

wellness

UPDATE



SIMPLE WAYS TO BETTER MANAGE YOUR HEALTH: SEPTEMBER 2014

WASH YOUR HANDS OFTEN: Clean hands stop germs from spreading from one person to another and throughout an entire community.

WALK DAILY: Walking is a low-impact exercise that can ease you into a higher level of fitness and health. Some benefits of walking include improved cholesterol, lower blood pressure, weight management, less stress and staying strong and fit.

GET REGULAR CHECKUPS AND SCREENINGS: Get an annual preventative check-up with your primary care physician. Healthy teeth are important too; be sure to get an annual dental checkup.

KNOW YOUR MEDICATIONS:

- Keep medication in original containers. The label on the medication bottle contains important information about how the medicine inside is to be used.
- Read the label on the container to ensure that you take the right medication at the right time and in the right dosage.
- Take only what is prescribed for you.
- Never take another person's medication, not even medications prescribed for a family member.
- Follow all medication directions listed on container.
- Do not break pills or alter dosages.
- Do not skip dosages or stop taking medications early.

BUILD A HEALTHY PLATE:

Practice mindful eating by enjoying your food and eating less.

Eating fast or when your attention is elsewhere may lead to eating more calories.

Pay attention to hunger and fullness cues before, during and after meals.

Avoid oversized portions by using a smaller plate, bowl and glass.

When eating out, choose a smaller size portion, share a dish or take home part of your meal.

PROPER FOOD HANDLING: Safe steps in food handling, cooking, and storage are important to prevent foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow these guidelines to keep food safe:

Wash hands and surfaces often.

Don't cross-contaminate.

Cook to proper temperatures.

Refrigerate promptly.

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KEEP A PERSONAL HEALTH RECORD: You've probably seen your chart at your doctor's office. In fact, you may have charts at several doctors' offices and possibly hospitals. To keep track of all this information, it's a good idea to keep a personal health record. It should include:

Allergies	Immunization record
Emergency contacts	Existing medical conditions
Prescribed, over the counter and herbal medication	
List of all health care providers	
Advanced directives and medical power of attorney	

Sources: *Choosemyplate.gov; CDC.gov; WELCOA.org; heart.org; poison.org*

DIABETES AWARENESS



DIABETES: If you don't live with it yourself, then it's likely you have a family member or friend who does. Diabetes affects 26 million Americans, with 19 million people diagnosed and seven million undiagnosed. Diabetes is the seventh leading cause of death in the United States.

WHAT IS DIABETES?

Diabetes is an illness in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Diabetes can cause serious health complications including

- heart disease
- blindness
- kidney failure
- amputations of the foot, toe or leg

Losing weight also helps lower the risk for other health problems that especially affect people with diabetes, such as cardiovascular disease. Find out if you're at risk for diabetes and take steps to prevent it.

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TYPE 1 DIABETES

A condition where the body makes very little or no insulin. People with Type 1 diabetes must have insulin to survive.

TYPE 2 DIABETES

Condition where the body makes some insulin but not enough, or the condition where the insulin isn't used properly.

Most people newly diagnosed with type 2 diabetes are overweight.

- Excess weight, particularly in the abdomen, makes it difficult for cells to respond to insulin, resulting in high blood glucose.
- Often, people with type 2 diabetes are able to lower their blood glucose by losing weight and increasing physical activity.

GESTATIONAL DIABETES

A type of diabetes that only pregnant women get. If not treated, it can cause problems for mothers and babies. Gestational diabetes develops in 2 to 10% of all pregnancies, but usually disappears when a pregnancy is over.

PRE-DIABETES

An elevated blood glucose level that is not quite high enough to be diagnosed as diabetes, but is higher than normal.

One in three American adults has pre-diabetes and most do not know they have it.

Many people with pre-diabetes who do not lose weight or do moderate physical activity will develop type 2 diabetes within three years.

Source: *CDC.gov*

ask

THE HEALTH COACH



Q Is hand sanitizer better than hand-washing with soap?

A It is always best to clean your hands whichever way possible. Hand washing is easy to do and one of the most effective ways to stop the spread of germs. By frequently washing your hands, you wash away germs that you have picked up from other people, or from contaminated surfaces.

What should you do if you do not have soap and clean, running water? Use an alcohol-based hand sanitizer as it can quickly reduce the number of germs on the hands, but it does NOT eliminate all types of germs. Hand sanitizers may not be as effective when hands are visibly dirty or greasy. Use sanitizer that is between 60-95% alcohol concentrations.

When to wash or if unable to wash, when to use sanitizer:

- Before, during, and after preparing food
- Before eating
- Before and after caring for someone who is sick
- Before or after treating a cut or wound
- After using the bathroom
- After changing diapers or cleaning up a child who used the toilet
- After blowing your nose, coughing or sneezing
- After touching or cleaning up after an animal
- After touching garbage

Source: CDC.gov

fresh

AND HEALTHY

RECIPE OF THE MONTH



BRUSSELS SPROUT AND POTATO HASH

• Servings: 4 • Serving Size: 1 egg & 1 cup hash

This vegetarian Brussels sprout and potato hash recipe is a quick, easy dinner, perfect for a cool fall evening. Resist the urge to stir it too much! Cooking the hash undisturbed allows a crispy caramelized crust to form on the potatoes at the bottom of the pan. Look for hash browns that don't have added salt to help keep sodium in check.

Ingredients

- 3 *tbsp extra-virgin olive oil*
- 1/4 *cup chopped onion*
- 1/2 *tsp dried rosemary*
- 5 *cups frozen shredded hash browns*
- 1/2 *tsp salt*
- 1/2 *tsp freshly ground pepper*
- 1 *pound Brussels sprouts, trimmed and thinly sliced*
- 1/3 *cup finely shredded Parmesan cheese*
- 4 *large eggs*

Preparation

1. Heat oil in a large nonstick skillet over medium-high heat. Add onion and rosemary; cook, stirring, until beginning to brown, about 2 minutes. Stir in hash browns, salt and pepper. Spread into an even layer. Cook, undisturbed, for 4 minutes.
2. Reduce heat to medium. Stir in Brussels sprouts, spread back into an

even layer and cook, stirring every 2 to 3 minutes and returning to an even layer, until golden brown, 12 to 14 minutes total. Remove from heat and stir in cheese.

3. Meanwhile, bring 2 inches of water to a boil in a Dutch oven. Reduce to a gentle simmer. Break an egg into a small bowl, submerge the bowl's lip in the water and slide the egg in. Repeat with the remaining eggs. Cook for 4 minutes for soft set, 5 minutes for medium set and 8 minutes for hard set. Transfer the eggs to a clean dish towel to drain. Serve the eggs over the hash.

Tips and Notes

- **Nutrition:** Per serving: 377 calories; 18 g fat (4 g sat, 11 g mono); 192 mg cholesterol; 41 g carbohydrates; 0 g added sugars; 14 g protein; 7 g fiber; 594 mg sodium; 489 mg potassium.

Recipe courtesy of EatingWell.com