

The Wellness Wire

keeping your finger on the pulse



Volume 2 | Issue 2 | February 2014

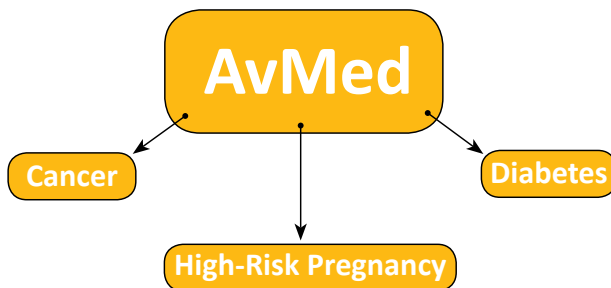
Each month, *The Wellness Wire* provides calendars of events hosted by providers of Florida State Group Health Insurance.

Florida Blue

Date	Time	Address	Event	Description
Wednesdays	6:00 p.m.	All Florida Blue Centers	Health Care Reform Seminar	Learn more about Health Care Reform and upcoming changes at Florida Blue. Visit floridabluecenters.com to find your neighborhood Florida Blue Center.
Tuesdays	6:30 p.m.	285 N. Cattlemen Road Sarasota, FL 34243	Sign Language Class	Sign Language is very useful and can open you up to new relationships and understanding. The class is free and open to the public. Space is limited.
Tuesdays & Thursdays	9:00 a.m.	1970 Sawgrass Mills Circle Sunrise, FL 33323	Tai Chi Moves for Better Balance	This program includes ways to improve balance, strength and physical performance. The class consists of general warm up activities, core Tai Chi movements, therapeutic mini-exercise and cool-down exercise, with musical accompaniment. This complimentary program is available for both members and non-members. Water and light snacks are also provided.
Wednesdays	8:30 a.m.	1680 Airport Blvd. Pensacola, FL 32504	Yoga	It's a new year. Try Yoga to reduce stress or shape and strengthen your body for free. Please bring your own mat, as they are not provided. Register at 850-202-4150.
Wednesdays	6:00 p.m. - 7:00 p.m.	2116 Apalachee Parkway Tallahassee, FL 32301	Yoga Fusion Class	A Yoga, Tai Chi, Pilates class designed to build flexibility and strength. Yoga mats are suggested.
Feb. 5	11:00 a.m. - 12:00 p.m.	1501 North Congress Ave. Boynton Beach, FL 33426	Fall Prevention Workshop	In a one-hour workshop presented by Silver Sneakers, you can learn about different causes of falls, how to reduce your risk of falling, what to do if you should fall, and how better balance is within reach. You'll learn how to live safer and stronger.
Feb. 17	6:00 p.m.	3758 Park Blvd., Suite 5 Pinellas Park, FL 33781	Health Care Reform Seminar for Florida Blue Members	This seminar covers recent changes in Health Care Reform. Our experts will answer all your questions. Register at 727-342-1512.
Feb. 18	10:00 a.m. - 11:00 a.m.	385 Cypress Gardens Blvd. Winter Haven, FL	Approaching Medicare Seminar	Wait no longer. Have your Medicare questions answered at your local Florida Blue Center. Register at 863-291-0140 or floridabluecenters.com .
Feb. 18	10:00 a.m. - 11:00 a.m.	434 N. Orlando Ave. Winter Park, FL 32789	Approaching Medicare Seminar	Wait no longer. Have your Medicare questions answered at your local Florida Blue Center. Register at 321-441-2020 or floridabluecenters.com .
Feb. 19	10:00 a.m. - 11:00 a.m.	13141 City Station Drive #106 Jacksonville, FL 32218	Approaching Medicare Seminar	Wait no longer. Have your Medicare questions answered at your local Florida Blue Center. Register at 904-394-2250 or floridabluecenters.com .
Feb. 19	6:00 p.m.	1001 W. 49th St. #8 Hialeah, FL 33012	Approaching Medicare Seminar Spanish	Wait no longer. Have your Medicare questions answered at your local Florida Blue Center. Register at 305-512-5128 or floridabluecenters.com .
Feb. 20	10:00 a.m. - 11:00 a.m.	4855 Town Center Parkway Jacksonville, FL 32246	Fall Prevention Workshop	In a one-hour workshop presented by Silver Sneakers, you can learn about different causes of falls, how to reduce your risk of falling, what to do if you should fall, and how better balance is within reach. You'll learn how to live safer and stronger.
Feb. 20	12:00 p.m. - 1:00 p.m.	8041 Plaza Del Lago Drive Estero, FL 33928	Goal Setting Workshop	In this one-hour workshop presented by Silver Sneakers, you will learn why it is important to have goals, how to set realistic goals, ways to track your progress, and to help others achieve goals. We look forward to helping you achieve your goals at Florida Blue.
Feb. 20	2:00 p.m. - 3:00 p.m.	15030 N. Dale Mabry Highway Tampa, FL 33618	Approaching Medicare Seminar Spanish	Wait no longer. Have your Medicare questions answered at your local Florida Blue Center. Register at 813-264-3000 or floridabluecenters.com .
Feb. 22	10:00 a.m. - 11:00 a.m.	201 N. West Shore Blvd. Tampa, FL 33609	Approaching Medicare Seminar	Wait no longer. Have your Medicare questions answered at your local Florida Blue Center. Register at 813-282-9922 or floridabluecenters.com .
Feb. 22	11:30 a.m. - 12:30 p.m.	13665 Biscayne Blvd. North Miami, FL 33181	Approaching Medicare Seminar	Wait no longer. Have your Medicare questions answered at your local Florida Blue Center. Register at 786-541-0602 or floridabluecenters.com .
Feb. 25	6:00 p.m.	8895 SW 136th St. Miami, FL 33176	Conversations With Care "Managing your blood pressure"	Join us for complimentary snacks and healthy lesson from your Florida Blue Registered Nurse. Space is limited. Register at 305-256-5480.

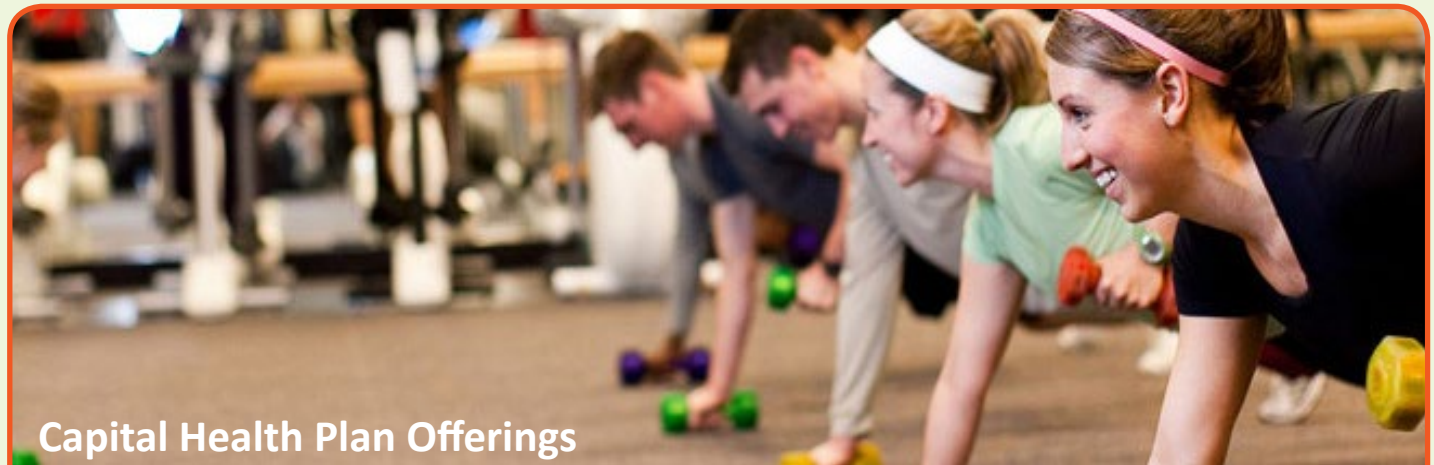
Capital Health Plan

Date	Time	Location	Event	Description
Feb. 1	8:00 a.m. - 11:00 a.m.	Southwood Town Center Tallahassee, FL 32311	2-1-1 Big Bend's Inaugural 5K and 1 Mile Fun Walk	2-1-1- Big Bend provides 24-7 hotline and information services offering assessment, emotional support, crisis assistance, education, training and referrals with accurate, up-to-date resource information
Feb. 12	10:00 a.m. - 11:00 a.m.	Capital Health Plan Building 1491 Governors Square Blvd. Tallahassee, FL 32301	Retiree Advantage Meeting	Presentation on Capital Health Plan Retiree Advantage Plan (for Medicare-eligible members)
Feb. 20	5:30 p.m. - 6:30 p.m.	Capital Health Plan Building 1491 Governors Square Blvd. Tallahassee, FL 32301	Retiree Advantage Meeting	Presentation on Capital Health Plan Retiree Advantage Plan (for Medicare-eligible members)
Feb. 26	10:00 a.m. - 11:00 a.m.	Capital Health Plan Building 1491 Governors Square Blvd. Tallahassee, FL 32301	Retiree Advantage Meeting	Presentation on Capital Health Plan Retiree Advantage Plan (for Medicare-eligible members)



AvMed Care Management

AvMed's Care Management program is at your side when you need it the most. Whether you suffer from a complex life-threatening disease such as cancer or require specialty care for a chronic condition like diabetes or a high-risk pregnancy, our care team is ready to help. Members can call **1-800-972-8633** to determine what type of care management they need.



Capital Health Plan Offerings

Allow Capital Health Plan to help you stay true to your New Year's resolutions this year. It offers a variety of programs and incentives that can assist your efforts to become a healthier you.

Plan members can receive a \$150 Health & Fitness Reimbursement per household per calendar year for being a participating member of a health and fitness program or enrolling in Weight Watchers or TOPS (Take Off Pounds Sensibly). The website for additional information and requirement is: <http://www.capitalhealth.com/Members/Live-Healthy/Health-Fitness/Health-Fitness-Reimbursement>.

Members can take a Health Risk Appraisal – a personal health questionnaire that evaluates your health risks and quality of life. When completed, you will receive a wellness score and suggestions on how to improve your quality of life. The HRA is located on CHPConnect at <http://www.capitalhealth.com/>.

Capital Health Plan provides options to assist you in your decision to quit smoking. It also shares a list of low-cost, community-based weight loss programs in the capital area that can help you achieve your weight-loss goals. For these resources and more, visit: <http://www.capitalhealth.com/Members/Live-Healthy/Wellness-Programs>.



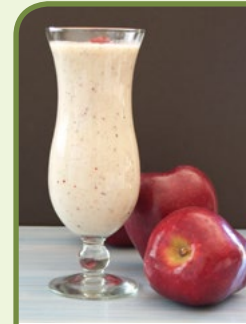
February is American Heart Month

American Heart Month is a great time to focus on heart-healthy eating. This February, monitor the type and amount of fat you eat and limit foods high in trans-fat and saturated fat, which can increase LDL, or “bad,” cholesterol levels. Read package labels and consume fewer than three-hundred milligrams of cholesterol a day. Eat more fish, poultry without skin, and low-fat dairy foods. Use vegetable oil and soft margarine instead of butter, hard margarine or shortening. For more information, visit <http://www.cdc.gov/features/heartmonth/>.



Fort Lauderdale Marathon and Half Marathon

Coventry Health Care, an Aetna company, is a proud sponsor of the 2014 Publix Fort Lauderdale A1A Marathon and Half Marathon on Sunday, Feb. 16. With ocean breezes, palm trees and one of the most famous roads in America, this course is one of the fastest and scenic in the state. The event features athletes from all over Florida, more than 40 states and 12 foreign countries competing in what has become one of South Florida’s signature events. Coventry is pleased to announce that all State of Florida employees are eligible for a \$10 discount on the entry fee for the marathon or half marathon. For more details or to register, visit www.a1amarathon.com. The \$10 discount code is COVENTRYA1A.



FLIK Apple Smoothie

by Aetna

Ingredients

- 1 ripe banana
- 2 ounces apple cider (or 100% apple juice)
- 4 ounces applesauce
- 2 ounces low-fat vanilla yogurt
- Sprinkle of cinnamon
- 1/2 teaspoon vanilla extract
- 3/4 cup ice

Directions

Place all ingredients in a blender or food processor and blend until smooth.

Nutrition facts: Yield 1 serving (12 ounces): 140 Calories, 1g Fat, 35g Carbohydrates, 2g Fiber, 2.5g Protein.

Love Your Heart

By Coventry Health Care

Heart disease is still the leading cause of death in the U.S. Lowering your cholesterol or blood pressure can reduce your risk of heart disease and reduce your risk of heart attack if you already have heart disease.



Exercise 30 minutes a day.

Consider speaking with your health care provider before beginning any rigorous exercise programs.



Eat a healthy diet.

Avoid trans-fats and saturated fats. Limit alcohol and simple carbohydrates found in white flour and sugary sweets. Include fiber from fruits, vegetables and whole grains.



Do not smoke.

Get help from the many sources available to you. Coventry WellBeingSM offers a wealth of online tools at the member website, My Online ServicesSM. You can get there by visiting the Web address shown on your ID card. Smokefree.gov and 1-800-QUIT-NOW are also there to help you.

Control Cravings

Cravings usually only last 20 minutes. Ride them out by distracting yourself from eating or smoking. Go for a short walk. Pick up a good book. Make a list of enjoyable activities and keep it handy for times when you are tempted.

Florida Health Care Plans

Medicare Advantage Seminar

Date	Time	Location
Feb. 6	2:00 p.m. - 4:00 p.m.	FHCP Palm Coast Facility 309 Palm Coast Parkway Palm Coast, FL 32137
Feb. 14	10:00 a.m. - 12:00 p.m.	FHCP Orange City Facility 2777 Enterprise Road Orange City, FL 32763
Feb. 19	2:00 p.m. - 4:00 p.m.	FHCP Edgewater Facility 239 N. Ridgewood Ave. Edgewater, FL 32132
Feb. 24	10:00 a.m. - 12:00 p.m.	FHCP Holly Hill Facility 1340 Ridgewood Ave. Holly Hill, FL 32117

Diabetes Nutrition Game Plan

This event is for FHCP members who previously attended diabetes education classes. It covers trends with food and blood sugars and nutrition reinforcement. Call 386-676-7133 for scheduling.

Date	Time	Location
Feb. 6	2:00 p.m. - 4:00 p.m.	FHCP Daytona Beach Facility 330 N. Clyde Morris Blvd. Daytona Beach, FL 32114

Diabetes Education Class

This three-part education training is led by a registered dietitian and nurse CDE. It covers disease process understanding, nutritional management, and preventing acute complications. It is for self-referred FHCP members with diabetes. Call 386-676-7133 for scheduling.

Class #1: Feb. 17 Class #2: Feb. 24 Class #3: Mar. 3	1:00 p.m. - 4:30 p.m.	FHCP Orange City Facility 2777 Enterprise Road Orange City, FL 32763
Class #1: Feb. 4 Class #2: Feb. 11 Class #3: Feb. 18	1:00 p.m. - 4:30 p.m.	FHCP Port Orange Facility 740 Dunlawton Ave. Port Orange, FL 32127
Class #1: Jan. 22 Class #2: Jan. 29 Class #3: Feb. 5	5:30 p.m. - 9:00 p.m.	FHCP Daytona Beach Facility 330 N. Clyde Morris Blvd. Daytona Beach, FL 32114
Class #1: Feb. 20 Class #2: Feb. 27 Class #3: Mar. 6	1:00 p.m. - 4:30 p.m.	FHCP Daytona Beach Facility 330 N. Clyde Morris Blvd. Daytona Beach, FL 32114
Class #1: Feb. 12 Class #2: Feb. 19 Class #3: Feb. 26	1:00 p.m. - 4:30 p.m.	FHCP Palm Coast Facility 309 Palm Coast Parkway Palm Coast, FL 32137

Pre-Diabetes Class

This education training is led by a registered dietitian CDE. It covers causes and treatment of pre-diabetes and how to develop an exercise plan. It is for FHCP members and requires physician referral. Call 386-676-7133 for scheduling.

Date	Time	Location
Feb. 10 Feb. 17	10:00 a.m. - 12:00 p.m.	FHCP Orange City Facility 2777 Enterprise Road Orange City, FL 32763

Healthy Heart Class

This FHCP member event covers exercise, diet and cholesterol management. It requires a physician referral. Call 386-676-7133 for scheduling.

Date	Time	Location
Feb. 5	1:30 p.m. - 4:00 p.m.	FHCP Orange City Facility 2777 Enterprise Road Orange City, FL 32763
Feb. 17	1:30 p.m. - 4:00 p.m.	FHCP Palm Coast Facility 309 Palm Coast Parkway Palm Coast, FL 32137

Eat Right Move Right Class

This program aims to help FHCP members to better understand, prevent, treat and improve obesity and obesity-related conditions through lifestyle changes and weight loss. Call 386-676-7133 for scheduling.

Class #1: Feb. 6 Class #2: Feb. 13 Class #3: Feb. 20 Class #4: Feb. 27 Class #5: Mar. 6 Class #6: Mar. 13	5:30 p.m. - 7:30 p.m.	FHCP Daytona Beach Facility 330 N. Clyde Morris Blvd. Daytona Beach, FL 32114
Class #1: Jan. 7 Class #2: Jan. 21 Class #3: Jan. 28 Class #4: Feb. 4 Class #5: Feb. 18 Class #6: Feb. 25	4:00 p.m. - 5:30 p.m.	FHCP Orange City Facility 2777 Enterprise Road Orange City, FL 32763
Class #1: Jan. 9 Class #2: Jan. 16 Class #3: Jan. 23 Class #4: Jan. 30 Class #5: Feb. 6 Class #6: Feb. 13	3:30 p.m. - 5:00 p.m.	FHCP Port Orange Facility 740 Dunlawton Ave. Port Orange, FL 32127
Class #1: Jan. 6 Class #2: Jan. 13 Class #3: Jan. 20 Class #4: Jan. 27 Class #5: Feb. 3 Class #6: Feb. 10	3:30 p.m. - 5:00 p.m.	FHCP Palm Coast Facility 309 Palm Coast Parkway Palm Coast, FL 32137



Easy Tuna Pasta Casserole

By Aetna

Ingredients

- 2 cups dry pasta (whole wheat or multigrain elbow)
- 2 6-ounce cans tuna (in water, not oil)
- 1 10 3/4-ounce can cream of mushroom soup (98% fat-free)
- 1 cup fresh mushrooms, sliced
- 1 cup frozen peas, thawed
- 1/2 cup 1% or skim milk
- 1/2 cup whole grain bread crumbs

Directions

Preheat oven to 350° F. Cook pasta according to directions on the box and drain.

In a bowl, mix together tuna, cream of mushroom soup, vegetables and milk. Add the cooked pasta and mix.

Transfer to a baking dish and sprinkle with whole grain bread crumbs.

Bake for 45 minutes or until bubbly.

Nutrition Facts: Yield 4 servings: 361 Calories, 2g Fat, 412mg Sodium, 45g Carbohydrates, 4.5g Fiber, 25g Protein.

Keep your blood pressure under control

By Aetna

You can begin to manage your blood pressure by following a few basic steps:

- Keep a healthy weight.
- Exercise regularly.
- Learn how to lower stress.
- Quit smoking.

Now that you've made a good start, here are ways to get even healthier:

- See your doctor for regular checkups.
- Think carefully about your food choices. Eat more fruits, vegetables and whole grains.
- Limit yourself to only small amounts of alcohol, if you choose to consume.
- Take medicine as directed. Tell your doctor about any side effects from medicine, any over-the-counter medicine you are also taking, and any herbal or home remedies you employ.

Learn more about healthy blood pressure at the Aetna IntelliHealth website at www.intelihealth.com.



UnitedHealthcare

Source4Women seminar (online). Kathleen Zelman, MPH, RD, instructs: Heart Smart Diet Secrets. Register at http://www.uhc.com/source4women/online_seminars_events.htm.

Feb. 11
11:00 a.m. –
12:30 p.m. (EST)

A healthy diet and lifestyle are among the best weapons in the fight against heart disease. Discover how the healthiest diets on the planet may help improve your heart health and longevity. Simple heart smart strategies and smart choices may help to benefit your heart, lower your risk for heart disease and improve your overall health.



Heart-Healthy Pancakes with Strawberries

By UnitedHealthcare

Forget traditional white flour. Use buckwheat instead to turn pancakes into a heart-healthy food. It's simple, different and delicious. You can use any type of fruit or preserves.

Ingredients

- 1 1/2 cups fresh or frozen strawberries
- 2 tablespoons reduced-sugar preserves, any flavor
- 1 cup buckwheat pancake mix, instant
- 1/4 cup light sour cream or low-fat vanilla yogurt

Directions

In a saucepan, mix berries and preserves and cook about 5 minutes. Set aside and keep warm.

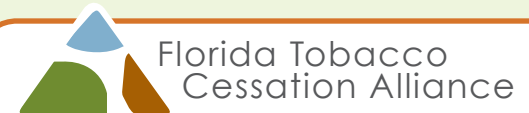
In a bowl, combine pancake mix and make a slightly thin batter. Pour 1/3 cup onto griddle or into large nonstick pan (sprayed with cooking spray) so that the pancake spreads about 5-6 inches in diameter.

Cook until edges are dry, then flip and cook until done. Repeat with the rest of the batter.

Place 1/4 cup of the berry mixture into the center of each pancake, and roll. Transfer to a plate and serve with sour cream or yogurt on top, drizzled with remaining strawberry mixture.

Nutrition Facts: Yield 2 servings: Amount Per Serving: 324 Calories, 3g Fat, 750mg Sodium, 66g Carbohydrate, 4.2g Dietary Fiber.

Find more recipes and tips for healthy living at Source4Women.com.



Did you know the State of Florida provides a *free* resource to people trying to break the nicotine addiction? Call 1 877 U CAN NOW (822-6669) to speak to a certified and trained Quit Coach® who will help create a personalized quit plan for you. Review the [health and wellness section](#) in your enrolled plan and begin living a tobacco-free life. Also, check with your insurance provider for additional benefits not listed. For more information on being tobacco-free in the workplace, visit FloridaTobaccoCessationAlliance.org.

