



WISEWOMAN

# Update

~ Making Healthier Choices for a Healthier Life ~



April 2010

## Inside this Issue...

Howdy and Welcome

Motivational Interviewing: Eliciting Change Talk

National Women's Health Week

Discoverer Viewer News

WISEWOMAN Claims Reminder

Need a Cigarette? Sing a Song

What's Local: Greens

Coping with Loss

In a World of Nutrition Confusion, NuVal Scores

All Foods to Help Consumers Take Charge of Health

## Howdy and Welcome

April comes with a hearty WISEWOMAN welcome to Julie Rifenbark and Rene Ames. Julie started in February and is bringing her data entry skills to WISEWOMAN in Huron County.

Rene is a new Lifestyle Counselor for the Health Department of Northwest Michigan and is working her magic in Otsego County. Rene also works in MIHP, WIC, Immunization clinics and does home visits. Rene started in October of last year.

Welcome Rene and Julie, we're glad to have you onboard!

## 聽 Motivational Interviewing: Eliciting Change Talk

This strategy gets participants to identify and give voice to the need/reasons for changing. Rather than the Lifestyle Counselor lecturing or telling participants the importance of and reasons why they should change, *change talk* comes from the participant. Participants' responses usually contain reasons for change that are personally important to them.

Change talk can also be used to address, in a non-confrontational way, discrepancies between participants' words and actions (e.g., saying that they want to quit smoking, but continuing to smoke).

**Elicit Change Talk For Clients Having Difficulty Changing:** Focus is on being supportive as the client wants to change but is struggling.

*"How can I help you get past some of the difficulties you are experiencing?"*

*"If you were to decide to change, what would you have to do to make this happen?"*

**Elicit Change Talk by Provoking Extremes:** For use when there is little expressed desire for change. Have the client describe a possible extreme consequence.

*"What is the BEST thing you could imagine that could result from changing?"*

*"Suppose you don't change, what is the WORST thing that might happen?"*

**Elicit Change Talk by Looking Forward:** These questions are also examples of how to use discrepancies, by comparing the current situation with what it would be like to not have the problem in the future.

*"If you make changes, how would your life be different from what it is today?"*

*"How would you like things to turn out for you in 2 years?"*



National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. National Women's Health Week empowers women to make their health a top priority. With the theme "It's Your Time," the nationwide initiative encourages women to take simple steps for a longer, healthier, and happier life. Important steps include:

- Getting at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week
- Eating a nutritious diet
- Visiting a health care professional to receive regular checkups and preventive screenings
- Avoiding risky behaviors, such as smoking and not wearing a seatbelt
- Paying attention to mental health, including getting enough sleep and managing stress

Learn more about National Women's Health Week at <http://www.womenshealth.gov/whw/about/>



A new report – *Authorized Services with No Associated Claims* - has been released to help WISEWOMAN agencies track services for which claims have not yet been filed.

The report simultaneously compares claim information from MBCIS (i.e., MBCIS number, CPT code, and procedure date) with the corresponding information from Health Advantage. If no match is found, the service is listed in the report as authorized without a matching claim.

To learn more about this report, please visit <http://www.michigancancer.org/bcccp/WiseWomanProgram/PDFs/WWUupdate/FY10/April2010DVUpdate.pdf>

## WISEWOMAN Claims Reminder

In order to pay WISEWOMAN claims in a timely manner, "BCCCP" must be included on:

- UB-04 form in field 62
- HCFA 1500 form in field 11

The image shows a portion of a UB-04 form. A blue callout bubble with the text "UB-04 Form" is positioned over field 62, "INSURANCE GROUP NO.". Red arrows point from the bubble to the field and to the text "BCCCP" written in the field. Other fields visible include 50 PAYER NAME, 51 HEALTH PLAN ID, 52 BILL INFO, 53 PRIOR PAYMENTS, 54 EST. AMOUNT DUE, 55 NPI, 56 OTHER PRIV ID, 58 INSURED'S NAME, 59 PREL, 60 INSURED'S UNIQUE ID, 61 GROUP NAME, 63 TREATMENT AUTHORIZATION CODES, 64 DOCUMENT CONTROL NUMBER, and 65 EMPLOYER NAME.

The image shows a HCFA 1500 Health Insurance Claim Form. A blue callout bubble with the text "HCFA 1500 Form" is positioned over field 11, "INSURED'S POLICY GROUP OR FECA NUMBER". Red arrows point from the bubble to the field and to the text "BCCCP" written in the field. Other fields visible include 1. MEDICARE, MEDICAID, TRICARE, CHAMPVA, CHAMPVA, GROUP HEALTH PLAN, FECA, OTHER, 2. PATIENT'S NAME, 3. PATIENT'S BIRTH DATE, 4. INSURED'S NAME, 5. PATIENT'S ADDRESS, 6. PATIENT RELATIONSHIP TO INSURED, 7. INSURED'S ADDRESS, 8. PATIENT STATUS, 9. OTHER INSURED'S NAME, 10. IS PATIENT'S CONDITION RELATED TO?, 11. INSURED'S POLICY GROUP OR FECA NUMBER, 12. INSURED'S DATE OF BIRTH, 13. EMPLOYMENT?, 14. AUTO ACCIDENT?, 15. EMPLOYER'S NAME OR SCHOOL NAME.

Claims continue to be submitted with "BCCCP" missing or placed in an incorrect field. Please share this reminder with your billing staff and contracted providers. Thank you.

## Need a Cigarette? Sing a Song

By Callie Talamantez, Lifestyle Counselor, Hackley Community Care Center in Muskegon

Smoking is a physical addiction. In fact, some say that it was harder to quit smoking than to quit alcohol or drugs!

Until recently, smoking was an acceptable habit. Today, we now know the effects of tobacco and the devastation it brings. So what can we do? Let's Quit!! According to the American Lung Association, nicotine is out of a person's system in just 3 days. Some smokers will say they have tried to quit in the past, but it didn't work. Actually, that's great! Why? Because studies show that it can take 2 to 3 unsuccessful attempts before a person is successful. Remember the saying, "Never Quit Quitting"

Smoking is also a mental addiction. So, what can a smoker do when they have a craving? Sing a song, count to 100 and then do it backwards, recite a poem, etc. And sometimes changing the taste in your mouth can have a great effect. Using flavored mouthwash, especially cinnamon flavored, works great!

I ask my WiseWomen to take a 7 day challenge. For 7 days, I ask them to think of everything they do related to smoking. At the end of the 7 days, I encourage them to evaluate all the thoughts and tasks and decide whether they are ready to work on quitting. Here are some suggested questions:

- 1) What does your mouth taste like after a smoke?
- 2) How do you feel after you smoke?
- 3) How do you smell and how do others think you smell?
- 4) How much time does smoking take you away from other things?
- 5) How much money do you spend on smoking?
- 6) What are you doing when you want to smoke (drinking alcohol, just finished eating, drinking coffee)?
- 7) What social setting are you in when you want to smoke?
- 8) What is your stress level when you want to smoke?

Here are a couple of options to think about:

- **Nicotine Replacement Therapy:** There are many options available, contact your primary care provider to learn more.
- **Counseling:** Studies show that counseling greatly improves success rates. The Michigan Tobacco Quitline offers coaches that speak in different languages. The coaches complete 240 hours of training and most of them have at least 3 years prior experience in tobacco counseling. The Michigan Quitline number is 1-800-784-8669 and for deaf or hearing impaired it is 1-877-777-6534. They are open 7 days a week from 8:00 am to 3:00 am. If you don't get an answer, leave a message and they will call you back.

So go ahead: Save your money, do something funny, skip that smoke, and tell a joke!



2009 Van Gogh Talents Competition Winner

## What's Local: Greens

Greens, glorious greens! In April, in Michigan, you say? Yup, with the help of unheated greenhouses called hoopouses (<http://hoopouse.msu.edu/blog/index.php>).

Heated only by the sun, these structures are making year-round growing a reality even in colder climates. I'm still getting plenty of fresh salad greens from a farmer in Charlotte who sells at the Lansing City Market. But whether your greens are grown in Charlotte or come in a bag from California, try this great recipe for a taste of spring. ☺



### Salad Ingredients

8 to 10 cups (about 1 pound) mixed greens  
2 tablespoons chives, finely chopped  
Kosher salt and freshly ground black pepper  
2 - 3 tablespoons extra-virgin olive oil  
½ lemon, juiced

Wash and dry greens, place in a large bowl. Add chives and season with salt and pepper; drizzle over about 2 tablespoons of olive oil. Toss well to coat. Squeeze lemon juice over the greens and toss again. Taste and adjust seasoning.

Or just fill your favorite bowl with crisp salad greens and toss it with this wonderful homemade dressing.

### Dressing Ingredients

3 tablespoons balsamic vinegar  
½ teaspoon Dijon mustard  
1 shallot, minced  
2 cloves garlic, pressed  
¼ teaspoon ground cumin  
¼ teaspoon crushed red pepper flakes  
1/3 cup olive oil  
salt and ground black pepper to taste

Whisk the balsamic vinegar and Dijon mustard together in a small bowl. Whisk in the shallot, garlic, cumin, and crushed red pepper. Slowly drizzle in the olive oil, whisking constantly until fully incorporated, and continue to whisk for an additional 1 to 2 minutes. Season to taste with salt and black pepper. Let the dressing sit for 10 minutes to allow the flavor to develop.

## Coping with Loss

- Take care of yourself. Try to eat right, exercise and get enough sleep. Avoid bad habits — like smoking or drinking alcohol — that can put your health at risk.
- Talk to caring friends. Let others know when you want to talk.
- Find a grief support group. It might help to talk with others who are also grieving. Check with hospitals, religious groups, hospices and local government agencies.
- Don't make major changes right away. It's smart to wait a while before making big decisions like moving or changing jobs.
- Talk to your doctor. If you're having trouble with everyday activities, like getting dressed or fixing meals, see your health care provider.
- Consider additional support. Sometimes short-term talk therapy can help.
- Be patient. Mourning takes time. It's common to have roller-coaster emotions for a while.

<http://newsinhealth.nih.gov/2009/November/feature1.htm>

# In a World of Nutrition Confusion, NuVal Scores All Foods to Help Consumers Take Charge of Health

By Shari Steinbach, MS RD, Meijer Healthy Living Manager

As more and more Americans look to take charge of their diets and overall health, they often are left confused and frustrated by an overwhelming array of food information and advertising claims. Well-intentioned consumers leave supermarkets with more questions on food nutrition than ever. But now, they'll start getting answers at Meijer.

On April 26<sup>th</sup> 2009, Meijer launched the NuVal<sup>™</sup> Nutritional Scoring System, a revolutionary program that distills complicated nutrition information into a single number. NuVal<sup>™</sup> is another another "tool" in Meijer's Healthy Living program where the goal is to provide simple solutions for a healthy life.

Developed over a two-year period by Dr. David L. Katz, director of the Yale-Griffin Prevention Research Center in Connecticut and a 12-member team of leading nutrition experts, NuVal's scoring system gives all food a Score between 1 to 100; the higher the score, the higher the nutrition. Meijer currently has about 17,000 foods scored and ultimately, NuVal will guide consumers in every single food purchase at Meijer.



Using the NuVal system, consumers will:

- **Easily discover the more nutritious products in a store.** Consumers wanting to know what cereals (or crackers or cookies) have more nutrition only need to take a look at the NuVal scores and choose the higher number.
- **Get more nutrition for their budget,** as they can now compare items side-to-side and determine which product offers the better value, not just in price, but in nutrition as well. For instance, consumers may find that some varieties of frozen or canned vegetables score the same as fresh produce on the NuVal scale.
- **Be able to better compare name brand to store brand products.** In many instances, consumers will learn that a store's private label item is just as nutritious as the more expensive national one.

"Dietary pattern is one of the true pillars of lifelong health, but as people attempt to eat healthier, they are confronted with food packaging and labels that are simply not enough to help them choose wisely. We must empower them to do so," said Dr. Katz. "That means objective, expert, at-a-glance guidance, a GPS system for the modern food supply.

NuVal Scores can also be found on the shelf tags at all 116 Price Chopper and 225 Hy-Vee supermarkets, with more grocery chains to come in 2010. Visitors to the NuVal website ([www.nuval.com](http://www.nuval.com)) can find sample scores in a variety of categories, such as cereal, salty snacks, crackers, pasta, and canned and frozen vegetables. Sample scores include:

- Cereal (Post Shredded Wheat, NuVal Score: 91)
- Seafood (Atlantic salmon, NuVal Score: 87)
- Cookies (Healthy Valley Oatmeal Raisin Cookies, NuVal Score: 34).