

# Be Well

Fall 2021



## It's Fall, Y'all!

We have so much to tell you about, from fun fall activities to new resources that can help you manage your family's health, and more. Grab your favorite pumpkin spice whatever and check out all the things in the following pages. Until next time, **Be Well!**



GN\_SWHP\_BeWell\_21Fall

## In this issue

- 🍁 20 Outdoor Fall Activities
- 🍁 #WebinarWednesdays
- 🍁 Manage Your Family's Care
- 🍁 Need Help? Ask Aunt Bertha!
- 🍁 Visit our New Health Library
- 🍁 Sleeves Up, Texas
- 🍁 Wondr Health
- 🍁 Healthy Focus (Oct-Dec)



# 20 Outdoor Activities to Do this Fall

1. Hike a nature trail
2. Go to a drive-in movie
3. Visit a pumpkin patch
4. Play a game of touch football
5. Get lost (on purpose) in a corn maze
6. Go camping
7. Plant bulbs in your garden for next spring
8. Find a farmer's market
9. Go for a fun run or turkey trot
10. Stuff a scarecrow
11. Join the [Keep Texas Beautiful Fall Sweep](#)
12. Go on a hay ride
13. Fly a kite
14. Build a bonfire
15. Take a walking tour (maybe a ghost tour?)
16. Jump in a pile of leaves
17. Attend an outdoor concert
18. Play golf (yes, mini golf counts)
19. Go stargazing
20. Visit the great [State Fair of Texas](#) (9/24-10/17)



# #WebinarWednesdays

**Join us for a FREE Wellness Webinar. Coming soon to a screen near you!**

**October: Covid-19 Vaccine Informational.** Join us for a provider-led webinar to get the facts about the vaccines and have your questions answered by a Baylor Scott & White provider.

**November: Diabetes Education Panel 2.0.** This unique diabetes education opportunity will have Baylor Scott & White specialists on hand to answer your questions about diabetes care, treatment and management.

**December: Holiday Hacks.** Does the thought of connecting with friends and family to celebrate the holiday season bring you joy or anxiety? Maybe a little bit of both? Join us and get tips to help keep your holidays merry and bright.

**[Learn more and register here.](#)**

# Manage your family's healthcare

*Being a busy mom of four comes with its challenges when scheduling appointments, reviewing test results, accessing doctors' notes, and reviewing medications. The MyBSWHealth App allows me the convenience to manage all of my children's medical information all in one place!*

*Tonilyn W., SWHP member, MyBSWHealth fan*

Did you know that you can manage your whole family's healthcare all in one place? MyBSWHealth makes it easy to keep track of appointments, prescriptions, bills and more for every member of the family—from young children to elderly parents. It's called proxy access.

Once you are set up as a proxy for your loved one, you will be able to access their health and pharmacy information from within your own MyBSWHealth account. You can view your proxy's upcoming appointments and information on the dashboard by selecting their name in the top righthand corner of the screen where your initials are displayed in a circle.

You will also be able to schedule appointments and conduct an eVisit on behalf of your proxy. When scheduling an appointment or doing an eVisit, you will be prompted to select the proxy the visit is for before the appointment is scheduled.

With proxy access, you can seamlessly manage care needs for the whole family, all in one place and all conveniently on your favorite mobile device. [\*\*Learn more about proxy access\*\*](#) and how to set it up.



# Need Help?

## Ask Aunt Bertha!

Finding help just got easier. Local Resource Hub (or, as we like to call her, “Aunt Bertha”) is a referral platform for social services that exists to connect all people in need with the programs that serve them (with dignity and ease). You can search for free or reduced cost services like medical care, food, job training, and more.

It’s free to use! Try it out today Create an account for access to free tools and features! at [bswhealthplan.auntbertha.com](https://bswhealthplan.auntbertha.com).

# Need Info?

## Visit our new health library

A new resource for our members! Through the Elsevier Health Library, you now have access to thousands of resources – articles, videos, images and medication lists – to deepen your knowledge and address questions you may have. For example:

- Have you or a loved one been diagnosed with Type 2 Diabetes? Watch a video on how diabetes affects the body, and read an article about what to watch for with this condition.
- Getting something called a “C-Reactive Protein Test?” Find out how this blood test is used to detect infection, inflammation and other conditions.
- Taking a statin for heart health? Learn about interactions with grapefruit juice and why you should avoid grapefruit beverages when taking this medication.

The Digital Health Library is open for you 24/7 at [swhp.org/healthlibrary](https://swhp.org/healthlibrary).

# SLEEVES UP, TEXAS

The flu vaccine and COVID-19 vaccine may now be administered on the same day or within 14 days of each other. However, if you suspect or confirm that you have COVID-19, you should wait to get the flu vaccine until you've completed the recommended isolation period.

## Stopping the flu starts with you

The Centers for Disease Control and Prevention recommend everyone over six months of age get the seasonal influenza vaccine. The appropriate time to receive the flu vaccine is between October and December. [Find an in-network provider](#) or search through the MyBSWHealth app. *Get your flu shot today!*

## COVID -19

Baylor Scott & White is now vaccinating all Texans ages 12 and older.\*

We are seeing rising COVID-19 cases and hospitalizations across our state, a significant percentage of them among the unvaccinated population. Getting the vaccine reduces your risk of COVID-19 and its potentially severe complications.

To maximize your protection against COVID-19 and reduce your chances of spreading it to others, get vaccinated as soon as you can and receive all the recommended doses.

[\*\*Find information about vaccine eligibility, scheduling an appointment and even walk-up availability.\*\*](#)

\*Please note that individuals ages 12-17 must have a parent or legal guardian present at the time of registration, vaccination and observation.

# The science of enjoying bacon and eggs.

Finally, a skills-based digital weight loss program where you can eat what you love and still lose weight.

Wondr™ is a digital weight loss program that teaches the science of health and nutrition, so you can enjoy the foods you love. No counting calories. No restrictions. No guilt. So, go ahead, eat the bacon and eggs and savor Every. Last. Bite.

Scott and White Health Plan members and adult dependents (ages 18 and older) are eligible to apply. Enrollment is open! Learn more and apply at [wondrhealth.com/SWHP](https://wondrhealth.com/SWHP)



# Healthy Focus

October



## Health Literacy Month

People who struggle to find, understand, and use health-related information and services are more likely to skip important medical tests, have a harder time living with conditions, and visit the emergency room more often. Ways to improve your health literacy:

- Make a list of symptoms before you seek care, write down questions and take notes.
- Make sure you know who to call with any questions after your appointment.
- Attend health education programs (like #WebinarWednesdays).
- Learn more at the [Centers for Disease Control](#).

November



## Diabetes Awareness Month

Diabetes is a disease of energy regulation in which the body doesn't make enough of a hormone called insulin. As diabetes progresses, high blood glucose levels start to cause problems and may cause some of these symptoms:

- You need to urinate a lot.
- You feel very hungry and thirsty.
- You feel tired and are losing weight.
- You're getting more infections than normal, including skin infections or vaginal thrush (candidiasis).

To learn more visit [The American Diabetes Association](#).

December



## International Day of Persons with Disabilities

December 3 is a day to help everyone become more compassionate and understanding of the challenges faced by people with disabilities. The day doesn't discriminate between mental and physical disabilities, and the spirit of the day is to ensure that all people in the world have equal opportunities for work, play, health, and success. People with disabilities can be—and very often are—contributing and valued members of society; this day is all about appreciating them.

[Learn more about this special day.](#)



# Our mission

as part of the Baylor Scott & White Family

Founded as a Christian ministry of healing, Baylor Scott & White Health promotes the well-being of all individuals, families and communities.



Scott & White  
**HEALTH PLAN**  
PART OF BAYLOR SCOTT & WHITE HEALTH