

# Healthy Workplace

Your monthly Anthem wellness newsletter

## Diabetes Awareness Month

Over 25 million Americans have diabetes. The most common form is Type 2 diabetes. It can cause heart attacks, strokes, kidney disease, blindness, dental disease, amputations and other serious health issues. The good news is that most people can avoid Type 2 diabetes by eating healthy and staying active.



### How Is Diabetes Managed?

- Keep your blood sugar levels as near to normal as possible by balancing food intake with medication and activity.
- Maintain your blood cholesterol and triglyceride (lipid) levels as near their normal ranges as possible by avoiding added sugars and processed starches and by reducing saturated fat and cholesterol.
- Control your blood pressure. Your blood pressure should not go over 130/80.
- Slow or possibly prevent the development of diabetes-related health problems.

### You hold the key to managing your diabetes by:

- Planning what you eat and following a balanced meal plan
- Exercising regularly
- Taking medicine, if prescribed, and closely following the guidelines on how and when to take it
- Monitoring your blood sugar and blood pressure levels at home
- Keeping your appointments with your health care providers and having laboratory tests as ordered by your doctor



**Remember: What you do at home every day affects your blood sugar more than what your doctor can do every few months during your checkups.**

## You Don't Have To Fight Diabetes Alone: Anthem's ConditionCare Program: Diabetes

We'll be there every step of the way!

Living with diabetes can be challenging — especially without the right tools and resources.

That's where ConditionCare comes in. If you or a covered family member has diabetes, this no-cost health and wellness program can connect you to nurse care managers for diabetes-management support.

The program not only focuses on getting you and your blood sugar to your healthy best, but also on preventing other major health problems diabetes can lead to.

### Plus, ConditionCare provides:

- 24/7, toll-free phone access to nurses who can answer health questions.
- Guidance from nurse care managers, pharmacists, dietitians, doctors and other health care professionals to help you reach your health goals.
- Educational guides, electronic newsletters and tools to help you learn more about diabetes and your health.
- You might get a call from us to see whether the program is a good fit for your needs. Before talking about your health on the phone, we'll check your address or date of birth to be sure we're speaking only with you and protecting your privacy. Any information you share is confidential.



**We're here to help you take control of your diabetes. For more details or to join ConditionCare, call us toll free at 866-962-0959.**

# Fall Harvest Honeycrisp Apple and Kale Salad

## Ingredients

- 1 tablespoon extra virgin olive oil
- 1 tablespoon real maple syrup
- 1/3 cup raw pepitas
- 1/4 teaspoon ground cinnamon
- 3 ounces thinly sliced prosciutto (optional)
- 2 heads kale, shredded
- 2 honey crisp apples, thinly sliced
- arils from 1 pomegranate
- 1/2 cup crumbled feta cheese



## Cider Vinaigrette

- 1/3 cup extra virgin olive oil
- 1 shallot thinly sliced
- 2 tablespoons apple cider vinegar
- 1 tablespoon fig preserves
- 1 tablespoon fresh thyme leaves
- kosher salt and pepper
- 1 pinch crushed red pepper flakes

## Directions

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. On the prepared baking sheet, toss together the pepitas, olive oil, maple syrup, cinnamon, and a pinch of salt. Arrange in a single layer. Lay the prosciutto flat around the pepitas. Transfer to the oven and bake for 10-15 minutes or until the pepitas are toasted and the prosciutto is crisp.
3. Meanwhile, in a large salad bowl, combine the kale, apples, and pomegranates.
4. To make the vinaigrette. Heat the olive oil in a medium skillet over high heat. When the oil shimmers, add the shallots, cook until fragrant, 2-3 minutes. Remove from the heat, let cool slightly. Add the apple cider vinegar, fig preserves, and thyme. Season with salt, pepper, and crushed red pepper flakes.
5. Pour the vinaigrette over the salad, tossing to combine. Top the salad with toasted pepitas, prosciutto, and feta. Eat and enjoy!



Recipe from: <https://www.halfbakedharvest.com/apple-and-kale-salad/>

# Wellness Corner

Happy November everyone! Cerina from Connecticut here!

The holidays are approaching fast!

**Did you know** the average American gains about a pound between Halloween and New Year's, according to a *New England Journal of Medicine* study. While a pound or two doesn't sound like a lot, if you put on just two pounds a year over the course of 10 years, you'll be up 20 pounds—something that experts refer to as "creeping obesity."

Many of us aspire to have a healthy diet. But let's face it, life gets super busy! While setting goals to eat healthy may be easy, following through with those goals and staying consistent can be a challenge, especially during the holidays. Knowing what to eat, how much to eat, when to eat and then cooking your meals are the most important aspects of achieving a healthy, balanced diet.

I am a huge fan of meal prep to keep my eating plan healthy and balanced. I especially take it up a notch during the holiday season to prevent from over eating and controlling my calorie intake. Although meal prep requires planning, there is no one correct method. It can differ based on food preferences, cooking ability, schedules and your personal health goals. Here you can see my "Sunday meal prep"



## Here are a few benefits of meal prep:

- Saves time and money
- Nutritionally balanced diet
- Helps with weight control and loss
- Regulates metabolism and portion control
- Reduces stress by avoiding last minute decision about what to eat

To begin prepping your meals, start off slow! Pick a day of the week you want to start and instead of prepping breakfast, lunch, and dinner, choose one meal to start. Here are few steps to get you started:

1. Collect healthy recipes
2. Choose your meal prep day
3. Plan the menu and create the grocery list
4. Food shop
5. Prep the meals.

**Need some help?** Check out this new app I came across, called 8fit. 8fit provides customized meal plans and workouts, based on your goals. [www.8fit.com](http://www.8fit.com)

# Wellness Bites for your Quick Wellness Needs!

## Helpful Tips for Healthy Holiday Parties

As the holidays approach, parties become numerous along with platters of rich and delicious seasonal foods.

If you are hosting a gathering this holiday season and want to lighten up your offerings without sacrificing taste, try swapping out a few ingredients in your favorite recipes.



- Using two egg whites in place of one egg can reduce dietary cholesterol and produce the same tasty result.
- Try low-sodium vegetable or chicken broth in your mashed potatoes to add flavor and cut back on added butter or margarine.
- Substitute applesauce for oil, margarine or butter in muffins and quick breads such as banana bread. Try substituting a small amount at first, as the more you substitute the more the texture of the finished product changes.
- For dips, sauces and pie toppings, use fat-free yogurt, sour cream and whipped topping.
- Sliced almonds make a delicious, crunchy topping in place of fried onion rings.
- Choose reduced-fat or low-fat cheeses for salads and casseroles.

**Pack your shopping cart with plenty of fresh vegetables** including sweet potatoes, winter squash, broccoli, carrots and green beans. Apples, cranberries and pears combine easily for a tasty salad, fruit crisp or topping for the turkey.

**If you are a guest at a dinner party or other gathering,** consider these tips to keep your night healthy, happy and safe:

- Start your day with a small meal that includes whole grains, fruit, vegetables, and protein.
- Don't starve yourself beforehand. Rather, eat a small meal or snack so you aren't tempted to overeat.
- Don't rush to eat. Socialize and settle into the festivities before you eat.
- Savor foods you truly enjoy and pass up on those that don't really interest you.
- Move your socializing away from the buffet or appetizer trays. This will minimize the unconscious nibbling.

When it comes to drinking alcohol, satisfy your thirst before having an alcoholic drink by starting with water. Moderate alcohol consumption is defined as up to one drink per day for women and up to two drinks for men. Keep in mind, even a single drink will affect your reflexes for several hours. If you plan to drink, keep your holidays merry for everyone by designating a driver who won't be drinking.

The holidays are a great time for gathering with friends and family over food and drinks. With just a little preparation, you can enjoy celebratory foods mindfully and still experience all that the season has to offer.

Article Source: <https://www.eatright.org/health/lifestyle/seasonal/helpful-tips-for-healthy-holiday-parties>

## Be Grateful, Not Just On Thanksgiving

According to Harvard Medical School gratitude is a "thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. As a result, gratitude also helps people connect to something larger than themselves as individuals – whether to other people, nature, or a higher power."



Most of the studies published on this topic support an association between gratitude and an individual's well-being. Here are a few ways to cultivate gratitude in your life.

### Ways to cultivate gratitude

1. Keep a gratitude journal: also include expressing gratitude to those around you.
2. Pray
3. Meditate
4. Get inspired. Try bringing to mind someone who you truly appreciate and feel gratitude for their presence in your life. Feel into that and allow the feeling to well up inside of you.
5. Be generous when it's hard. Have an attitude of spirit
6. Count your blessings. When you are having a stressful day ask yourself, what am I grateful for and list or say 3-5 things.
7. Write thank you notes. You can implement thankfulness into your daily life simply by showing your appreciation for those around you. Little things like "thank you" notes and messages to the people in your life can go a long way.

In honor of Thanksgiving, I invite you to begin a daily gratitude practice.

*"The essence of gratitude is understanding that every moment of your life is something to be grateful for, and that everything that shows up in your life is something that you will want to be expressing a sense of gratitude about. Stay in a constant state of being generous and grateful and be deeply grateful for all that you receive as you enjoy giving to others in the spirit of love and service." Wayne Dyer*

As I leave you with these words, I wish you and your families a Happy Thanksgiving.

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