



BETTER HEALTH IS HERE

Winter 2025

Your Health First

Through SAMBA's relationship with Cigna, you and your covered dependents have free access to the *Your Health First Program*.

Your Health First provides health coaching support for 16 common chronic conditions. These include asthma, heart disease, type 1 and 2 diabetes, depression, anxiety, and Chronic Obstructive Pulmonary Disease (COPD).

If you have a chronic health condition, you can develop a one-on-one relationship with a dedicated health coach who will help you manage a chronic health condition.

Your health coach will also assist you in creating a plan to improve your health, based on your personal goals and make more educated decisions about your health and treatment options.

You can also take charge of your health by using the *Your Health First* online tools. This Program offers 24/7 online support to help you better understand your condition and overcome barriers to better health.

If you have any questions or want to enroll, call **800-887-9735** or visit **SambaPlans.com**. Together, we can help you get where you want to be.

It's About You

A small step can make a big difference to your health – and your life.

Cervical cancer is one of the easiest cancers to prevent with regular screening tests and follow-ups. Two screening tests can help find cervical cancer early.

- The Pap test (or Pap smear) looks for precancerous cell changes on the cervix that might become cervical cancer if they are not treated.
- The HPV test looks for the virus (human papillomavirus) that can cause these cell changes. The earlier your health care provider finds it, the easier it can be to treat and cure.

The most important thing you can do to help prevent cervical cancer is to have regular Pap tests starting at age 21.*

Take the right step and call your primary care provider or OB/GYN to schedule your exam today.

Routine cervical cancer screenings are covered at 100% when you use an in-network provider. See your brochure for details or call **800-638-6589**.

*Centers for Disease Control and Prevention (CDC): "Cervical Cancer." <http://www.cdc.gov/cancer/cervical/index.htm>

This information is for educational purposes only and is not medical advice. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations.



SAMBA's Dental & Vision Plan

Smile! SAMBA's Dental Plan includes vision benefits at no extra cost.

SAMBA offers you and your family a choice of two comprehensive dental plan options: the DMO Plan or the PPO Plan. You pay the same low rate for either option and both include orthodontic coverage for children and adults.

Just choose the dental plan option that works best for you.

DMO plan – select a primary dentist

- › No claim forms needed
- › Less out-of-pocket cost
- › No waiting period
- › No annual maximum benefit

PPO plan – choose any dentist

- › No referrals needed
- › Pay less out-of-pocket when you use a PPO dentist
- › Out-of-Network benefits available

No matter what Dental Plan Option you choose, plan members receive vision care benefits, too. You have access to a nationwide network of providers to receive benefits for routine eye examinations, eye dilation, frames and lenses, or contact lenses. Discounts on additional vision care services and products are also available.

All active and retired federal employees and their families are eligible to enroll in the SAMBA Dental & Vision Plan.

- Enroll at any time
- Change plan options at any time
- Keep your children on the plan, up to age 26

Enroll today. It's fast and easy!

To get more information or to find DMO and PPO dentists in your area, visit **SambaPlans.com** and choose "*Dental & Vision Plan*" or call **800.638.6589**.

A Healthy Start

You're expecting! That means you are going to be choosing a name, looking for a pediatrician, and seeing big changes.

Where do you start? SAMBA is pleased to offer you the Cigna Healthy Pregnancies, Healthy Babies® Program. This free program offers additional support to families during pregnancy and postpartum.

The Healthy Pregnancies, Healthy Babies® Program is designed to help you and your baby stay healthy during your pregnancy and in the days following the baby's birth.

Find support early and often.

- Get live support 24 hours a day, 7 days a week.
- Talk to a nurse who can help you with everything from tips on what foods to avoid to birthing classes and maternity benefits.
- Access an audio library of maternity and general health topics.

A healthy start starts here.

As soon as you know your pregnant, call **800-887-9735** to enroll.



Healthier Eating Gets Easier

Start with the right plan.

You may already know a lot of the healthy-eating basics.*

- Look for colorful vegetables.
- Choose lean proteins such as grilled chicken, fish, pork or tofu.
- Use healthy fats such as olive and canola oil for cooking.
- Flavor foods with herbs and lemon instead of salt.

But when it's time to pull together those healthy meals, do you find yourself short on time? A little planning can go a long way to preparing and serving quick, healthy dishes.

Save time on healthy meal prep with these tips.

1. Keep a well-stocked kitchen.

Healthy dinners are easier when you have the right foods on hand. Stock up on these freezer and pantry staples:*

- › Frozen chicken breasts and fish fillets (no breading)
- › Frozen vegetables and fruits (avoid added salt and sugar)
- › Low-sodium vegetable or chicken broth
- › Tomato and pasta sauce

- › Whole-grain pasta and brown rice
- › Garlic and other healthy seasonings

2. Rely more on your store.

Take advantage of your supermarket's precut, washed, ready-to-eat foods.**

- › Fresh baby carrots, salad mixes, and chopped broccoli and cauliflower are great for quick salads, soups, casseroles and stir-fry dishes.
- › Presliced fruit such as melons or pineapple can be added to low-fat yogurt or used to make a fruit salad for an on-the-go snack.
- › Precooked chicken from the deli section can be chopped or shredded for some extra protein at any meal.

3. Embrace "almost homemade."

Start with prepared foods, then add your own fresh ingredients for balanced meals.** Here are some examples to start with:

- › Pizza. Combine fresh vegetables and low-fat mozzarella cheese with a premade crust and a jar of tomato sauce.
- › Vegetable soup. Start with low-sodium canned chicken broth, then add frozen vegetables and uncooked brown rice or whole-grain noodles.
- › Stir-fry. Use precut vegetables, lean meat and seasoning for a quick and flavorful dinner.

Earn a Deductible Credit!

Don't forget to take your health risk assessment and earn a \$25 credit toward your calendar year deductible!

Visit [SambaPlans.com](https://www.sambaplans.com) today to get started.



* Healthwise. "Healthy Eating Basics: Building Healthy Meals." <https://www.healthwise.net/intracorp/Content/StdDocument.aspx?DOCHWID=ac16014>. Page last updated September 8, 2021.

** Healthwise. "Tips for Quick and Healthy Dinners." <https://www.healthwise.net/intracorp/Content/StdDocument.aspx?DOCHWID=ack9347>. Page last updated September 8, 2021.

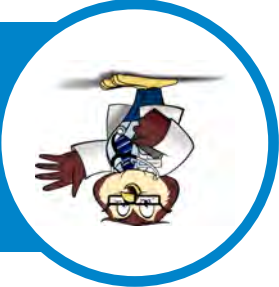


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WINTER 2025
NEWSLETTER



PUT YOUR HEALTH FIRST