



# Manatee Healthy Choice News and Views

## Medicine Cabinet Alert!

### Healthy Ways to Live your Days

December 2010

#### 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 3967

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



##### Holiday Stress

With so much revelry and joy during the holiday season, this time of year can be difficult for those who suffer from clinical depression, those experiencing a rough point in their lives, or just those who don't like the holidays. Regardless of which of these groups you fit into, it's important to remember that you are not alone. Many Americans feel the same way. If you're unhappy at a holiday party, chances are that someone else in the room feels the same. With shopping for gifts, cooking for parties, and visiting family, the holidays can be a very stressful time of year. Below are a list of tips to balance the joy and stressfulness of the holidays.

If thinking of your usual routine fills you with dread, do something different this year.

Learn to say no and forget the unimportant stuff. You will still celebrate the holiday if the all the lights don't get hung or that apple pie doesn't get baked.

Don't get hung up on what you think the holidays should be like. Keep your expectations modest. Most families do not have a "Hallmark holiday".

Volunteer. You may find some comfort in helping someone who is less fortunate.

Keep in touch by phone or visit your support system. If you don't have family or friends nearby, try a senior center, church, or community group.

Don't overbook. You don't have to say yes to every invitation. Attend those you can and want to attend. Don't force yourself to stay the entire time. Guests know it's a busy time of year.



Make new family traditions. The point of having traditions is to enjoy them. If nobody is having fun, change things up.

Shop online and save yourself the stress. Remember to stick to your budget, and also remember that there is no such thing as the perfect gift.

Exercise! Exercising causes the release of endorphins, chemicals in the body that reduce pain and decrease the effects of stress.

#### Know Your Numbers

Coming January 2011, the Campaign will encourage members to participate in health events that focus on important health "numbers" such as body mass index, blood pressure, cholesterol, exercise and relaxation. Planned events include healthy eating programs, cooking demonstrations and recipe contests, worksite blood pressure checks, easy yoga/relaxation demonstrations, fitness programs and physician-led health discussions.

At each event, participants will learn about a health "number" – what it means, why it's important and how to change their "number" for good health. By participating in any Know Your Numbers event, participants will earn points redeemable for valuable 2012 Health Bucks. Members can also earn points by sponsoring their own worksite Know Your Numbers event or by referring a friend to the Campaign.

Most events will be offered at no cost and will be held at worksites across the county. Watch the iNet, YourChoice Monthly Calendar and Weekly Reminders for upcoming programs and join the Know Your Numbers - Know Your Health Campaign today.

**New Generics!**  
**Manatee members pay \$0 copay for all generic medications at MHN Preferred Network Pharmacies!**  
**Several brand medications are now available as generics or will be soon, including:**

**Brand Name**

- Ambien CR 6.25mg
- Prevacid SoluTab
- Armour Thyroid
- Opana
- Mirapex 0.75mg

**Generic Name (\$0 Copay)**

- Zolpidem Tartrate CR 6.25mg
- Lansoprazole Delayed Release
- Thyroid Tab
- Oxymorphone
- Pramipexole 0.75mg

**Used For**

- Sleep Aid
- Ulcers, GERD
- Hypothyroidism
- Severe Pain
- Parkinson's, Restless Leg Syndrome

**Practice Safety over the Holiday Season**

The holidays are a time of celebration and involve alcohol for many people. If you chose to drink over the holidays, do so responsibly. Even a few drinks can impair your ability to drive. 1 out of every 3 traffic-related deaths in the United States is related to alcohol. Did you know that 1 in 3 drivers involved in a vehicular fatality test positive for some kind of drug? Certain medications can interact with alcoholic beverages and impair your ability to drive. Some medications, such as sleep aids and pain killers, can make driving risky even if not taken with alcohol. In these cases, you should avoid driving or take the medication far in advance to avoid these risks. Read the warning labels on your medications carefully to find out which ones interact with alcohol, and talk to your doctor or pharmacist about these interactions. Also, remember that consuming alcohol can cause sleep related problems. This can increase fatigue and lead to more stress over the holidays. The chart below lists some common medications that can interact with alcohol.

Medication	Use	Interaction with Alcohol
Tylenol (Acetaminophen)	Relieve mild pain	Can cause liver damage if taken with 3 or more alcoholic drinks per day
Dilantin (Phenytoin)	Prevent seizures	Increases the risk for seizures, slows breathing and reflexes
Xanax (Alprazolam)	Decrease anxiety and panic	Decreases breathing and increases tiredness
OxyContin (Oxycodone)	Treat moderate to severe pain	
Coumadin (Warfarin)	Blood thinner; Prevents clots	Can increase bleeding
Flagyl (Metronidazole)	Treats infections	Leads to throbbing in head and neck, nausea, vomiting, sweating, and trouble breathing
Antabuse (Disulfiram)	Treat alcoholism	

**Stay Active from Thanksgiving through the New Year**

The holiday rush can leave little time for exercise. Keeping active is a great way to stay healthy, lose weight, and reduce stress. The following tips can help to keep you motivated and burning those calories!

- Exercise with friends. Having a buddy can motivate you to go exercising even when you don't want to.
- Add a new piece of exercise equipment or running shoes to your holiday wish list.
- Go for walks around the neighborhood to look at holiday lights and decorations or take an extra lap around the mall before heading home.
- Find exercises that you think of as fun rather than work and mix up your routine!

**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 you 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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