Iodine is Needed for a Healthy Pregnancy

Pregnant? Are You Getting Enough Iodine?

Did you know that the amount of iodine in your diet is vitally important during pregnancy? This is because iodine deficiency has been known to cause developmental problems and other brain damage to your baby. You can only obtain iodine from what you eat, as your body does not make it. Iodine is required to help your thyroid gland function correctly. Without it, a condition called hypothyroidism can occur. Hypothyroidism affects your body’s metabolism and can harm your baby by putting you at higher risk for dangerously high blood pressure (known as pre-eclampsia), miscarriage, preterm delivery, stillbirth and other developmental problems.

**IMPORTANT:**

- **State of Wisconsin Members Only:** The Mayo Clinic Health System - Northland, Eau Claire, Oakridge, Chippewa Valley and Red Cedar providers and facilities are NOT included in the Health Tradition Health Plan network for the State of WI employers and dependents.

**BadgerCarePlus Members:** Some of these providers may not be considered “in-network.” Check your plan’s provider directory on healthtradition.com and click on the BadgerCarePlus plan or call your member advocate at 800-545-8499.

### New Providers

- **CLEAR LAKE, WI**
  - Paulina Chupakhina, DC
  - Family Medicine

- **DEGORDON, IA**
  - Waseca Health Medical Center
  - Andy Goodnet, MD
  - Family Medicine

- **EAU CLAIRE, WI**
  - Mayo Clinic Health System – La Crosse Campus
  - Kimberly Kuehl, RN, CNP
  - Internal Medicine

- **LA CRESCENT, MN**
  - Schaefer Chiropractic
  - Erika Wohlt, DC
  - Chiropractic

- **LACROSSE, WI**
  - Mayo Clinic Health System – Mayo Clinic Health System – Northfield
  - Kay Cole, PA-C
  - Family Medicine

- **SPRING, WI**
  - Mayo Clinic Health System – John Murphy, MD
  - Family Medicine

- **RICE LAKE, WI**
  - Allied Health
  - Paul Morgan, DC
  - Chiropractic
  - Mayo Clinic Health System – Northland
  - Kay Cole, PA-C
  - Family Medicine

- **SAND POINT, WI**
  - Family Medicine

- **TOMAH, WI**
  - Tomah Memorial Hospital
  - Angela Hartl, RN, CHPN
  - Women’s Health

- **WINONA, MN**
  - Winona Health Services
  - Amanda Hansen, RN, CHPN
  - Family Nurse Practitioner
  - Theresa Jones, RN, CHPN
  - Geriatrics Nurse Practitioner
  - Hannah Hall
  - Kim Anderson, LPC
  - Professional Clinical Counselor

### Volume 20, No. 3 - SUMMER 2014

**Healthmate**

- **By Tiffany Gulinson, DO**
  - Associate Medical Director
  - Health Tradition Health Plan

**Health Tradition Health Plan**

- **A Mayo Clinic Health System Choice in Wisconsin**

**Health Tradition Health Plan**

- **Starting a walking program is easy. Stick**
  - with it is trickier. To stay motivated, try**
  - **these tips:**
  - **Try walking every day or walking for a**
  - **set amount of time.**

**Rock out to your favorite tunes.**

**Put it on your calendar, just**

- **Schedule the time.**

- **Cedar providers and facilities are**

- **IMPORTANT:**

- **Did you know that the amount of iodine in your diet**
  - is vitally important during pregnancy? This is**
  - because iodine deficiency has been known to**
  - cause developmental problems and other**
  - brain damage to your baby. You can only**
  - obtain iodine from what you eat, as your**
  - body does not make it. Iodine is required to**
  - help your thyroid gland function correctly.**
  - Without it, a condition called**
  - hypothyroidism can occur. Hypothyroidism**
  - affects your body’s metabolism and can harm**
  - your baby by putting you at higher risk for**
  - dangerously high blood pressure (known as**
  - pre-eclampsia), miscarriage, preterm delivery,**
  - stillbirth and other developmental problems.

**Symptoms of iodine deficiency:**

- **Fatigue**
- **Weakness**
- **Intolerance to cold temperatures**

**What can you do?**

- **Talk to your OB provider at your next prenatal visit.**
  - Recent studies have revealed that many pregnant women are not getting enough iodine each day and would benefit from a daily supplement containing iodine.

- **Talk to your pharmacist to find a prenatal vitamin with iodine. Only about 51%**
  - of current over-the-counter ones do! Look for Similar Prenatal and Breastfeeding,**
  - **Talk to your OB provider at your next prenatal visit. Recent studies have revealed**
  - that many pregnant women are not getting enough iodine each day and would benefit from a daily supplement containing iodine.

- **Talk to your pharmacist to find a prenatal vitamin with iodine. Only about 51%**
  - of current over-the-counter ones do! Look for Similar Prenatal and Breastfeeding, **Iodine is necessary for the development of the fetal thyroid gland.** Iodine deficiency during pregnancy can lead to harm to the developing fetus and has been linked to adverse outcomes such as neurological problems and stillbirth.

- **Dairy products**
- **Canned tuna**
- **Soybeans**
- **Iodized salt**
- **Eggs**
- **Certain vegetables**
- **Seafood**

**For a current list of provider updates, visit:**

- **healthtradition.com**

- **www.mmsiservices.com**

- **Click the link.**

- **For more information, visit:**

- **mayoclinichealthsystem.org/lacrosse**

### Raising Awareness for Breast Cancer

**The Dragon Returns to Riverfest on Saturday, July 5**

Don’t miss the Big Blue Dragon Boat Race on Saturday, July 5, in conjunction with the Riverfest Celebration in La Crosse. It’s a fresh and exciting event promoting community health and teamwork while also raising awareness of breast cancer. Teams will race head to head on the Mississippi River along Riverside Park. The community’s collective paddle power will support the Center for Breast Care at Mayo Clinic Health System - Franciscan Health. Area women served by programs on breast cancer prevention, diagnosis, treatment and survivorship will benefit from the funds raised. Racing begins at 8 a.m. and will end by 5 p.m. Opening ceremonies will follow the completion of time trials, and a breast cancer survivor recognition ceremony will occur mid-afternoon. For more information, visit mayoclinichealthsystem.org/lacrosse.
Helping You Understand Your Benefits

4 Fundamentals of Health Insurance

Health insurance benefits don’t have to be confusing. Let’s start with the basics. Do you know these four terms?

- The deductible is the amount a health plan member must pay for certain covered services before the plan will begin to pay benefits.
- The co-payment is the fixed amount you pay toward charges for things such as office visits and prescriptions.
- The co-insurance is a percentage you pay toward medical services after you have met your deductible. By agreeing to pay a co-insurance percentage of medical charges, you pay less in premiums. If your co-insurance level is 20%, the insurance company pays 80% of the medical charges and you pay 20%.
- The annual out-of-pocket maximum is the maximum cost sharing amount you are required to pay for covered services in a plan year. Keep in mind, co-payments may not apply toward your annual out-of-pocket maximum.

Learn more about referrals, preventive care, managing medications and how to read an Explanation of Benefits by watching the “Insurance 101” short videos available on the bottom of the homepage at healthtradition.com.

Supporting Healthy Lifestyles

Tips for Cooking Delicious Veggies

When you think of vegetables, do you imagine mushy, tasteless foods? Well, times have changed and today’s vegetables aren’t those canned, soggy messes you remember. Here are some tips for cooking crispy, delicious vegetables that your family will want night after night.

- Turn up the steam. Cook vegetables over a small amount of water. Make sure that the water is hot to start with so the vegetables don’t have to be in the steamer for very long. Don’t boil vegetables as up to 70% of the nutrients can leak into the water.
- Microwave them. Use only a tiny amount of water and heat for no more than three minutes. Try a little sprinkle of parmesan cheese.
- Break out the wok. Stir-frying is a great way to cook vegetables. Limit the oil and experiment with spices. Add chicken for extra protein.
- Turn up the toaster. Simply brush with some olive oil and bake for 15 to 30 minutes for a wonderful roasted flavor. Add garlic for more flavor.
- Spice it up. Put away the heavy creams and butters. Instead, break out the spices and experiment. With green beans, try onion, garlic and cilantro. With peppers & eggplant & squash, oh my!
- Not sure what to do with the fresh produce from your CSA farmer? Use the Healthy Recipe Collection tool on the Mayo Clinic EmbodyHealth portal.
- Mix them up. Toss broccoli or asparagus with tomatoes and pasta and turn vegetables into a main course. Add warm chicken to mixed vegetables for a delicious, healthy dish.
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Patient Online Services

Connect With Your Care Team – Online!

- You’re at work and ask yourself, “What time is my doctor’s appointment? Was I to bring my medications?”
- After your appointment, you’re anxious to know your lab results or you wonder, “What did my provider say about prevention?”
- You’re thinking, “I wish I could get my prescription renewed without having to call the clinic.”
- You can now answer these questions or find out from your computer or portable device. Patient Online Services and the free Mayo Clinic Patient app literally puts Mayo Clinic in your pocket wherever you are!

Patient Online Services is the health system’s online password-protected portal, enabling you to view portions of your medical record, such as lab results, list of medications, immunizations, allergies, upcoming appointments and notes from your past appointments. The information is available quickly and easily, and when most convenient for you. You also can exchange secure messages with your care team and request appointments or prescription renewals.

A key convenience of Patient Online Services is your ability to connect with your care team. Messaging via Patient Online Services means no sitting by the phone waiting for a callback, playing phone tag or having to wait until business hours to call. You can send messages safely and securely to your care team anytime from your computer or portable device. A doctor or other health professional who is familiar with your care will respond. Your correspondence will become part of your record so questions and answers are retained for future use if necessary.

Thousands of Mayo Clinic Health System patients have already enrolled in Patient Online Services and are taking advantage of health care resources and connecting with their care team in this new way.

From your laptop or desktop computer, visit mayoclinichsalthystems.org and look for Patient Online Services on the home page. For smartphone users, the Mayo Clinic Patient app also provides access to this same information when you are on the go. The app is a free download for Android, Apple and Amazon portable devices. Find it using the QR code above.

Health Information at Your Fingertips

Our Website is Now Easier to Use!

With so many details, health insurance can get complicated. That’s why Health Tradition has launched a new website look. It’s designed to make information faster to find and easier to understand.

The website is now organized by plan type – which is more logical and user-friendly. Other improvements include grouping popular quick links in one place on the home page, including the Mayo Clinic Health Solutions Online Service Center, online payment and the new provider search.

Greater visibility and emphasis has also been given to wellness and consumer education, two Health Tradition priorities. We added information to Health Insurance 101 and gave it a permanent spot in the navigation.

General wellness information is there, too, while specific wellness benefits are within the plan sections.

Earlier this year, the public portion of the healthtradition.com website was honored with a Web Health Award, which recognizes the best digital health resources in the nation.
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- **Turn up the toaster.** Simply brush with some olive oil and bake for 15 to 30 minutes for a wonderful roasted flavor. Add garlic for more flavor.
- **Spice it up.** Put away the heavy creams and butters. Instead, break out the spices and experiment. With green beans, try onion, garlic and cilantro. With eggplant, try basil and parsley. With spinach, try dill and lemon, or basil and garlic. The possibilities are endless.
- **Mix them up.** Toss broccoli or asparagus with tomatoes and pasta and turn vegetables into a main course. Add warm chicken to mixed vegetables for a tasty creation.
- **Limit the oil and experiment with spices.** Add chicken for extra protein.
- **Turn up the roaster.** Simply brush with some olive oil and bake for 15 to 30 minutes for a wonderful roasted flavor. Add garlic for more flavor. The eggplant this month? How about peppers & eggplant & squash, oh my!

**Peppers & eggplant & squash, oh my!**

Not sure what to do with the fresh produce from your CSA farmer? Use the Healthy Recipe Collection tool on the Mayo Clinic EmbodyHealth portal. Find a variety of recipes based on the ingredients you have! Did you get an eggplant this month? How about peppers & onions? Go to the members site on healthtradition.com and login to EmbodyHealth. Click on the Healthy Recipe Collection icon and choose the type of recipe you need.

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**Health Traditions in Print**

- **“Insurance 101”**
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Iodine deficiency can cause:
- Enlarged thyroid gland
- Fatigue
- Weakness
- Mood changes
- Intolerance to cold temperatures
- Weight gain
- Dry skin
- Dry, brittle hair
- Cold intolerance
- Hair loss
- Puffy face
- Enlarged thyroid
- Muscle weakness
- Heart palpitations
- Heat intolerance
- Mood swings
- Infertility

Foods containing iodine:
- Seafood
- Eggs
- Certain vegetables
- Dairy products
- Seafood

Symptoms of iodine deficiency:
- Enlarged thyroid gland
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What can you do?
- Talk to your OB provider at your next prenatal visit. Recent studies have revealed that many pregnant women are not getting enough iodine each day and would benefit from a daily supplement containing iodine.
- Talk to your pharmacist to find a prenatal vitamin with iodine. Only about 51% of current over-the-counter ones do! Look for Similar Prenatal and Breastfeeding, which many pregnant women are not getting enough iodine each day and would benefit from a daily supplement containing iodine.
- Talk to your OB provider at your next prenatal visit. Recent studies have revealed that many pregnant women are not getting enough iodine each day and would benefit from a daily supplement containing iodine.
- Review the prenatal vitamin bottle’s supplement facts for iodine (also known as potassium iodide). Current recommended intake for pregnant women is 220mcg per day.

By Tiffany Gulinson, DO
Assistant Medical Director
Health Tradition Health Plan

Iodine is Needed for a Healthy Pregnancy
Pregnant? Are You Getting Enough Iodine?

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