

Medicine Cabinet Alert!

Telephone Directory

Customer Service

(941) 748-4501
ext 6415 and ext 6417
(941) 741-2960

Employee Health Benefits
(941) 748-4501 ext 6403

Member Advocacy
(941) 748-4501 ext 6407,
ext 6409, and ext 6411

Lifestyle Assistance and
Modification Program (LAMP)
(941)741-2995

Diabetes/Nutrition Program
(941) 748-4501 ext 6410

Communications Coordinator
(941)748-4501 ext 3964

Fitness/Exercise Programs
(941)748-4501 ext 3979

Pharmacy Advocate
(941) 748-4501 ext 6406

Prescription Solutions
(800) 797-9791

Precertification
(941) 741-2963

Holiday Health

Holidays and Stress

For many the holiday season brings happiness and excitement, but for others it may not. The holidays can be a stressful time, but with a few simple tips, you may be able to make your holidays a little more joyful.

- 1. Exercise frequently.** Exercising causes the release of endorphins, chemicals in the body that reduce pain and decrease the effects of stress.
- 2. Be social.** Many people find they feel lonely during the holidays. If you aren't able to celebrate with loved ones, consider attending a community event or a place of worship where you can be with other people.
- 3. Learn to say "no."** You may become overwhelmed with all you need to accomplish during the holidays. By saying "no" you will have more time to focus on those tasks you have already committed yourself. You may even find some downtime to do the things you enjoy most.
- 4. Plan ahead so you don't overspend on holiday gifts.** Before buying presents, make a list of all the people you plan to buy for, and how much you are willing to spend on each person. Add up the amounts and determine if the total amount is within your budget. If not, make adjustments ahead of time so you don't find that you've spent too much after the shopping is done.

Feeling stressed during the holiday season is a common problem. However, if you are experiencing a long-term inability to sleep, eat, work, and enjoy once pleasurable activities, consider talking to your doctor or visiting

www.medicinenet.com/depression/article.htm.

Staying Active During the Holidays

Between Thanksgiving and New Years the holiday rush can often leave little time for exercise. Keeping active during the holiday season is a great way to reduce stress and stay fit. The following tips can keep you moving and motivated while you celebrate the holidays.

- Set a goal that you think of as fun rather than work. For example, vow to walk a mile for every \$10 you spend on gifts.
- When you tour your neighborhood to check out the lights and holiday decor, leave the car at home and walk or ride a bike instead.
- Enlist the help of family and friends to keep you motivated by adding workout gear to your wish list.
- Sign up for a race or event like a Jingle Bell Run or train for a big event that is held in January or February. Check out these programs at your local Manatee Fitness Center to help with your training: Biggest Loser Body Burn, Gym Free Workout, Nutrition for Weight Loss, and a free session with a Fitness Advocate. Contact Jeff Lightburne at 941-748-4501 ext. 6280 about any of these programs.

Healthy Eating Tips for the Holidays

- ✓ Practice portion control. Make a daily limit on soda and holiday treats.
- ✓ Do not fast before a big meal. It is shown that people who fast before a big meal are more likely to overeat.
- ✓ Eat at a slow pace. It is hard to recognize that you are full when you eat too fast.
- ✓ Include healthy options like a fruit or vegetable tray to balance holiday treats.

Upcoming Manatee Events

Diabetes Workshop at Central Library
January 11 & 12 from 6 to 9 PM

Diabetes Road Trip at MSO Operation Center
January 7, 14, 21 and February 4 from
11:30 AM – 12:30 PM

2010 Formulary Changes

In 2010, members will see a change in prescription medication costs at MHN Preferred and non-preferred retail pharmacies.

The chart below is a summary of these formulary changes.

Something **BIG** is coming in January...
NBC's Winner of the Biggest Loser Season 4 will be visiting a worksite location near you!

Manatee Health Network Retail Pharmacy Cost Sharing		
	Previous Formulary	2010 Formulary
Preferred Medication at a MHN Preferred Pharmacy	\$13.00 or 20% (whichever is greater)	\$10.00 or 20% (whichever is greater)
Non-preferred Medication at a Non-preferred Pharmacy	\$30.00 or 40% (whichever is greater)	\$40.00 or 50% (whichever is greater)

Holidays and Alcohol

Holidays are a time of celebration. Many people's celebrations include drinking alcoholic beverages. If you choose to drink, do so responsibly, and consider the following:

1. 1 out of 3 traffic-related deaths in the United States are due to drunk driving.
2. Roughly 35% of deaths from falls and 43% of deaths from burns are alcohol-related.
3. Many medications interact with alcohol consumption. Here is a brief list of medications that should not be used in combination with alcohol. If you are unsure if your medication interacts with alcohol, talk to your physician or pharmacist.

Medication	Uses	Result of Interaction with alcohol
Antabuse® (disulfiram)	Treat alcoholism	Patients may experience throbbing in the head and neck, sweating, nausea, vomiting, chest pain, and breathing difficulties
Flagyl® (metronidazole)	Antibiotic	
Coumadin® (warfarin)	Treat and prevent blood clots	May increase or decrease international normalized ratio (INR) or prothrombin time
OxyContin® (oxycodone)	Relief of moderate to severe pain	May increase sedation and decrease breathing
Xanax® (alprazolam)	Anxiety and panic disorder	
Tylenol® (acetaminophen)	Reduce pain and fever	Increases risk of liver damage in patients who consume 3 or more alcoholic drinks per day
Dilantin® (phenytoin)	Treat and prevent seizures	Increases risk for seizures, decreases breathing, and slows reflexes

Making the Flu (Medication) Easier to Swallow

Now that flu season is upon us, you may hear about prescription medications that may be used to treat the flu, such as Tamiflu. Manatee covers the prescription drug Tamiflu in both capsule and liquid form – you are only responsible for your brand copay. You may hear about shortages of Tamiflu liquid. If you or your child needs to take the liquid medication and it is not available at your pharmacy, Manatee will pay to have your pharmacist compound the Tamiflu prescription into a liquid form.



For more information, call Manatee's clinical pharmacist, Chris Williams at 748-4501 ext. 6406.

Manatee Health Disclaimer

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions—only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult your physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

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Bradenton, Florida

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