



KEEPING YOU HEALTHY

It's time to focus on you

Meet Hinge Health

New in 2024! Exercise therapy without leaving home.

SAMBA members now have access to **Hinge Health**, a digital exercise therapy program to support back and joint health.

This program is available to you *at no additional cost* and offers eligible participants access to exercise therapy, motivational coaching, one-on-one support, and education that is tailored to your specific needs.

Offered through our partnership with Express Scripts, Hinge Health provides support for members and their covered dependents dealing with musculoskeletal issues, acute and chronic pain, and either taking opioids or trying to avoid opioids.

Hinge Health — reimaged care built around our members.

If you have any questions or want to enroll, contact Hinge Health at **1-855-902-2777** or visit **hinge.health/samba**.

Simple, complete and personalized musculoskeletal care. Helping members move beyond pain.

Prediabetes – Could You Have It?

More than 1 in 3 U.S. adults¹ has pre-diabetes, a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes.

Prediabetes puts you at an increased risk of developing type 2 diabetes, heart disease, and stroke. It is important to talk to your doctor if you have any of the risk factors for prediabetes or type 2 diabetes, which include:

- being overweight
- being 45 years or older
- having a parent or sibling with type 2 diabetes
- being physically active less than 3 times a week
- ever having gestational diabetes

Some risk factors cannot be modified, such as age and family history. But some can, such as being overweight, eating unhealthy food, being inactive, and smoking.

If you have prediabetes, making lifestyle changes can help prevent or delay type 2 diabetes. For example, losing a small amount of weight if you're overweight and getting regular physical activity can lower your risk for developing type 2 diabetes.

A simple blood test can measure your blood sugar levels. Schedule an appointment today to find out your results.

¹ CDC; <https://www.cdc.gov/diabetes/prevention-type-2/prediabetes-prevent-type-2.html>

Learn More About Antibiotic Prescribing

Antibiotics aren't always the answer when you're sick. However, when a patient needs antibiotics, the benefits usually outweigh the risks of side effects or antibiotic resistance.

Antibiotics are needed for treating certain infections caused by bacteria. Examples are strep throat, urinary tract infections, and whooping cough. Antibiotics are also critical tools for treating life-threatening conditions such as pneumonia and sepsis.

Antibiotics **do not** work on viruses, such as those that cause colds and flu or runny noses. Taking antibiotics when they're not needed won't help you and their side effects can still cause harm.¹

In U.S. doctors' offices and emergency departments, at least 28% of antibiotic courses prescribed each year are unnecessary, which makes improving antibiotic prescribing and use a national priority.²

Any time you take antibiotics, they can cause side effects and contribute to the development of antibiotic resistance. Antibiotic resistance is one of the most urgent threats to the public's health.

Antibiotic resistance does not mean the body is becoming resistant to antibiotics; it means bacteria are developing the ability to defeat the antibiotics designed to kill them. When bacteria become resistant, antibiotics cannot fight them, and the bacteria multiply.

Taking antibiotics only when needed helps keep us healthy now, helps fight antibiotic resistance, and ensures that these life-saving drugs will be available for the future.

Talk with your doctor if you have any questions about your antibiotics, including how they could interact with other medications you are taking, or if you develop any side effects.



Help Keep Your Child Healthy

We all know how busy life can get and how easy it is to forget about your family's wellness checkups.

An annual wellness exam gives your child's doctor the chance to track their development, as well as find any possible health problems early on.

Some of the things your child's doctor will check and discuss with you during a wellness visit are:

- Physical development
Things such as height and weight, hearing and vision, and growth stage
- Healthy behaviors
Things such as eating and exercise habits, sleep habits, and safety habits
- Immunizations
Some of the most common types are Dtap, Polio, MMR, and Varicella

Did you know that your SAMBA Health Plan will cover certain preventive services for your child at 100% when you use a Cigna Network doctor? Visit [SambaPlans.com](https://www.sambaplans.com) to locate a participating provider.

Don't wait until your child isn't feeling well to see the doctor – schedule their annual wellness visit today!*

¹ Center for Disease Control and Prevention (CDC): <https://www.cdc.gov/antibiotic-use/about/index.html>

² CDC: <https://www.cdc.gov/antibiotic-use/hcp/data-research/antibiotic-prescribing.html>

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



Your Health Information is Safe

Your Information.
Your Rights.
Our Responsibilities.

Your rights

When it comes to your health information, you have certain rights. You have the right to:

- › Get a copy of your health and claims records
- › Correct your health and claims records
- › Request confidential communications
- › Ask us to limit the information we share
- › Get a list of those with whom we've shared your information
- › Get a copy of our privacy notice
- › Choose someone to act for you
- › File a complaint if you believe your privacy rights have been violated

Your choices

You have choices in the way that we use and share information as we:

- › Answer coverage questions from your family and friends
- › Provide disaster relief
- › Market our services

For certain health information, you can tell us your choices about what we share and if you have a clear preference for how we share it. Tell us what you want us to do, and we will follow your instructions.

Our uses and disclosures

We may use and share your information as we:

- › Help manage the health care treatment you receive
- › Run our organization
- › Pay for your health services
- › Administer your health plan
- › Help with public health and safety issues
- › Do research
- › Comply with the law
- › Respond to organ and tissue donation requests and work with a medical examiner or funeral director
- › Address workers' compensation, law enforcement and other government requests
- › Respond to lawsuits and legal actions

Our responsibilities

- › We are required by law to maintain the privacy and security of your protected health information
- › We will let you know promptly if a breach occurs that may have compromised your information
- › We must follow the duties and privacy practices described in our privacy notice and give you a paper copy upon request
- › We will not use or share your information other than as described unless you tell us we can in writing. If you tell us we can, you may change your mind at any time

For more information or to get a copy of our privacy notice, visit [SambaPlans.com](https://www.sambaplans.com).

Click on the *HIPAA Privacy* link at the bottom of the web page.



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NEWSLETTER**

