

PURSUIT

August 2016

Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

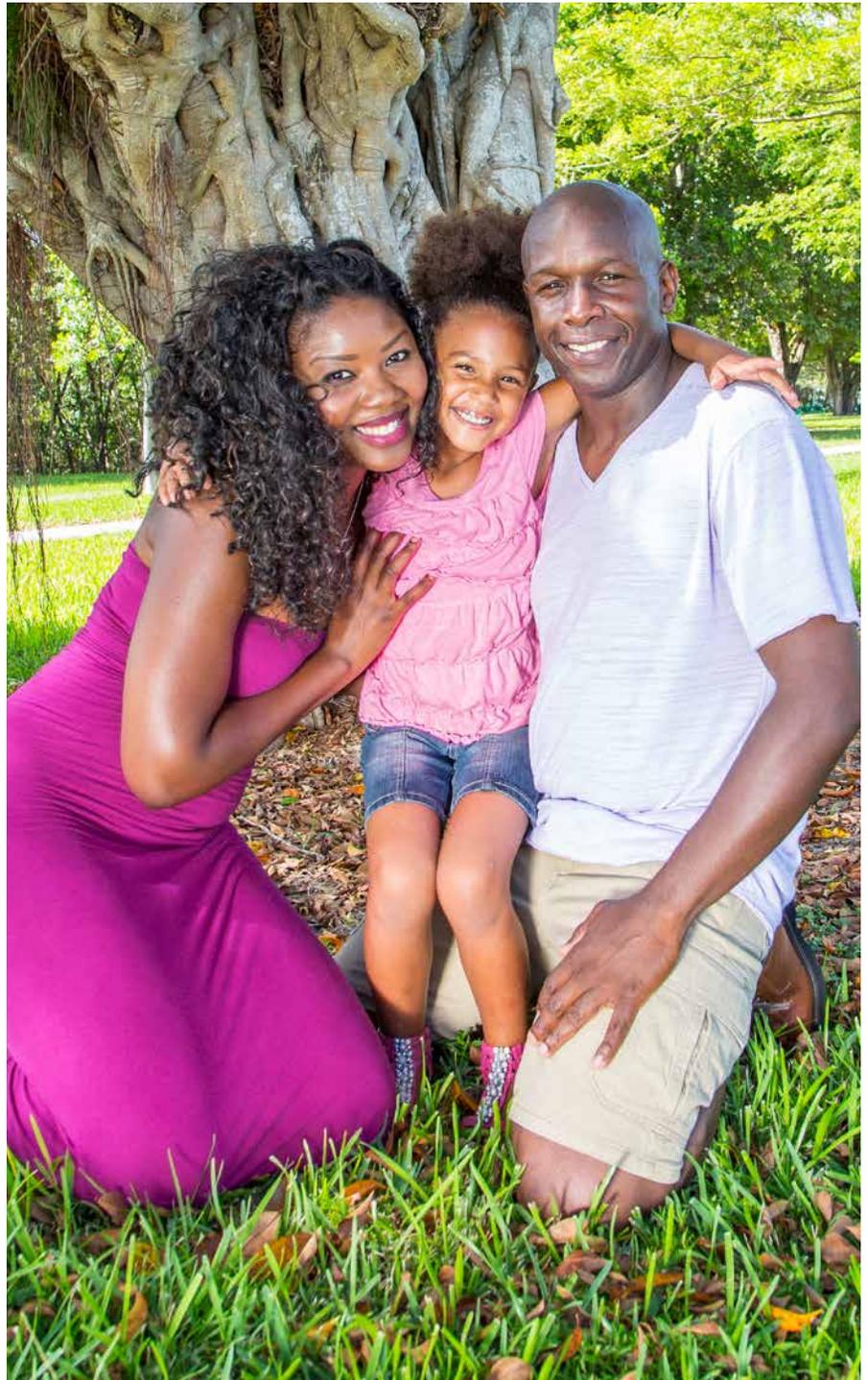
Immunization Awareness

Immunizations are a cost-effective and successful way to protect yourself and your children from many diseases and illnesses. By introducing a small amount of the virus or bacteria into the body, your immune system's defense mode is triggered, which creates antibodies to fight the germ or disease. Immunization programs can have far-reaching effects on our society. For example, when the smallpox vaccine was introduced in 1967, smallpox was responsible for the deaths of about 2 million people according to the World Health Organization.

Immunizations can also help prevent certain types of cancer. For example, Human papillomavirus (HPV) is the most common cause of cervical cancer, and hepatitis B can increase the risk for developing liver cancer. So being vaccinated against HPV and hepatitis B can decrease the risk of developing these cancers.

For a complete list of the recommended vaccination schedule for [children](#) and [adults](#), visit the Centers for Disease Control and Prevention (CDC) website to find the most up-to-date information. Immunizations can help us protect ourselves, our children and future generations from serious and life-threatening diseases. Talk to your doctor, and make sure you are protected.

Sources: CDC.gov; Vaccines.gov; WebMD.com; MayoClinic.com



IN THIS ISSUE

Immunization Awareness

Take Charge of Your Health

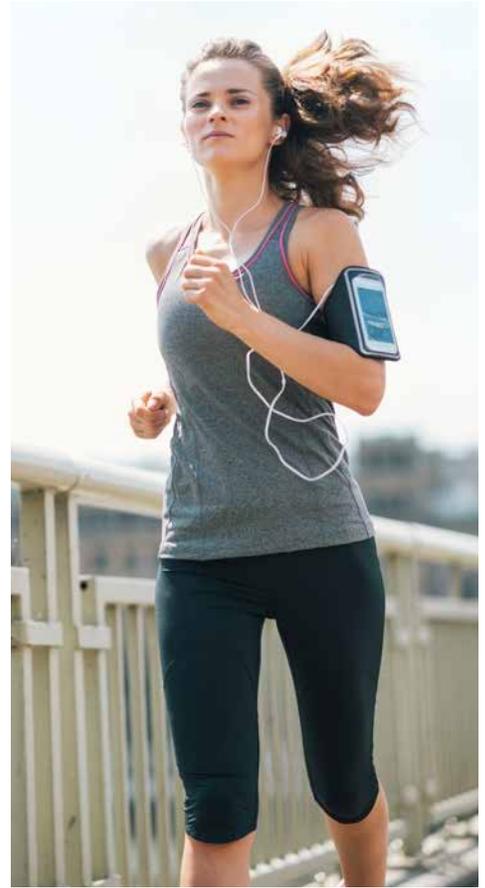
Ask the Dietitian

Recipe of the Month

Take Charge of Your Health

With ongoing changes in the health care industry it is important to take charge of your health and well-being. Patient engagement refers to the involvement and actions each person needs to take in order to get the most from the health care services available to them. The following is a recommended list of ways to be an active participant in your health care this coming year.

1. Check with your Benefits Coordinator or visit floridablue.com to find a doctor in your network. Be sure to see what hospitals they have privileges with when you're making your decision.
2. Pick a doctor that you feel comfortable talking to about all your health concerns.
3. Organize your health information with an online [Personal Health Record](#) from Florida Blue. Have access to your information from doctors, pharmacies and labs when you need it. Plus, you can send insurance claims directly to your online record. Take this information to medical appointments and share it with doctors.
4. Know what your health plan offers. Log in to your account at floridablue.com, or talk to your human resources representative to be sure you know what's covered.
5. Before your next doctor's visit, make a list of questions you've been wanting to ask.
6. Practice the following healthy behaviors to improve your health:
 - Drink more water
 - Increase your physical activity
 - Eat a healthy diet consisting of fruits, vegetables, whole grains, lean proteins and healthy fats
 - Eliminate tobacco and tobacco products
 - Get enough sleep
7. If you're having trouble kicking unhealthy habits by yourself, reach out to a coach in the Next Steps Health Coaching program. It's free through your company, and you and the coach can work together to develop a wellness plan and set realistic, attainable goals.



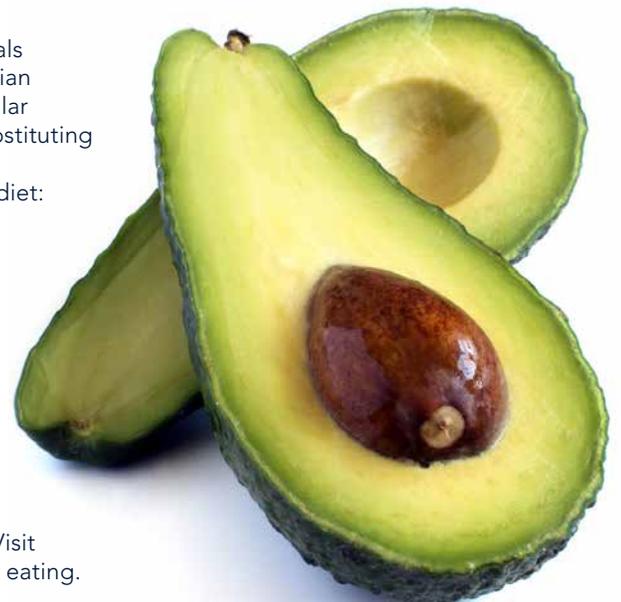
Ask the Dietitian

Should I move toward a plant-based diet?

Even if you only choose plant-based meals over animal protein only a few meals a week, plant-based diets have many health benefits. Research shows vegetarian diets are linked with lower incidences of obesity, Type-2 diabetes, cardiovascular disease, some forms of cancer and hypertension. By eliminating meat and substituting vegetables, beans, whole grains or soy you can create meals rich in vitamins, minerals, fiber and phytonutrients. Here are a few suggestions for a healthier diet:

- Try quinoa for breakfast with chopped nuts and fruit, or add it to a salad at lunch along with some edamame.
- Smash half an avocado, season with lemon juice, salt and pepper, and spread it on a slice of whole grain toast.
- Enjoy a summer minestrone soup with asparagus, summer squash, tomatoes and beans.
- Toast a panini sandwich with grilled vegetables and cheese.
- Get a spiralizer and make zucchini noodles, or try a vegetable stir fry with udon or soba noodles.
- Stuff a sweet potato with your favorite vegetables or beans.

Eating more plant-based meals is good for you, so what are you waiting for? Visit foodandnutrition.org for healthy recipes and more suggestions about healthy eating.



Fresh and Healthy Recipe of the Month

Veggie Stir-Fry with Soba Noodles

If you like spaghetti, you'll love buckwheat soba noodles. This delicious stir-fry is packed with fresh vegetables full of vitamins, minerals and fiber. Don't worry — it's quick and easy and can be prepared by the whole family.



Ingredients:

- 10 ounces buckwheat soba noodles
- 1 teaspoon canola oil
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 orange or yellow bell pepper, chopped
- 1 zucchini, diced
- 1 ½ cups fresh spinach, chopped
- ¼ cup chives (or scallions), diced
- 3 teaspoons soy sauce, low sodium
- 2 teaspoons sesame oil
- 1 tablespoon sesame seeds

Directions:

1. Cook soba noodles according to package instructions, drain and set aside.
2. Heat medium saucepan over medium-high heat, add canola oil and sauté garlic for 2 to 3 minutes.
3. Add peppers and cook until softened.
4. Add zucchini and cook another few minutes.
5. Add spinach and chives, and cook 3 to 4 minutes.
6. Add soy sauce, sesame oil and sesame seeds. Cook together for 2 to 3 minutes more.
7. Place mixture over soba noodles and toss thoroughly before serving.

Nutrition: Serving size: 1 cup; Serves 4; Calories: 370; Total Fat: 7g; Saturated Fat: 1g; Cholesterol: 0mg; Carbohydrate: 70; Fiber: 7g; Sugar: 6g; Protein: 11g; Sodium: 150mg; Vitamin A: 35%; Vitamin C: 200%; Calcium: 6%; Iron: 15%.

Recipe courtesy of eatright.org