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“To live is the rarest thing in the world. Most people exist, that is all.”— Oscar Wilde



Anthem members: You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing. Simply scan this QR code with your smartphone's camera to download the Sydney Health app.

Tip: Anthem.com and Sydney Health use the same username and password!

National Immunization Awareness Month & Flu Shots

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. Together, we can help raise awareness about the importance of vaccination and encourage people to talk to a healthcare provider they trust about staying up to date on their vaccinations.

Why vaccines are important

We become immune to (or protected from) a disease when our bodies create specific antibodies to fight that disease. Vaccines contain ingredients that help your body build this immunity. Immunity to a disease is achieved through the presence of antibodies to that disease in a person's system.

Take the time to get a flu vaccine

- Everyone 6 months and older should get a flu vaccine every year, especially those at higher risk.
- Flu vaccines help to reduce the burden of flu illnesses, hospitalizations, and deaths on the health care system each year
- Flu vaccination has been shown to reduce the severity of illness in people who get vaccinated but still get sick
- It's best to be vaccinated before the flu begins spreading in your community. September and October are generally good times to be vaccinated against flu. Ideally, everyone should be vaccinated by the end of October.

For more information on immunizations and flu shots:

[Vaccines and the Diseases they Prevent | Vaccines & Immunizations | CDC](#)

People at Increased Risk of Flu Complications

Some people are at higher risk of developing serious complications from flu. If you are at higher risk, flu vaccination is especially important. When you get vaccinated, you reduce your risk of getting sick with flu.

People at increased risk:

- Adults 65 and older
- Children younger than 2 years old
- People with asthma
- People with COPD or Cystic Fibrosis
- People with neurologic conditions
- People with blood disorders
- People with endocrine disorders (such as Diabetes)
- People with heart disease
- People with a weakened immune system due to diseases like certain cancers, or HIV or AIDS
- People who have had a stroke
- Pregnant women
- People who live in nursing homes or other long term care facilities

Other Preventive Actions to Avoid the Flu

- Avoid people who are sick
- Wash hands often
- Sanitize surfaces that are touched often
- Covering coughs and sneezes



For more details on what immunizations you and your loved ones may need, visit [anthem.com/preventive-care](https://www.anthem.com/preventive-care). You can use the guidelines to have a discussion with the doctor.

Keeping Kids Safe from Cyberbullying



Bullying is nothing new. But bullying today is different.

It's moved from playgrounds to online platforms. In that digital space, bullying is not only hurtful, but it's also often anonymous, relentless, and hard for others to detect.

A 2023 study by the Cyberbullying Research Center found that 54% of students said that cyberbullying was a big problem in their schools, and nearly 27% reported they had been bullied online in the 30 days before the survey.¹ Parents play an essential role in keeping kids safe from online bullying. The following information and tips will help.

Understand what cyberbullying is

Cyberbullying happens when someone repeatedly and intentionally intimidates, mistreats, or harasses an individual through digital devices, such as smartphones, computers, and tablets.

Anthem Members: Please utilize the **Emotional Wellbeing Resources**, ages *13+

Tools to improve everyday life

Our Emotional Well-being Resources provide the support you need to develop resilience, reduce stress, and practice mindfulness. The online programs and personalized coaching help you work through thoughts and behaviors that affect your emotional well-being. You'll learn effective ways to manage stress, anxiety, depression, and sleep issues — at no extra cost to you.

*Be sure to create an account for your covered minor dependent. Follow the click path below.

Sydney Health app select **MENU**, **ACCESS CARE**, then, **My Health Dashboard**, then **Featured Programs** to find the above program and others available to you and your covered loved ones.

Know the signs of cyberbullying

As you navigate online activity and smartphone use with your child, you'll want to be aware of the signs of cyberbullying, as identified by the Cyberbullying Research Center.

If your child is being bullied online, you might notice that they:

- Get upset, nervous, or jumpy when using their device.
- Stop using their device unexpectedly.
- Hide their screen or delete their browsing history.
- Avoid in-person social gatherings or frequently want to come home from school.
- Aren't sleeping well or change their eating habits.
- Have more headaches or stomachaches.
- Seem depressed or withdrawn.
- Inflict self-harm or exhibit risky behaviors

Learn how to respond to online bullying

Your plan might include the following steps:

- Don't reply or respond.
- Collect facts.
- Block and unfriend.
- Report it.

As a parent, you'll also want to

Be supportive. Talk to your child about how they are feeling. They likely feel angry, sad, scared, or ashamed. Assure them that you love them and don't blame them.

Watch for signs of distress. Bullying can impact your child's mental health. If your child shows signs of anxiety or depression, make an appointment for them with their pediatrician or a mental health professional.

To learn more on cyberbullying: [Keeping kids safe from cyberbullying](#)

Back to School and Teenage Mental Health

Back to School Mental Health.

Getting good grades. College and job applications. Extra-curricular activities. The list goes on. High school students face pressure every day to do everything and do it well. Because there is so much going on, mental health and wellbeing can often be forgotten until it has an impact on the person's ability to live their life. Share these tips with the kids in your life to help them manage their mental health as they head back to school this fall.

Address your basic needs.

Taking care of your basic needs can make all the difference. Eat healthy snacks, stay hydrated, and rest if you need to.

Make time for your hobbies.

It's important to make time for your hobbies. Take breaks from your schoolwork to do things that you personally enjoy, like playing a sport or spending time with friends and family.

Practice relaxation exercises.

If you're feeling stressed, try a relaxation exercise to calm your mind. A few examples include listening to music, reading a book, going on a walk and doing yoga.

Volunteer for others.

Research has found that giving back to others can increase a sense of life satisfaction and overall happiness. Volunteer your time with a local organization or your school.

Ask for help.

Don't be afraid to ask for help. If you are struggling to handle the pressure of school or work, or just need someone to talk to, reach out to an adult or friend that you trust.

Mental Health First Aid (tMHFA). This course teaches high school students about common mental health challenges and what they can do to support their own mental health and help their friends who are struggling. tMHFA empowers teens to speak up, take action and get help when it's needed the most from a trusted adult.

[Source: Mental Health First Aid: Five Ways to Manage Your Back-to-School Mental Health](#)



Supporting Teenage Mental Health

What to do when someone needs help If a friend or family member is showing signs of a mental health issue:

- Schedule a visit with their regular doctor.
- Check if your health plan or employer has an Employee Assistance Program (EAP) for mental health resources.
- Minimize access to means of self-harm, such as firearms, prescription medicines, and sharp objects like razors or knives.

Talking with a doctor or therapist can help. You can find Mental Health Support through the Sydney's **Virtual Care Center**. Sydney Health app select **CARE**, then, **Virtual Care** To find a care provider in your plan's network, use the Find Care feature on our Sydney Health mobile app at CARE, then or at **[anthem.com/find-care](https://www.anthem.com/find-care)**.

Grilled Peach and Burrata Crostini

Prep Time: 15 mins **Cook Time:** 10 mins **Servings:** 12

Ingredients:

- 1 tablespoon sugar
- 1 teaspoon Ground Cinnamon
- 1/4 teaspoon Ground Ginger
- 3 medium fresh peaches, pits removed and quartered
- 1/2 cup honey
- 1 teaspoon Crushed Red Pepper
- 1 teaspoon cider vinegar
- 8 ounces fresh burrata cheese, torn
- 1 (12 to 16 ounce) French baguette, cut diagonally into slices, toasted

Directions:

Step 1

Mix sugar, cinnamon, and ginger in small shallow bowl. Coat cut sides of peaches in sugar mixture. 1/4 cup for serving.

Step 2

Grill peaches over medium-high heat 5 to 6 minutes, turning occasionally, until lightly charred and caramelized. Set aside to cool slightly. Cut each quarter into 2 to 3 slices. Set aside until ready to assemble.

Step 3

Place honey and crushed red pepper in small saucepan. Bring to simmer on medium heat. Cook, stirring occasionally for 2 minutes, remove from heat and stir in vinegar. Set aside to cool slightly.

Step 4

To assemble, tear or slice burrata and layer on toasted baguette slices. Shingle peach slices over top. Drizzle with spicy honey mixture to serve.



[Source: Grilled Peach and Burrata Crostini](#)