The Wellness Wire

Get Your Zzzzsz
By Florida Blue

Not getting enough sleep can have more troubling consequences than needing an extra cup or two of coffee to get going in the morning. Poor sleep has been linked to an increased risk for developing health conditions, like heart disease and diabetes. It can also affect your concentration, memory, and ability to reason. Want to get up each morning in a better mood?

If you are not getting the sleep you need, get back on track:

• Set a sleep schedule. Go to sleep and wake up at the same time each day.
• Avoid bright lights and devices before bed. Turn devices off 30 minutes before bed.
• Check your mattress. Make sure it's in good shape. A mattress lasts between 9 and 10 years and then needs to be replaced.
• Move around during the day. Getting enough exercise during waking hours can help you sleep at night.

Here's how much shut-eye you need each night:

• Adults 65+: 7-8 hours
• Adults (18-65): 7-9 hours
• Teenagers (14-17): 8-10 hours
• Children (6-13): 9-11 hours
• Preschool-age children: 10-13 hours
• Infants: 11-14 hours
• Newborns: 12-15 hours

Stress Eating
By Capital Health

The “events” in life do not cause stress: Our thoughts about the events cause stress. Changing your thoughts can change your stress. - Kelly D. Brownell, Ph.D.

Stress is an interesting interplay between the body, brain, environment, and behavior. Individuals can be in the same exact situation and each person will respond differently. Some people eat in response to difficult feelings or stressful situations. What can be done about it?

Logical Solutions:

1. Find a different way to cope or soothe difficult feelings.
   • Do something incompatible with eating, such as hobbies or exercise
   • Relaxation techniques
   • Step back; Appraise the situation and then respond
2. Reduce potential stress - This is usually preferred since it positively affects other areas of life.
   • Get enough sleep
   • Time management and organization
   • Be aware of stressors and avoid them
   • Physical Activity
   • Make time for enjoyable activities
   • Touch base with positive people daily
   • Set and accomplish goals
   • Have realistic expectations

For more information on Healthy Lifestyle tips, visit Capital Health Plans’ Healthwise® Knowledgebase at www.capitalhealth.com. Enter “Stress” in the search bar.
Together is Better
By Aetna

Working on health goals works better as a team. It’s the perfect time to grab a pal (or two or three) to reach heart-healthy goals together.

Strength in Numbers
You may have heard about coworkers competing to lose the most weight. Why not launch a “biggest loser” cholesterol challenge at work? Week by week, raise the stakes while lowering your risks. Even if you don’t win the cash prize, you’ll still win the grand prize: a healthier heart.

Double Trouble
The Surgeon General recommends 2½ hours of moderate-intensity exercise - like biking or brisk walking - per week¹. You’re all over that. Want to go bigger? Grab a buddy. A new workout partner boosts how much you exercise. And if they’re emotionally supportive, even more.²

Lunch Swap
Instead of making heart-healthy meals every day, try a lunch swap with friends. Ted makes turkey chili for the group on Monday, Meg serves curried veggies on Tuesday, Sam does whole-wheat hold-the-meat lasagna on Wednesday, and so on. Good company and good food, with less prep.

Nonsmoking Buddy
Quitting smoking drops blood pressure immediately. It drops the risk of heart attack within 24 hours. Cuts cholesterol too.³ That’s huge. But we get it, it’s hard. You’re never alone. Support is everywhere – smoke-free apps, text lines, chat lines, state programs, and more – to keep you strong.


Know Your Health Plan
The State of Florida offers four health insurance plans in each Florida county. Each plan provides comprehensive major medical and prescription drug coverage, as well as preventative care benefits and wellness programs.

1. The standard preferred provider organization (PPO), administered by Florida Blue, provides coverage in and out of network. You must meet a deductible and pay coinsurance or pay copayments. You can self-refer to many specialists, and you have access to a nationwide network (BlueCard Program) and the international BCBS Global Core Program.

2. The high deductible PPO works like the standard PPO except you have a higher deductible to meet before the plan pays for anything (except for certain preventative services). Once you meet your deductible, you pay coinsurance for all services and prescription drugs. You may enroll in an HSA if you meet eligibility requirements to help offset your out-of-pocket costs.

3. Standard health maintenance organization (HMO) services are provided by Aetna, AvMed, Capital Health Plan, and United Healthcare. One of these HMO plans is offered in each county in the State of Florida. HMOs cover only in-network services (except in certain emergency situations). You pay copayments for services provided in the HMO’s network, and you must meet a deductible. You have access to a nationwide network (BlueCard Program) and the international BCBS Global Core Program.

4. The high deductible HMO has the same in-network requirements as the standard HMO. You must meet a deductible before the plan pays for anything (except for certain preventative services). Once you meet your deductible, you pay coinsurance for all services and prescription drugs. You may enroll in an HSA if you meet eligibility requirements to help offset your out-of-pocket costs.

Reference: Benefits Guide 2019 Plan Year
For more information on your benefits, visit www.mybenefits.myflorida.com.
Colorectal Cancer

March Is National Colorectal Cancer Awareness Month

Colorectal cancers begin when the tissue that lines the colon or rectum grows uncontrollably. Colorectal cancer almost always starts with a polyp—a small growth on the lining of the colon or rectum—but doesn’t usually cause symptoms until it’s more advanced. (This means the cancer is bigger or it has spread from where it started).

As polyps or cancers grow, they can bleed or block the intestines.

Symptoms of colon cancer may include:

- Rectal bleeding
- Blood in the stool or toilet after a bowel movement
- Diarrhea or constipation that does not go away
- A change in size or shape of stool
- Discomfort or urge to have a bowel movement when there is no need
- Abdominal pain or a cramping pain in your lower stomach
- Bloating or feeling of being full
- Change in appetite
- Weight loss without dieting
- Fatigue

These symptoms usually do not mean you have colon cancer. But if you notice one or more of them for more than two weeks, see your doctor.

The good news is the colorectal cancer rate has been decreasing in the past two decades. One big reason is because more people are getting screened for this disease. Screening can help find cancers early, when they are small and might be easier to treat and can also help find and remove polyps before they turn into cancer.

Most colorectal cancers can be prevented through early screening tests and intervention. If you are 50 or older, you should talk to your health care provider about getting screened for colon cancer, even if you have no symptoms. There are several screening options available, some of which are very easy, fast, and non-invasive. You may need to be screened anywhere from once a year to every 10 years, depending on the type of screening, your results, and risk level. If you have a family history of colorectal cancer or polyps, you may need to start getting tested sooner and you should talk to your doctor about which types of screenings are best for you.

To learn more about how to help prevent colorectal cancer or find it early, visit cancer.org/colon or call the American Cancer Society at 1-800-227-2345. We’re here when you need us—24 hours a day, 7 days a week.


Pork Tenderloin with Maple-Chipotle Sauce

Ingredients

- 1/2 cup plus 2 tablespoons pure maple syrup
- 1/4 cup plus 2 tablespoons cider vinegar
- 1 tablespoon coarse-grain mustard
- 2 large garlic cloves, minced
- 2 teaspoons minced canned chipotles plus 2 teaspoons sauce
- 2 pork tenderloins, about 12 ounces each, trimmed
- 1 tablespoon canola oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Nonstick cooking spray

Directions

1. In a heavy zip-top bag, combine 1/2 cup of the maple syrup, 1/4 cup of the vinegar, and the mustard, garlic, and chipotles with sauce. Add the pork, turning to coat well. Refrigerate overnight, turning the meat in the bag once or twice.

2. Transfer pork to paper towels and pat dry; brush each side with the canola oil. Pour the marinade into a medium skillet. Add remaining maple syrup and vinegar and the salt and black pepper. Bring to a boil. Let sauce boil 1 minute; set aside.

3. Heat a grill to medium and mist with cooking spray. Grill pork, turning 2 to 3 times, until just cooked through, 15 to 20 minutes, or until a meat thermometer reaches 150 to 155 degrees. Brush pork with sauce in the final minutes of cooking. Transfer pork to a cutting board, tent with foil, and let rest 10 minutes.

4. Slice pork into 1/4-inch slices and serve with remaining sauce.

Nutrition facts per serving: 259 calories, 23g protein, 23g carbohydrate, 7g fat (1.6g saturated), 0g fiber
Start Your Day Right
By United Health Care

Start your day the healthy way with a nutrient-rich breakfast

“Eat breakfast like a king, lunch like a prince, and dinner like a pauper,” is an expression that contains a valuable lesson. While most of us heed the advice in reverse, the important take-away message is that breakfast should never be skipped even if it is not the largest meal of the day.

Breakfast is the most important meal of the day because it kick-starts your metabolism after a night of rest and provides necessary fuel for your brain and body. And, it is not just for kids. Whether you are in the boardroom, classroom, or on the playing field, you need fuel (blood sugar) to help you perform your best.

Healthy breakfast meals

A healthy breakfast needs to include a source of protein and fiber to help keep you feeling full and energized for hours. Protein will help you feel satisfied and when it is paired with foods rich in fiber, whole grains, and/or healthy fats, the meal will help keep your blood sugar steady until lunch.

Grabbing a cup of coffee and a donut are not exactly the ingredients of a nourishing breakfast. In fact, when you eat a meal of refined carbs, like a muffin, donut, or plain bagel, without including a good source of protein and fiber, you probably will be hungry long before lunch.

Coffee is a great source of antioxidants and can be part of a healthy breakfast as long as it is not overloaded with cream and sugar. There are no calories in coffee, but the add-ins can add up quickly. Enjoy your morning “cup of Joe” black or lightened with low-fat milk and just a pinch of sugar or artificial sweetener.

Sample healthy breakfast meals:

- Poached egg, whole wheat toast, and half a grapefruit
- Smoothie made with low-fat yogurt, fruit, and 100% fruit juice
- Low-fat Greek yogurt parfait with fruit and granola
- Egg sandwich with cheese on a whole-grain English muffin
- Whole-grain cereal, low-fat milk, and fruit
- Oatmeal, chopped nuts, and dried fruit
- Whole-grain waffle with peanut butter and banana
- Bean burrito with cheese and salsa
- Scrambled eggs with cheese, whole-grain toast, and orange juice
- Whole-grain bagel with cream cheese and salmon and tomato juice
- Last night’s leftover dinner

No time to eat, no problem

When time is tight, breakfast is often the first thing to go. By planning ahead, you can set your alarm to rise 8 minutes earlier to enjoy a quick sit-down meal or pack a breakfast-to-go the night before.

Nutrition bars can be an on-the-run breakfast solution if you choose carefully. Choose nutrition bars loaded with good nutrition, protein, fiber, and whole grains. When choosing cereal or food bars, aim for less than 200 calories, 5 to 7 grams of protein, and at least 3 to 5 grams of fiber per serving and try to keep added sugar below 7 grams per serving as well.

Benefits of breakfast

Studies show, people who eat breakfast tend to have a lower body mass indexes (BMIs) and in general eat a more nutritious foods than people who skip breakfast.

Why? Because breakfast is a great opportunity to meet daily requirements for fruits, whole grains, dairy, lean protein, and fiber. Starting the day with a healthy breakfast sets the tone for the day and encourages people to choose wisely the rest of the day.

Weight control is usually enhanced with regular breakfast consumption because dieters are less likely to overeat or make poor food choices when they enjoy a satisfying breakfast containing protein and fiber. In fact, people who have lost weight and successfully kept it off for years, make it a habit to eat breakfast almost every day.

Fit, family, fun!
By E4

Here’s a tricky truth: most kids don’t understand or care why exercise is important for your family. Healthy weight, lower heart risks, energy release, and better habits are not high on their priority list. But you know what is? Play. Here are some tips to make moving fun for the whole family:

1. Say “let’s go play” instead of “we need to exercise.”
2. Schedule 30 mins, at least three times a week, dedicated to being active with your kids.
3. Activity ideas: try an after-dinner walk, morning jog, rake leaves, play soccer, or touch football as a family.
4. Join a gym and work out together. Spend extra time on the track or basketball court.
5. Plan at least one family activity each weekend that includes something like a hike or visit to a park.
6. Walk or bike to places.
7. Create and blast a play list for chore time.
8. Have a dance party.
9. Make yard work fun by jumping into leave piles, pick-up-stick races, etc.

Prioritizing time to teach kids life-long exercise habits can increase life expectancy and improve health. Get more fresh ideas by connecting with your State of Florida Employee Assistance Program. Articles videos and helpful experts can get your family moving and have fun while they’re doing it. Call 844-208-7067 or visit sofeap.com today.