

# Healthy Workplace

Your monthly Anthem wellness newsletter

## Find the Right Doctor for You

Whether you go to the doctor rarely or often, you should like and trust yours. After all, your primary care doctor is the one who will know you and your health best and refer you to other doctors when you need more specialized care. So having a good relationship is key. Here are a few tips to help in your search for a doctor:



Find a doctor that meets your needs. There are several different types of doctor that can act as primary care doctors.

1. **Family practice** — They offer a wide range of care, from check ups to pregnancy care. This type of doctor might be a good choice if you want to keep all of your family “under one roof.” A doctor who treats everyone in a family can get a better view of each person’s health.
2. **Internal medicine** — Internal medicine doctors offer a range of care, including preventive care. But they may have special knowledge about certain health problems. So if you have a long-term health concern, an internist who focuses on your problem may be a good fit for you.
3. **General practice** — General practice doctors are like family practice doctors and can treat patients of any gender or age.

Ask for referrals. Talk to family and friends to see if they can recommend a doctor they trust to you. Just make sure they’re part of your health plan.

Plan ahead. Do you want a doctor located close to your home or office? On [anthem.com](http://anthem.com) you can search for doctors by location to make sure they’re near you. You may also want to think about office hours, what hospital the doctor admits patients to, the languages they speak and if they use email or the internet to communicate with patients.

## Get more from your exam

It will help both you and your doctor if you make some notes about your health ahead of time. Before your visit, write down:

- Your health history and your family’s, especially if anything has changed since your last visit
- Any medicines you take, how much you take and how often (don’t forget vitamins and over-the-counter drugs)
- Concerns you have about your health including any problems you’re having or changes you’ve noticed.



## Preventive or Diagnostic Care?

**Preventive care.** Some tests and exams can help catch problems early on or keep them from starting, and even save your life. These are called “preventive care” because they can help prevent some health problems.

**Diagnostic care.** Diagnostic tests are for when someone has symptoms of a health problem, and the doctor wants to find out why. Diagnostic tests help diagnose a health problem.

It’s important to know the difference. For example, your doctor might want you to get a colonoscopy (a test that checks your colon). If it’s because of your age, or because your family has a history of colon problems, it’s preventive care. But if it’s because you’re having pain or other symptoms of a problem, it’s diagnostic care.

### Helpful resources

Visit [anthem.com/preventive-care](http://anthem.com/preventive-care) to find out the preventive care guidelines for your age and gender.

## Summer Berry Citrus Spritzer

Spice up your summer water! Check out these recipes from [EatingWell.com](http://EatingWell.com)

### Ingredients

- 2 cups fresh berries, such as strawberries, raspberries, blackberries or blueberries, or a mixture, plus more for garnish
- ½ cup orange juice
- 2 tablespoons lime juice, plus lime slices for garnish
- 2 tablespoons honey
- 3 cups lemon-lime seltzer or soda water
- Ice cubes



### Directions

Place berries, orange juice, lime juice and honey in a blender and blend until smooth. Pass the berry mixture through a strainer into a pitcher.

Pour seltzer (or soda water) into the pitcher and stir. Serve over ice, garnished with berries and lime slices, if desired.

## Cucumber Mint Spritzer

### Ingredients

- 3 mini cucumbers
- 6 leaves fresh mint, plus sprigs for garnish
- 2 lemons or limes
- 1 liter lemon seltzer water
- Ice cubes



### Directions

Slice cucumbers into thin ribbons or disks using a mandoline or vegetable peeler. Place in a pitcher. Add mint leaves and gently muddle. Squeeze juice from 1½ lemons (or limes) into the pitcher, reserving the other half for garnish. Stir in seltzer. Serve over ice, garnished with mint sprigs and lemon (or lime) slices, if desired.

## Wellness Corner

Hi everyone! Carrie in New Hampshire here, really enjoying this great summer we're having! I hope you are too. I am trying to fit in as much outdoor fun as I can!

Our preventive care topic for the month of August is important to me— not just getting to my annual exams as needed, but what I'm doing the other 364 days of the year is just as important. I try to practice a little preventive care every day. Here's what I mean by that:

### **Burn some calories, burn some stress!**

Twenty minute dog walk? Always better than not going. This year, I've tried to mix in more variety with my exercise and it's made a huge difference for my mental and physical wellbeing. I encourage you to try a new activity or class at the gym. Find a friend that's already going and tag along. My friend Dave asked me about indoor climbing recently so we tried it out! Here I am at Vertical Dreams in Manchester, NH.



### **Pay attention to my water consumption**

If I do nothing else good for myself in a day (no time to exercise, running around to meetings, etc....) I try really hard to at least hydrate appropriately. A good reusable bottle is helpful for me, I leave it in my eyesight as a reminder that I need to use it!

Need a break?

I tend to be self critical if I don't fit everything in, but sometimes, you just need a break! Scheduling an hour to do nothing but watch television or read is a nice way for me to recharge a bit, which is always better in the long run.

# Wellness Bites for your Quick Wellness Needs!

## National Breastfeeding Week:

August 1-7

Making the decision to breastfeed is a personal matter. It's also one that's likely to draw strong opinions from friends and family.



Many medical experts, including the American Academy of Pediatrics (AAP) and the American College of Obstetricians and Gynecologists, strongly recommend breastfeeding exclusively (no formula, juice, or water) for 6 months. And breastfeeding for a year at least with other foods which should be started at 6 months of age, such as vegetables, grains, fruits, proteins. But you and your baby are unique, and the decision is up to you.

### What Are the Benefits of Breastfeeding for Your Baby?

Breast milk provides the ideal nutrition for infants. It has a nearly perfect mix of vitamins, protein, and fat -- everything your baby needs to grow. And it's all provided in a form more easily digested than infant formula. Breast milk contains antibodies that help your baby fight off viruses and bacteria. Breastfeeding lowers your baby's risk of having asthma or allergies. Plus, babies who are breastfed exclusively for the first 6 months, without any formula, have fewer ear infections, respiratory illnesses, and bouts of diarrhea. They also have fewer hospitalizations and trips to the doctor.

### Are There Breastfeeding Benefits for the Mother?

Breastfeeding burns extra calories, so it can help you lose pregnancy weight faster. It releases the hormone oxytocin, which helps your uterus return to its pre-pregnancy size and may reduce uterine bleeding after birth. Breastfeeding also lowers your risk of breast and ovarian cancer. It may lower your risk of osteoporosis, too.

## National Immunization Awareness Month

Preventing disease protects you and your community

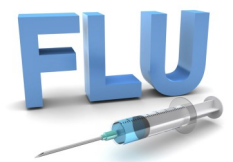
You take care of yourself and you eat a balanced diet. But are you up to date on your vaccines? Even as an adult, health screenings and shots are just as important as exercise in helping you stay healthy.



Why?

- Immunity from your childhood vaccines can fade over time. You might need a booster shot.
- Newer vaccines can help protect against things like chickenpox and the virus that causes cervical cancer.
- You may have missed some of your shots when you were a kid. Getting childhood illnesses as an adult can be even harder on your body. The good news is that it isn't too late to catch up. Not only will you protect yourself and your family, but you could help to stop the spread of illness worldwide. And that's a battle worth fighting.

Don't Forget! Flu season is on its way....



The flu shot is covered under your preventive care benefits at 100% when you go to a health professional in your plan. Contact your primary care doctor to get your flu shot. You can also get it at urgent care facilities, retail health clinics, many pharmacies or walk-in doctors' offices in your plan. Call the number on the back of your member ID card or visit [Anthem.com](https://www.cdc.gov/prevention/index.html)

August Health Resources	Website for More Information
Preventive Care Resources and Checklist	<a href="https://www.cdc.gov/prevention/index.html">https://www.cdc.gov/prevention/index.html</a>