

PURSUIT

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Florida Blue 
BetterYou

A monthly wellness newsletter from Better You

Join the Fight Against Superbugs

Superbugs have been all over the news in recent months. In Florida, we have some pretty giant bugs, but superbugs aren't something we can see, which actually makes them more concerning. These bacteria are responsible for infecting more than 2 million people each year—and they are called superbugs because they can resist even the strongest antibiotics. Scary, right?

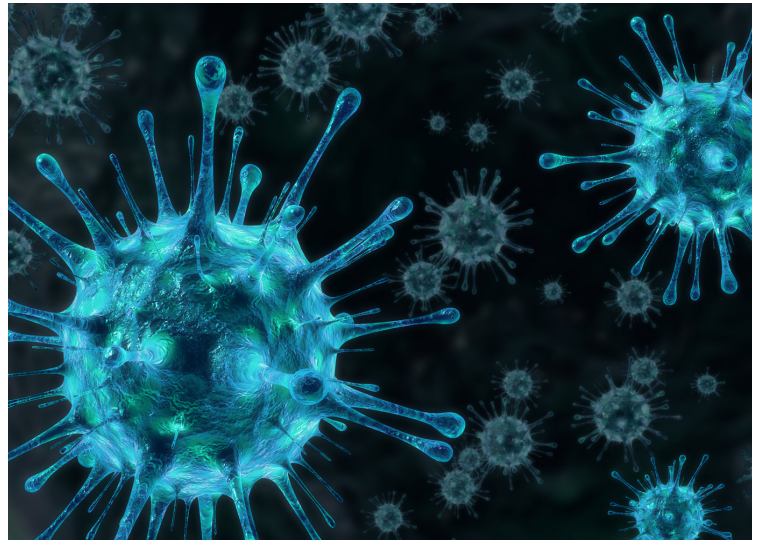
So how have these superbugs developed? Well, when you're sick, your doctor may give you antibiotics to help you feel better. Antibiotics work by killing the bacteria that's causing the infection. This makes you feel better, but the medicine can sometimes leave behind resistant bacteria to grow and multiply.

Over time, these stubborn and strong bacteria can develop the power to ward off the very antibiotics that should be able to help you feel better. These turn into superbugs.

The good news is that you can take some very simple steps to prevent superbugs from developing and spreading:

- Make sure you get all your vaccines so you're protected against drug-resistant bacteria.
- Take antibiotics only as needed and exactly as your doctor prescribes them. Be sure to always finish every dose, even if you start to feel better before you're done.
- Never take someone else's antibiotics.
- Wash your hands often with warm water and soap to keep bacteria from spreading.

For more information or to read recent reports about superbugs, visit the Centers for Disease Control and Prevention website at cdc.gov.



Using Technology to Track Your Health

Here are a few tools to help you keep track of your health. You can use them by logging on to your member account on floridablue.com and click **Health & Wellness** and then the **Care Programs** tab to access these tools:

- **Personal Health Assessment**

Answer questions about your health and habits to understand your health risks and find out what you can do to improve your health.

- **Personal Health Record**

Keep track of your health history, medications, your doctor's name and much more with your online personal health record.

- **My Health Assistant**

The online Health Assistant will help you find activities to improve your health and reach your goals.

- **WebMD Symptom Checker**

When you aren't feeling well, this

handy tool will help you identify your symptoms to figure out what you need to do next.

- **My Health Centers**

Learn about healthy cooking, important topics, medical terms and much more with this helpful tool.

- **Track Your Results**

Stay on track toward reaching your health goals by tracking your sleep, steps, weight and more.

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Four Ways to Give or Get Support After Cancer Treatments



It's Breast Cancer Awareness month, and if you or a loved one is recovering from this or any other type of cancer, a strong support system can make all the difference. Here are four ways to offer or get support:

- **Informational Support**

Learn the facts about the type of cancer and treatment options available. Make sure to ask questions about treatment and recovery. Gather information to make the best decisions about surgery, radiation and chemotherapy. Ask a medical professional if you need direction, support or medical expertise to help you understand the treatment and recovery process.

- **Practical Support**

Helping with daily living can take away some of the worry during recovery. Whether it's by providing transportation, grocery shopping, preparing meals, cleaning, and child or pet care, there are many ways everyone can pitch in to try to keep life on track. Family, friends, coworkers and faith community members can all help day to day.

- **Emotional Support**

Having a network of people who will listen and provide a safe space to discuss thoughts and emotions is also important. It's common for feelings of fear, anxiety, worry, anger or depression to arise when faced with important health concerns.

- **Self-Care**

As the body works to recover, make healthy choices like eating foods that are nourishing, staying physically active, practicing stress-reducing techniques and making sure they get enough rest.

There is no right way to deal with a cancer diagnosis, so it's important to learn what works for each situation and include those supportive practices regularly and consistently into daily life. To read more, visit the American Cancer Society at cancer.org.



Healthy Addition®

All expecting mothers with Florida Blue health plans can sign up for our Healthy Addition® Prenatal Education Program, which teaches moms-to-be how to take good care of themselves and their babies.

Email healthyaddition@floridablue.com, or call 1-800-955-7635 option #6, Monday – Friday 8:30 a.m. to 5:30 p.m.

Fresh and Healthy Recipe of the Month

Pumpkin Pie Dip

Usher in fall with this holiday favorite ingredient! Serve this crowd-pleaser as an appetizer or dessert. It's easy to make, loaded with vitamin A and low in saturated fat.



Ingredients:

- 6 ounces low-fat cream cheese, room temperature
- 1/3 cup reduced-fat Greek yogurt
- 15 ounces (1 can) roasted pumpkin, no sugar added
- 2 1/2 teaspoons ground cinnamon
- 1 teaspoon ground allspice
- 1 teaspoons ground cloves
- 1/8 teaspoon (a pinch) ground nutmeg
- 3 tablespoons agave nectar
- 2 tablespoons brown sugar
- 1/8 teaspoon sea salt

Directions:

1. Place cream cheese and Greek yogurt in a food processor, and blend until smooth.
2. Add remaining ingredients in the food processor, and blend until smooth.
3. Cover and refrigerate for at least 30 minutes before serving with sliced fruit or salted whole-grain pretzels.

Nutrition: Serving size: 2 Tablespoons. Serves 25. Calories: 35; Total Fat: 1g; Saturated Fat 1g; Trans Fat: 0g; Cholesterol: 5mg; Sodium: 25mg; Total Carbohydrate: 5g; Dietary Fiber: 1g; Sugars: 3g; Protein: 1g; Vitamin A: 50%; Vitamin C: 2%; Calcium: 2%; Iron: 2%

Recipe courtesy of eatright.org