

JANUARY 2026

healthylife

**FUNCTIONAL
FITNESS**
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Thank You for Attending Our ANOC Events!

We enjoyed meeting more than 1,300 of you in nine different cities last fall during our Annual Notice of Change (ANOC) events. Join us again this fall to learn about what's new with your plan next year.



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Resolution Season



It's that time of year again, when many of us resolve to live healthier in the new year. Maybe your resolution is to use your fitness benefit and visit the gym more often. Or maybe you plan to eat healthier meals and make the recipes on the back cover of *Healthy Life*.

As you make plans for 2026, don't forget to keep up with your regular checkups and take advantage of the resources available through the Baylor Scott & White Quality Alliance.

A great way to kick off your health journey is by scheduling your 360 Visit. This visit, separate from your primary care visit, is your opportunity to have an extended conversation with an advanced practice provider who works directly with your primary care physician—and make a plan for your health needs and goals. Your 360 Visit can last up to an hour and can take place either in-office or virtually. Talk to your primary care doctor about how to schedule a 360 Visit.

Throughout the year, you have access to CareNav+: your one-stop resource for questions and assistance with benefits. Care Navigators can also help guide you to the right level of care, initiate medication refill requests, answer billing questions, and more. Just call **833.818.1339**, Monday through Friday, from 8:00 AM to 5:00 PM.

If you have chronic kidney disease or end-stage renal disease, you may be eligible for our Kidney Health Program. Through text messages, phone calls, and video, care managers are available to help you understand your care options and make decisions regarding your kidney health. Talk to your provider to get started.

Remember, these resources are available to you at no additional cost as part of your plan—so make the most of them as you take charge of your health this new year.*

With appreciation,

Robert Waterhouse, MD, MBA, HSM
Chief Medical Officer & Senior Vice President
Baylor Scott & White Health Plan

**Certain criteria and geographical limitations exist. Baylor Scott & White Health reserves the right to modify or change these programs at any time.*



Functional Fitness:

Stronger for Everyday Life

Athletes train to excel at their sport, and artists take classes to refine their craft. But have you ever thought about training to get better at, well, everyday life? That's where functional fitness comes in.



SQUATS

Beginner
Half squat

▶ Intermediate
Dumbbell squat



HIP HINGES

Beginner
Bridge

▶ Intermediate
Romanian deadlift



PUSH-UPS

Beginner
Incline push-ups

▶ Intermediate
Floor push-ups



LUNGES

Beginner
Walking lunge

▶ Intermediate
Lateral lunge

This type of exercise focuses on building the strength needed for activities you do regularly. It isn't just about working out—it's about making life easier.

How It Helps

Unlike exercises that isolate muscle groups, functional fitness prioritizes multi-joint movements that mimic the way you naturally move. Doing these exercises can make a difference for tasks like:

- Household chores and projects
- Climbing stairs
- Playing with grandkids (and picking up their toys around the house)
- Labor-intensive jobs

Bonus Benefits

Functional fitness also reduces the risk for injury, improves

endurance, and supports weight loss. The best part: You don't need any fancy equipment. Many exercises rely on just your body weight, making it easy to work out anywhere—whether at home, the park, or the gym.

Functional Fitness Moves

So, what exercises fall under functional fitness? The key is choosing movements that work multiple muscle groups at once.

Above are some examples and how to modify them for your experience level. To build a circuit, pick five exercises from the Exercise Library discussed at right. Only rest a little between each one, and slowly build up to repeating the circuit three times. ▼

Ace Your Form

If you're not sure how to do any of the mentioned moves, that's OK. The American Council on Exercise offers visual guides you can follow along with at home. Go to [acefitness.org](https://www.acefitness.org), click on the Resources tab at the top, and then select "Exercise Library."



WHERE TO GO FOR CARE

You have many options when it comes to care. Know which provider is best for not just your condition—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. *Best for issues like allergies, bladder infections, colds, flu, pink eye, quitting tobacco, sinus infections, stomach problems, and yeast infections.*

It's not an emergency, and I'd prefer to see a doctor in person.

Primary care doctor. Primary care visits are a \$0 copay.

Best for preventive care and conditions like allergies, bladder infections, colds, flu, diabetes, earaches, headaches, high blood pressure, pink eye, sinus infections, sore throats, sprains, stomach problems, well-woman exams, and yeast infections.

It's not an emergency, and my doctor is not available.

Walk-in clinic. A walk-in clinic can offer you same-day care. *Best for conditions like asthma, bladder infections, ear or sinus pain, flu, sore throats, or sprains.*

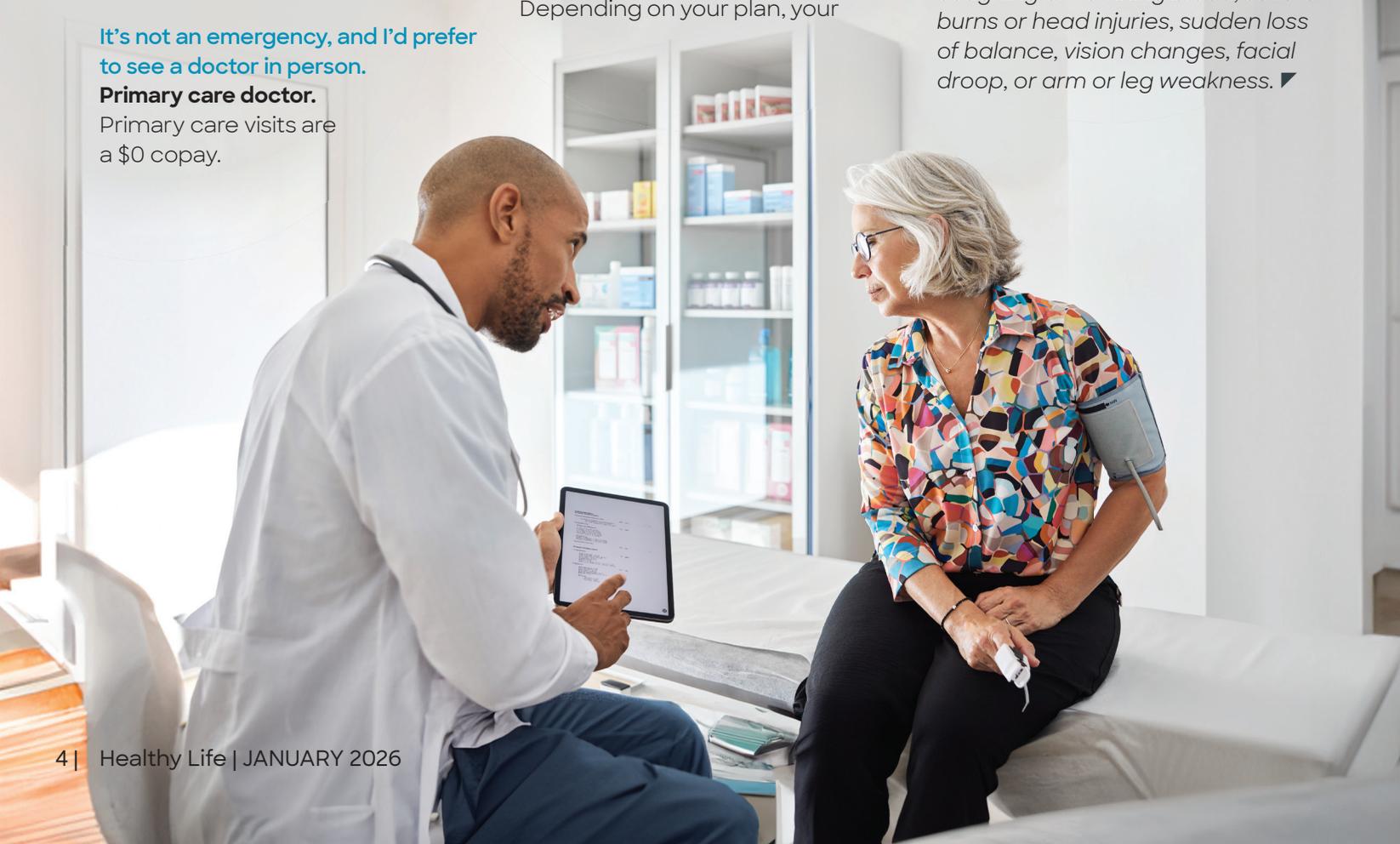
It's not an emergency, but I need care and can't wait for an appointment.

Urgent care. Urgent care clinics will be able to see you quickly. Depending on your plan, your

copay may be \$40 or \$50. *Best for conditions like allergies, asthma, back pain, bladder infections, colds, flu, dehydration, earaches, headaches, high blood pressure, minor burns, minor cuts that may need stitches, minor eye injuries, pink eye, sinus infections, sore throats, sprains, stomach problems, and yeast infections.*

This is a life-threatening emergency. I need care now.

Emergency room. Only visit the ER if you believe you are experiencing a life-threatening emergency. This is your most expensive option. *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.* ▼





Know the Signs of UTIs

If you experience discomfort when using the restroom, or if you're going too often, these may be signs of a urinary tract infection.

Urinary tract infections, or UTIs, are infections in any part of the urinary tract. Older adults face a high risk, as do those with a weakened immune system or certain chronic health conditions, such as diabetes. Women are also especially prone to UTIs.

A UTI happens when germs, most often bacteria from the digestive tract, get into the opening of the urethra and start to multiply. Most UTIs are caused by *E. coli* bacteria, which normally live in the colon.

Signs and Symptoms

These are the most common symptoms of a UTI:

- Frequent urination
- Pain or burning when passing urine
- Fever

- Dark, cloudy, bloody, or strong-smelling urine
- Tiredness
- Pain and tenderness in the abdomen, pelvis, or lower back
- Nausea or vomiting
- Having a strong urge to urinate, but only a small amount of urine passes
- In older adults, a change in mental state, such as confusion or severe lethargy

If you suspect you have a UTI, contact your doctor. Left untreated, UTIs in older adults can lead to serious complications.

Bladder infections are most often treated with antibiotics. Drinking more liquids can speed recovery and ease symptoms.

How to Reduce Your Risk

These steps may help reduce the chance of getting UTIs:

- Drink plenty of water every day.
- Urinate when you feel the need.

- Females, wipe from front to back to keep bacteria around the anus from going in the vagina or urethra.
- Take showers instead of tub baths.
- Clean the genital area before and after sex. Urinate shortly after sex.
- Women should not use feminine hygiene sprays or scented douches.
- Wear cotton underwear, not nylon, and loose-fitting clothes.

Talk with your provider if you have any questions or concerns about UTIs. ▾



From infants to older adults, millions of people experience UTIs each year. To learn more, watch this video and share it with your family and friends to help spread awareness about UTIs.



Mini-Stroke Are a Major Warning Sign

It might only last a few minutes: sudden trouble walking, slurred speech, strange numbness. But those fleeting moments could be your brain's way of waving a big red flag.

Mini-strokes are a warning that a full-blown stroke may be just around the corner.

What Is a Mini-Stroke?

A mini-stroke, also known as a transient ischemic attack (TIA), happens when blood flow to part of the brain is briefly blocked. It's like a temporary stroke, and symptoms usually go away within minutes.

Even though a TIA doesn't cause lasting damage, it should never be ignored. Getting care now can help you avoid having another, more serious stroke.

Symptoms You Shouldn't Ignore

Here's what to look out for—and remember, symptoms often disappear quickly:

- Confusion or trouble speaking
- Loss of balance and coordination

- Dizziness
- Severe headache with no clear cause
- Vision issues in one or both eyes, or double vision
- A sudden numbness or weakness, especially on one side of the body

If you or someone you know shows signs of a mini-stroke, call 911 immediately. Even if symptoms pass, still go to the emergency room. It's best to be seen within 24 hours of when symptoms began.

What Happens Next?

If you've had a TIA, it's important to tell your healthcare provider as soon as possible. They'll assess your risk and may recommend:

- Medications to prevent blood clots, such as blood thinners
- Lifestyle changes, like eating healthier, exercising, quitting

smoking, and managing blood pressure

- Follow-up care with a neurologist

No matter the method, the goal is simple: Prevent a major stroke.

Remember, a mini-stroke is your body's alarm system going off. It's a true medical emergency, so don't ignore it. Acting fast today could be what keeps you safe tomorrow. ▼

Quick Facts, Big Risks

- About **250,000 people in the U.S.** have a mini-stroke every year.
- Symptoms typically last **less than five minutes.**
- More than one-third of people who don't get treatment after a mini-stroke will have a major **stroke within one year.**

FROM HOSPITAL TO HOME

How to End Your Hospital Stay the Right Way

There really is no place like home, especially after a hospital stay. Sleeping in your own bed and eating at your own table sounds exciting, but don't rush out of the hospital too fast. It's important to understand your treatment plan before you leave. Otherwise, you may find yourself back where you came from.

Here's what you need to do before and shortly after leaving the hospital so that you can stay happily at home.

Understand Your Plan

Before you leave the hospital, the staff will work with you to create a discharge plan. It should include a checklist with all the instructions you need to follow when you get home. It may include things like how to change your bandages, dates and times of follow-up appointments, and what type of

exercise or activity you should and shouldn't do. Read the summary carefully and ask questions if you don't understand something.

It can help to have a friend or family member with you to remember what the staff tells you. Write down the phone number for the person you should call if you have questions.

In addition, ask whether there are any symptoms or issues you should watch for when you arrive home. Make note of whom to call if you experience any of them.

Must-Know Medication Info

Many preventable readmissions are related to medication. Your doctor or nurse should review your medications with you before you head home. For each drug, make sure you know:

- The name of the drug and the dose (for example, 200 mg once a day)
- When and how to take it (for example, with or without food)
- What the drug is for
- What to do if you miss a dose
- How your medications have changed, if you were taking any before you stayed in the hospital
- Common side effects

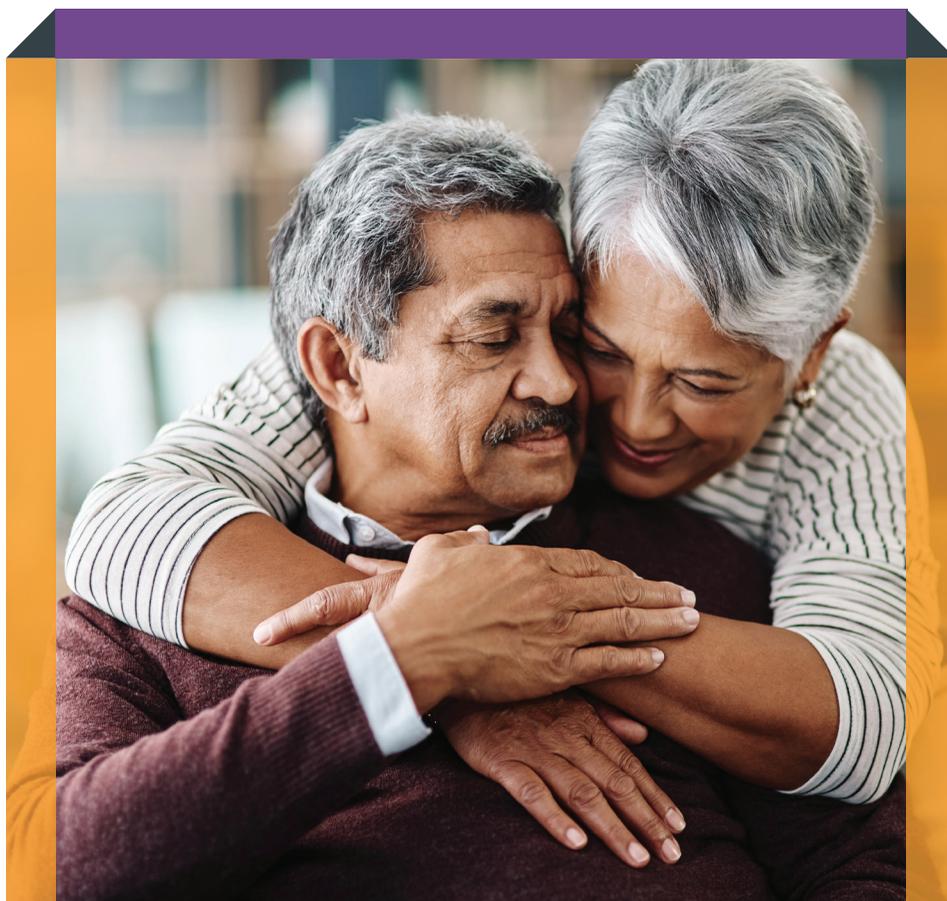
If you're not sure about any of the information, ask questions. Write this information down so that you can share it with your other healthcare providers.

Once You Arrive Home

Fill any new prescriptions you've received. It's a good idea to use the same pharmacy for all your medications. Share your updated medication list with your pharmacist. That way they can help you avoid dangerous drug interactions. Call your healthcare provider if you have side effects or don't feel like your medication is working.

Make sure to schedule any follow-up medical appointments the hospital staff recommended. These visits can help you manage the condition that led to your hospital visit in the first place.

It's tempting to rush through the recovery process. But taking these steps after a hospital visit can help you recover well—and in the comfort of your own home. ▀



Questions? Call Us!

Thank you for choosing Baylor Scott & White Health Plan—it's an honor to serve you! Got questions? Our Customer Engagement team can help you:

- Learn about your benefits
- Make changes to your plan
- Get details on upcoming in-person events throughout the year

Give us a call at **877.845.3901**.

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Recipe ▶

Sheet Pan Dijon Pecan Chicken Breasts with Sweet Potatoes

Ingredients

- Cooking spray (such as canola oil)
- 1 large sweet potato (about $\frac{3}{4}$ lb.)
 - 2 tbsp. Dijon mustard
 - 1 tbsp. honey
 - 1 tbsp. fresh lemon juice (juice from about $\frac{1}{4}$ to $\frac{1}{2}$ a lemon)
 - 2 garlic cloves, minced (about $1\frac{1}{2}$ tsp.)
 - 1 tsp. dehydrated, minced onion
 - 1 tsp. fresh lemon zest (zest from about $\frac{1}{2}$ lemon)
 - $1\frac{1}{4}$ tsp. paprika, divided
 - 1 tbsp. pecan pieces
 - 1 lb. thinly sliced, boneless, skinless chicken breasts (about four)
 - $\frac{1}{2}$ tsp. garlic powder (optional)

Directions

1. Preheat oven to 375 degrees. Line baking sheet with parchment paper or a silicone baking mat. Spray with cooking spray.

2. Microwave sweet potato for two to three minutes to soften, then set aside to cool.
3. In a small bowl, whisk together Dijon mustard; honey; lemon juice; minced garlic; dehydrated, minced onion; lemon zest; and $\frac{1}{4}$ tsp. paprika. Place pecan pieces into a Ziplock bag and crush into little bits.
4. Dip chicken breasts into the Dijon mixture and place on prepared baking sheet. Sprinkle with crushed pecans.
5. Meanwhile, slice sweet potato into about 12 wedges, then spray with cooking spray and sprinkle with remaining tsp. paprika and garlic powder (if desired). Add the sweet potato wedges to the sheet pan. Bake for 30 minutes.

Per Serving

Serves four; serving size is one 4-oz. chicken breast and about three sweet potato wedges. Each serving provides: 248 calories, 4 g total fat (0.6 g saturated fat, 0 g trans fat), 65 mg cholesterol, 260 mg sodium, 24 g carbohydrates, 8 g sugar, 3 g fiber, and 28 g protein. ▾

