American Heart Month

National Wear Red Day is Friday, Feb. 3. Remember to wear red to raise awareness that heart disease is largely preventable. Find out if you have risks and take action today to lower them.

Watch this video to learn how to reduce the risks of coronary artery disease: http://www.benefitfocusmedia.com/content/cardiovascular-disease

Enjoy These Foods to Help You Stay Healthy

By Aetna

Forget the word “diet” and start with some small, flavorful changes. Here are practical, healthy and tasty choices you can make at every meal.

1. Switch to chicken, fish and plant-based protein sources like legumes instead of beef, pork or lamb.
2. Skip processed meats including ham, bacon, sausage, hot dogs and salami. Avoid foods with high sodium (salt) content.
3. Eat fiber-rich foods such as fruits, vegetables and whole-grain bread, pasta and oats.

Focus on making one change at a time. Start today by swapping your soda for water and adding a tasty vegetable to your plate.

Celebrating Cancer Prevention Month

By AvMed

Coinciding with American Heart Month, February is also Cancer Prevention Month. This is the ideal time to sit down with your provider and discuss your risk factors and preventive measures for cancer.

Although the thought of cancer is frightening, there is some good news. Research shows that recommended screenings for cervical, colorectal and breast cancer help prevent these diseases by finding and treating precancerous lesions before they become cancerous. Cancer screenings also help find these diseases at an early stage when treatment works best.

Your health plan offers free preventive mammograms and Pap smears, colorectal cancer screenings, human papillomavirus (HPV) vaccines and other preventive services. Learn more about when and how often you should get screenings at www.uspreventiveservicestaskforce.org.
Cancer Prevention: Hedging Your Bets with a Healthy Lifestyle

By Florida Blue

Most of us know we can reduce our risk for many chronic conditions like diabetes and heart disease, but eating healthy, exercising and managing our weight can also reduce our cancer risk. Evidence is mounting that a healthy lifestyle can make a difference in preventing some cancers.

Here are some ways to reduce your cancer risk:

☐ Quitting smoking and reducing your alcohol intake will greatly reduce the risk of several types of cancer.

☐ Limiting your time in the sun, using sunscreen and avoiding tanning beds lower your chances of getting skin cancer.

☐ For women younger than 26, getting vaccinated against human papillomavirus (HPV), the virus that causes genital warts, can lower the risk of cervical cancer.

Are You a Caregiver? Take This Self-Assessment

By E4 Health

It’s a familiar phrase: You can’t pour from an empty cup. That said, the responsibilities of caregiving often put self-care on the back burner. The following questions can help you decide if you could use some support taking care of yourself as a caregiver.

__Yes  __No Are my caregiving responsibilities straining important relationships with other family members, my spouse, co-workers or close friends?

__Yes  __No Am I often feeling drained or exhausted?

__Yes  __No Does it seem like there’s never enough time to get everything done?

__Yes  __No Do I feel guilty making time for myself?

__Yes  __No Have I been experiencing physical signs of stress and anxiety such as muscle aches, stiffness, trouble relaxing or sleep difficulties?

If you answered yes to any of the above, take the following actions to restore yourself:

- Reach out to family members who are capable of lending a hand.
- Reassure family and friends that your relationships with them are important to you.
- Set aside “me time” even if it’s just to take a walk or meditate.
- Have regular health check-ups.

Use your free, confidential EAP benefit for professional counseling and support for caregiving issues or any matter that’s important to you. Learn more by logging on to peoplefirst.myflorida.com and selecting EAP in the top right corner.
Eat for Your Heart’s Sake
By Capital Health Plan

Make 2017 your year to adopt a heart-healthy eating regimen. Take action now to incorporate healthy foods in your diet such as those shown below—the easy and healthy Mediterranean style of eating. Mediterranean-style foods are rich in monounsaturated fats, fiber and omega-3 fatty acids, all of which help protect the heart. Research has also found that this style of eating helps with weight loss, lowers cholesterol and may reduce the risk for developing diabetes, Alzheimer’s, heart disease, stroke and various types of cancer.

Mediterranean-Style Diet

<table>
<thead>
<tr>
<th>What it is</th>
<th>What to eat</th>
<th>What to limit or avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allows 35-40 percent of daily calories from fat, mainly from nuts, avocado, fish and unsaturated oils such as canola, soybean, olive or flaxseed</td>
<td>Cold-water fish (tuna, salmon, mackerel, lake trout, herring or sardines), replacing one or two red meat meals weekly with cold-water fish</td>
<td>Red meats</td>
</tr>
<tr>
<td>High in fiber thanks to fruits, vegetables and whole grains such as brown rice, bulgur or quinoa</td>
<td>Fruits</td>
<td>Cheeses</td>
</tr>
<tr>
<td></td>
<td>Vegetables</td>
<td>Sweets and sugar-sweetened products</td>
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<td></td>
<td>Beans, legumes</td>
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<td></td>
<td>High-fiber grains and breads</td>
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<tr>
<td></td>
<td>Olive oils</td>
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</tr>
<tr>
<td></td>
<td>Foods high in linoleic acid such as nuts (walnuts, hazelnuts, almonds), flaxseed oil and canola oil</td>
<td></td>
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</table>

References: www.upToDate.com; https://www.healthwise.net/capitalhealth.com

Remember to add an average of 150 minutes of exercise to your routine each week to fully round out your health goals. Do your exercises in short blocks of ten minutes—it all adds up. Grab a comfortable pair of shoes, a walking buddy and get moving!

Put Generics to Work for You
By CVS/caremark

Generic medicine gives you the opportunity to take more control of your health care costs.

Start Saving Checklist

- Ask your doctor to prescribe generics and allow your pharmacist to substitute a generic when possible.
- Say yes if your pharmacist asks whether you would like a generic form of the brand-name medicine.
- Ask your doctor if there is a generic alternative available to treat your condition.
- Note any changes you may feel after switching from a brand-name medicine to a generic and tell your doctor.

A smart choice: Use mail order or a participating 90-day retail pharmacy for your 90-day maintenance medications and pay two copays instead of three—saving you money and trips to the pharmacy.
Quiz: Wellness Visits
By Florida Health Care Plans

1. At what age do we recommend that you start getting colorectal cancer screenings?
   a. 40
   b. 50
   c. 60
   d. 70

2. Obesity is now being linked to certain types of cancer.
   a. True
   b. False

3. How often should women between the ages of 50-74 get a mammogram?
   a. Every year
   b. Every 3 years
   c. Every 2 years
   d. Every 5 years

4. Secondhand smoke does not cause cancer.
   a. True
   b. False

5. What SPF sunscreen do dermatologists recommend to protect your skin?
   a. 15
   b. 30
   c. 55
   d. 75

Answers: 1) 50   2) True   3) Every 2 years   4) False   5) 30 SPF

Slow Cooker Jamaican Jerk BBQ Chicken (Servings: 4)
By UnitedHealthcare

Stretch your taste palate with a new spin on a familiar favorite. This chicken goes great with a side of vinegar-based coleslaw and fresh corn on the cob.

Ingredients
- 8 skinless chicken drumsticks (about two pounds)
- 2 teaspoons Caribbean jerk seasoning
- 3/4 cup barbecue sauce
- 1/4 cup scallions

Directions
Rub the drumsticks with seasoning, and place in a 3-and-a-half quart slow cooker. Pour the barbecue sauce over the chicken, and turn to coat. Cover and cook on low for 6 to 8 hours, until chicken is tender. Sprinkle with scallions.

Nutritional Information: 188 calories; 5 g fat (1 g saturated); 98 mg cholesterol; 6 g carbohydrates; 27 g protein; 1 g fiber; 156 mg sodium.