

CUÍDATE

We take care of you so you'll feel better every day

3 exercises

to improve your
balance

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Forgiveness

an act of intelligent
selfishness

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The holiday season is coming

Eat healthy

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FREE MAGAZINE

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TO OUR READERS

Find out what MCS Classicare has for you in the second edition of Cuídate Magazine to maintain Complete Health.

The first section, *Taking Care of Your Health*, features an article by our physical trainer, with recommendations for keeping your balance to prevent falls.

Also, don't miss the column by Lilly García, who talks about how forgiveness is viewed in the world of health as a tool for physical healing.

In the *Get Informed* section, you'll learn about new fraud, abuse and waste schemes you should be aware of, in order to protect your benefits. Also, educate yourself and make the decision to draw up your advance directives. In this section, we'll tell you how to do it.

Also, in this issue, our nutritionist Zilka Ríos gives you six tips on good nutrition during the holidays. And don't miss the delicious and nutritious recipe from Chef Campis that lets you enjoy the festivities in a healthy way.

However, despite having a good diet, there are times when we need the help of prescribed drugs to lower our blood cholesterol levels. That's why, in the *Follow Your Treatment* section, we talk about statins and how effective they are at lowering cholesterol.

Take advantage of this information and share it with your loved ones.

Enjoy your Cuídate Magazine!

Your Friends at MCS Classicare.

We take care of you so you'll feel better each day!



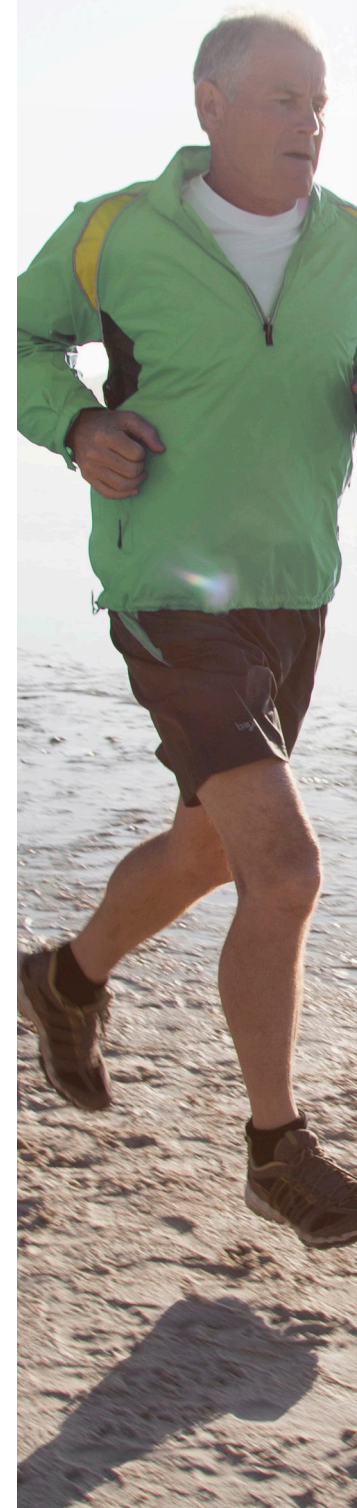
Your suggestions are very valuable to us.

You can also write to use by regular mail:

MCS Classicare – Cuídate Magazine
P.O. Box 191720 San Juan, P.R. 00919-1720

EXERCISE:
YOUR BEST ALLY FOR AVOIDING FALLS

By: **Ricardo Ramos Ruiz, MA, CSCS** – Certified Personal Trainer



At some point in your life, you've probably fallen, and I imagine it wasn't a good experience. We can assume that nobody likes to fall, as it can be painful, dangerous and if in public, embarrassing. It can also cause injuries that compromise your health and wellness. Therefore, the question is: **What can you do to avoid falling?**

To decrease the risk of falls, you can do simple exercises to develop strength in your legs, and improve your balance when walking. Here are some exercises you can do at home:



Chair Squats:

This involves sitting and standing from a chair. At first, you can use your arms to help you stand up. However, the goal is to do them without help. Do 8 to 10, rest one minute, and repeat.



Walk in a Straight Line:

To do this, draw a line on the floor using duct tape, or follow a line of tiles. Step on the line as you walk, placing one foot directly in front of the other. Do this back and forth for 30 seconds. Rest one minute, and repeat.



Stand on One Leg:

Lift one foot off the floor and stand on one leg for 20 to 30 seconds. Then change legs. Repeat this three times with each leg. Make sure you have a wall or something solid to steady yourself in case you lose your balance.

To get the benefits of these exercises, do them at least three times a week. Before performing these exercises, consult your physician. Remember, exercises are your best ally to avoid falls, take care of your health, and have a quality life.

We invite you to stay active and check out the exercise videos at MCS Classicare's Club Te Paga on our website: www.mcsclassicare.com/clubtepagina, or scan this code with your cell phone.



3 STEPS TO PROTECT YOURSELF AGAINST THE flu



By: **Rosalý Rentas Pastrana**, MPHE – MCS Wellness Program Development Specialist

Influenza (the flu) is a contagious respiratory illness caused by different types of viruses that spread through coughing, sneezing and close contact. People age 65 and older who get the flu are at an increased risk for serious complications, including pneumonia.

Reduce your risk of getting the flu, and avoid possible serious complications by following these steps:

- 1  **Get a flu shot each season**
- 2  **Practice preventive measures**
- 3  **Follow your doctor's orders. You may be prescribed antiviral drugs.**

If you don't yet have your flu shot, you're still on time! Get your shot today at community pharmacies, vaccination centers, contracted providers and chain pharmacies such as Costco, CVS, Kmart Pharmacy, Sam's, Walgreens and Walmart.

FORGIVENESS THAT HEALS

By: **Lily García** – Motivational Speaker, Certified Life Coach, Thanatologist and Actress



Anyone who has forgiven another knows how it feels. It's as if a weight has been lifted, and in this case, emotional weight. There's no doubt that forgiving is a liberating act. In Buddhism, forgiveness is called "an act of intelligent selfishness." Why? Because forgiveness is more for us than the person we forgive. In that sense, it's a selfish act. But it's intelligent because, unlike other selfish acts, this one benefits us and helps us grow.

What's new in the world of health is seeing forgiveness as a tool for physical healing. However, every day, more universities, both in the U.S. and the rest of the world, are studying and educating on what mind/body medicine really is.

Dr. Karen Swartz, a psychiatrist at Johns Hopkins hospital, explains that a life filled with resentment and anger keeps one in a constant state of alertness, which in the majority of cases, we're not even aware of. This state causes increases in blood pressure, heart rates, and even cholesterol levels, in addition to changes in our immune response. Therefore, when we give ourselves the opportunity to forgive, we can return to a more balanced physical and emotional state, which allows us to sleep better and live with less anxiety and stress. Overall, we're happier and healthier.

Ironically, many people think they're losing when they forgive, because somehow, their anger makes them stronger. Nothing could be further from the truth. While at first we may feel that anger makes us stronger, the reality is that it drains us little by little, robbing us of peace and health. I invite you to let go of that which is no longer yours today, because it belongs to a past that no longer exists. Take the first step toward that act of intelligent selfishness and free yourself – for you and your loved ones.

DECREASING OR PREVENTING EXCESSIVE ALCOHOL USE

By: Raúl López, MD MCS Solutions



Over the past 20 years, deaths associated with alcohol abuse have increased significantly. Medical authorities say that one drink per day for people age 65 and older is considered low-risk consumption. However, more than 14 drinks a week, or per occasion, could present health risks, increasing the potential for physical and mental problems.

The main problem for alcohol users is that they are unaware of developing alcohol dependence. And because alcohol is a legal substance whose consumption is socially promoted by advertising that generates unrealistic expectations, society greatly underestimates the seriousness of its effects.

The pleasant effects of alcohol are experienced immediately. However, drinking every day means that eventually, the drinker develops tolerance, and over time, alcohol consumption increases in any situation. That way, it initiates a process of dependence that can take years to develop. However, once reached, it becomes impossible to stop on one's own, and the shame and social stigma associated with alcoholism for those who suffer from it cause them not to seek help voluntarily.

The long-term results of alcohol abuse can impact all areas of life, including legal problems, work, family and social situations, and even lead to illnesses such as cirrhosis and cardiomyopathies, -- conditions that increase the morbidity of physical conditions and reduce the quality of life and life expectancy.

If you believe you have problems with alcohol use, talk to your doctor and seek help.

Access this code with your cell phone camera, and learn about the case management program offered by MCS Solutions.



5 TIPS FOR PHYSICAL, EMOTIONAL AND SPIRITUAL WELLNESS

By: Lcda. Zamey Millán – Educator and Public Health Education Specialist

Have you experienced stress that causes physical discomfort? No doubt you have, as we're exposed to many stressors in our daily lives. Stress, like any mood, has a direct effect on our physical and emotional health. The good news is that you can learn to manage and decrease stress. Follow these tips. However, if they are not enough in your case, seek help from a healthcare professional.

- 1. Seek inner peace.** No matter how many challenging situations may occur during the day, don't let them affect your peace! There are many ways to seek inner peace. One of them is to identify a pleasant memory that brings peace, and think about it while doing a recreational activity.
- 2. Meditate.** Meditation gives you the opportunity to rest your mind and recharge your energy. You don't have to be an expert! Go to a quiet place or somewhere with little noise – ideally without interruptions. Sit in a comfortable position and close your eyes. Allow your mind to rest from any worries or thoughts that disturb your mood. It's normal for the thoughts of the day to return. Recognize them and resume the practice. You'll become more and more efficient.
- 3. Establish balance in your life.** Balance is the key to structuring your life. It's when you manage to have quality space for yourself, your family and your home. Achieving this will allow you to live with less stress, greater spiritual well-being, and better health.
- 4. Dare to dream!** Live and enjoy the present, but don't forget to plan that trip or vacation, even when it's local tourism. Calculate your budget, and determine how much you need to save. Then make the necessary arrangements – it's worth it.
- 5. Get involved in a physical activity.** When we exercise, our body releases hormones called endorphins, which send a message to the brain through the central nervous system. The brain translates the message as a sense of well-being, joy and pleasure. Exercises can include yoga, Tai-chi, Zumba, aerobics, swimming and aqua aerobics, among others. Participate in our exercise program. For assistance, call 1.877.501.5395 Monday to Friday from 8:00 a.m. to 4:30 p.m. Remember to talk to your doctor before doing any physical activity. For accommodations of persons with special needs at meetings, call 1.866.627.8183 (Toll Free) and 1.866.627.8182 TTY (Hearing Impaired).



TAKE CARE OF YOUR BENEFITS!

By: **Elizabeth Roussel Guzmán**, Assistant Vice President of Special Investigations at MCS

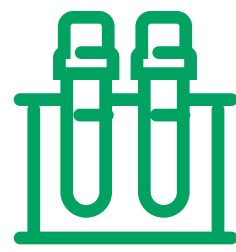
Did you know that at MCS, we're continuously alert to schemes that arise from situations involving potential fraud, abuse and/or waste?

At MCS, we're alert, and work with you to identify potential fraud, abuse and/or waste schemes, in order to protect your benefits and ensure they're used according to your medical needs and applicable regulations. Here is a list of situations identified over the past months, so you can be alert:



Text messages and/or calls related to the MCS Classicare Te Paga card

If you receive text messages on your cell phone, emails or calls requesting information because your MCS Classicare Te Paga card was supposedly blocked, it's important to delete those communications and immediately contact MCS Classicare to report this situation. At MCS Classicare, we do not send text messages or emails requesting information to activate your card.



Laboratories that perform tests not ordered by your doctor.

Make sure the lab tests you get have been strictly ordered by the doctor treating your health condition.



Doctors, pharmacies and/or facilities that bill for services not rendered and/or completed.

MCS Classicare sends you details of the services we've processed according to your benefits. Review them and contact MCS Classicare if you identify any doctors, facilities, drugs and/or services you don't recognize.



Additional charges for telemedicine services.

Telemedicine services are covered by MCS Classicare in full, and you don't have to pay any copays and/or deductibles for them. If a provider asks you to pay a deductible or copay for telemedicine services, contact MCS Classicare to report the situation.



Billing for medical equipment you're not using.

You should not continue to be billed for medical equipment if you've already returned it, or if your doctor says you don't need it. If, when reviewing your explanation of benefits, you identify medical equipment you are no longer using, have returned, or is lost, and you continue to be billed, contact MCS Classicare to report it and correct the situation.



Controlled drug and/or opioid treatments.

If you take these drugs and they've been prescribed by your doctor, it's important to stay in constant contact with the doctor to assess your condition and make sure the treatment you're receiving is appropriate.

Report Any Situation

If you identify any potential fraud, abuse or waste situation, contact us through any of the MCS confidential lines:

Website: mcs.com.pr

Email: mcscompliance@medicalcardsystem.com

Confidential Line: 1.877.MCS.0004 (1.877.627.0004)

ADVANCE DIRECTIVES PREPARE YOUR DECISION

By: **Rosalyn Rentas Pastrana**, MPHE – MCS Wellness Program Development Specialist

Advance directives are a right that everyone should assert at some point in their lives. They allow you to declare your wishes beforehand regarding the medical treatment you would like to receive or refuse, in case your health condition does not allow you to express them. That's why it's so important to make the decision to prepare your advance directives.

There are two ways to prepare your advance directives:

1. Before a notary public by means of an affidavit.
2. Before your doctor with two witnesses who are not heirs or who do not participate in your care.

Information in your advance directives may include:

1. Your name, date, time and place where the declaration is made.
2. Medical treatment you wish to receive or refuse. For example: blood transfusions and artificial assistance to help keep you alive, among others.
3. A designated person to make decisions for you when accepting or refusing any treatment, in case you are unable to communicate them yourself.
4. Whether you wish to donate your organs.

Talk to your doctor about the different treatment alternatives you might receive or refuse, based on your health condition. An advance directive may be revoked at any time in writing or verbally. So after you learn more and think about how you want your health care to be handled in case you cannot express your wishes, complete a legal form and make your decision known to family members.

Reference: Law No. 160 of November 17, 2021



Advance directives are legal documents that allow any person of legal age (21 or older), in full use of his or her mental faculties, to express in writing those decisions regarding the medical care and treatment the person wishes to receive or refuse in case of a health condition that does not allow the person to express himself/herself.

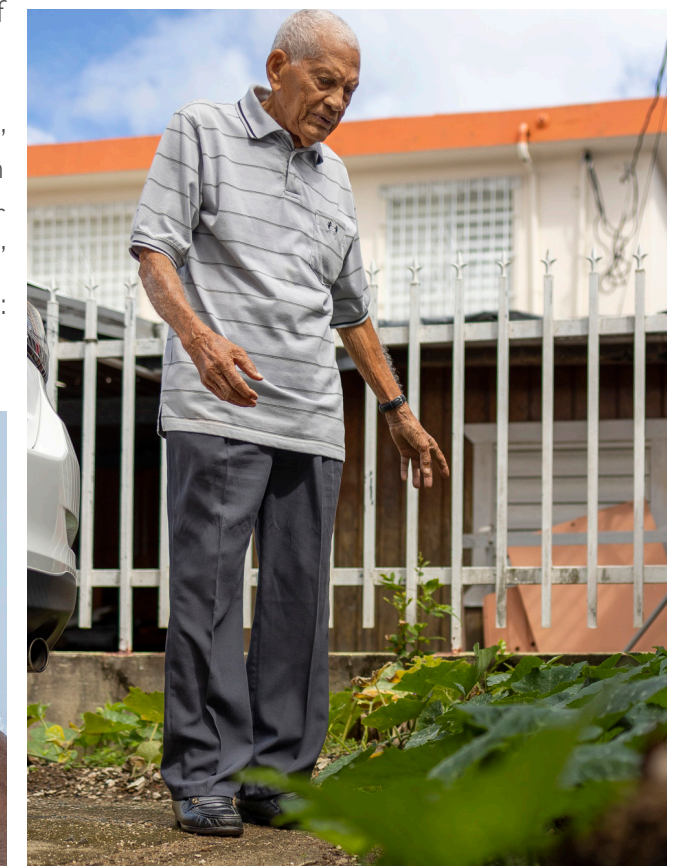
WHO SAYS DON *Marcelino* HAS 100 YEARS OF COMPLETE HEALTH?



Don Marcelino, an MCS Classicare member, recently turned 100, and we visited him at his home. He welcomed us as if we were part of his family. We talked about various aspects of his life, and he even showed us his home garden and the activities he still performs to stay healthy. At 100, he enjoys and loves life every day! He's a person worth admiring, cheerful, and who lives life to the fullest and with unparalleled self-esteem. He likes to grow pumpkins, and keeps his home garden in optimal condition – while keeping himself that way too.

When asked how he manages to stay physically and mentally agile, he said he entertains himself with horse racing, and sometimes dances with one of his seven daughters in his living room to the rhythm of the tropical music he loves. Also, to know which day it is, every morning he goes down the hallway that leads to his kitchen, stops at his calendar and tears off the previous day, in order to be aware of time and space.

Don Marcelino has been with MCS Classicare for nine years, and we had the opportunity to ask him: What made you join MCS Classicare? He answered: "I've never left MCS. They cover everything I need, and I've never been denied a treatment." So we asked him: What is your fountain of youth? And he said: "Viandas with bacalao!"



WHAT ARE STATINS?

By: **Johan Maldonado Zayas**, Pharmaceutical Education Specialist at MCS



Statins are the most effective drugs for controlling levels of bad cholesterol (LDL) in the blood. They reduce the amount of cholesterol the body produces, in order to prevent cardiac diseases, such as heart attacks or strokes. They can also help stabilize plaque present on the walls of blood vessels, and reduce the risk of certain blood clots.^{1, 2}

What are the most common statins?

Generic Name	Brand Name
Atorvastatin	Lipitor ®
Fluvastatin	Lescol ®
Lovastatin	Mevacor ®
Pravastatin	Pravachol ®
Rosuvastatin	Crestor ®
Simvastatin	Zocor ®

*Drug names are mentioned for educational purposes only.^{1,2}

Who needs to take a statin?

1. People with heart disease related to arteriosclerosis (hardening of the arteries). This group includes people who have had a cardiac event.
2. People with diabetes. Includes signs of blood vessel disease or other risk factors, such as high blood pressure or smoking.
3. People with very high LDL (greater than 100mg/dl)
4. People who do not have heart or blood vessel disease, but have one or more risk factors for heart disease or an increased risk of having a heart attack. This group includes those who have diabetes, high cholesterol, or high blood pressure.¹

Heart disease is the leading cause of death in the U.S. If you have at least one risk factor, your doctor may prescribe a statin, even if you have normal cholesterol levels. If you've had a cardiovascular event, your doctor may recommend a moderate to high-intensity statin to prevent future event.³



References:

1. <https://www.mayoclinic.org/es-es/diseases-conditions/high-blood-cholesterol/in-depth/statins/art-20045772?p=1>
2. <https://www.mayoclinic.org/es-es/diseases-conditions/high-blood-cholesterol/in-depth/statins/art-20045772>
3. <https://www.ncqa.org/hedis/measures/statin-therapy-for-patients-with-cardiovascular-disease-and-diabetes/>



ENJOY THE DISCOUNTS WE HAVE FOR YOU!

Scan the bar code with your cell phone camera and learn more about the Club Te Paga's discount program.

The discount program is not part of the plan's benefits.



6 TIPS TO TAKE CARE OF YOUR NUTRITION DURING THE HOLIDAYS

By: **Lcda. Zilka Ríos Orraca**, Nutritionist-Dietician and Director of Wellness and Nutrition at MCS



As the holidays approach, consider the following recommendations:

- 1. Make sure you don't skip meals.** Being consistent with your eating pattern is key to keeping your body working in top condition.
- 2. Remember to eat a balanced meal.** A balanced plate will help you feel good physically and mentally after you eat. To achieve that balance, use the plate method and try to include at least three of the five food groups in each meal.
- 3. Practice mindfulness by focusing on using all your senses when enjoying typical foods.** Many times we snack without realizing what or how much we're eating. Stop and appreciate the taste, texture, aroma and temperature of each delicacy delighting your holiday palate.
- 4. Pause before and during meals.** Ask yourself if you're really hungry. Remember, you can always choose to eat later or save the dish or dessert for another day.
- 5. Decrease or avoid alcoholic beverages.** Remember, these contribute to dehydration, and could increase triglycerides in the blood.
- 6. Enjoy music and dancing** to keep your body active and burn those extra calories.



For more nutrition tips and health recipes, join *Club Te Paga* on Facebook. Follow these steps:

Log onto Facebook from your cell phone or computer.

Look for:
MCS
club te paga

Click on the **JOIN** button and... you're ready to go!

You can also *scan here*



STUFFED TURKEY FILLET WITH FRESH MUSHROOM SAUCE

By: **Chef Campis**



Chef Campis

INGREDIENTS

- ✓ 1 5-ounce turkey fillet
- ✓ 1/2 tsp. paprika
- ✓ 1/2 tsp. salt
- ✓ 1/2 tsp. lemon juice
- ✓ 1/2 tsp. all-purpose flour
- ✓ 1/4 cup fresh mushrooms
- ✓ 2 tbsp. tricolor peppers cut in strips
- ✓ 1 tbsp. chives
- ✓ 1 tsp. butter
- ✓ 1/4 cup white wine or chicken broth
- ✓ 1/2 cup boiled angel hair pasta
- ✓ 2 cherry tomatoes
- ✓ 1 pinch of salt and pepper

INSTRUCTIONS

- ✓ Season the turkey fillet with paprika, salt and lemon.
- ✓ Sprinkle the fillet with flour, and brown with the mushrooms, peppers, chives and butter, two minutes on each side over medium heat.
- ✓ Pour in the white wine or chicken broth and cook for an additional two minutes.
- ✓ In the same pan you cooked the turkey, add the pasta, cherry tomatoes, salt and pepper.



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**HEALTH AND WELLNESS OR
PREVENTION INFORMATION**



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