Anthem

Wellness News

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"Treat yourself like someone you love." - Glennon Doyle

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You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing from the **Sydney Health app.**

Simply scan the **QR code** with your smartphone's camera to download the app today.

New Year, New You: Setting Healthy Goals for a Fresh Start

As the new year approaches, it's the perfect time to reflect on the past year and set intentions for the one ahead. Embracing healthy goals can lead to a happier, more balanced life. Here are some tips for setting and achieving your healthy New Year goals:

1. Prioritize Self-Care -   Taking care of yourself is essential for overall well-being. Make self-care a priority by scheduling regular "me time" for activities that rejuvenate you, whether this is reading, meditating or enjoying a hobby you love.

2. Set Realistic Goals - When setting goals, it's important to be realistic. Instead of aiming for drastic changes, focus on small, achievable steps. For example, if you want to start exercising more, begin with a few short workouts each week and gradually increase the intensity and duration.

3. Eat Mindfully - Healthy eating is a cornerstone of wellness. Aim to incorporate more whole foods into your diet, such as fruits, vegetables, lean proteins, and whole grains. Practice mindful eating by paying attention to your hunger and fullness cues, and savoring each bite.

"Mindful eating is about being present and fully engaged when eating. It's not just about what you eat, but how you eat. By paying attention to your hunger and fullness cues, savoring each bite, and truly enjoying your food, you can foster a healthier relationship with eating and nourish your body in a more balanced way." – *Rachel Steinke, Registered Dietitian, Mercer Health Center for Healthy Weight & Wellness*

4. Stay Hydrated - Drinking enough water is crucial for your body's functions. Make a habit of carrying a water bottle with you and set reminders to drink water throughout the day. Staying hydrated can improve your energy levels and overall health.

5. Get Moving - Physical activity is key to maintaining a healthy lifestyle. Find activities you enjoy, whether it's dancing, hiking, yoga, or playing a sport. Aim for at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise each week.

6. Prioritize Sleep - Quality sleep is essential for both physical and mental health. Create a bedtime routine that promotes relaxation, such as reading or taking a warm bath. Aim for 7-9 hours of sleep each night to wake up refreshed and ready to tackle the day.

"Neglecting sleep can have serious repercussions on both physical and mental health. Chronic sleep deprivation increases the risk of cardiovascular diseases, impairs cognitive function, and weakens the immune system. It's crucial to prioritize quality sleep to maintain overall well-being and ensure that your body and mind are functioning at their best." – *Dr. Megan Core, Mercer Health Primary Care Provider*

7. Manage Stress - Stress can take a toll on your health, so it's important to find healthy ways to manage it. Practice relaxation techniques such as deep breathing, meditation, or journaling. Make time for activities that bring you joy and reduce stress.

8. Foster Positive Relationships - Strong social connections can enhance your well-being. Spend time with loved ones, engage in meaningful conversations, and build a support network. Surround yourself with positive influences who encourage your growth.

9. Practice Gratitude - Cultivating gratitude can improve your mental health and outlook on life. Start a gratitude journal where you write down things you're thankful for each day. Reflecting on the positive aspects of your life can boost your mood and resilience.

10. Regular Health Check-Ups - Schedule regular check-ups with your primary care provider to stay on top of your health. Preventive care can catch potential issues early and keep you on track with your wellness goals.

As you start the new year, remember that small, consistent steps can lead to big changes. Set goals that match your values and lifestyle and be patient with yourself. Embrace growth and celebrate your achievements. Here's to a healthy happy New Year!

Healthcare 101: How to Speak Healthcare

Do you need a dictionary to understand your doctor or your health plan? Maybe your doctor tells you: "Your elevated glucose levels may exacerbate your hypertension." Translation: Your high blood sugar may make your high blood pressure worse. Or your health plan says: "Your prescribed medication is on our drug formulary." In other words, it's covered. **Many people find health terms confusing**. Knowing what common health and insurance words mean can help you make better health choices for you and your family.

10 health terms made simple

1. **Acute:** An illness that starts quickly and doesn't last long.
2. **Benign:** Something that isn't harmful or cancerous, like a non-cancerous growth.
3. **Biopsy:** Taking a small piece of tissue to check if it's cancerous.
4. **Chronic:** A long-lasting condition, like an illness that stays for a long time.
5. **Comorbidity:** Having two or more conditions at the same time, like heart disease with high blood pressure.
6. **Inpatient:** Staying in the hospital overnight.
7. **Malignant:** Describes cancerous cells that can grow and spread to other parts of the body.
7. **Outpatient:** Going to the hospital for treatment without staying overnight.
8. **Prognosis:** What's likely to happen with an illness or condition over time.
9. **Remission:** When symptoms get better or go away.

10 health insurance terms made simple

1. **Claim:** A request made to your insurance company to pay for healthcare services.
2. **Copayment:** A set fee you pay each time you go to the doctor or get a medical service.
3. **Deductible:** The amount you need to pay for healthcare before your insurance starts to cover expenses.
4. **Explanation of benefits (EOB):** A statement showing what your insurance paid and what you owe.
5. **Network:** A group of doctors and facilities that your insurance plan prefers you to use.
6. **Out-of-pocket maximum:** The most you'll pay for covered services in a year, after which the insurance covers 100%.
7. **Percentage of the cost:** Your share of healthcare costs — a percentage you pay after reaching your deductible.
8. **Preexisting condition:** A health issue you had before getting health insurance.
9. **Preapproval:** Approval from your insurer before you get a particular service or medication.
10. **Referral:** Approval from a primary care doctor to see a specialist

Find more common health insurance terms.
Check out more resources that provide clear health and plan information
Get the most from your plan
Managing your health is easier when you can quickly **find answers to healthcare and plan questions**. We explain everything — from types of care to costs and more.
Have the tests you need
Know which medical tests you need to stay healthy and catch symptoms early

Sydney Health℠ app, for quick, secure, digital access to all of your plan information. You have one place you can go for all your plan and benefits information. You can review coverage and claims, find care, estimate cost of care, manage your prescriptions*, engage with wellbeing programs, and access your digital plan ID card. Register on our Sydney℠ Health app or through our website at anthem.com/register so your account is ready to use when you need it. There is no cost, and it only takes a few minutes.

Prepare for your next appointment

Going to the doctor is an important part of staying healthy. Whether you're going for a regular checkup or seeing the doctor because you're sick, preparing for your appointment can help ensure you get the help and information you need and feel confident about your care plan moving forward.

Before your visit

Whether you're having an in-person or virtual visit, experiencing symptoms, or completing an annual physical, it helps your appointment run smoothly if you do the following things beforehand:

- Make a list of everything you take. This can include prescriptions, over-the-counter medicines, vitamins, and herbal supplements.

- Be sure to include how much you take each day.

- Think about including a family member or friend. They can help you think of questions for your doctor, review information with you after your appointment, or maybe even participate in a virtual visit.

- Write down questions you want to ask your doctor. You can include questions like:

  — What can I do to prevent or delay health problems?

  — Should I make any changes to improve my health?

  — Are there tests or screenings I should have, based on my age or other risk factors?

  — When do I need to come back for another visit?

Preventive care vs. diagnostic care

Preventive care can be scheduled when you're feeling well to help keep your health on track. Annual wellness visits, physicals and preventive screens can help detect health problems early. Plus, they're covered by your health plan.

Diagnostic care is used to determine the cause of any symptoms you're experiencing. This type of care may include appointments with your doctor or a specialist and tests used to diagnose an issue so it can be treated..

Understanding a diagnosis

If you go to the doctor for diagnostic care, make sure you understand your condition and your doctor's plan of care before leaving. Asking your doctor the following questions may help you better understand your diagnosis:[1]

- What's the name of the condition?
- What may have caused this condition?
- How long is this condition expected to last?
- How will this problem affect me long-term?
- How can this issue be treated or managed?
- Where can I learn more about this condition?
- Do I need to see a specialist about this condition?

Feel confident before you leave

If your appointment is ending and you're still unsure about your condition or what you're supposed to do next, don't leave without knowing the answers to these questions:[2]

1. What is the main issue?
2. What do I need to do?
3. Why is it important that I do this?

It's important that you understand what's happening so you can feel confident in how to move forward.

https://file.anthem.com/1033802MUMENABS.pdf

Visit **anthem.com/preventive-care** to learn what preventive care you should get and when before talking to your doctor.

Pan Fried Brussels Sprouts

These fried Brussels sprouts are easy to make and so delicious! Pan-frying them brings out their flavor and they make a colorful green side dish for the holidays.

Ingredients

1 tablespoon olive oil

2 teaspoons crushed garlic

¼ white onion, chopped

1 pound trimmed Brussels sprouts

salt and ground black pepper to taste

1 pinch garlic powder, or to taste

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Servings: 4

Nutrition Facts (per serving)
87 Calories, 4 g Fat, 12g Carbs, 4 g Protein

Directions

Step 1 Gather the ingredients

Step 2 Heat olive oil in a cast-iron skillet over medium-low heat. Add garlic and stir until golden brown and fragrant, about 2 – 3 minutes. Add onion and cook until soft, stiring often, about 5 minutes.

Step 3 Add Brussels sprouts and cook until one slide of the sprouts turns golden brown, 5 to 7 minutes.

Step 4 Stir to turn spouts over and cook until evenly golden brown, another 5 to 7 minutes. Season with salt, black pepper, and garlic powder.

https://www.allrecipes.com/recipe/216805/pan-fried-brussels-sprouts/

FUN FACTS!

Brussels sprouts, are named after the Belgian capitol city. The "B" should also be capitalized because "Brussels" is a proper noun.

The **sulforaphane** that give Brussels sprouts their unique flavor also helps lower cancer risks.

They contain **zeaxanthin**, an antioxidant that's considered important for eye health.

They are an excellent source of **vitamin K**, which is essential for bone health and blood clotting.

https://www.hitchcockfarms.com/blog/brussels-sprouts-facts