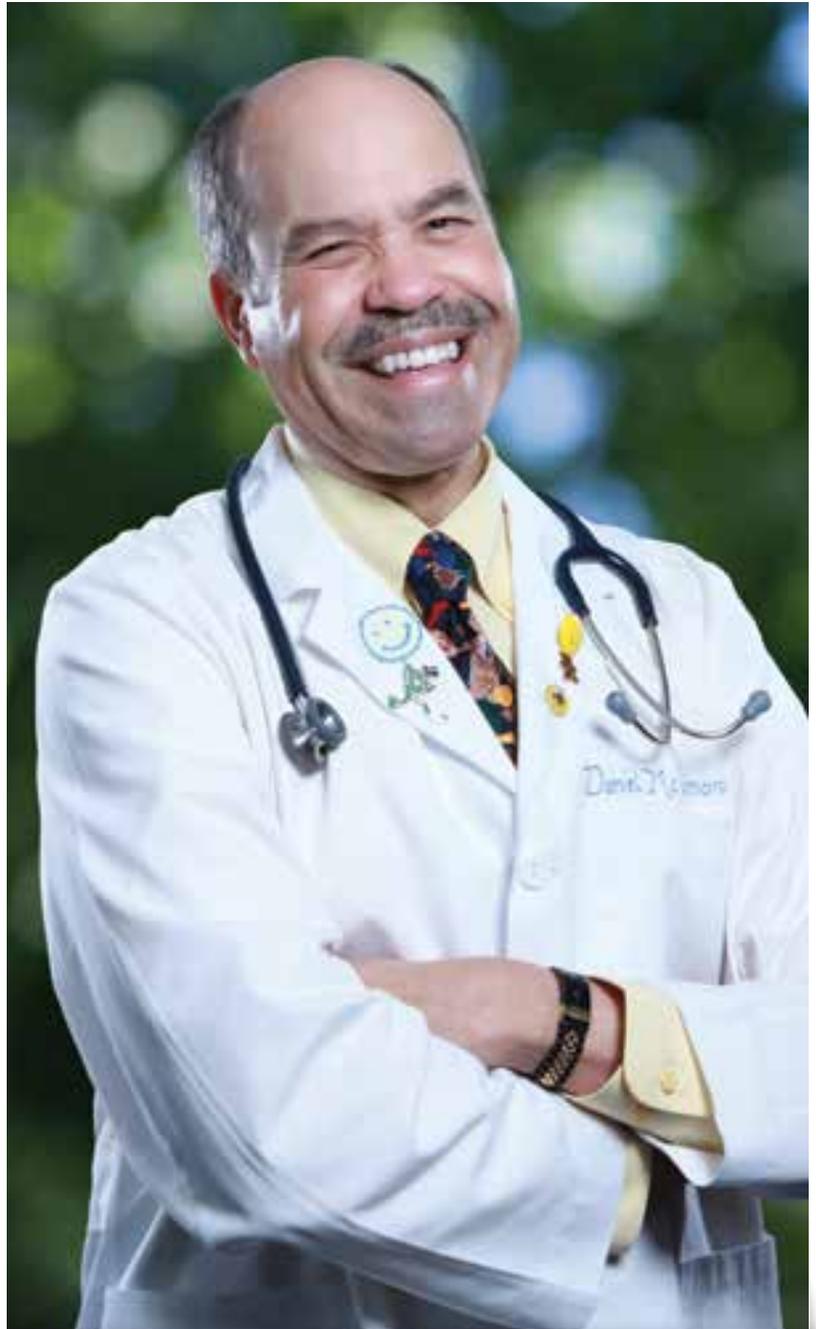
When choosing his professional life's path, Dr. McCrimons initially considered becoming a teacher or minister, but soon realized that pediatrics would incorporate aspects of education, compassion and service, making it a particularly rewarding and fulfilling career. And he still finds those values fulfilling: "Whenever I walk into a room with a patient, I am reminded that I have service to offer, caring to offer and regard to offer."

Dr. McCrimons received his degree from Columbia University in New York in 1979 and went on to complete a residency at the Children's Memorial Hospital in Chicago in 1982. He has been in private practice in the greater Sacramento area since 1982 and is a member of the Sacramento Pediatric Society. Dr. McCrimons enjoys spending time reading books on philosophy, history and spirituality, and he meditates daily to help maintain well-being and balance outside of his busy practice.

Over the span of his career, providing healthcare to children has not only been gratifying to Dr. McCrimons, but has taught him important lessons about life and about what it means to be human, as well. "There are so many facets of medicine that have taught me who to be as a human being. It is a continuous growth experience, and the value of that growth has been so rewarding."

Dr. McCrimons' observations about the nature and spirit of children influenced his choice of pediatrics as a specialty. "Children have the distinct capability to express themselves consistently, and I was attracted to their curiosity, sincerity, enthusiasm and the engaging belief that their dreams could come true. Their minds are always active, seeking answers and exploring new dimensions. I wanted to be around this influence, and I wanted to model my own life with these unique characteristics in mind."

To foster trust and build rapport with his patients, Dr. McCrimons considers every child as a "chief." "Both girls and boys are given the rank of 'chief,'" he says. "This address makes them feel very regarded. And they call me 'chief,' too. I had a 5-year-old waiting for me one day. Through an open door, I heard him ask his mother, 'When is Uncle Chief coming in?' He felt I was in his inner circle of comforting people. I could not have received a higher honor."



Visit [Facebook.com/HillPhysicians](https://www.facebook.com/HillPhysicians) and use the "Find A Doctor" app for more information about Dr. McCrimons or to find other great doctors.

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You May Need to Fill Out a COB If ...

- ✓ You have insurance through work and an outside policy, such as through AAA or AARP
- ✓ You have coverage through your job as well as through your spouse's employment
- ✓ You cover your child on more than one insurance plan
- ✓ You are a senior with Medicare or Medicare Advantage, along with a supplemental plan

Are You Paying TOO MUCH?

If you have more than one type of health insurance, coordination of benefits (COB) can save you money.

When more than one insurer is involved in your healthcare, the Hill Physicians COB service opens the lines of communication between insurance plans, ensuring you get the most out of each plan. This helps minimize your out-of-pocket expenses.

Who Needs COB?

"If you happen to have two jobs, which is not uncommon, COB can identify what is covered by each employer's plan and determine 'who's on first' according to the standard rules we use," says Celia Ruiz, Enrollment Services supervisor at Hill Physicians. "We then set up our system to process the claims in the right order and coordinate payment of what needs to be reviewed on the explanation of benefits."

After you visit a physician, clinic, hospital or other provider, you will receive an explanation of benefits (EOB) document from your health insurance company. This will explain the portion of the charges that will be paid on your behalf by your insurance plan and the amount you are responsible for.

Cutting Through the Chaos

Our online COB form allows you to sign up for the COB service easily and securely. Simply enter your insurance coverage information and answer a few "yes" or "no" questions. Filling out the COB form and submitting it electronically only takes a few minutes.

Once the form is received, the Enrollment Services team does all the necessary processing and filing for you. Enrollment Services will filter any filed claim through your COB information, taking the most complex part of the process off your shoulders.

"No one wants a claim held up or denied inappropriately," Ruiz says. "The best way to make the process easier is to let all parties know you have more than one coverage. The take-away? COB leaves more money in your pocket." ■

To access the COB form, visit HillPhysicians.com/COB. For assistance enrolling in our COB service, call 800-445-5747.

LOSING WEIGHT IN COLDER MONTHS

Don't wait until spring to start an exercise regimen. Try some of these simple exercises you can do at home.



Knee Bend

1. Stand with your hands lightly resting on a counter or chair in front of you with your feet shoulder-width apart.
2. Slowly bend your knees so that you squat down just like you were going to sit in a chair. Make sure your knees don't go in front of your toes.
3. Lower yourself about 6 in. (15.2 cm). Your heels should remain on the floor.
4. Rise slowly to a standing position.
5. Repeat 8 to 12 times.
6. Rest for a minute and repeat the exercise.

Shallow standing knee bends build strength in the muscles on top of your thigh. This exercise should only be done if you have very minimal pain; if you have no clicking, locking or giving way in the injured knee; and if it doesn't hurt while you are doing 8 to 12 repetitions.



Leg Lift

1. Lie on your side, with your legs extended. Keep your hips straight up and down during this exercise; don't let your top hip rock toward the back. Support your head with your hand, and place the other hand on the floor near your waist.
2. Slowly raise your upper leg until it is about in line with your shoulder. Keep your toes pointed forward.
3. Slowly lower your leg to the starting position.
4. Repeat 8 to 12 times.
5. Rest for a minute and repeat the exercise.
6. Turn to your other side and do the same exercise with your other leg.

If this exercise becomes easy, you can add a light weight around your ankle or tie an elastic resistance band to both ankles.

Also Keep in Mind ...

If your muscles and tendons are stiff, you can easily stress them performing regular activities. You want your muscles to be flexible as well as strong enough to support each joint through its full range of motion.

- Get your blood pumping by walking in place at a brisk pace for 10 to 15 minutes. Then hold the back of a chair and extend one leg behind you with the heel on the floor; bend the other knee forward. Hold the position for at least 10 seconds, and then switch legs. Repeat the cycle as many as three times.
- For another good stretch, grip the chair back with one hand, raise the opposite leg behind you, grab the top of your shoe and pull your foot toward your lower back until the bottom of your shoe is parallel to the ceiling. Hold for at least 10 seconds before switching legs, and repeat up to three times.

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Need additional support? Discover more resources for weight management at HillPhysicians.com/LoseWeight.

WINTER WEIGHT & ACHING JOINTS



Perhaps you've been overindulging in holiday foods and spending more evenings in front of the TV this winter instead of facing the chilly air on your favorite walking paths. Before you know it, you've added 20 pounds, and your lower-body joints, especially your knees, feel every one of them.

Living a high-quality life usually involves being active, and for that, you need healthy legs," says Gregg Pottorff, M.D., a Hill Physicians orthopedic surgeon and medical director of Surgical Subspecialties in San Ramon. "Properly functioning legs require mobile, pain-free joints. Take away joint health, and your performance and enjoyment of activities will dramatically diminish."

That can lead to being less active, and the pounds just keep adding up.

The Burden of Weight

"Being overweight places an extreme load on the knees," Dr. Pottorff says. "When you rise from a sitting position, for example, the force applied to your knees is three times your excess body weight. An individual 100 pounds overweight will feel 300 pounds of pressure on the knees getting out of a chair."

Excess weight is a risk factor for many common conditions of the hips and knees. Osteoarthritis, the most prevalent of these problems, typically manifests after age 50 as pain in the joints due to wearing away of the cartilage that covers the ends

of the bones. The disease often results from too much weight exerting pressure on the joints.

"Another big problem that comes with aging is degenerative tearing of cartilage in the joints," Dr. Pottorff says. "Obesity and repetitive activity can cause gradual harm until, one day, a movement as simple as stepping off a curb causes these shock-absorbing cartilages to tear. Extra weight also places greater strain on ligaments and tendons, and repetitive activities can exacerbate deterioration of those tissues."

Bursitis, another common complaint, particularly affects the hips. This painful condition occurs when the small fluid-filled sacs that help joints move smoothly become inflamed, often due to overuse of the joints.

The roster of potential threats to the hips and knees can be daunting, but if you take a proactive approach to joint health, you may be able to avoid persistent pain, stiffness and weakness. Your mission: Keep your joints strong and supple with a daily regimen of strength and flexibility exercises. Strong muscles are crucial for safeguarding nearby joints, according to Dr. Pottorff. ■



The First Year

The arrival of a baby is a time for celebration and joy, but for new moms, the sleepless nights and seemingly endless to-do lists make it hard to get back into a healthy routine. But with a little help, you and your baby will be on the right path together.

Three Hill Physicians doctors offer eight recommendations to help you and your baby in the first year of life.

1. Watch Out for the Blues

From the moment of coming home until the candle is lit on that first birthday cake, a baby is busy growing bigger and stronger, building motor skills, starting to connect memories, and beginning to communicate and relate to others. Moms help babies develop by responding to them, playing with them, talking to them, providing what they need and keeping them safe. Depressed mothers are less likely to do these things, and babies whose mothers experience major depression during this crucial time show poorer development after nine months.

“The labor process is exhausting, and many women experience soreness dur-

ing recovery,” says Padmaja Sharma, M.D., a Hill Physicians OB/GYN in Fremont. “Moms also deal with lack of sleep and hormonal changes while trying to care for their babies. If they don’t understand what to expect or are afraid to ask for help, they have a high risk of postpartum blues.”

New mothers who are experiencing postpartum depression often have a hard time asking for help. Asking for and accepting help allows a new mom to be there for her infant and to focus on her own healing. Dads can lend a helping hand by watching the little one while mom takes a nap. These moments also allow dad to develop a caring bond with his new baby.

2. A Pediatrician for Baby; a Primary Care Physician for You

An important handoff in care occurs when moms complete their postpartum OB/GYN

visits and begin taking the baby to the pediatrician. Rina Shah, M.D., a Hill Physicians pediatrician in Vallejo and a working mother of two, urges women to schedule an initial appointment with the pediatrician during their pregnancy. Meeting the pediatrician before the baby is born is a good way to make sure you feel comfortable with your child’s future doctor.

Your baby’s well-child visits typically begin the week after delivery and continue as many as nine times over the next three years. But these visits aren’t solely about the baby – pediatricians support the mothers, too.

“New moms need someone to talk to,” Dr. Shah says. Your OB/GYN and pediatrician are considered important parts of your support community.

After so many trips to an OB/GYN or pediatrician, many moms delay making

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“Establishing good habits is easiest when a situation is new, so start to practice self-care immediately after delivery. Set small, realistic goals and make healthy habits a priority.”

– Laura Watters, M.D.



Year of Life

an appointment with their primary care physician. “You are important,” Dr. Shah emphasizes. “I know it’s hard to make time, but it’s incredibly important to take care of yourself. Make an appointment with your PCP as soon as you can.”

3. Pick a Small Habit for You and Baby to Enjoy

According to Laura Watters, M.D., a Hill Physicians OB/GYN in Sacramento, “establishing good habits is easiest when a situation is new, so start to practice self-care immediately after delivery. Set small, realistic goals, and make healthy habits a priority.”

Work toward a regular routine for your sake as well as baby’s. Use a daily trigger such as a show you don’t like coming on TV, or washing the dishes, to be your cue to put the baby in a stroller and go for a walk. This improves your well-being and sets

the foundation for a lifetime of healthy habits for your child, as kids tend to mimic their parents’ emotions and behaviors.

4. Lose “Baby Weight” Gradually

You’re probably eager to lose the weight gained during pregnancy, but extreme dieting and exercise are not good for you. Gradually increasing your physical activity and breastfeeding will help you shed this “baby weight,” according to Dr. Sharma.

Whenever possible, breastfeed during your baby’s first six months of life. Breastfeeding strengthens your baby’s immune system, provides balanced nutrition and burns about 500 calories per day. By eating healthier meals of lean meats, whole grains, fruits and veggies, new moms can start losing weight while also providing the calories needed to support

breastfeeding and nutrition. According to Dr. Sharma, you should also drink 8 to 10 glasses of water each day to boost your milk supply and prevent urinary tract infections.

5. Banish Guilt

“A lot of responsibility comes with a new baby, and many new moms react by feeling guilt or anxiety,” Dr. Shah says. “Many women feel they need to do everything on their own or fear they’re not doing enough every day to take care of their child, work and clean the house. When moms take care of themselves, however, they feel happier and healthier and have more energy to devote to their babies. This allows babies to feel nurtured, which helps them grow and develop.”

For Dr. Shah, setting aside between 15 minutes and an hour every day for

Continued on page 10

herself allows her to be more present for her children. During her reflective time, she enjoys riding her bike and performing yoga, activities that benefit both her mental and physical well-being.

“I truly believe I am a better parent if I take that extra time for myself,” Dr. Shah says. “Setting aside time for yourself on a daily basis is a priority most new moms overlook. But it’s important to remember that there’s no such thing as ‘doing it all.’”

6. Find a Support Network

New moms who spend their days at home with their babies may feel isolated from others. While friends and family members form the backbone of support following delivery, connecting with other women who are experiencing the same challenges helps as well.

Many community organizations, including area hospitals, churches and city governments, provide groups where new moms can share common interests and experiences. You can expand your circle of friends by looking for mommy-and-me activities on websites such as Meetup.com.

7. Read to Your Baby Every Day

Did you know babies can hear while they’re still in the womb? A newborn recognizes mom’s voice right away, remembers sounds and responds to the slower, higher-pitched “baby talk” tone most parents instinctively use with their newborns at first. To help build baby’s language skills and provide comforting contact, talk to your baby as much as you can. Carry your baby around the room, stop in front of pictures and explain what the pictures are. Go outside for a walk and describe what you see. Spoken language of all kinds helps baby learn, so make it a point to read to your baby often. What you read doesn’t matter, as long as you read aloud. Story time with baby is a great chance to reconnect with your favorite books or find new ones while you are bonding with and stimulating your baby’s development. Reading to your baby now will make future story times natural, comfortable and fun.

8. Don’t Listen to Your Inner Critic

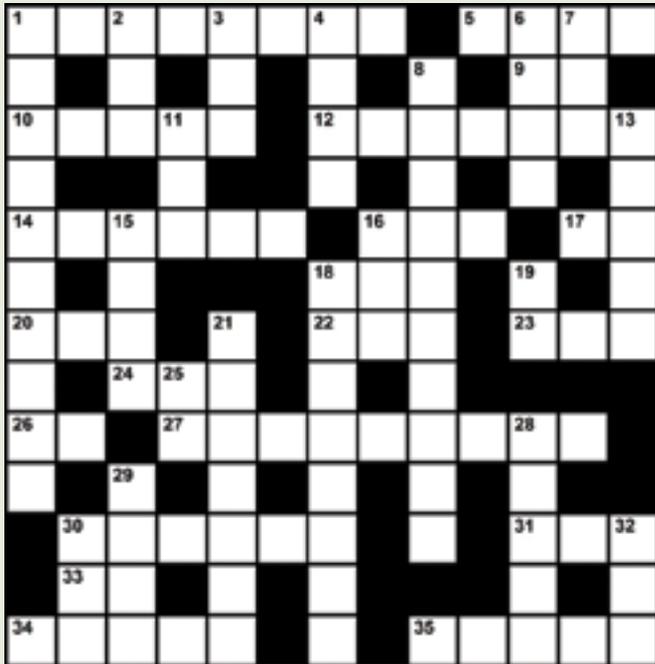
When it comes to successfully developing new habits, silencing your sabotaging inner self-critic is essential. Not all aspects of new motherhood come naturally. Breastfeeding, quieting a crying infant and balancing your needs with those of your baby’s are learned skills. If you expect perfection, you risk setting yourself up for failure and making it more difficult to stick to the healthy changes you’re trying to establish.

“We are our own worst critics,” Dr. Shah says. “It’s OK to make mistakes because they help us learn and grow in all areas of our lives, including new parenthood.” ■



Ready to make healthy habits a priority? Visit HillPhysicians.com/FirstYear to get you and your baby off to the right start.

A Game for Your Brain



Crossword by Myles Mellor

ACROSS

- 1 Healthy habit to develop for after-birth moms (start with walking!)
- 5 Enclose with a blanket
- 9 For example, briefly
- 10 Curtain
- 12 Family members who can be a great source of support for after-birth moms
- 14 A habit is something you learn to ___ every day
- 16 Had some veggies and fruit
- 17 You and me
- 18 Little drink
- 20 Make a happy noise without singing
- 22 Retirement fund
- 23 Short sleep – a good thing for the after-birth mom
- 24 Cool it on this apple dessert!
- 26 Word to the dog perhaps
- 27 After-birth period when milk is secreted
- 30 Routines born from repetition and reward
- 31 After-meal discomfort for the baby sometimes
- 33 Hospital room, for short
- 34 Fetch
- 35 A baby can sometimes get a ___ nose – then you have to wipe it!

DOWN

- 1 Neurochemicals in the brain released by exercising
- 2 Arrival time, for short
- 3 Signal for action
- 4 Unexciting (2 words)
- 6 A new mom should try to get this when the baby sleeps
- 7 The ___ of innocence
- 8 After-birth period
- 11 Coming before, suffix
- 13 It's important to establish a healthy ___ schedule with your baby
- 15 It's useful to ___ milk into a bottle to help maintain feeding schedules
- 16 It's needed to breathe
- 18 Average number of days it takes to form a habit (2 words)
- 19 Popular
- 21 Getting better physically, an important aspect of new motherhood
- 25 Chicago's state
- 28 A new mom should establish a relationship with this professional to get good advice
- 29 Indian dress
- 30 Belonging to a lady
- 32 Healthy protein



On the Calendar

February

American Heart Month

Many people think of heart disease as a problem that affects men, yet the biggest killer of American women is heart disease. A heart attack may also feel differently for women than the classic symptoms men experience. Get the facts and learn about common misconceptions when it comes to the warning signs at HillPhysicians.com/HeartHealth.

March

Nutrition Month

Make informed nutritional choices that can improve your overall well-being and reduce the risk of chronic conditions such as Type 2 diabetes and heart disease. The Hill Physicians Recipes Index is packed full of delicious and nutritious recipes using healthy ingredients. Special categories include:

- Diabetes friendly
- Heart healthy

Browse all our healthy recipes at HillPhysicians.com/Recipes.

Colon and Rectal Cancer Month

Colon and rectal cancer can often be cured – when it's found early. When and how to begin screening for colon cancer can vary depending on your health status and family history, and it should be decided in consultation with your physician. Who needs a screening? Anyone who:

- Is between 50 and 75 years old
- Has colon or rectal cancer in the family
- Has inflammatory bowel disease (IBD)
- Has had polyps in the past

Visit our Shared Decision Making Tool to print your decision guide summary to share with your primary care provider at HillPhysicians.com/Decisions.

April

Stress Awareness Month

How do you relax in a busy world? Excessive stress can interfere with your productivity at work as well as your physical and emotional health. That's why we've created a series of podcasts to help you manage and reduce stress. Podcast topics include:

- Paced Breathing for Hypertension
- Increase Your Happiness Quotient
- Creating Calm in the Workzone

Visit our podcast library to learn quick and easy relaxation techniques to gently release tension and reduce stress at HillPhysicians.com/Podcasts.

Foot Health Awareness Month

Hill Physicians understands that considerable stress is placed on your feet every day. If you only think about your feet when your shoes don't fit properly, you could be missing out on important health messages. The condition of your feet may be the first clue that something's not right with your health.

Learn more about foot care, identify common conditions that affect your feet and find tools for self-care at HillPhysicians.com/Feet.



How to Spring Forward, Fall Back and Keep on Track

There's nothing more refreshing than waking from a good night's sleep. For some, that's a challenge when the clock changes. For others, it's the sign of something more serious.

Steps Toward Great Sleep

Maintaining good sleep habits and a comfortable environment usually allows you to drift off to dreamland in no time. If your sleep has been lacking lately – or becomes disrupted by the time change in March – consider these expert tips:

- **Lower the temperature.** “A person’s bedroom should be around 65 degrees and free of light and noise,” says Jagjeet S. Kalra, M.D., FCCP, a Hill Physicians pulmonary disease and sleep medicine specialist. Normal sleepers naturally run a lower core body temperature than people who have trouble falling asleep and staying asleep. Sleepers become restless when the temperature gets above 68 degrees.
- **Put the tablet or smartphone down.** “People should avoid using electronics in bed because the light from the screen affects the gland in the brain controlling melatonin release, a hormone that helps people sleep,” says Michael Murphy, M.D., a Hill Physicians sleep medicine specialist and otolaryngologist. “Noise from cell phones can also negatively affect sleep quality, so people need to turn these devices off or charge them in a separate room.” Putting electronic devices in another room helps reduce the temptation to keep looking at social media updates or work emails.
- **Nix bad habits.** “Sometimes when people come in complaining of sleep issues, we find that bad lifestyle habits – such as consuming caffeinated or alcoholic

beverages or smoking – could be at fault,” says Michael Cohen, M.D., a Hill Physicians sleep specialist. “Sitting down and discussing issues with a healthcare professional can rule out underlying issues and pinpoint positive lifestyle modifications.” One good rule of thumb is to avoid caffeine for six hours before bedtime. Another is to avoid smoking altogether, because even though many smokers believe the habit relaxes them, tobacco use actually throws off the body clock and can cause sleep disturbance.

- **Schedule earlier meal times.** “Eating a meal late at night can result in digestive issues that can make it more difficult to sleep or fall asleep,” says Timothy Scott, M.D., a Hill Physicians otolaryngologist. “Having dinner at an earlier time can actually help people adjust to the time change and sleep more easily.” Stop snacking two hours before hitting the sack to give your body time to digest the food.

A Sleep Study: The Gold Standard

Sometimes these steps might not be enough to help you get the rest you need, and a sleep disorder could be to blame. Undergoing a sleep study at a certified sleep lab can identify a variety of sleep disorders, including obstructive sleep apnea, insomnia and restless leg syndrome.

A patient at a sleep laboratory stays in a room similar to a hotel suite and is hooked up to monitors that evaluate vital signs while he or she sleeps. On-site technologists create a report as the person sleeps, and that report is issued to the referring physician or a sleep specialist, who will review the results with the patient.

“During a sleep exam, 13 channels are tested, including breathing, eye movement, movement of the legs and chest, brain waves, and heart rate,” Dr. Kalra says. “Once the study is complete, a diagnosis can be made.”

Loud snoring can be a sign of obstructive sleep apnea, a condition in which a person stops breathing during sleep. Most often, a person will hear his or her sleep partner struggling to breathe during the night. Being overweight and having a collar size larger than 17 inches can contribute to breathing problems at night.

“Nasal symptoms of congestion or obstruction are frequently contributors to snoring and obstructive sleep apnea,” Dr. Murphy says. “Sometimes the symptoms are due to anatomic problems – such as a deviated nasal septum or nasal polyps – which can be treated surgically. For allergies, we’ll often treat those problems with medications and lifestyle modifications.”

Patients with obstructive sleep apnea will be fitted with a device that helps maintain airflow. Depending on the severity of the symptoms, the use of a small dental appliance or a continuous positive airway pressure (CPAP) machine may be recommended.

“Sleep apnea symptoms should be taken seriously,” Dr. Scott says. “Patients who are left untreated are 30 percent more likely to suffer a stroke or heart attack later in life.”

The Centers for Disease Control and Prevention estimates that between 50 and 70 million Americans have a sleep disorder. When left untreated, a sleep disorder could steal more than the blissful feeling of being rested – it may result in chronic health conditions such as heart disease or diabetes. Getting evaluated for sleep issues early can help you feel your best and keep you from experiencing more serious health problems. ■



Adjust to the Time Change

- ✓ During the week before the time change, plan to go to bed at least 15 minutes earlier than usual.
- ✓ Adjust your clocks and watches before going to bed Saturday night.
- ✓ During the days following the change, stand outside for a few minutes to bask in natural light. The sun’s rays help reset your circadian rhythm.

Can't sleep? Let us help. Try a Sleep Better podcast before bedtime at HillPhysicians.com/Sleep.

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Spice Up Your Winter

This tasty comfort food recipe demonstrates just how good cooking with fresh local produce can be this winter.

SPINACH & GOUDA CHEESE QUINOA CAKES WITH CHIPOTLE SAUCE

Ingredients

- ¼ cup quinoa
- ¼ cup barley
- 1 cup water
- 1 tablespoon olive oil
- 1 large leek, rinsed and with top portion removed (slice into half-moons)
- 1 large garlic clove, minced
- 3 cups baby spinach, roughly chopped
- 2 large eggs
- 2 tablespoons low-fat milk or almond milk
- ¼ cup breadcrumbs
- 2 tablespoons panko breadcrumbs
- ⅓ cup matured Gouda cheese, grated
- Fine sea salt and pepper
- 1 tablespoon coconut oil for pan frying

For the Chipotle Dipping Sauce

- ½ cup plain nonfat Greek yogurt
- 2 teaspoons lime juice
- ¼ teaspoon ground chipotle chile
- ½ teaspoon paprika
- 1 pinch garlic powder
- ½ teaspoon white wine vinegar
- ⅛ teaspoon honey
- ⅛ teaspoon fine sea salt

Recipe developed by Farm Fresh To You

Directions

Combine the quinoa and barley in a small sauce pan. Add 1 cup of water, bring to a boil. Once boiling, reduce to a simmer, cover and let cook for about 20 minutes until water is absorbed. Transfer quinoa and barley to a large bowl.

Heat the olive oil in a large skillet over medium heat. Add the leek, cook 1–2 minutes, then add the garlic, cook for about 30 seconds, until fragrant. Add the spinach and cook for 2 minutes, until wilted. Add the mixture to the large bowl with the quinoa and barley.

Beat the eggs and milk together in a small bowl and then add to the large bowl. Add the breadcrumbs, Gouda cheese, and salt and pepper to taste. Stir everything together until well incorporated.

Using the same skillet, add 1 tablespoon of coconut oil and heat over medium-high heat. Shape the mixture into patties and cook for about 3 minutes on each side until golden brown. Transfer to a paper-towel-lined rack to drain. Add oil to the pan as necessary while cooking the patties.

Dipping Sauce: Combine all ingredients in a bowl and stir. Serve quinoa cakes warm with dipping sauce.

Nutrition Facts (per serving)

Servings: 4	Protein: 16g
Calories: 330	Fiber: 4g
Total Fat: 16g	Sodium: 370mg
Total Carbohydrates: 31g	

Receive your 10 percent member discount on home delivery of organic produce using discount code "HILL HEALTH" at FarmFreshToYou.com.

How to Get the Right Care at the Right Time

Contact Your Doctor

Your primary care physician is your first point of contact. By calling his or her office, you can get help and advice.

Go to an Urgent Care Center

Urgent care centers offer same-day care for non-emergent medical needs, including cuts, colds, minor allergic reactions, pink eye, vomiting, and sprains and strains. Urgent care centers provide quality care, usually with lower out-of-pocket costs and shorter waiting times than you'll find at an emergency room.

Go to an Emergency Room

Emergency medical care is recommended for life-threatening conditions such as breathing difficulties, severe bleeding, head injuries, major trauma, poisoning, seizures, loss of consciousness, and suspected heart attack or stroke. Care at emergency rooms is prioritized based on the severity of the illness or injury, so you might have to wait for long periods of time if you're not experiencing a true medical emergency.

When your doctor's office is closed and you need non-emergent medical attention, take these steps.

1. Call your doctor's office at _____.
2. Check your symptoms at HillPhysicians.com/Symptoms.
3. Call your plan's nurse line at _____.
4. Find an urgent care facility at HillPhysicians.com/Urgent.
5. Go to an ER or call 911 in an emergency.



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1. Doctor's #

2. HillPhysicians.com/Symptoms
3. Health Plan Nurse line #

4. HillPhysicians.com/Urgent
5. Go to an ER or call 911 in an emergency.

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HillPhysicians.com/HillHealth

Need to reach your physician now? Scan this code with your smartphone to link to our "Find a Doctor" mobile page directory. To find a current list of urgent care centers in your plan, visit HillPhysicians.com/Urgent.



3 Secrets TO AGING WELL



3 DAILY TIPS TO AGING WELL

GRATITUDE
Tell the people in your life you appreciate them.

FORGIVENESS
Learn to let go of negative emotions.

MINDFULNESS
Bring your attention to the here and now.

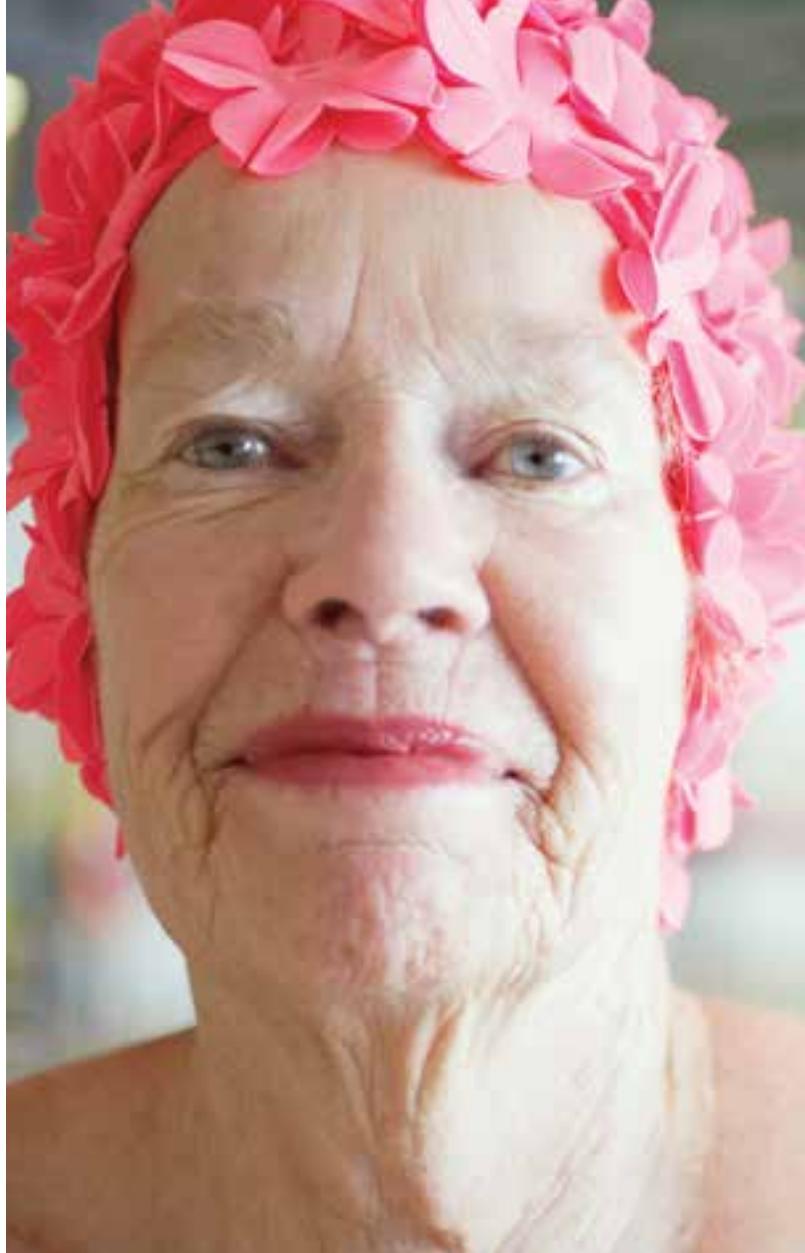


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Getting in the Right Frame of Mind



Gratitude – Are you a person who sees the glass as half full or half empty? If you focus on things that are not done, you may be keeping yourself in a cycle of unhappiness.

When you feel negative, take a walk; exercise clears the mind and releases stress.



Forgiveness – We've all had our feelings hurt by others. Or maybe the hurt is caused by your own internal critical voice. The longer resentment or anger stays with you, the more it harms your health.

Imagine how you would want others to respond if you were the cause of the hurt. Focus on your breathing, and as you exhale, let go of past hurts.



Mindfulness – If it's getting noisy in your head, you may need to schedule a timeout for yourself. Pay attention to your emotions, because the first step to controlling negativity is to be aware of when it appears.

Slowly savor every bite of your food. Appreciate nature's beauty; stop to watch the sun set.

Explore more secrets to aging well in our emotional wellness center at HillPhysicians.com/EmotionalWellness.



Lea este artículo en español

阅读此文的中文版

HillPhysicians.com/HillHealth

We're all getting older. Some of us are doing it better than others. What are their secrets for aging with grace, happiness and true purpose?

“We face new frontiers as we get older,” says Katherine Bisharat, M.D., a Hill Physicians internal and holistic medicine physician in Carmichael. “Our bodies are taking us places we’ve never been. We need something powerful and big to counterbalance what is happening.”

The “something big” actually involves a few key areas of focus: gratitude, mindfulness and forgiveness toward ourselves and others. While such ways of thinking do not always come naturally, they may be practiced through meditation and imagery – powerful tools that may help bring peace throughout life.

“Older adults who meditate can find unsuspected reservoirs of strength that

allow them to be present for the small moments in life, even if the body starts to fail,” says Jan Yaffe, marriage and family therapist in San Francisco. “It’s a shift in focus that allows you to live moment to moment with fullness and appreciation.”

Be Grateful, Every Day

Being grateful for the gifts that surround us can help shift focus away from both emotional and physical pain at any age.

“The concept of gratitude honors exactly where you are in life’s journey,” Dr. Bisharat says. “When we are grateful, we are more able to sustain ourselves. Disappointment, loss and stress won’t have the same power over us. We can ride life’s inevitable tides in a different way.”

Yaffe adds that gratitude has a positive impact on physical health by releasing endorphins to relax tension and reduce the stress and suffering it can create.

Forgive Others & Yourself

Unresolved anger is corrosive. It can lead to physical distress and illness, such as high blood pressure, insomnia and GI conditions.

“Our bodies experience emotions just as our minds do,” Dr. Bisharat says. “By learning to forgive and let things go, we experience emotional and physical benefits that help us as we age.”

Be Present, to Enjoy the Moment

Stress, multitasking and busy schedules can leave one feeling tired, behind and preoccupied. These feelings limit your awareness and enjoyment of the moment. An avid student and teacher of yoga, Dr. Bisharat believes that awareness, deep breathing and physical activity are the keys to connecting the body, mind and spirit.

“Try conscious movement or simple deep breathing,” she says. “These enhance your ability to focus, restore and heal.”

“In our distracted, fast-paced lives, we need to set the intention to look for windows of possibility and to appreciate the everyday, ordinary moments,” Yaffe says. “If we are not feeling fulfilled, then we need to consider ways to create meaning.”

Sometimes Things Just Go Wrong

Even when you have the right attitude, challenges occur. Divorce, loss of a loved one, prolonged illness or a career setback can be hard to take no matter how mindful and grateful you are, says Rosalind Englander-Calo, a family therapist. “If you find yourself struggling with stress, depression or strong emotions, you are not alone. Whatever has happened, you can get back on track emotionally.” Online resources to help you, such as self-assessments, videos and interactive tools, are available from the privacy and convenience of your home. “Part of aging well is putting things in perspective and realizing that we all have much to be grateful for,” Englander-Calo says. ■



Wrapping Your Mind Around DIABETES

You've been diagnosed with Type 2 diabetes. Do you feel anxious? Overwhelmed? That's normal. Now I want you to do something for me. I want you to close your eyes and take a deep, slow breath.

You already feel better, don't you? That's because you just practiced a form of mindfulness. Mindfulness is a group of techniques designed to help you connect with your inner consciousness, be more aware of the present moment and expel negative feelings from your mind and body. If you enjoyed the calm and peace of a single deep breath, imagine the benefits you'll reap when you start practicing mindfulness every day!

Open Mind, Optimal Health

What is mindfulness, exactly? It is any practice that helps you achieve that peace and presence of mind you feel when you're most at one with yourself, with others and with the world around you. Popular mindfulness practices include deep breathing, yoga and meditation. All forms of mindfulness are helpful to people with chronic conditions such as diabetes, especially if you've been newly diagnosed or are struggling to manage your condition. These circumstances can elicit feelings of stress, inadequacy and hopelessness. In turn, these emotions make it more difficult to successfully manage your blood glucose levels. According to the American Diabetes Association, stress causes the body to produce excess amounts of glucose. If insulin is not able to deliver that energy into the cells, the glucose builds up in the blood, causing hyperglycemic episodes and other complications.

Imagine That

A form of meditation known as guided imagery is particularly beneficial for diabetes. Led by a practitioner or self-administered through an audio recording, guided imagery is an immersive

intervention that uses calming words, music and images to guide you into a relaxed, self-healing state. Research suggests guided imagery can promote better diabetes management by:

- Lowering hemoglobin A1C
- Reducing short-term and long-term blood glucose levels
- Increasing circulation to prevent neuropathy
- Raising endorphin levels to minimize pain and regulate mood
- Supporting a sense of empowerment and mastery
- Curbing anxiety-driven behaviors such as compulsive eating, smoking and drinking

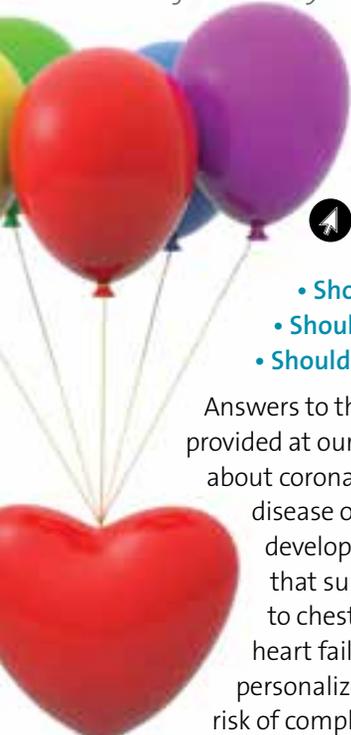
Getting Started

Guided imagery is a great introduction to mindfulness practice. It costs little or no money and requires no physical fitness or training. It is easy to perform and can be practiced almost anywhere, including the privacy of your own home. Best of all, the effects of guided imagery are immediate and noticeable. Once you try it, you'll want to continue practicing it to experience its powerful benefits. ■

Are you ready to begin mindfully reducing stress and managing your diabetes? For free relaxation podcasts and other meditation tools, visit HillPhysicians.com/Diabetes.

Health Improvement Guide

Are you or is someone you love facing a healthcare decision? Our interactive Shared Decision Making tools can help. Each tool enables you to express personal goals, values and preferences as you view treatment options. You can print or securely email the summary information to your physician for a follow-up discussion so your care reflects who you are. Empower yourself at HillPhysicians.com/Decisions.



■ CORONARY ARTERY DISEASE (CAD) FEBRUARY IS HEART HEALTH MONTH

- 1 • Should I take daily aspirin to prevent a heart attack or stroke?
- Should I have an angiogram?
- Should I have angioplasty for stable angina?
- Should I have bypass surgery?

Answers to these and many other questions are provided at our online Shared Decision Making resource about coronary artery disease – also called heart disease or cardiovascular disease. The condition develops when plaque builds up in the arteries that supply blood to your heart. This could lead to chest pain and, over time, a heart attack or heart failure. But with lifestyle changes and a personalized treatment plan, you can reduce your risk of complications and live a full, active life.

■ COLON CANCER SCREENING MARCH IS COLON CANCER AWARENESS MONTH

- 1 • Which screening test should I have?

Regular testing to find colon cancer is important, and screening tests find health problems early, before symptoms appear. When and how to begin screening for colon cancer can vary depending on your health status and family history and should be decided in consultation with your physician. Our online Shared Decision Making resource shows the types of screenings available and explains the risks and benefits of each. The information can help you understand what your choices are so that you can better talk to your doctor about each approach.

Struggling with a healthcare decision? Visit HillPhysicians.com/Decisions for tools that can walk you through your goals and help you work with your provider to create a care plan.

GET YOUR FLU SHOT AND GET REIMBURSED

As flu season approaches, do you find yourself making excuses not to get a flu shot? When you get a flu shot, you're not just protecting yourself, you're protecting people around you.

Hill Physicians Member Reimbursement Form for Flu Vaccination at a Retail Location

Hill Physicians recommends getting your flu shot at your doctor's office. You can also make sure you're up to date on other preventive and wellness services. If you prefer to get your flu shot at a retail location, Hill Physicians will reimburse the cost, up to \$60 per Hill Physicians member.

If you have several family members being vaccinated, please ask the cashier to **ring up each Hill Physicians member separately** so you can attach one original receipt to each reimbursement form. Additional

copies may be obtained at HillPhysicians.com/Forms.

All reimbursement requests must be mailed by April 1, 2015. Please allow four weeks for reimbursement processing.

Reimbursement Steps:

1. Complete the form below.
2. Attach two original receipts: the pharmacy receipt and the cash register receipt.
3. Mail to:

Flu Vaccine Reimbursement Program
Hill Physicians Medical Group
P.O. Box 5080
San Ramon, CA 94583-0980

MEMBER REIMBURSEMENT FORM

Doctor's Name: _____ Health Plan Name: _____
Subscriber ID# (listed on your insurance card): _____
Your First and Last Name: _____
Street Address: _____
City: _____ State: _____ ZIP: _____
Date of Birth for Person Receiving Vaccination: _____
Phone Number with Area Code: _____ Where Service Was Performed: _____

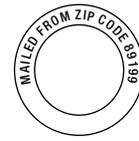
*Attach original receipt.

*Allow four weeks for reimbursement check.

Please use a separate form (and attach an original receipt) for each Hill Physicians member being vaccinated.

FLU VACCINE REIMBURSEMENT PROGRAM

Hill Physicians Medical Group
P.O. Box 5080
San Ramon, CA 94583-0980



“The key to changing behavior is to set up small, reachable goals that give you a feeling of success. Habits are like muscles – they must be trained.”

See page 2: How to Get Engaged in 5 Easy Steps

Avoid smothering risks by removing stuffed animals, loose hats and blankets from your baby's crib when he or she is unattended.

