

Healthy workplace

Your monthly Anthem wellness newsletter



Are You Up to Date on Your Preventive Screenings?

Preventive exams give you a chance to talk to your doctor about your health while keeping your doctor updated about your health. That way you can get better care if problems come up later. These exams allow you and your doctor to see if you need to make any changes.

What to expect

Most preventive exams start with a talk about your health history and any problems. After that, most doctors will talk to you about things like:

- Medicines you take
- How you eat — and how you could eat better
- How active you are — and whether you should be more active
- Stress in your life or signs of depression
- Drinking, smoking and drug use
- Safety measures like wearing your seat belt and using sunscreen
- Your sexual habits and any risks they pose
- Tests and vaccines you may need



Don't forget these important screenings

The U.S. Preventive Services Task Force recommends these screenings to help you stay healthy. Your doctor may suggest other tests or more frequent tests, depending on your risk factors (such as your age and family history, which could make you more likely to get an illness).

Men and Women

Blood pressure

- At least every two years for adults 18 and older

Cholesterol

- Regular screenings beginning at age 35 for men and 45 for women (younger if you smoke, have diabetes, high blood pressure or a family history of heart disease)

Skin exam

- Self-exams at least once a year; talk to your doctor about screening for skin cancer (especially if you are fair-skinned or spend a lot of time outside)

Diabetes

- Regular tests if you have high blood pressure or high cholesterol; talk to your doctor about other reasons you may need to be tested

Colorectal cancer

- Starting at age 50; talk to your doctor about the right test for you

Check out page two for gender specific screening recommendations.



Women

Mammogram

- Every one to two years for women 40 and older, with or without a breast exam

Pap test

- Every one to three years for sexually active women between the ages of 21 and 70

Osteoporosis

- Routine screening starting at age 65 (age 60 for women with risk factors like a small frame or weight under 155 pounds)

Chlamydia

- Routine screening for sexually active women who are 25 and younger; talk to your doctor about tests for other illnesses that spread through sex

Men

Sexually transmitted diseases

- Talk to your doctor about how often

Abdominal aortic aneurysm

- Once between the ages of 65 and 75 if you have ever smoked



National Walk@Lunch Day!

2016 marks the 10th year of National Walk@Lunch Day®, which is designed to complement—not compete with—your busy lifestyle. Created to improve personal health and decrease the costs of healthcare for employers and employees, National Walk@Lunch Day is the start of your new daily walking routine, helping you to improve your health step by step.

Why Walk?

Studies have found that regular walking, particularly at a brisk pace of 3 mph, can substantially reduce the risk of developing heart disease, stroke and diabetes. Additionally, simply performing 30 minutes of moderate physical activity at least five times a week has significant health benefits and can lower the risk of developing or dying from hypertension or type 2 diabetes, and improve the health of muscles, bones and joints.

On Wednesday, April 27, local Blue Cross and Blue Shield companies, businesses large and small and

state legislatures across the nation will encourage employees to wear comfortable shoes and take a walk at lunch.



A Warm Hello from Anthem

We care about your health, so you might get a confidential call from us.

At Anthem Blue Cross and Blue Shield (Anthem), we're more than your health plan company. We're your partner on the road to better health. That's why we may call you from time to time to share important health information, remind you about appointments or encourage you to join one of our health programs. These calls are always confidential, so you can feel comfortable talking with us.

We call with your best interest at heart.



We might call to help you with health issues, such as losing weight, quitting smoking, preparing for surgery or making healthier life choices. Other times, we'll call to give you important health reminders. If you're expecting a baby, we might introduce you to a supportive program that can help you enjoy a healthier pregnancy. Best of all, these programs have no extra cost, and we'll always explain how they work with your benefits.

Ready to talk now? You can give us a call, too.

You can always reach out to us to ask about our health programs and services. Just call the Customer Service number on the back of your ID card. We're here for you and want you to enjoy the best health possible. After all, you deserve it. We're just here to help you get there.

Keep in mind:

- We aren't "selling" anything — we promise. We only call when we've noticed an area where we can help. The suggestions or programs we'll recommend are already included in your health benefits.
- We'll ask you to verify your name and date of birth. That's because we want to make sure we're speaking to the right person before we discuss your health. It's a way to protect your personal health information.

**For more information on topics from this newsletter, visit:
cdc.gov, healthcare.gov,
anthem.com**

Strawberry Rhubarb Pie



Pair fresh sliced rhubarb with sliced Granny Smith apples and add a little cinnamon and sugar for this delicious rhubarb-apple pie.

Recipe Time:
Hands-on: 28 Minutes
Total: 1 Hour, 13 Minutes

Nutritional Information

Calories	296
Fat	12.4 g
Protein	2.6 g
Carbohydrate	46.2 g
Fiber	1.5 g
Cholesterol	15 mg
Sodium	192 mg

Yield: Serves 12 (serving size: 1 wedge)

Rhubarb means spring is here! This healthy vegetable is low in calories and has zero cholesterol, sodium, or fat. A half cup of rhubarb contains 15 calories, 1g of fiber, as well as vitamins A, C, and calcium. Check out fruitsandveggiesmorematters.org for more information.

Ingredients

- 1/2 (14.1-ounce) package refrigerated pie dough
- Cooking spray
- 3 1/2 cups sliced fresh rhubarb (about 1 1/4 pounds)
- 1 cup granulated sugar
- 1 tablespoon fresh lemon juice
- 2 Granny Smith apples, peeled, cored, and sliced
- 1/2 teaspoon ground cinnamon
- 3/8 teaspoon salt, divided
- 4.22 ounces all-purpose flour (about 1 cup), divided
- 1/2 cup packed brown sugar
- 6 tablespoons cold butter, cut into small pieces
- 1/3 cup chopped walnut halves

Preparation

1. Preheat oven to 425°.
2. Place pie dough on a lightly floured work surface; roll into a 12-inch circle. Fit dough into a 9-inch pie plate coated with cooking spray. Turn edges under; flute. Combine rhubarb, granulated sugar, juice, and apples; toss. Sprinkle the rhubarb mixture with cinnamon, 1/4 teaspoon salt, and 3 tablespoons flour; toss. Spoon rhubarb mixture into prepared crust.
3. Weigh or lightly spoon remaining 3.38 ounces flour (about 3/4 cup) into a dry measuring cup; level with a knife. Combine 3.38 ounces flour, remaining 1/8 teaspoon salt, and brown sugar in a medium bowl; cut butter into flour mixture with a pastry blender or two knives until mixture resembles coarse meal. Stir in walnuts. Sprinkle butter mixture evenly over rhubarb mixture. Bake at 425° for 15 minutes.
4. Reduce oven temperature to 375° (do not remove pie). Bake at 375° for 30 minutes or until golden and bubbly (shield edges of crust with foil if it gets too brown). Let pie stand on a cooling rack for 15 minutes before slicing.

Check out
cookinglight.com for
more healthy recipes!