

Healthy workplace

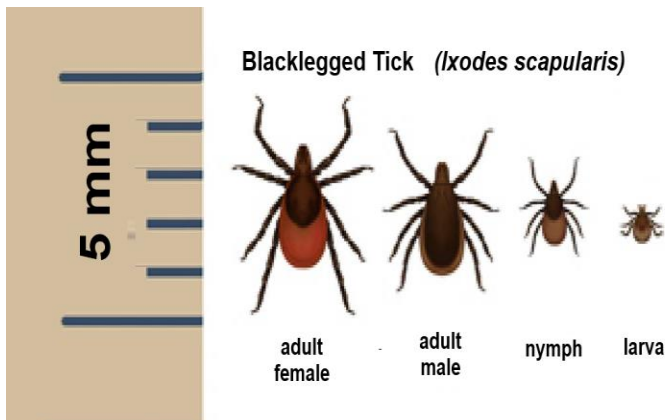
Your monthly Anthem wellness newsletter



Prevention is Key in Fighting against Tickborne Disease

Tickborne diseases are on the rise and prevention should be on everyone's mind, particularly during spring, summer, and early-fall when ticks are most active. People will get more tick bites and tickborne diseases from May through July than any other time of year in the United States.

Preventing Lyme and other tickborne diseases is important every year. Predicting the number of Lyme disease or other tickborne infections, and how an upcoming season will compare to previous years, is complicated. Ticks that spread disease to people can have up to 2 to 3-year lifecycles, and many factors can affect their numbers, including temperature, rainfall, humidity, and the amount of available hosts for the ticks to feed on, such as mice, deer and other animals. In any given year, the number of ticks in an area will be different from region to region, state to state, and even county to county.



Take steps to protect against ticks

Taking steps to protect yourself and your family from tick bites is the best defense against Lyme disease and other tickborne infections. Whether you're working, enjoying your yard, camping, hiking, hunting or otherwise in the outdoors, the CDC recommends that people:

Avoid areas with high grass and leaf litter and walk in the center of trails when hiking.

Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.

Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks and tents or look for clothing pre-treated with permethrin.

Treat dogs for ticks. Dogs are very susceptible to tick bites and to some tickborne diseases. They may also bring ticks into your home. Tick collars, sprays, shampoos, or monthly "top spot" medications help protect against ticks.

Bathe or shower as soon as possible after coming indoors to wash off and more easily find crawling ticks before they bite you.

Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon returning from tick-infested areas. Parents should help children check thoroughly for ticks. Remove any ticks right away.

Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed

Article Source: Centers for Disease Control and Prevention – for more information: <https://www.cdc.gov/ticks/index.html>

A Warm Hello from Anthem

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 about 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.

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.

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.

If you prefer not to get a call from us, just let us know. Talk to one of our Customer Service representatives using the number on the back of your member ID card.

How to Avoid ER Waiting Rooms



When you need health care right away, your first thought might be, "Go to the nearest emergency room (ER)." But not all situations are true emergencies. That's why it's important to know you have other options that cost less and are quicker such as:

Your primary care doctor: Your doctor's office is a great place for scheduled care and checkups. Always try them first during office hours in a non-life-threatening emergency.

Urgent care center: These centers are accessible in many communities at all hours of the day and night. Doctors and nurses can help with non-life-threatening but urgently needed care quickly. They can handle many things that may have brought you to the ER before such as X-rays, lab tests and stitches.

LiveHealth Online: Anthem Blue Cross and Blue Shield members can see a doctor without leaving their home. With LiveHealth Online you can visit with a doctor by video on your smartphone, tablet or computer using their free app or going to [livehealthonline.com](https://www.livehealthonline.com). Doctors can answer questions and diagnose many common problems, including sore throats, infections, rashes and the flu.



Don't forget about 24/7 NurseLine!

Have health questions?
Answers are at your fingertips.
Add **800-337-4770** to your contacts today!



The registered nurses can help you with your baby's fever, give you allergy relief tips and advise you where to go for care.

Fireworks Safety

With warm weather and family events, the Fourth of July can be a fun time with great memories. But before your family celebrates, make sure everyone knows about fireworks safety.



If not handled properly, fireworks can cause burn and eye injuries in kids and adults. The best way to protect your family is not to use any fireworks at home — period. Attend public fireworks displays, and leave the lighting to the professionals.

Lighting fireworks at home isn't even legal in many areas, so if you still want to use them, be sure to check with your local police department first. If they're legal where you live, keep these safety tips in mind:

- Kids should never play with fireworks. Things like firecrackers, rockets, and sparklers are just too dangerous. If you give kids sparklers, make sure they keep them outside and away from the face, clothing, and hair. Sparklers can reach 1,800°F (982°C) — hot enough to melt gold.
- Buy only legal fireworks (legal fireworks have a label with the manufacturer's name and directions; illegal ones are unlabeled), and store them in a cool, dry place. Illegal fireworks usually go by the names M-80, M100, blockbuster, or quarterpounder. These explosives were banned in 1966, but still account for many fireworks injuries.
- Never try to make your own fireworks.
- Always use fireworks outside and have a bucket of water and a hose nearby in case of accidents.
- Steer clear of others — fireworks have been known to backfire or shoot off in the wrong direction. Never throw or point fireworks at someone, even in jest.
- Don't hold fireworks in your hand or have any part of your body over them while lighting. Wear some sort of eye protection, and avoid carrying fireworks in your pocket — the friction could set them off.

- Point fireworks away from homes, and keep away from brush and leaves and flammable substances. The National Fire Protection Association estimates that local fire departments respond to more 50,000 fires caused by fireworks each year.
- Light one firework at a time (not in glass or metal containers), and never relight a dud.
- Don't allow kids to pick up pieces of fireworks after an event. Some may still be ignited and can explode at any time.
- Soak all fireworks in a bucket of water before throwing them in the trash can.
- Think about your pet. Animals have sensitive ears and can be extremely frightened or stressed on the Fourth of July. Keep pets indoors to reduce the risk that they'll run loose or get injured.



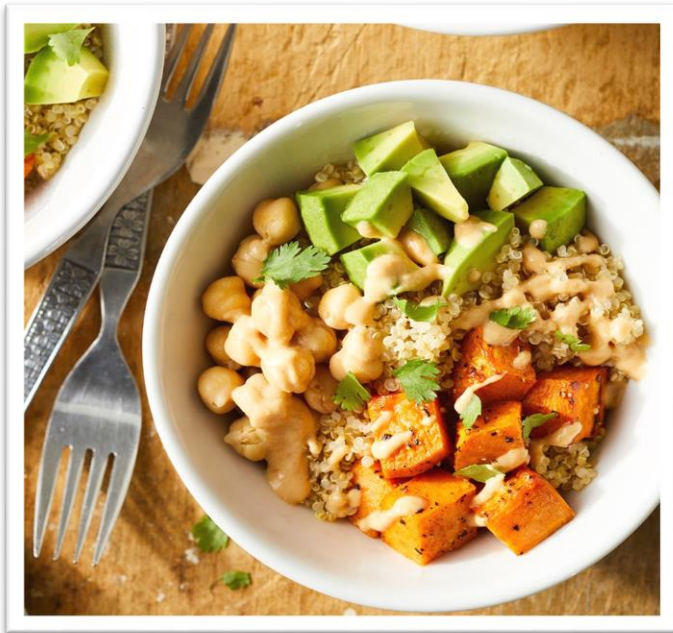
If a child is injured by fireworks, immediately go to a doctor or hospital. If an eye injury occurs, don't allow your child to touch or rub it, as this may cause even more damage. Also, don't flush the eye out with water or attempt to put any ointment on it. Instead, cut out the bottom of a paper cup, place it around the eye, and immediately seek medical attention — your child's eyesight may depend on it. If it's a burn, remove clothing from the burned area and run cool, not cold, water over the burn (do not use ice). Call your doctor immediately.

Fireworks are meant to be enjoyed, but you'll enjoy them much more knowing your family is safe. Take extra precautions this Fourth of July and your holiday will be a blast! Article Source: <http://kidshealth.org/en/parents/fireworks.html>



Vegan Buddha Bowl

This easy grain bowl has so much to love—sweet potatoes, protein-packed chickpeas, creamy avocado and homemade tahini dressing. Make the full recipe on the weekend and pack into individual serving containers for ready-to-go lunches for work all week.



Recipe from eatingwell.com

Ingredients

- 1 medium sweet potato, peeled if desired, cut into 1-inch chunks
- 3 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons tahini
- 2 tablespoons water
- 1 tablespoon lemon juice
- 2 cups cooked quinoa
- 1 15-ounce can chickpeas, rinsed
- 1 firm ripe avocado, diced
- ¼ cup chopped fresh cilantro or parsley

Preparation

Servings: 4

1. Preheat oven to 425°F.
2. Toss sweet potato with 1 tablespoon oil and ¼ teaspoon each salt and pepper in a medium bowl. Transfer to a rimmed baking sheet.

Roast, stirring once, until tender, 15 to 18 minutes.

3. Meanwhile, whisk the remaining 2 tablespoons oil, tahini, water, lemon juice, garlic and the remaining ¼ teaspoon each salt and pepper in a small bowl.
4. To serve, divide quinoa among 4 bowls. Top with equal amounts of sweet potato, chickpeas and avocado. Drizzle with the tahini sauce. Sprinkle with parsley (or cilantro).

Nutritional Information

Serving size: 1½ cups

Per serving: 455 calories

Fat: 25g (3g sat)

Fiber: 11g

Carbohydrates: 51g

Protein: 11g

Folate: 149mcg

Cholesterol: 0mg

Sugars: 3g

Fruit and Veggies of the Month



Vegetables

- Cucumbers
- Tomatoes
- Summer squash
- Corn
- Green beans
- Lettuce

Fruit

- Watermelon
- Strawberries
- Cantaloupe
- Blueberries
- Peaches
- Apricots
- Kiwi
- Raspberries

