

# Be Well

Winter 2026



## Dress to Impress

Whether you are in the workforce, attending a special event, looking to impress that special someone, or just simply want to look your best, dressing for the occasion at any time involves focusing on quality, fit and timeless style. The right clothing can help you project confidence and competence, as well as make you feel good about yourself.

Below are a few fashion considerations to take into account as you tailor your appearance for things to come.

**Prioritize fit and tailoring** – Clothes that fit you well will always look more polished. Opt for the timeless classics, like well-fitting blazers, tailored trousers, and classic-cut dresses rather than fast fashion.

**Invest in quality fabrics** – Choose well-made, classic pieces in natural, breathable fabrics like cotton, linen, and wool blends for comfort and a refined look.

**Embrace neutral colors** – Navy, gray, and beige are versatile and exude sophistication, with a pop of color added sparingly through accessories.

**Accessorize with confidence** – A stylish watch, classic cuff links, or a tasteful belt can enhance your look without overwhelming it.

**Maintain a polished appearance** – Ensure your clothes are clean, wrinkle-free, and well-maintained. This also includes your shoes.

**Dress for the occasion** – Always consider the specific dress code of your workplace or the event you are attending.

To focus on men's or women's fashion tips, you can also read "It's All About Style" on page 3 of this newsletter.



### From Our CEO

I want to start off wishing all of our members and their families a happy and healthy New Year!

I always refer to our ATRIO team as a family. Like our actual families, we may have our ups and downs, but we always come together to celebrate what means most to us – our values. At ATRIO, we live our values every day!

We proudly display our values on [atriohp.com](https://atriohp.com), and topping this list is that we always put our members first. Everything we do in our jobs has an impact on how we support you along your health care journey. This also means that we listen to your feedback, put ourselves in your shoes, and give you our full support and attention.

So let us know what you think. Visit [atriohp.com](https://atriohp.com) and click on "Contact Us" on the home page to send us your comments and questions.

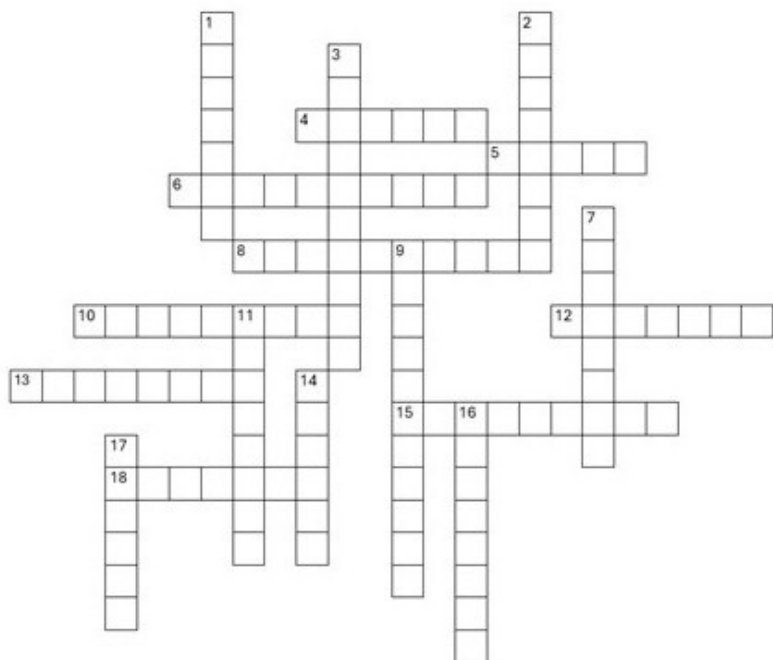
On behalf of our team at ATRIO – from our family to yours – we look forward to serving your healthcare needs in 2026!

**Jen Callahan**

President & CEO  
ATRIO Health Plans

## Newbies

To celebrate the start of 2026, answers relate to all things new and first.



### Down:

1. First month
2. First element in the Periodic Table
3. Your kid's kid
7. Getaway trip to relax
9. AKA January 1 (3 words)
11. Health and fitness activity
14. First flight siblings' surname
16. Starts with exchange of wedding vows
17. Education locale

### Across:

4. Newborns in your family
5. Leisure time activity
6. Relationship with a pal
8. First American president
10. First place prize at the Olympics (2 words)
12. First woman to cross the Atlantic solo in an airplane
13. Our first state
15. First astronaut to walk on the moon
18. Preparing food to eat

(Crossword solution on page 3)

## Medicare Fraud Scams

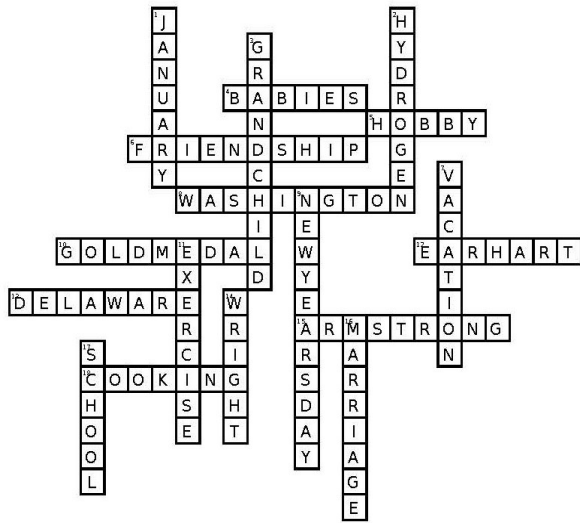
ATRIO urges members to be cautious of scam callers offering durable medical equipment that you did not request or do not need. These callers may claim the equipment is “free” or already approved by your health care provider and/or insurance, but their goal is often to fraudulently bill your coverage. If you receive suspicious calls or believe fraud is involved, report it to the FCC and notify ATRIO right away using these key actions:

- **Protect your Medicare and ATRIO ID numbers.** Like credit cards, only share them with trusted healthcare providers.
- **Review your monthly Summary Notices and Explanation of Benefits for accuracy as soon as they arrive** to ensure all the services listed were received. Call ATRIO if you see anything incorrect.
- **Never share your personal identifiable or insurance information with suspicious or unsolicited callers.** Ask for the caller's name, company, phone number, and address, then hang up to verify the information independently.
- **Identify Red Flags.** Legitimate organizations will not rush you, threaten you, or demand immediate payment.
- **Avoid “Free” offers.** Scammers often offer free, unnecessary tests or equipment to obtain your number.

Current ATRIO members can report suspected Fraud, Waste or Abuse to:

- ATRIO at 1-877-672-8620 (TTY 711)
- HHS Office of Inspector General at 1-800-447-8477, HHSTips@oig.hhs.gov, OIG.HHS.gov/fraud/report-fraud, or ReportFraud.ftc.gov.
- Medicare at 1-800-633-4227
- FCC Complaints at 1-888-225-5322 and select option “4”

## Crossword Solution



## Member Education Meetings

Join us at a meeting near you to learn more about all your plan has to offer. Visit [atriohp.com](http://atriohp.com) (in the "Members" tab) for a list of meeting dates, times and locations.

## It's All About Style

As mentioned in the "Dress to Impress" article on page 1, a focus on quality, fit and timeless style is a must in order to look the part. More specifically, men and women each need to keep an eye on particular articles of clothing, when getting ready.

**For women:** Build your wardrobe around high-quality, versatile pieces.

- **Knit dresses:** A ribbed midi dress in a flattering color is both comfortable and professional.
- **Classic shirts:** A crisp poplin shirt can be layered under a blazer or worn on its own.
- **Skirt suits:** A polished suit with a sheath skirt in a muted color like navy or black is appropriate for formal settings.

**For men:** Elevate casual wear and master the layers.

- **Timeless updates:** Modernize your casual wardrobe with straight or slightly tapered jeans or chinos.
- **All about the layers:** Wearing a structured bomber jacket or a sharp overcoat adds a layer of sophistication. Pair a simple t-shirt with a tailored jacket for a put-together yet relaxed look.
- **Choose modern accessories:** Update eye wear frames and opt for minimalist, clean sneakers or modern leather boots.

## Best Fruits for Seniors

Dietary restrictions aside, nutrient-rich, easy-to-digest fruits can provide a range of health benefits. Check out these top recommendations:

### Apples:

- High in fiber, antioxidants, and vitamin C
- Supports heart health, reduces cholesterol

### Bananas:

- Source of potassium, vitamin B6, and fiber
- Helps regulate blood pressure and improve muscle function

### Oranges and Kiwis:

- Source of vitamin C, antioxidants, and fiber

### Avocados:

- Heart-healthy fats, vitamin K, and antioxidants
- Helps cholesterol levels, reduce inflammation

### Cherries:

- High in antioxidants, vitamin C, and may help reduce inflammation

### Papaya:

- Contains vitamin C and papain (aids digestion)



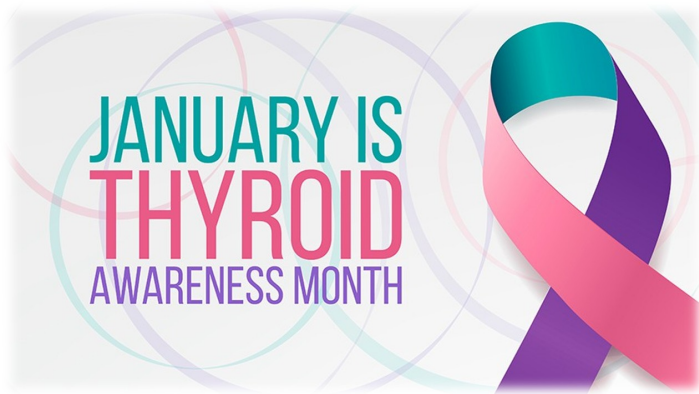
Consult with a healthcare professional or registered dietitian for personalized recommendations.

Learn more about the risks of opioid use at [atriohp.com](http://atriohp.com)

More than 12 percent of the U.S. population will develop a thyroid condition during their lifetime. Seniors, in particular, are more prone to thyroid issues, such as hyperthyroidism, and thyroid nodules – with most unaware of their condition.

Symptoms in older adults may be subtle and mistaken for normal aging, which is why thyroid screening is important. Thyroid levels change as part of the aging process, and a decline in thyroid function can occur.

Subtle symptoms like fatigue, constipation, muscle aches, and cognitive issues can be mistaken for normal signs of aging, leading to underdiagnosis.



### What can you do?

- **Ask for screening:** It is important for older adults to talk to their doctor about thyroid screening, as many conditions can be treated.
- **Recognize subtle symptoms:** Be aware that common symptoms like fatigue, weight changes, or changes in mood can be signs of a thyroid problem, not just aging.

For more information on thyroid awareness, visit [thyroid.org](https://thyroid.org).



## Creamy Chicken Stew



### INGREDIENTS:

- 1 tbsp olive oil
- 1 lb. boneless, skinless chicken thighs or breasts, cut into bite-sized pieces
- 1 medium onion, diced
- 2 cloves garlic, minced
- 3 medium carrots, sliced
- 2 celery stalks, diced
- 1 cup frozen peas
- 4 cups chicken broth
- 1 cup heavy cream
- 1 tsp dried thyme
- 1 tsp dried rosemary
- Salt & pepper to taste
- 2 tbsp all-purpose flour (optional for thickening)
- Fresh parsley, chopped (for garnish)

### INSTRUCTIONS:

- 1) In a large pot or Dutch oven, heat the olive oil over medium heat. Add the chicken pieces and season with salt and pepper. Cook until the chicken is browned on all sides, about 5-7 minutes. Remove the chicken from the pot and set aside.
- 2) In the same pot, add the diced onion, carrots, and celery. Sauté for about 5 minutes until the vegetables are softened. Add the minced garlic and cook for an additional minute until fragrant.
- 3) Return the browned chicken to the pot and stir in the dried thyme and rosemary. Pour in the chicken broth, bringing the mixture to a simmer. Allow it to cook for 15-20 minutes, or until the chicken is cooked through (i.e., an internal temperature of 160 degrees) and the vegetables are tender.
- 4) Stir in the heavy cream and frozen peas. If you prefer a thicker stew, whisk the flour with a little cold water to create a paste and add it to the pot, stirring well. Cook for another 5 minutes, allowing the stew to thicken slightly. Garnish with fresh parsley after the soup is in a bowl.