many people believe that those who have tans look healthier and more attractive. But the opposite is true. Besides causing skin cancer, exposure to ultraviolet (UV) light causes most of the skin changes that make us look older as we age.

The sun’s toll on your skin includes wrinkles, loss of elasticity, dry skin, and various types of age spots that could potentially become cancerous.

A Trio of Cancers
Skin cancer is the greatest threat posed by sun exposure. The most common type of cancer in the United States, skin cancer includes:

- **Basal cell carcinoma.** Although very treatable, it often recurs. As many as half the patients diagnosed with basal cell cancer will develop a new skin cancer within five years.

- **Squamous cell carcinoma.** Representing about 20 percent of skin cancers, this begins in cells just beneath the outermost level of your epidermis. It’s more likely than basal cell cancer to invade fatty tissues just beneath the skin and spread.

- **Melanoma.** This represents less than 5 percent of skin cancers, but it causes most skin cancer deaths—more than 8,600 a year. If not found and treated early, it’s much more likely to spread.
Use your smartphone or tablet computer to rev up your fitness routine and enhance your spring training.

Looking to kick your workout into gear? Your smartphone or tablet computer can help.

Mobile fitness applications can log miles, customize your workout to meet your goals, and offer encouraging comments. Think of your phone or tablet as an electronic personal trainer.

There are thousands of smartphone apps for all types of exercise. To choose the right apps for you, zero in on what you want to accomplish. Do you want to motivate yourself to exercise consistently? Become more flexible? Rev up your heart rate? Select apps that can help you reach your goals and supplement what you may already be doing.

Here are some innovative apps that can help you get in shape and stay motivated to exercise.

Never Miss a Workout

If you’re having trouble exercising consistently, these apps may help.

GymPact makes you commit to at least one 30-minute workout a week. When you meet that objective or the goals you set for yourself, it pays you a cash incentive from a pool of money supplied by people who’ve missed their workouts. The downside? It subtracts money from the credit card you have on file if you miss a workout.

Don’t think you can fake it. The app knows when you’re really at the gym. It confirms your location when you check in for a workout and tracks it at intervals to make sure you’re exercising.

This free app is compatible with iPhone, iPod Touch, iPad, and Android devices. Log on to www.gym-pact.com.

MapMyRun is another free app (for iOS and Google Play for Android devices) that offers sponsored challenges and prizes, such as trips and shoes, for running. You can also use the app to discover new places to run anywhere in the world. Brag about your progress by using the app to post to Facebook and Twitter. For details, visit www.mapmyrun.com.

Sweat the Small Stuff

Spinning classes can take you on the indoor ride of your life, but the Spinning app (free for iOS and Android devices) can help you monitor your progress and keep up the good work.

The app measures and records your workout time, distance, speed, and calorie burn. A male or female voice gives you the details as you pedal. Each session is documented and transferred to your personalized Spinning account. You can view and graph your workouts and share results with friends on Facebook, Twitter, email, and partner websites, such as TrainingPeaks. You’ll have access to your iPod and Pandora playlists while you work out.

The app can also create customized cardio workouts based on your heart rate. With an ANT+ adapter, it supports a heart-rate monitor and other sensor devices, sold separately. For more information, see www.spinning.com/digifit.
Because your doctor is a member of Sharp Community Medical Group (SCMG), you may benefit from the care coordination services described below. The programs are provided by SCMG at no charge to patients who qualify for these programs.

SCMG has a comprehensive Ambulatory Case Management department that includes Complex/Transplant Case Management and Disease Management teams. Both teams may be significant resources for you. Features of both programs are listed below.

Complex Case Management Program
This program provides comprehensive care management for members with complex medical conditions requiring long-term, ongoing management. Patients in this program typically have one or more of these characteristics:
- Wellness coaching through patient engagement
- High-cost, high-risk treatment
- Solid organ and stem cell transplants (except corneal and skin)
- New treatments using cutting-edge technology
- Treatment under clinical trial
- Management of members treated out of area requiring close coordination and co-management of care and services with the health plan
- Use of specialized durable medical equipment
- Experimental/investigational treatments

Case Management and Resource Education (CARE) Program
The CARE Program involves:
- Connecting physicians and members to community social service support services
- Providing federal, state and community resources
- Providing member educational materials
- Linking members to health plan disease management programs

Disease Management Program
The Disease Management Program helps patients better manage chronic conditions. The diseases covered include diabetes, heart failure, COPD, asthma, coronary artery disease and chronic kidney disease. The program highlights are:
- Disease-specific telephonic coaching by registered nurse disease case managers to help improve self-management skills
- Mailing of personalized patient education materials
- Referrals for diabetes education and testing supplies
- Information about community and Internet resources
- Coordination of care plan and goals between the patient, the disease management coach, and the primary care physician

If you think you would benefit from participating in the Complex Case Management Program, or you would like to get details about the Disease Management Program, please call 858-499-3040 or fax 858-636-2388.
Insurance May Cover Your Preventive Care

There’s medical care that helps you when you’re sick, and then there’s care that helps keep you healthy. You and your family may be able to receive more of these preventive services free of charge under the new Affordable Care Act.

If you’re enrolled in a health care plan that began after September 23, 2010, you may have access to these services without a copayment or coinsurance, even if you haven’t met your deductible:

- Tests for diseases and conditions like high blood pressure, diabetes, depression, obesity and high cholesterol
- Screenings to detect cancer, including mammograms for breast cancer and colonoscopies for colon cancer
- Vaccinations that protect against flu, pneumonia, measles, polio, meningitis or other diseases
- Counseling, screening, and vaccines to stay healthy during pregnancy
- Regular well-baby and well-child visits for kids from birth to age 21
- Counseling to help you quit smoking, lose weight, eat a healthy diet, overcome depression or reduce alcohol use
- Screening and counseling for HIV and other sexually transmitted infections

In most cases, you’ll need to visit a health care provider in your network to receive these services without a copayment or coinsurance. And coverage varies depending on your age and gender. Check with your health care plan for details.
## Preventive Care Measures for 2014

### Immunizations ▼

<table>
<thead>
<tr>
<th>Immunization</th>
<th>0-18 YEARS</th>
<th>19-64 YEARS</th>
<th>&gt;65 YEARS</th>
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<tr>
<td>Diphtheria, Pertussis, Tetanus (DTaP)</td>
<td>4 doses before second birthday</td>
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<tr>
<td>Hepatitis B (HepB)</td>
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<td>3 doses</td>
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<td>Haemophilis Influenza type B (HiB)</td>
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<tr>
<td>Polio (IPV)</td>
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<tr>
<td>Measles, Mumps, Rubella (MMR)</td>
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<tr>
<td>Pneumococcal (Pneumonia Vaccine)</td>
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<td>Hepatitis A</td>
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<td>2 doses</td>
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<td>Rotavirus (RV)</td>
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<td>Flu Vaccine (Influenza)</td>
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<td>Zoster</td>
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<td>1 dose (60 years and older)</td>
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<td>Meningococcal</td>
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<td>1 or more doses</td>
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<td>1 Tetanus, Diphtheria, Pertussis (Tdap/Td)</td>
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<td>1-time dose of Tdap for Td; then with Td every 10 years</td>
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<tr>
<td>Human Papillomavirus Vaccine for Males</td>
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<tr>
<td>Human Papillomavirus Vaccine for Females</td>
<td>3 doses between 9th-13th birthday</td>
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### Screenings ▼

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<th>Screening</th>
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<th>19-64 YEARS</th>
<th>&gt;65 YEARS</th>
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<tr>
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<td>Annually (16-24 years)</td>
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<td>Breast Cancer Screening</td>
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<td>Colorectal Cancer Screening</td>
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<td>Evidence-Based Cervical Cancer Screening</td>
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<td>Glaucoma Screening</td>
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Sun vs. Skin: What You Need to Know – continued from page 1

Seeing the Light
To reduce your risk for skin cancer and to keep your skin looking younger, the American Academy of Dermatology (AAD) recommends that you be “sun-smart”:

- Cover all exposed skin with a liberal amount of a broad-spectrum, water-resistant sunscreen with an SPF of at least 30. “Broad-spectrum” guards against both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply about every two hours, even if it’s cloudy, and after swimming or sweating.
- Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses.
- Seek shade when you should. Remember that the sun’s rays are strongest from 10 a.m. to 4 p.m.
- Protect children by making sure they play in the shade, use protective clothing, and apply sunscreen.
- Use extra caution near water and sand. They reflect and worsen the damaging rays of the sun, increasing the odds of sunburn.
- Get vitamin D through a healthy diet that may include supplements. While sun exposure can help your body make vitamin D, the AAD warns this could worsen your risk for cancer.
- Check your birthday suit on your birthday. If you see anything on your skin changing, growing, or bleeding, see a dermatologist.

Potatoes and Leeks with Chicken

Ingredients
2 tbsp. olive oil
3 cloves garlic, minced
2 tbsp. chopped fresh ginger root
2 tsp. curry powder or to taste
½ tsp crushed, dried chilies
¼ tsp. allspice
¼ tsp. cinnamon
3 leeks, trimmed and chopped
3 potatoes, peeled and cut in 1-inch chunks
1 cup low-sodium tomato sauce
2 cups low-sodium chicken broth
3 cups butternut squash, peeled and cubed
2 red peppers, diced
4 chicken breasts, boned

Directions
Heat oil in large saucepan or Dutch oven. Add garlic, ginger, spices and leeks. Cook a few minutes until tender. Add potatoes, tomato sauce and chicken broth. Cook 10 minutes. Add squash and peppers; cook 15 minutes or until vegetables are tender.

Lightly brush chicken breasts with oil. Grill approximately 10 minutes on each side, or until juices run clear. Cut each chicken breast into three or four large pieces and add to sauce.

Reheat just before serving. Sprinkle with cilantro.

Serves 8
Serving size: 1/8 of recipe

Amount Per Serving
Calories 250
Total Fat 5 g
Saturated Fat 1 g
Cholesterol 35 mg
Sodium 75 mg

To find a physician, visit www.scmg.org.

CUSTOMER SERVICE
MEMBERS CAN CONTACT SCMG FOR QUESTIONS REGARDING:
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- CLAIMS
- REFERRALS
- BENEFIT PROVISION GUIDELINES OR CRITERIA
- PROVIDER ACCESS ISSUES
- PERCEIVED QUALITY CONCERNS
- HOW TO VOICE A COMPLAINT
- HOW TO FIND CONTRACTED PROVIDERS’ NAMES AND ADDRESSES IN ORDER TO OBTAIN HEALTH CARE SERVICES

Is It An Anxiety Disorder?

Everyone gets nervous from time to time. But worry and fear grip some people so completely that they can’t leave their house or they have trouble working or socializing. In fact, 40 million American adults feel anxiety and panic so crippling it hampers their lives.

It’s not clear what causes anxiety disorders. Stressful life events, your genes, environmental factors, physical illnesses and brain injury all may play some role.

Types of anxiety disorders include:

- **Generalized anxiety disorder.**
  GAD causes worry about everything almost all the time. You may also have physical symptoms, such as headaches and sweating.

- **Panic disorder.** Sudden, terrorizing attacks strike people with this condition. You may feel chest pain, trouble breathing, or dizziness and worry that you’re going crazy or dying.

- **Obsessive-compulsive disorder.** People with OCD have an uncontrollable need to perform certain routines or rituals.

- **Post-traumatic stress disorder.** Violence, a natural disaster, or another frightening event can trigger this condition. Flashbacks and bad dreams can plague your days and nights.

- **Phobias.** These disorders are marked by irrational fears. Some relate to specific objects or situations—such as spiders, flying, or heights. Others are broader. For instance, social phobia creates worry and discomfort anytime you’re around other people.

Anxiety disorders usually don’t go away by themselves. But most respond well to medications and psychotherapy. Physical activity can also help reduce your symptoms. And self-help programs often work, too.

If anxiety interferes with daily life for you or someone close to you, check in with your family doctor. He or she can determine the root cause of your symptoms. People with an anxiety disorder may need to see a mental health professional for treatment. Together, you can choose a plan that relieves your symptoms and restores peace and happiness to your life.

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A Message to Our Members

At Sharp Community Medical Group, our practitioners make utilization management decisions based only on appropriateness of care and service and existence of coverage. Practitioners and individuals who conduct utilization review are not rewarded for denials of coverage, and there are no financial incentives for utilization management decision makers to encourage decisions resulting in underutilization.
Five Steps for Healthy Aging

Modern medicine has eliminated deadly diseases and extended the human lifespan. Unfortunately, many people spend these added years coping with a new set of chronic conditions, including heart disease, diabetes, and cancer.

But your last decades don’t have to consist of a slow, steady decline. Taking steps to stay active and healthy can help you stave off illness until your final days. Just consider a recent study in the American Journal of Medicine. It found older adults who lived the healthiest lifestyles delayed disability by about eight years.

Exactly how do you age successfully? Doctors recommend:

1. **Not smoking.** If you still light up, quit. This can help your health more than almost any other action.

2. **Staying active.** Your goal: two hours and 30 minutes of moderate movement per week. If you haven’t exercised for a while, check in with your doctor. Then start slowly by

walking, swimming, dancing, or gardening. Make it something you enjoy, and gradually add time or difficulty to each session.

3. **Limiting alcohol use.** Stop at one drink per day. You probably shouldn’t drink at all if you have a physical or mental health problem or are taking certain medications—talk with your doctor.

4. **Eating a healthy diet.** Choose fruits and vegetables in an array of colors. Eat fish as least twice a week. And cut back on saturated fats and added sugars.

5. **Keeping your weight in check.** Weighing too much or too little can harm your health. Talk with your doctor about the best weight for you and how you can maintain it.

The earlier you start a healthy lifestyle, the better—but it’s never too late. In one study, adults with an average age of 72 who made just one healthy change decreased their risk of becoming disabled in the next two years. Those who adopted a few new habits reaped even bigger rewards.