

PURSUIT

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Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

Spacing Pregnancies Is a Healthy Way to Grow a Family



The joy of a first baby makes many parents want to grow their family even more. If you're hoping to have another baby, you may be wondering how long to wait before getting pregnant again. It's an important question. Your body—or your partner's—needs to recover from the previous pregnancy and be ready for the next one.

Here are some things you can do to prepare for another addition to your family:

- Discuss birth control options with your doctor.
- Use birth control until you're ready to have another baby.
- Wait at least 18 months after giving birth to get pregnant again. The shorter the time between pregnancies, the higher the risk your baby may be born too soon. It also increases your risk of having a baby with a low birth weight.

- If you're 35 or older, or have had a miscarriage or stillbirth, ask your doctor how long you should wait to get pregnant.

Doing these things will help you have the healthiest pregnancy and baby possible.

Florida Blue pregnant members are eligible for the Healthy Addition® Prenatal Education Program. Contact us by email at healthyaddition@floridablue.com or phone at 800-955-7635 option 6.

Source: marchofdimes.org

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Volunteer Pay Is a Longer, Healthier Life

Did you know that giving your time and talent away is actually good for you? Research shows that volunteering can provide many health benefits.

Volunteers report they feel good about themselves more than non-volunteers. When you see the difference you make, it gives you a sense of purpose and helps you feel worthwhile.

Volunteering can improve your physical well-being, lower blood pressure and improve thinking skills. It helps fight loneliness and depression by increasing your social connections. Volunteering is an opportunity to meet new people and grow your circle of friends.

Research shows that volunteering helps people with chronic illness as well as those with pain. Volunteers report lower levels of pain and a greater sense of health than people who don't get involved.

If you're thinking about volunteering, follow your passion. Is it hands-on—like protecting sea-turtle eggs or delivering meals to shut-ins? Or would you prefer

virtual tasks like checking in on people through phone calls or online chats? There are many ways to make a difference.

Check out local nonprofit groups in your community. Ask friends and co-workers who volunteer about their projects. With COVID-19, you'll want to follow Centers for Disease Control and Prevention (CDC) guidelines. It's important to protect yourself and your loved ones.

If you're high-risk, look for safe ways to give back. You can take your elderly neighbor's dog for a walk or walk dogs at your local animal shelter. Call an organization you'd like to support and see if you can make calls or do some remote work for them.

Here are two good sources for COVID-19 precautions that will help you stay safe as a volunteer: [CDC COVID-19 and Your Community Web Page](#) and [10 Ways to Safely Help Your Community During COVID-19](#).

Resources: [mayoclinic.org](#); [cdc.gov](#)

BENEFITS OF VOLUNTEERING

- It makes you feel needed and worthwhile.
- It broadens your social interaction.
- It helps lower your own pain.
- It keeps you active.

Open-Faced Turkey Melts Serves 4

Ingredients:

- 8 ounces chopped cooked turkey breast
- ¼ cup celery, sliced
- 3 tablespoons light mayonnaise
- 2 tablespoons dried cranberries
- 1 tablespoon red onion, chopped
- 4 pieces thin-sliced multi-grain or gluten-free bread, lightly toasted
- 4 ounces light Havarti cheese, sliced
- Non-stick foil

Directions

Turn broiler to high with rack in the second position, about 6 inches from the flame. Line a half-sheet pan with the non-stick foil.

In a medium bowl combine the turkey with celery, mayonnaise, cranberries and red onion, and stir until combined. Arrange the toast on a baking sheet and divide the turkey salad evenly among slices. Top each slice with 1 ounce of cheese.

Broil until the cheese is golden and bubbling, about 2 to 3 minutes, keeping a close eye on it to avoid burning.

Recipe courtesy of [skinnytaste.com](#); for nutritional information click [here](#).

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