

September 2021

## Teladoc

24/7 physician access is just  
a call or click away

## UMR

A UnitedHealthcare Company



### WE WANTED TO REVISIT THIS GREAT TELEDOC BENEFIT OFFERED TO HEALTH INSURANCE MEMBERS.

UMR HAS PARTNERED WITH TELADOC TO OFFER ANYTIME ACCESS TO A NATIONAL NETWORK OF U.S. BOARD-CERTIFIED PHYSICIANS. TELADOC OFFERS THE INDUSTRY'S MOST COMPREHENSIVE AND COMPLETE TELEHEALTH SOLUTION INCLUDING PRIMARY CARE, BEHAVIORAL HEALTH CARE AND DERMATOLOGY.

### Where the doctor is always in

By phone, video or mobile app

#### BENEFITS OF TELEDOC:

The growing popularity and demand for Teladoc and telehealth services stems from their ability to address key factors of importance to both employers and health care consumers:

Improved access to care: Teladoc expands access beyond the doctor's office, providing greater after-hour availability, reduced wait times and the convenience of speaking to a physician on one's own time.

Innovative solutions: A growing number of consumers have come to trust and expect Web and mobile technology to play a regular role in their health care experience.

#### HOW IT WORKS?

Teladoc's network of state-licensed primary care physicians can diagnose routine, non-emergency, medical problems, recommend treatment and prescribe



Teladoc gives streamlined member access to quality care with high member satisfaction

- ▶ Eligibility and billing services through UMR
- ▶ Claims processed under medical plan administered by UMR
- ▶ Pay as you go model – PEPM access fee, plus case rate fee per consult
- ▶ Consult cost can be shared with member under co-pay arrangement
- ▶ No separate contract
- ▶ Detailed monthly utilization reporting

short-term, non-DEA- controlled medications, when needed.

Teladoc is available in all 50 states. Members can connect with network physicians for telephonic or face-to-face, online video consultations 24 hours a day, 365 days a year.



#### PHARMACY INTEGRATION

When appropriate, a Teladoc nurse will call a prescription in to the member's pharmacy of choice.

# September is Sleep Awareness Month

## **Week 1: Bedtime Routine**

A good night's sleep is essential for keeping you healthy, energized and feeling your best. While you're catching Z's, your body is busy repairing and prepping for whatever tomorrow brings. Getting enough rest greatly improves your overall mental and physical wellbeing and keeps you in tip top shape to take on the day.

### **Recharging Your Brain**

We've all experienced the dreaded brain fog following a poor night's sleep. When you're sleep deprived, your brain activity changes and makes decision-making, problem-solving and staying alert extremely challenging. While you head off to dreamland each night, your brain creates fresh pathways so you're ready to learn new, exciting things. Plus, a well-rested brain helps you combat stress and keep potential mood swings in check.

### **Your Internal Clock**

Thanks to your built-in clock, you typically wake up and feel sleepy around the same time every day. Known as your circadian rhythm, this 24-hour timer inside your brain cycles through feeling alert and becoming drowsy at regular intervals. You may notice certain energy dips in your day, for example, after finishing your midday meal. One of the biggest dips occurs between 2 and 4 a.m., when you're typically fast asleep. Practicing healthy sleep habits, like following a regular sleep and wake schedule, keeps your circadian rhythm in good working order.

### **Take Action—What You Can Do**

#### **1. Get to Bed Earlier**

A good place to start when trying to create healthy sleep patterns is slowly inching back your bedtime. For example, if you want to get to sleep an hour earlier, begin by rolling the time back by fifteen minutes every few days. To have the most success, be patient and let your body adjust to the new schedule slowly.

#### **2. Skip the Nap**

While curling up on the couch in the afternoon sounds appealing, it can actually interfere with your bedtime. Try going for a walk or doing something active to boost energy and get out of the late day funk.

#### **3. Lose the Snooze**

The alarm clock is buzzing and all you want to do is hit the snooze button to get five more minutes of sleep. It's best to end this habit quickly and try waking up at the same time every day, even on the weekends. This keeps your body clock on track and helps you wake up feeling rested.

#### **4. Create a Sleep Schedule and Stick to It**

Once you've created a new sleep routine with a wake up time and bedtime that works for you, hold yourself to it. Try to avoid late nights or sleeping in, as this can throw off your circadian rhythm and the excellent progress you've made. Sleep tight!



## **Week 2: Bedtime Routine**

Think bedtime routines are just for kids? Think again!

Following a consistent schedule every evening lets your body know it's time for rest and helps you power down more efficiently. It is also important to wake up at the same time every morning, even on the weekends. Being creatures of habit, we require a predictable sleep schedule to get the quality rest and recharging we need for the next day. When you find a routine that works for you, falling asleep and getting up in the morning becomes easier and more enjoyable.

### **What You Can Do**

- 1. Put a Stop Time to Heavy Meals, Alcohol and Smoking**

The saying, “you are what you eat” applies to sleep, too. Heavy, calorie-packed meals right before bed can lead to indigestion and discomfort that can disrupt your sleep. Smoking cigarettes close to bedtime can also inhibit sleep because of the potent stimulant, nicotine, causing you to stay in wake mode. Alcohol, on the other hand, is a depressant and may help you fall asleep initially, but affects your sleep quality later in the night by interrupting your circadian rhythm and REM cycle. Stick to light meals and do not smoke or consume alcohol too late in the evening.

Age Group	Temp. ° F	Temp. ° C
Babies/Kids	65–70°	18–21°
Adults	60–67°	15–19°
Seniors	66–70°	19–21°

## 2. Change the Temperature

Creating a comfy and cozy sleep environment is essential to getting the Z’s you need. Your bedroom should be somewhere between 60 and 67 degrees Fahrenheit. Your body temperature rises and falls throughout the day and starts to go down as nighttime approaches. If your room is too hot, it can interfere with this natural drop in body temp and cause restlessness throughout the night. Finding your optimal room conditions may take some experimenting to find what feels the most comfortable to you.

## 3. Practice Relaxation Techniques

For many of us, the minute we turn out the light, the news ticker of thoughts and to-do’s begin to stream across our minds. To make the transition from wakefulness to sleep smoother, try simple relaxation techniques like deep breathing to help calm your body and mind. Imagining your happy place can take your mind off any worries and help you focus on something other than falling asleep. You can also try progressive muscle relaxation where you slowly tense one muscle at a time while taking a deep breath, then letting it relax. If after 20 minutes you

are still wide awake, get out of bed and do a quiet activity like reading or meditation until you begin to feel sleepy.

## Week 3 : Sunlight and Sleep

If you’re like John Denver, sunshine on your shoulders makes you happy and you can’t help but feel energized and alert. Sunlight relieves stress, boosts our mood and gives us the vitamin D we need for healthy bones. While you may not picture the sun when thinking about sleep, it’s actually very important to guiding your body through its sleep-wake cycle. Your circadian rhythm is driven by exposure to light and darkness and both are equally essential to a good night’s sleep.

Soaking in a little sunlight every morning also cues our brain to release serotonin, which helps balance emotions and lower depression. Taking a few simple actions throughout the day can you help you get the restful sleep you need long after the sun goes down.

## What You Can Do

### 1. Eat Your Lunch Outside

When noon rolls around, take a break from your desk and head outdoors to enjoy your lunch. Not only will the sunshine and fresh air give you a midday energy boost, you’ll get your daily dose of sunlight to help you sleep better at night.

### 2. Go for a Midday Walk

Many of us have a natural energy drop between 1 and 3 p.m. If you’re staring at your computer screen and fighting to keep your eyelids open, grab a few of your colleagues for an outdoor stroll. While you’re taking in the sunshine, you can de-stress and return to work energized.

### 3. Park Further Away

While you may typically search for the closest parking spot, go out a few rows to maximize your sun exposure and add some exercise to your day. Whether you’re heading in and out of work or out running errands, this is an easy way to soak up some rays.

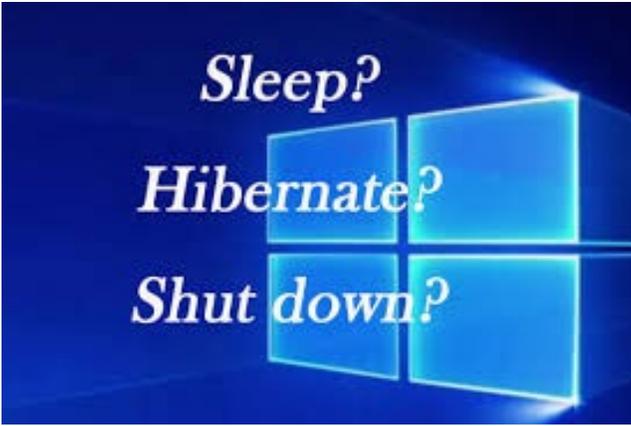
### 4. Exercise Outdoors Before Work

One of the best ways to start the day is getting outside for a morning walk, jog or bicycle ride. Even 20 minutes of morning sun will increase your vitamin D levels, give you a healthy surge of energy and put you in a positive mindset for the day ahead.

As you approach your digital curfew, take advantage of your smartphone or tablet's night mode which adjusts your display with a warming filter to soften the harsh blue light. You can also schedule "do not disturb" times so you won't be awakened in the middle of the night by incoming emails and text messages.

### 3. **Cover Up Light Sources**

Apart from the light emitted from our electronic devices, the artificial light in our homes affects our sleeping habits, too. Avoiding overhead lights in the evening hours and using softer sources like desk or floor lamps can help trigger the brain to begin to slow down. When you do head to bed, make your room as dark as possible. Face digital clocks away from you and cover up any other light sources that could be disruptive during the night.



## **Week 4: Power Down**

Curling up at night with your cell phone or tablet may seem harmless, but electronic devices actually rob you of quality sleep. The artificial blue light emitted by your television and handheld gadgets throw off your body's internal clock by keeping your brain alert and delaying the release of the sleep-inducing hormone melatonin. This not only makes it very difficult to get to sleep, but lowers the amount of time spent in REM mode, which is essential to a healthy brain and waking up refreshed in the morning. If you spend much of your day in front of a screen or checking your smartphone, it's important to give your mind a much-needed technology break when it's time to relax and catch some Z's.

### **What You Can Do**

#### **1. Make Your Bedroom a Tech-Free Zone Before Bedtime**

All sleep experts agree—it's important to turn off electronic devices at least one hour before bed for a quicker transition from wake to sleep mode. As you prepare to hit the hay, dock all gadgets and avoid turning on the TV while you're lying in bed. When you bring technology into your peaceful retreat, your brain starts to think it's a place for work and activity and makes it extremely challenging to unwind. Cutting off screen time is a simple and effective way to fall asleep faster, get a better quality snooze and wake up with more pep in your step.

#### **2. Use "Night Mode" on Your Cell Phone**