

SUMMER 2026

healthylife

**GULF SHRIMP
PASTA**
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**Know where
to go for care**

**POOL PARTY: GUIDE
FOR SENIORS**

**STAYING STEADY:
PREVENTING FALLS**

**5 KEY FACTS: DEPRESSION
IN OLDER ADULTS**



Budget tip

Save money with a 90-day supply of your prescriptions.

Many medications are available for a 90-day supply at a lower copay. This saves you money—and reduces trips to the pharmacy.

There are two ways you can take advantage of this benefit:

- **Preferred retail pharmacy:** For a 90-day supply, most Tier 1 prescriptions are available for a \$0 copay; most Tier 2 and Tier 3 prescriptions are available for two copays rather than three.
- **Mail order pharmacy:** Mail order service is available through Costco Mail Order Pharmacy. For a 90-day supply, Tier 1 and Tier 2 prescriptions are available for a \$0 copay; Tier 3 prescriptions are available for two copays rather than three.

Talk to your doctor to see if a 90-day prescription is right for you.

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Meet Dr. Massey



Hello! My name is Dr. Michael Massey. I'm a medical director at Baylor Scott & White Health Plan, and I'm focused on supporting you, our Medicare

Advantage customers. As summer unfolds and we share the newest issue of *Healthy Life*, I'd like to tell you a little about myself.

I was born in Salem, OR, to a farming family in Willamette Valley. In junior high, I became fascinated by science, which first sparked my interest in medicine. A defining moment for me was losing my grandfather (with whom I was very close) to a heart attack when I was 14. That experience inspired me to help others avoid similar outcomes.

After earning my medical degree from Oregon Health Sciences University, I eventually moved to the Dallas-Fort Worth area to practice in Fort Worth. About 23 years ago, I established an outpatient practice at Baylor Scott & White Health. Over time, I developed an interest in quality improvement and the business side of medicine, which led to the work I do today.

Fort Worth is also where I met my wife, whose family is from here, and we have two wonderful children, both thriving in college. Outside the medical field, I enjoy attending local sports events and cheering on teams like the Rangers, Mavericks and Cowboys.

Like any good team, we all need someone to take on a leadership role in managing our care. That's where your primary care provider

(PCP) comes into play. They're like a quarterback—an essential player on your care team. Your PCP is responsible for ensuring that preventive services are current, connecting you with specialists when needed, and helping you manage chronic health conditions like high blood pressure, diabetes and asthma. Seeing your PCP regularly is essential for living well. If you need help finding one, you can start by visiting **[BSWHealthPlan.com/Care](https://www.bswhealthplan.com/care)**.

I'm honored to serve you and hope you enjoy the summer issue of *Healthy Life*.

Warm regards,

Michael Massey, MD, MS
Medical Director
Baylor Scott & White Health Plan



Your care options: Know where to go

From telehealth to urgent care, you have a number of options when you're not feeling well. Knowing where to go for care can impact not just the services you receive—but also your budget.

Not sure which type of provider to choose? See which scenario below sounds most like you.

I HAVE A MEDICAL CONCERN, BUT I'M NOT SURE IF I SHOULD SEE A DOCTOR.

24-hour nurse line. Call **877.505.7947** (TTY: 711) to talk with a nurse.

I'M NOT FEELING WELL, BUT IT'S NOT AN EMERGENCY. I CAN'T MAKE IT TO THE DOCTOR RIGHT NOW.

Virtual care. Get care from the comfort of home on your phone, tablet or computer with MyBSWHealth or Teladoc. It's quick, easy and has a \$0 copay. Examples of conditions include allergies, bladder infection, cold, flu, pink eye, sinus infections, stomach problems and yeast infections.

IT'S NOT AN EMERGENCY, AND I'D PREFER TO SEE MY DOCTOR.

Primary care doctor. Primary care

visits are a \$0 copay. Good for preventive care and conditions like allergies, bladder infection, cold, flu, diabetes, earaches, headaches, high blood pressure, pink eye, sinus infections, sore throat, sprains, stomach problems and yeast infections. Primary care services can also be provided on the MyBSWHealth app for routine checkups, vaccines, ongoing chronic care, prescription help or referrals for advanced care.

IT'S NOT AN EMERGENCY, AND MY DOCTOR IS NOT AVAILABLE.

Walk-in clinic. A walk-in clinic can offer you same-day care. Good

for conditions like asthma, bladder infections, ear or sinus pain, flu, sore throats, or sprains.

IT'S NOT AN EMERGENCY, BUT I NEED CARE AND CAN'T WAIT FOR AN APPOINTMENT.

Urgent care. Urgent care clinics will be able to see you quickly. Depending on your plan, your copay may be approximately \$40 or \$50. Good for timely needs like worsening asthma, acute back pain, dehydration, headaches, minor burns, minor eye injuries, minor cuts that may need stitches and sprains.

I BELIEVE I HAVE A LIFE-THREATENING EMERGENCY. I NEED CARE NOW.

Emergency room. If you believe you are experiencing a medical emergency or life-threatening condition, call 911 or go to the nearest emergency room immediately. Note: Some freestanding ERs—privately owned facilities that offer many services of a traditional hospital emergency room—are not recognized by Medicare. Visits to these facilities are not covered.

Emergency rooms are best for issues like chest pain, deep cuts or wounds, difficulty breathing, poisoning, overdoses and suicidal behavior, severe abdominal pain, coughing or vomiting blood, severe burns or head injuries, sudden loss of balance, vision changes, facial droop, or arm or leg weakness. ▀



To find a provider, visit [BSWHealthPlan.com/Care](https://www.bswhealthplan.com/care). If you are experiencing a medical emergency, call 911 or go to the nearest emergency room.

Scan the QR code for more examples of health conditions and where to go for care.

This information is provided for general guidance only and is not a substitute for medical advice. If you are unsure where to seek care, choose emergency care or call 911.

POOL PARTY

GUIDE FOR SENIORS

STAY COOL

Texas temperatures can climb as high as triple digits in the summer. If the temperature and humidity are high, your body's cooling system doesn't work as well. That puts you at risk for dehydration, heat exhaustion and heatstroke.

To stay cool, remember to:

- Drink plenty of fluids—don't wait until you're thirsty
- Avoid very sugary and alcoholic drinks
- Wear loose-fitting, lightweight clothing
- Schedule outdoor activities for early morning or after sunset

Know the emergency warning signs. Muscle cramps are often the first sign of heat illness, followed by fatigue and weakness. Stop your activity, drink water and move to the shade to gently stretch. If you don't feel better within one hour, get medical help right away.

Call 911 if you or a family member has confusion, fainting, nausea or a body temperature of 103 degrees or higher.

PROTECT YOUR SKIN

You can't see it, but the sun produces two types of UV radiation that can harm your skin: UVA and UVB. Both can cause mutations in your skin's cells, which could lead to cancer.

These tips can help protect you from UV rays:

1. Seek shade.

This is especially important when the sun is at its peak, from 10:00 AM to 4:00 PM.

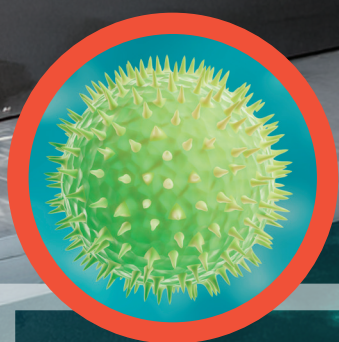
2. Put on protective clothing. Wear long-sleeve shirts, pants and a wide-brimmed hat.

3. Slather on a broad-spectrum, water-resistant sunscreen.

Make sure it's SPF 30 or higher and reapply every two hours.



No matter your age, nothing beats splashing in the pool with family and friends on a hot summer day. Whether you're invited to a pool party or hosting, keep this guide handy to stay safe and healthy as you soak up the sun.



KEEP ALLERGIES UNDER CONTROL

Seasonal allergies can cause symptoms such as congestion, sneezing, runny nose and itchy red eyes. In summer, the culprits can be outdoor molds and pollen from grass and trees. In late summer, ragweed pollen can be especially high.

One of the most helpful things you can do is avoid the summer allergies that make your symptoms flare. For example:

- Stay inside when mold or pollen counts are high.
- Keep your windows closed in your car and at home. Use air-conditioning instead.
- Avoid touching your eyes when you're outside. Inside, wash your hands before touching your eyes.
- Shower after you've been outside to remove pollen from your hair and skin.
- Change your clothes after being outdoors.

Over-the-counter and prescription medicines can help relieve symptoms, too. Talk with your doctor about what might work best for you.

SNACK MINDFULLY

If your picture-perfect summer day includes a tall glass of lemonade and a bowl of your favorite ice cream, you're not alone. Recent research confirms it: Americans consume more sugar during the summer months.

Research also shows that too much sugar can boost the risk for everything from weight gain and tooth decay to heart disease and Type 2 diabetes.

Sodas, flavored coffees and juices are some of the biggest offenders. Instead, choose unsweetened tea or sparkling water with fruit.

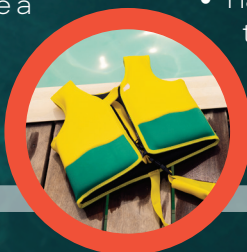


For a sweet treat, turn to fruit first. In addition to whole fruits, try a bowl of fresh fruit salad, a fruit yogurt parfait, or a frozen banana or grapes.

SWIM SAFELY

To help prevent drowning and other accidents:

- If you're still honing your swimming skills, wear a life jacket—don't rely on foam or air-filled pool toys as flotation devices.
- If you have a pool, surround it completely with a fence and keep the gate latched. Use a lock or alarm for additional security.
- Be alert for hidden hazards in natural waters, such as undercurrents and rocks.
- Supervise children—closely and constantly—whenever they're in or around water.
- Have designated "water watchers"—responsible, sober adults whose sole focus is keeping an eye on the kids. Rotate shifts with the other adults.
- Have children wear a well-fitted life jacket when they're in, on or near a lake or river.
 - Consider taking a CPR class.



For more tips, go to [PoolSafely.gov](https://www.poolsafely.gov). ▸

STAYING STEADY

Traveling, spending time with grandchildren—or simply enjoying the air-conditioning indoors—are all hallmarks of summertime. No matter what your summer plans may be, it's important to consider your balance.

Falls are common and preventable. Every year, millions of adults ages 65 and older have a fall—doubling their risk of falling a second time.* The good news is that you can take action to lower your chance of falling.

Start with these basic tips:

- Strength and balance are your best defense
- Stay active and exercise to improve balance and strength
- Get your vision, hearing and feet checked every year and tell your doctor about changes
- Review medications with your doctor or pharmacist and ask if they can cause dizziness or drowsiness
- Wear sturdy nonslip shoes. Avoid walking barefoot, in socks or in loose slippers
- Use walkers and canes as prescribed by your doctor—and make sure they're sized correctly for your height

Limit your risk of falling at home:

- Clear clutter and remove cords from walkways
- Avoid loose rugs—or secure them with double-sided tape
- Keep hallways and stairs well lit with night-lights or motion-sensor lights
- Consider installing grab bars in your bathroom—near the toilet and shower—as well as a nonslip mat and a shower chair or bench
- Store frequently used items in a convenient place to avoid unnecessary reaching or bending
- Keep an eye out for pets in your path

Create good habits:

- A few changes in your routine can make a big difference
- Don't rush to answer the phone or the door
- Ask others to help with tasks that require climbing or heavy lifting
- If your pet pulls you off balance, ask others to help with walks

- Choose sidewalks and ramps that are in good condition
- Talk with your doctor about ways to stay safe and reduce your risk of falling

Bring this list of topics to your next doctor's visit for discussion:

- Tell your doctor about any falls
- Mention dizziness or balance problems
- Ask for recommendations to help prevent falls ▼

**"Facts About Falls." U.S. Centers for Disease Control and Prevention. May 9, 2024. cdc.gov/falls/data-research/facts-stats/index.html*

Remember these five simple ways to prevent FALLS—starting today!

- **Footwear:** Wear nonslip shoes, inside and outside
- **Assistance:** Accept assistance when needed—including a cane or walker, if prescribed
- **Lights:** Use lights and night-lights to make sure your path is well lit
- **Limited clutter:** Clear walkways
- **Slow and steady:** Step mindfully and stand up slowly to prevent dizziness



Depression

in older adults: 5 key facts

Feeling low energy or apathy is something many older adults experience, but that doesn't mean it's "just part of aging." These feelings can be warning signs of depression—and they're too important to ignore.



Find an
in-network
provider at
BSWHealthPlan
.com/Care.

Talking about depression may be uncomfortable, but understanding this condition is crucial for your well-being.

1. Older adults are at risk.

Older adults face unique risk factors for depression. That's because age brings unique challenges such as chronic health conditions, loss of loved ones, loneliness and fewer social interactions—all of which can contribute to depression.

2. Depression is more than sadness.

While sadness is a common symptom, it might not be the main one you experience. Other signs of depression may include:

- Lack of interest in activities you once enjoyed
- Feelings of worthlessness or guilt

- Difficulty concentrating
- Irritability, restlessness or anxiety
- Changes in eating or sleeping patterns (such as insomnia)
- Unexplained weight gain or loss
- Fatigue (feeling tired)
- Headaches, cramps or digestive problems
- Frequent thoughts of death

3. People often confuse depression with dementia.

Depression and dementia share certain traits that sometimes overlap, but there are ways to tell them apart. Depression tends to come on more quickly than dementia. While depression primarily affects attention and concentration, dementia more prominently affects memory. Also, your writing, speaking and motor skills are less likely to be affected with depression.

4. Don't keep symptoms a secret.

If you think you might be depressed, remember that it's not something to be ashamed of. It's a medical condition, like stroke.

5. Your primary care doctor can help.

If something seems wrong, speak up. Start by sharing how you feel with your doctor. If you find it hard to articulate your symptoms, consider writing them down before your appointment. You can also bring a trusted friend or family member with you for support.

Your doctor may prescribe medication, refer you to psychiatry or suggest alternate treatments like exercise or nutritional changes. Confiding in your provider is the first step toward getting the treatment you need to feel better. ▼

Coming this fall: Member Health & Technology Expo

Learn about how our plans are changing in 2027, meet our staff and connect with supplemental benefit experts. Get tips for using the MyBSWHealth app and enter for a chance to win a raffle prize.

More details to come! Keep an eye on your inbox and mailbox for more information.



1206 W. Campus Drive
Temple, TX 76502

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Recipe ▶

Herb-grilled Gulf shrimp pasta

Ingredients

- 1 lb. Gulf shrimp (21 to 25), peeled and deveined
- 4 cloves garlic
- 1 tbsp. chopped fresh parsley
- 1 tbsp. chopped fresh basil
- ½ tbsp. chopped fresh oregano
- ¼ tsp. red pepper flakes
- 1 lemon, juiced
- ¼ cup extra-virgin olive oil
- 1 tsp. salt
- ½ tbsp. black pepper
- 6 Roma tomatoes
- 1 small shallot, chopped
- 1 lb. whole-wheat linguine
- 2 lb. fresh baby spinach
- 2 tbsp. shaved Parmesan cheese

Directions

1. Preheat oven to 375 degrees.
2. Place the shrimp in a large mixing bowl and add one clove of minced garlic, fresh herbs, red pepper flakes, half the lemon juice, half the olive oil, salt and pepper. Mix the shrimp until evenly coated and refrigerate.

3. Cut tomatoes lengthwise and place on a baking sheet with the seed sides up. Crush the remaining cloves of garlic with the side of a knife, add the shallot and scatter on top of the tomatoes. Drizzle the remaining olive oil evenly across the tomatoes and season with salt and pepper.
4. Roast the tomatoes for 15 minutes or until they blister. Meanwhile, cook the pasta in boiling water according to package directions. Drain.
5. Transfer the tomatoes to a food processor or blender and pulse until they become a sauce-like consistency. In the same pot used to cook the pasta, add the sauce, spinach, remaining lemon juice and pasta. Place on

low heat to keep warm and wilt the spinach.

6. Shake excess marinade off the shrimp and place them on a preheated grill. Cook for three minutes on one side, flip and grill for another two minutes.
7. Serve the pasta in a large bowl, arranging the shrimp on top and garnish with the shaved Parmesan cheese.

Per serving Serves six. Each serving provides: 440 calories, 13 g total fat (2 g saturated fat, 0 g trans fat), 95 mg cholesterol, 970 mg sodium, 63 g total carbohydrate, 14 g dietary fiber, 4 g sugars, 27 g protein.

