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From Life* at [Cigna.com/medicare/
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customer-newsletters](https://Cigna.com/medicare/member-resources/medicare-customer-newsletters)

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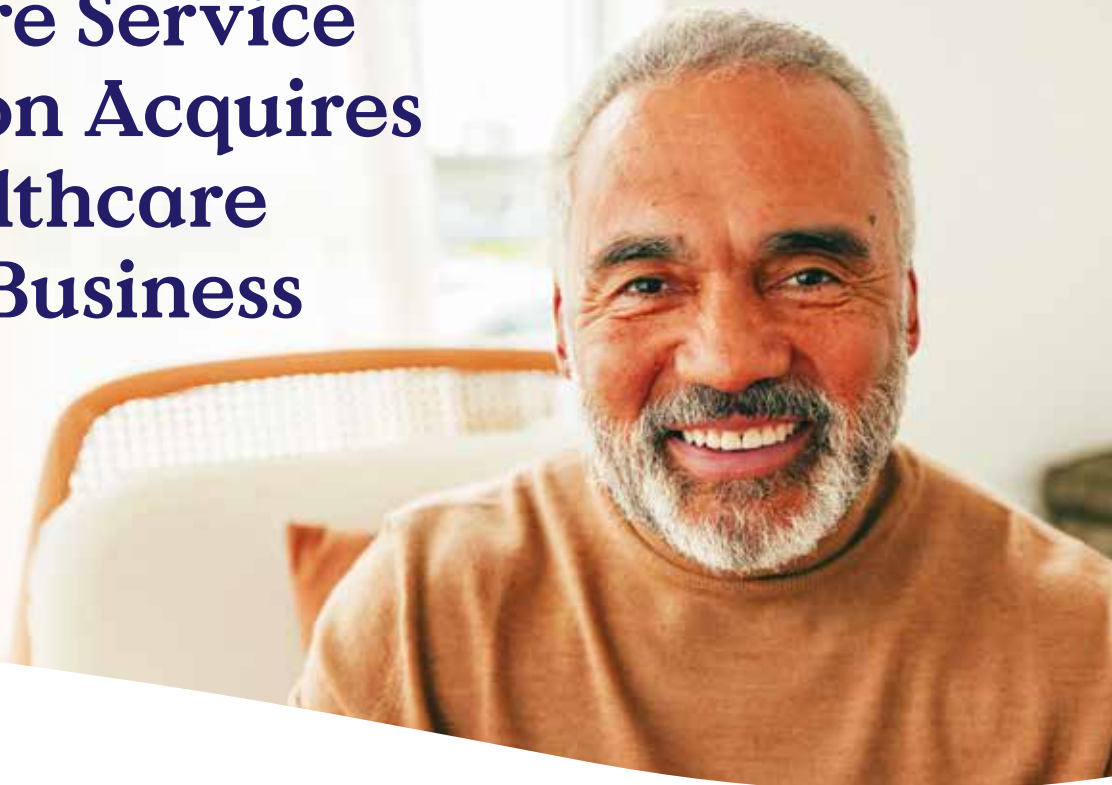
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Make sure we can reach you

Have you recently moved, or changed your phone number or email address? Make sure we can continue to reach you by updating your contact information with us. To do this, simply log in to myCigna.com, click your name, then Profile to make any updates. You can also call Customer Service.

Note: You'll need to update your address with us in addition to updating with the U.S. Postal Service.

Health Care Service Corporation Acquires Cigna Healthcare Medicare Business



Here's what this means for you

You may have heard that Health Care Service Corporation acquired the Cigna Healthcare® Medicare business in March.

Please be assured that there will be no changes to your 2025:

- Plan name
- Premium, benefits or coverage
- Primary care provider or provider network*
- Customer ID or Cigna Healthy Today® cards

HCSC looks forward to providing you with the quality, affordable health care coverage you've come to expect from your health plan.

Questions?

Call Cigna Healthcare Customer Service at **1-800-627-7534 (TTY 711)**.

To learn more, go to www.hcsc.com/newsroom/news-releases/2025/completes-cigna-medicare-acquisition.

* Provider networks are always subject to change, but large network changes aren't expected as a result of this acquisition.

Your partner in health

As we move forward, we want to reassure you that your health continues to be our top concern. Your well-being is at the heart of everything we do, and you'll continue to receive the same trusted care and service you've come to expect. We're grateful to be part of your health journey and are proud to be your partner in health. We look forward to supporting you in 2025 and for many years to come.

Planning a Vacation or Staycation?

Tips for your summer getaway

Do your summer plans involve travel? Or do you have something simpler in mind, like a staycation in your hometown? Regardless of where you plan to play this summer, we have tips to help you save money, capture memories and stay healthy in the process.

Plan ahead

When you're planning summer activities, there are some general things to keep in mind:

- **Choose the right destination.** If you're traveling, look for senior-friendly locations with mild summer weather to avoid extreme heat.
- **Check mobility and accessibility.** Opt for hotels and attractions with elevators, ramps and grab bars in bathrooms. Plan activities that match your physical comfort level.
- **Make health and safety a priority.** Carry a list of your medical conditions, prescriptions and emergency contacts with you. And check for nearby health care facilities in advance, especially if you have a chronic condition.

Ask about discounts

Being a senior comes with perks. With just a little effort, you can find discounts on travel, destinations and attractions, including:

- Hotels and car rentals
- Air, train and bus fares
- Restaurants
- National and state park passes
- Museums and zoos (check for free senior days)
- Amusement parks and events

Many of these discounts can be used locally and when traveling.

Make the most of your adventure

If you're having fun, you're making memories. Document your vacation so you can look back and enjoy it year-round:



Take pictures or make short videos with your smartphone.



Keep a travel journal describing your experiences and add small souvenirs, like tickets or postcards.



Host a vacation night to share photos and stories with family and friends.



Make a longer vacation video or slideshow using apps like iMovie or Windows Photos. Add music, captions or voiceover for a personal touch.



Gather small items like seashells, magnets or keychains, and make a shadow box with trip souvenirs. Start a collection from every destination.



Mail a postcard to your home each day of the trip. When you return, collect them into a mini travel diary.



Stay cool and healthy when on the go

Older adults are more prone to heat-related illnesses (see page 6). That's why summer safety is so important. Here are a few simple tips to help you stay cool in the summer heat:

- Drink plenty of water, even if you don't feel thirsty.
- Avoid alcohol, caffeine and spicy foods, which can cause dehydration.
- Eat foods that hydrate you, like watermelon, cucumbers and oranges.
- Wear light-colored, loose-fitting clothes made of breathable fabrics like cotton or linen.
- Opt for a wide-brimmed hat and sunglasses when outdoors. And use sunscreen, even if you're only outside briefly.
- Visit places like libraries, malls or senior centers for free air conditioning.
- Close curtains or blinds during peak sun hours to block heat.
- Minimize outdoor activities between 10 a.m. and 4 p.m., when the sun is strongest.

Need a break but are unable to travel? Check page 12 for tips on how to take a mental health vacation without leaving home.

Manage your medications

Keeping track of your medicine is especially important when you're away from home.

Before you travel:

- Ask your doctor to write prescriptions that will cover the length of your trip.
- Pack extra medicine in case of travel delays.
- Keep your medicines in the original containers. That can make security screening easier at the airport.
- Carry your doctor's contact information and a list of your medications in case of an emergency.

During travel:

- Pack medicines in your carry-on bag to keep them in your possession.
- Set an alarm on your phone or use a travel pill organizer to stay on schedule.
- Avoid local foods or over-the-counter drugs that may interfere with your prescriptions.

When you arrive:

- Store your medicine in a cool, dry place and avoid direct sunlight.
- Find a nearby pharmacy in case you need a refill or assistance.

Sources: National Council on Aging; AARP; Centers for Disease Control and Prevention; HealthInAging.org.

Avoid Heat-related Illnesses This Summer

As temperatures rise, so does the risk of heat-related illnesses. From mild heat cramps to life-threatening heatstroke, it's crucial to recognize warning signs and take precautions. And that's especially true during the hottest months of the year. Here's a quick guide:

Heat exhaustion

- Heavy sweating, weakness or nausea
- Muscle cramps or headache
- Cool, clammy skin despite the heat
- Dizziness or feeling faint
- Fatigue that doesn't improve with rest and hydration

What to do:

- Move to a cool, shaded area or indoors.
- Drink fluids and take a cool shower.

Severe dehydration

- Extreme thirst but inability to drink fluids
- Rapid heartbeat or low blood pressure
- Fainting, confusion or disorientation
- Little to no urination or very dark urine

What to do:

- Take small sips of water.
- Seek medical care.

Heatstroke

- Body temperature over 103°F
- Confusion, dizziness or unconsciousness
- Rapid pulse or difficulty breathing
- No sweating despite the heat
- Seizures or loss of coordination

What to do:

- Call 911.
- Seek medical care immediately.



Healthy Habits, Big Rewards

Good health habits are their own reward. And earning incentive dollars for completing healthy activities is the cherry on top. You can receive up to \$200 in incentive rewards on your Cigna Healthy Today card in 2025 by participating in the Cigna Medicare Advantage Incentives program.

How to participate

1. See the available rewards for 2025 in the rewards chart you received in the mail. Or view it online at myCigna.com (you'll need to register if this is your first time using myCigna). Log in, click the "View Incentives" button on the Wellness tab and follow the prompts.

2. After you complete an activity, confirm it online to get rewards within 10 days. Go to myCigna.com, log in, click "View Incentives" on the Wellness tab and follow the prompts.

Note: Activities that are not confirmed online can take up to 90 days to be verified and rewarded. After **September 1**, make sure to confirm activities online so you'll receive rewards before they expire.

3. Rewards are loaded on your Cigna Healthy Today card. Go to CignaHealthyToday.com to check your rewards balance and find retailers where can use your card.

Note: There is no PIN for the Cigna Healthy Today card, so choose "Credit" as your payment option at checkout if prompted.

4. Don't put off spending your rewards. **All rewards you earn this year must be used by December 31, 2025.** Unused rewards will not carry over to 2026.

Have questions or need assistance? Call Customer Service.

Total incentive reward amounts depend on activities completed by the customer. Rewards cannot be used toward the purchase of tobacco, firearms, explosives or other excluded products. Recipient must be enrolled in a Cigna Healthcare Medicare Advantage plan at the time of the activity. Reward amounts are loaded to your Cigna Healthy Today card once an activity is verified by the plan (up to 90 days). Unused rewards do not carry over to the following plan year. Your rewards will expire upon disenrollment from the plan.



First-time participant? Do this right away:

Sign and return the opt-in form we mailed you. Or, simply log in online at myCigna.com, click "View Incentives" on the Wellness tab and follow the prompts to participate.

Rewards cannot be loaded on your Cigna Healthy Today card until you opt in to the Incentives program.

Note: Return the opt-in form by mail by **August 31** or log in online by **December 5**. You only have to do this one time to opt in. Then, you can keep participating as long as you remain in the plan.

 **Need a replacement card? Call 1-866-851-1579 (TTY 711), Monday - Friday, 8 a.m. - 11 p.m. Eastern Time.**

Urgent Care: 10 Reasons It's the Right Call

Urgent care centers offer fast, affordable and expert medical treatment without long wait times or high costs. Here's why choosing urgent care can be the right call for your health — and your wallet.

- 1 Wait times may be shorter than at the emergency room**
Emergency rooms can have long waits, especially if your condition isn't critical. Urgent care centers typically have faster service, often seeing patients within an hour.
- 2 More affordable than ERs**
ER visits can be very expensive, even with insurance. Urgent care centers typically charge less. That can make them a cost-effective alternative for non-emergency care.
- 3 No appointment required**
If you need quick medical attention but can't get a same-day appointment with your primary care provider, urgent care centers allow walk-ins.
- 4 Extended and convenient hours**
Many urgent care centers are open late at night and on weekends and holidays when your PCP's office is closed.
- 5 Comprehensive care for common health issues**
Urgent care centers can handle a variety of health concerns. These include minor falls and sprains, respiratory and urinary tract infections, skin conditions and more.
- 6 Access to onsite diagnostic tools**
Many urgent care centers offer onsite X-rays, lab tests and EKGs to help diagnose and treat conditions quickly.
- 7 Prescription refills in emergencies**
If you run out of an essential medication and can't reach your doctor, an urgent care center may be able to provide a short-term prescription refill.
- 8 Less exposure to contagious illnesses**
Unlike ERs, which handle serious infections and critical emergencies, urgent care centers tend to have lower exposure risks to severe illnesses. And some let you wait in your car.
- 9 Coordination with your primary care provider**
Urgent care centers share records with PCPs to ensure seamless follow-up care.
- 10 Less stressful, senior-friendly experience**
Many urgent care centers cater to older adults by having accessible entrances, minimal paperwork and caring staff.

Source: Mayo Clinic



To find a network urgent care center close to you, go to myCigna.com and choose Find Care & Costs, click Immediate Care, then Urgent Care.



Dr. Grant Tarbox

National Senior Medical Director over Medical Operations

Do you struggle to follow conversations or find yourself turning up the television to hear better? Nearly half of adults aged 75 and older have some degree of hearing loss. Below, Cigna Healthcare Senior Medical Director Dr. Grant Tarbox discusses age-related hearing loss and what you can do to manage it.

What is age-related hearing loss?

The medical term for the condition is presbycusis (pronounced prez·buh·**kyoo**·suhs), and it simply means the slow loss of hearing. Because this loss is usually gradual, it may go unnoticed at first. But while it's a common problem for older adults, it's also manageable. Early detection is crucial, and treatments are available.

Your risk for hearing loss increases with:

- Age, which causes natural wear and tear on your inner ear structures
- Exposure to loud noise over time; for example, working with noisy machinery or attending loud concerts
- Health conditions, like diabetes and high blood pressure; ear infections can also contribute to hearing loss
- Certain medications, including antibiotics and chemotherapy drugs

What are some common signs of hearing loss?

Talk to your doctor if you:

- Often ask people to repeat themselves
- Have trouble hearing in noisy environments, like restaurants
- Keep your television volume louder than others prefer

Can hearing loss affect brain health?

Yes. If left untreated, it can contribute to cognitive decline and dementia. And straining to hear can lead to mental fatigue and social isolation.

What can I do if I have hearing loss?

You have treatment options, including hearing aids. Modern hearing aids are smaller and more effective, and can even connect to your smartphone. Devices like amplified phones and TV listening systems can help, too.

If you're concerned about your hearing, we encourage you to seek care from a hearing specialist. Your plan includes coverage for a routine hearing exam, a hearing aid fitting evaluation and hearing aids. **See the next page for a hearing aid success story.**

This column is intended only as general interest and does not in any way create a doctor-patient relationship. As with all information contained in this magazine, you should discuss any health concerns with your doctor or caregiver. If you have any immediate health care needs, contact your doctor immediately. The information in this column is not intended to serve as medical advice.

Loud and Clear

A hearing aid success story

Linda Moukas had tried turning up the volume on her television. During conversations, she often had to ask people to repeat themselves. Finally, her daughter said, “Mom, you’re really just reading lips.” That’s when the 79-year-old Cigna Healthcare customer realized she could no longer ignore her worsening hearing loss.

Hearing loss is a common part of aging. And being exposed to loud noise over a long period of time increases the risk significantly. With a father in the U.S. Air Force, Linda grew up to the sound of jets, which likely took a toll on her hearing later in life.

“Back then, people weren’t as aware of certain noises you shouldn’t be around, like airplanes, fireworks and lawnmowers,” she says.

Linda had gotten her first pair of hearing aids in 2017, so she was ready for an upgrade. She remembered reading about a hearing aid benefit in her plan’s Customer Handbook. So, she made the call to **Hearing Care Solutions**. They work with Cigna Healthcare and ultimately put Linda on the path to better hearing.

“The handbook tells you about all the extras you get with your plan,” she says. “I called the number, and they gave me the name of a local audiologist.”

That audiologist recommended new hearing aids, which have come a long way since her first pair. The latest versions can filter out background noise. They can also connect to smartphones via Bluetooth. That meant Linda could adjust hers through an app on her phone.

Hearing Care Solutions made the process easy for Linda.

“If you want them to schedule an appointment for you, they’ll do that,” she says. “Or they’ll give you an audiologist’s phone number and location, and you can do it yourself.”

They’re also committed to providing care from start to finish. After her initial appointment, the audiologist asked Linda to come back in a couple of weeks to see how well the hearing aids were working and make any needed adjustments.

Linda Moukas

Cigna Healthcare customer



Concerned about your hearing?

Find a network provider in your area and schedule an appointment. Call **Hearing Care Solutions** at 1-866-872-1001 (TTY 711), 7 a.m. – 7 p.m. Central Time, Monday – Friday, or visit HearingCareSolutions.com/Cigna-Medicare.



"If I was unhappy with the hearing aids or having a problem, I could return them and order something different," Linda says.

The Better Hearing Institute says hearing aids can improve relationships. Nearly 70% of users report better communication with family and friends. And more than 80% of people who use hearing aids say they've made their lives better.

Read more about age-related hearing loss in the Ask the Doc column on page 9.

How to slow hearing loss

While hearing loss is common with age, you can delay its onset by following these tips:

- Use ear protection, like earplugs or noise-canceling headphones. Follow the 60/60 rule for headphones: 60% volume for no more than 60 minutes at a time.
- Keep blood pressure and diabetes under control — both can contribute to hearing loss.
- Eat a hearing-healthy diet with foods rich in antioxidants and vitamins to help protect the delicate structures of the ear.
- Ask your doctor if any of your medications could affect your hearing.
- Get regular hearing checkups. Early detection and treatment, like hearing aids, can prevent strain on your brain and slow cognitive decline.

Get a \$20 reward for completing a routine hearing exam in 2025. See page 7 for Incentive program details.

Seniors Day at Walgreens

Don't miss Seniors Day at Walgreens. It's the first Tuesday of each month. If you're age 55+ and a myWalgreens member, you can save 20% off eligible, regular-price merchandise. Shop and save in store on Tuesday, or all week online, with code SENIOR20. Download the free Walgreens app or visit Walgreens.com/SeniorDay to get started.*

Remember, you can use your **Cigna Healthy Today card** anytime you're shopping at Walgreens. It's loaded with rewards you've earned (see page 7) and any over-the-counter allowances included in your plan. You can even use these funds to buy eligible health and wellness items online at Walgreens.com/MAOTC.

* Data rates may apply. Offer valid the first Tuesday of each month in store and the first week of each month online (Sunday – Saturday) with myWalgreens membership to members 55 years of age or older. Dates subject to change. Restrictions and exclusions apply. See Walgreens.com/SeniorDay for complete details. The 20% discount does not apply to pharmacy products and services.

Other pharmacies are available in our network.

MDLIVE

When your PCP isn't available, you can talk to a board-certified doctor on your computer, tablet or smartphone through MDLIVE®.

Schedule appointments at myCigna.com. You can also call **1-866-918-7836** (TTY 1-800-770-5531), 24 hours a day, 7 days a week, or visit MDLIVE.com/CignaMedicare. See page I4 for tips on preparing for your telehealth appointment.

Give Your Brain a Break

Take a mental health vacation

Taking a mental health vacation means giving your mind a break from daily routines and negative thought patterns. When you intentionally shift your focus from things that can create stress to something relaxing and enjoyable, it's like a mini getaway for your brain — no passport required.

Here are some creative ways to do it:

Travel virtually. Watch travel videos or documentaries about places you dream of visiting. Use Google Earth to “walk” through a foreign city or scenic landscape.

Lose yourself in a book. Choose a novel set in another time or place. Let yourself get lost in the story as if you were traveling.

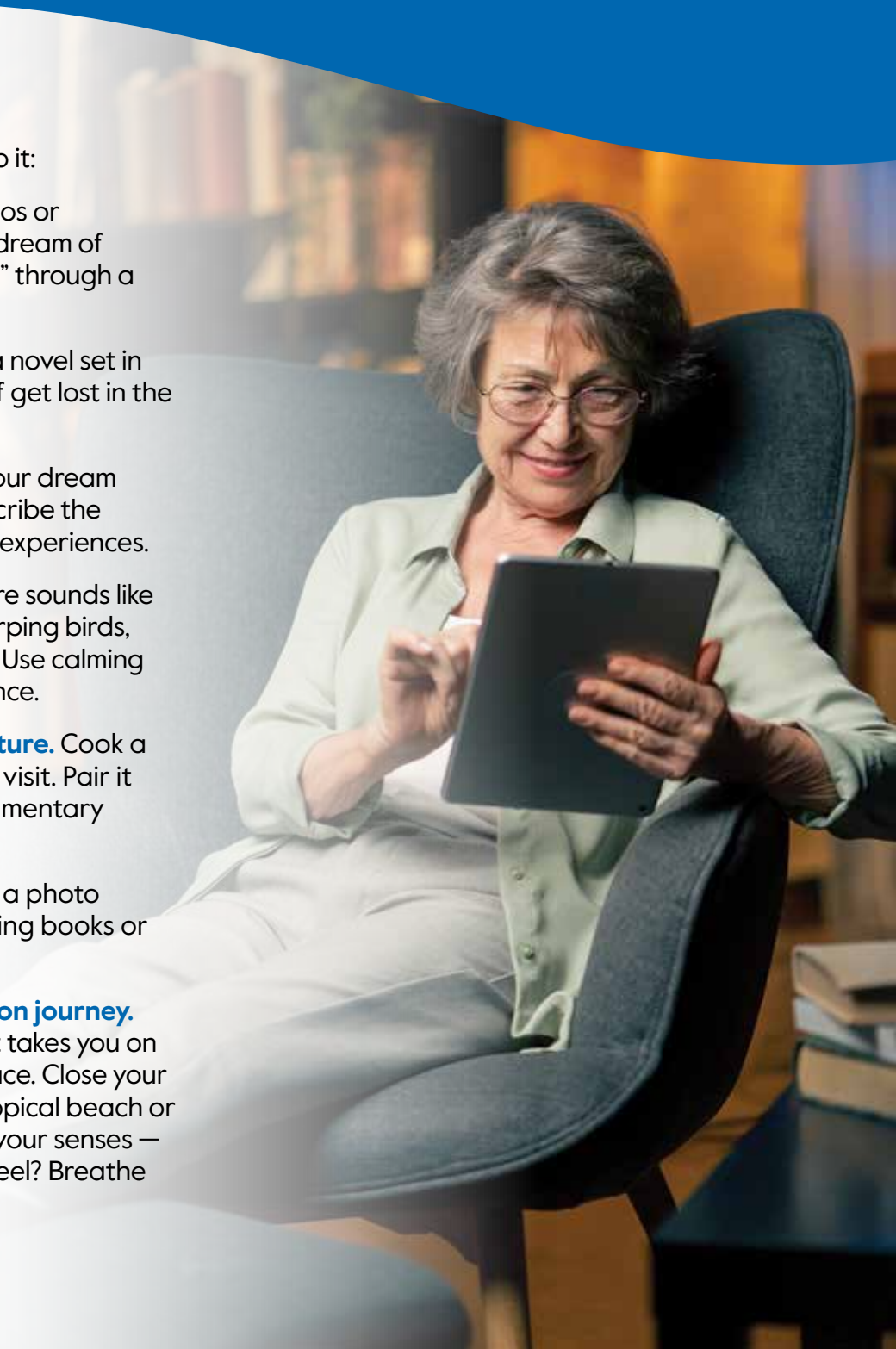
Journal creatively. Write about your dream vacation as if you were there. Describe the details: the sights, the sounds, the experiences.

Try sound therapy. Listen to nature sounds like ocean waves, flowing streams, chirping birds, rainforests or crackling fireplaces. Use calming apps to create a relaxing experience.

Create a cultural cooking adventure. Cook a meal from a country you'd love to visit. Pair it with traditional music and a documentary about the region.

Escape artistically. Paint or draw a photo you love. Try travel-inspired coloring books or digital painting.

Take a mindfulness and meditation journey. Use a guided meditation app that takes you on a mental journey to a peaceful place. Close your eyes and imagine yourself on a tropical beach or a cozy cabin in the woods. Use all your senses — what do you see, hear, smell and feel? Breathe deeply and let go of stress.



A Summer Vacation Picture Puzzle

Compare the pictures below to find 12 differences.



Did you find them all? The differences are listed on page 15.

Wellness by Wi-Fi

Get ready for your telehealth appointment

Technology can be a wonderful thing. It gives us powerful, handheld computers in the form of smartphones and tablets. It provides digital options for entertainment, like streaming movies and music. And it enables telehealth services that grant quick, virtual access to medical professionals.

These days, you can have a face-to-face doctor's visit from the comfort of your couch. Telehealth appointments can include:

- Routine care for chronic conditions, like diabetes and high blood pressure
- Discussions of test results or X-rays
- Treatment for minor illnesses and non-emergency concerns
- Mental health support
- Physical therapy

Ask your primary care provider or specialist if they offer telehealth services. If they do, their office staff will give you instructions on how to connect. These tips can help you prepare for your appointment:

Plan what you want to discuss.

- ✓ Write down your symptoms and questions.
- ✓ Have a list of your medications ready, including prescriptions, over-the-counter medications, vitamins and supplements.

Set up your technology.

- ✓ Use a smartphone, tablet or computer with a camera and microphone.
- ✓ Make sure your Wi-Fi or other internet connection is strong and reliable.
- ✓ Charge your device fully before the appointment.
- ✓ Test the telehealth app ahead of time.

Find a quiet, well-lit space.

- ✓ Choose a quiet room to reduce background noise.
- ✓ Sit near a light source so the doctor can see you clearly.
- ✓ Use headphones for better audio quality if needed.

Log in early.

- ✓ Sign in at least 5–10 minutes early in case you have trouble.
- ✓ Have a pen and paper handy for notes.
- ✓ If you're using a blood pressure monitor, scale or thermometer, take readings and record them before the appointment.



Not sure when or how to use telehealth? For details, go to <https://telehealth.hhs.gov/patients>

Ask for help if you need it.

- ✓ A friend, family member or caregiver can help you log in or take notes during the call.
- ✓ Call the doctor's office if you have trouble logging in.

Communicate clearly.

- ✓ Speak slowly and clearly, especially if there's a delay in audio.
- ✓ Repeat important instructions to confirm you understand.
- ✓ Ask for a summary of the visit or follow-up instructions if needed.

Patient portals: direct access to your doctor

Ask your doctor if they use a patient portal. It's a convenient, secure way to view your personal health information online. Patient portals are widely available; in fact, 90% of health care providers now offer them. You can use it to schedule appointments, look at your electronic health records, message your doctor and more.

Sources: U.S. Department of Health and Human Services; National Institute on Aging

Picture differences from page 13

- | | |
|-------------------------|-----------------------|
| 1. Fire logs moved | 7. Different tree |
| 2. Bike position | 8. Flower added |
| 3. Dog position | 9. Sun in sky |
| 4. Chair color | 10. Man's shirt color |
| 5. Fish size | 11. Bucket moved |
| 6. Woman's shorts color | 12. Bush color |



Banish Bladder Worries

Unless you're having problems, you probably don't think much about your urinary tract. But conditions like urinary tract infections and incontinence become more common with age, so they're topics worth learning about. Let's take a look at these two health challenges — and ways you can help avoid them.

Urinary tract infection

What it is

A urinary tract infection is an infection in any part of the urinary system. Older adults, especially women, are at higher risk for UTIs for several reasons:

- As you age, your bladder loses elasticity. That lets urine pool in the bladder after you go to the bathroom. Bacteria can set up in that urine and cause a UTI.
- Aging weakens the immune system, which makes it harder to fight infections.

- Conditions like diabetes, incontinence and kidney problems can increase your risk. So can using catheters or being bedridden.

Unusual symptoms of UTIs

Older adults may not experience typical UTI symptoms, such as burning or frequent urination. Instead, symptoms may include confusion, dizziness, fatigue or sudden incontinence.

Other symptoms can include:

- Pain in the abdomen or lower back
- Cloudy, dark or strong-smelling urine





Bottom line: Talk to your doctor if you experience *any* urinary changes.

- Feelings of a full bladder
- Blood in the urine

How to help prevent a UTI

- Drink plenty of water to flush bacteria from your urinary tract.
- Maintain good hygiene.
- Avoid bladder irritants like caffeine, alcohol and spicy foods.

When to seek care

Early detection and treatment of UTIs can help you avoid serious problems. See a doctor at the first sign, even if symptoms are mild. UTIs are usually treated with antibiotics, and finishing the full course is essential.



Incontinence

What it is

Many older adults experience some form of incontinence. Also known as bladder leakage, incontinence may occur:

- When coughing or laughing
- As a sudden, strong need to go
- When small amounts of urine leak from a full bladder
- As a result of trouble getting to the bathroom quickly (because of arthritis, for example)

Incontinence can also be a sign of other health issues, such as urinary tract infections, nerve damage or prostate problems. Certain medications like diuretics can make incontinence worse.

How to help prevent leakage

Incontinence can often be managed with lifestyle changes, including:

- Doing Kegel exercises to strengthen your pelvic floor (the muscles that stop the flow of urine); to learn more, go to [Cigna.com/knowledge-center/hw/kegel-exercises-stk151104](https://www.cigna.com/knowledge-center/hw/kegel-exercises-stk151104)
- Limiting caffeine, alcohol and spicy foods
- Staying hydrated
- Maintaining a healthy weight, which reduces pressure on the bladder

How to seek care

Finding a solution starts with your primary care provider. Schedule an office visit to discuss your situation. Doctors are used to discussing bladder health, so speaking up is the right first step.

For a few weeks before your office visit, keep a bladder diary. Track your fluid intake, bathroom trips and leaks. This information can help your doctor recommend the right treatment, which might include medicine.

Sources: Cleveland Clinic; National Institute on Aging

The Truth about Statins

What you should know if you have diabetes

Statins are commonly prescribed medicines used to lower cholesterol and protect heart health. But despite their proven benefits for people with diabetes, statins sometimes get a bad rap. Below, we separate fact from fiction, clear up common misconceptions and help you make informed decisions about your health.

Myth: *If you have diabetes, you shouldn't take a statin.*

Truth: **Heart disease is the leading cause of death in people with diabetes.** As a result, a statin is actually recommended if you have diabetes. It can lower your risk for heart attack and stroke.

Myth: *Statins cause diabetes.*

Truth: **Statins may slightly raise blood sugar levels but don't cause diabetes.** The small increase in blood sugar is usually outweighed by the benefits of reducing cholesterol and the risk of heart disease.

Myth: *Statins are only for people with very high cholesterol.*

Truth: **Statins help lower "bad" cholesterol (LDL) and increase "good" cholesterol (HDL).** This reduces plaque that builds up in arteries. Too much plaque can affect blood flow and lead to a heart attack or stroke.

But statins aren't prescribed for high cholesterol alone. They're also used for general heart disease prevention, especially in people with diabetes or other risk factors like high blood pressure.

Myth: *Once you start taking statins, you can never stop.*

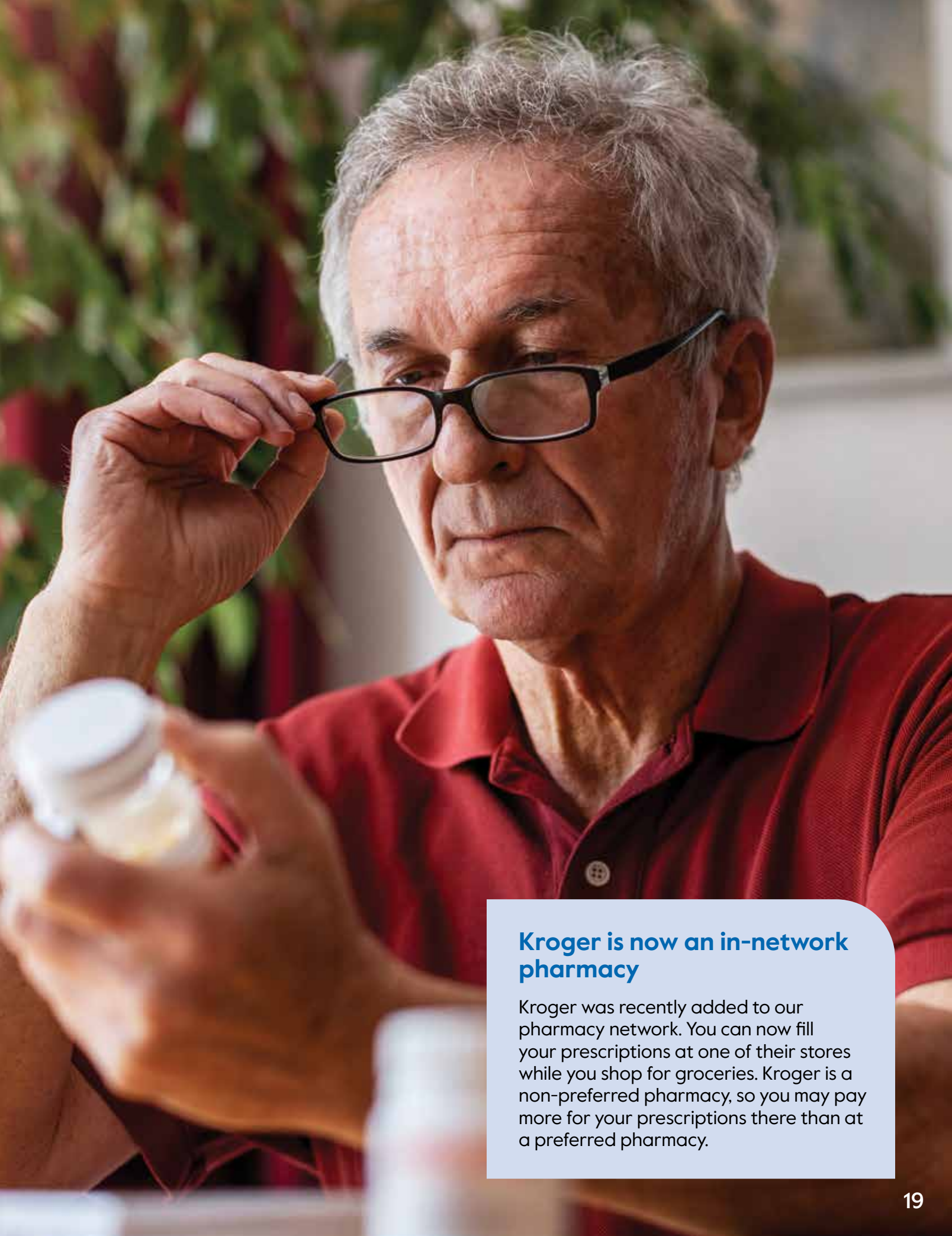
Truth: **While statins are usually a long-term medication, they can be adjusted or stopped if needed under your doctor's guidance.** Lifestyle changes or side effects might lead to a different treatment plan.

Myth: *Statins cause serious side effects.*

Truth: **Most people tolerate a statin without major issues.** While some may experience muscle pain or other side effects, serious complications are rare. If you experience side effects, your doctor can adjust your dose or switch medicines.

Many statin medications are covered by your health plan. They include atorvastatin, fluvastatin, lovastatin, pitavastatin, pravastatin, rosuvastatin and simvastatin. Ask your doctor if one of these is right for you.

Sources: Centers for Disease Control and Prevention; Cleveland Clinic



Kroger is now an in-network pharmacy

Kroger was recently added to our pharmacy network. You can now fill your prescriptions at one of their stores while you shop for groceries. Kroger is a non-preferred pharmacy, so you may pay more for your prescriptions there than at a preferred pharmacy.

HEALTHY RECIPE

Grilled Pork Tenderloin with Asian Sauce



Celebrate summer — and easy cleanup — with this delicious grilled tenderloin recipe.

Ingredients

2-pound pork tenderloin, unseasoned
½ tablespoon garlic, minced or pressed
(about 1 clove)
2 tablespoons fresh ginger, minced
(or 1 teaspoon ground)
1 tablespoon fish sauce*
1 tablespoon lite soy sauce
½ tablespoon granulated sugar
1 tablespoon sesame oil (optional)

*Fish sauce is available in the Asian aisle at most grocery stores and adds a deep flavor that's not at all fishy.

Directions

Preheat grill or oven broiler (with rack 3 inches from heat source) on high temperature. Remove visible fat from tenderloin and discard. Set tenderloin aside. Combine garlic, ginger, fish sauce, soy sauce, sugar and sesame oil (optional) in a small dish. Stir marinade until sugar dissolves. Brush tenderloin with marinade or pour one-third of the marinade evenly over the pork. Place in oven or grill with lid closed. Every 5 minutes, turn over the tenderloin and add 1 tablespoon of additional marinade, until meat is fully cooked (to a minimum internal temperature of 160 °F). Let stand for 5 minutes. Cut into 12 1-inch thick slices.

Serving size: Three 1-ounce slices

Per serving: 188 calories; 8g total fat; 3g saturated fat; 80mg cholesterol; 246mg sodium; 0g total fiber; 26g protein; 1g carbohydrates; 390mg potassium

Recipe is from the National Heart, Lung, and Blood Institute website at www.nhlbi.nih.gov.

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