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“Life starts all over again when it gets crisp in the fall.”— F. Scott Fitzgerald



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!



A healthier smile, a healthier you

The power of preventive dental care



Children

Cavities are the most common chronic disease among children in the United States, and tooth decay can start as young as six months. Starting healthy habits early, like supervised brushing and limiting sugary snacks and drinks, also leads to better dental health throughout life.



Pregnant women

Dental health is a key part of a healthy pregnancy. That's because pregnant women are at a higher risk for issues such as gum disease and cavities, which can also affect a baby's health.



Adults

The potential for cavities, tooth loss, and gum disease continues as you and your teeth age. These can lead to other health issues that are more serious. Preventing problems — or catching them early — can also save you money, before they become more costly or difficult to treat.

Dental health isn't just about having a sparkling smile. It plays a big role in your whole health. That's why preventive dental care — which includes going to the dentist and practicing healthy habits at home — is key.

Why dental health matters at every life stage

Our mouths are full of bacteria, most of which is harmless. However, when we don't practice good dental hygiene, that bacteria can spread to other parts of the body and cause illness or disease. Issues such as tooth loss and cavities can also affect our self-esteem and make everyday activities, including eating and speaking, more difficult.

What is preventive dental care?

Healthy habits checklist

- ☒ Have regular dental checkups
- ☒ Brush your teeth and tongue at least twice a day with a soft-bristled toothbrush
- ☒ Floss daily
- ☒ Limit sugary foods and drinks
- ☒ Don't smoke or use tobacco products

Regular visits with your dentist Dental checkups give your dentist the chance to deep clean your teeth, look for any issues, and teach you healthy habits to practice at home. Going twice a year is a good rule of thumb, but pregnant women and people with certain medical conditions might need to visit more often.



To learn more about your own oral health, take the Dental Health Assessment* and / or the My Health Check-in located on My Health Dashboard of [anthem.com](https://www.anthem.com) and Sydney Health

* If you have Anthem Dental through your employer

Cavity prevention helps your teeth stay strong

While they are more common during childhood, cavities can easily develop in adults as well. Cavities form when plaque sits on a tooth and starts to wear down its hard outer layer, or enamel. Fortunately, since cavities develop slowly, regular brushing to remove plaque and keeping up with your routine dental checkups can help prevent cavities altogether or at least help your dentist find them early when they're more easily treated.

You help prevent cavities when you:¹



Brush twice a day with a fluoride toothpaste and floss daily.



Cut back on sugary or starchy foods and drinks, including juice, cereal, soda, and candy.



Visit your dentist twice a year for routine exams and updated X-rays.

Prevent cavities with dental sealants

Dental sealants are a liquid coating that can be applied to teeth with deep grooves so they're easier to clean.² Talk to your dentist at your next visit about whether sealants would be a good preventive option for you. You can also check your plan details to see how your benefits cover sealants.

If a cavity develops, you may experience:



Bad breath or a bad taste in your mouth.



Toothache or mouth pain.



Sensitivity to hot or cold foods and drinks.

For cavities found in the early stages, your dentist may suggest fluoride treatments to help reverse the decay. If the decay is more advanced, you may need a filling or root canal therapy to drill out the affected tooth tissue. Either way, it's important to treat a cavity as soon as possible to prevent the decay from worsening.

Our digital tools can help you take care of your oral health

Use the [Sydney Health app](#) or log in to [anthem.com](#) to:

- Search for dentists in your Anthem plan's network*
- Use the **Ask a Dentist** feature if you have questions or concerns before your checkup
- Complete the online **Dental health Assessment**

Sources:

1 Cleveland Clinic website: *Cavities* (March 27, 2023): my.clevelandclinic.org.

2 Cleveland Clinic website: *Sealants* (March 27, 2023): my.clevelandclinic.org.

* If you have Anthem Dental through your employer

Sydney Health is offered through an arrangement with Caredon Digital Platforms, a separate company offering mobile application services on behalf of your health plan

National Suicide Prevention Month

September is National Suicide Prevention Month – a moment that serves as a powerful reminder that there are steps we all must take in looking out for loved ones, the people in our community, and those who have been impacted by this leading cause of death.

It's time to take one big step together.

Since 2002, millions of people have attended the American Foundation for Suicide Prevention's **OUT OF THE DARKNESS WALKS** in communities across the country, raising awareness and funds that go toward education programs, advocacy efforts, and scientific research that reveals how we can save more lives.

By walking with others, we find comfort in knowing we are not alone, and that we are connected through great purpose to healing and support. So join us – as parents, neighbors, family members, classmates and colleagues – and **find an Out of the Darkness Walk near you**, as we all take a step in the right direction: towards HOPE.¹

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.

Offering Support

If you are struggling, or notice signs that someone else might be struggling, please take advantage of these resources:

988 Suicide and Crisis Lifeline

If you or someone you know is experiencing a mental health crisis, call or text the [Suicide and Crisis Lifeline](#) at 988 immediately. Providing free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States and its territories, the 988 Lifeline is a national network of more than 200 local crisis centers, combining local care and resources with national standards and best practices.



Employee Assistance Program (EAP)* Call the 24/7 Resource Line

Anthem EAP provides personalized support based on your specific situation. With a diverse team of specialists, including care coaches, social workers, community outreach specialists, and therapists, this service is included as part of your benefits at no extra cost to you. If you don't have Anthem's EAP, check with your provider to see what they offer.

Making a Positive Difference

No one should walk this path alone. Creating an environment of compassion and support starts with each one of us. Whether it's by starting an open conversation about mental health or simply offering a smile and a listening ear, one small action can make a big difference this Suicide Prevention Month.

Sources
1. <https://afsp.org/national-suicide-prevention-month/>
* If your employer has Anthem's EAP program

What to know about menopause

While the thought of no longer having a menstrual period may appeal to many women, going through the menopause transition isn’t always easy.

Menopause, or the end of menstruation, usually occurs in women between ages 45 and 55.¹ Understanding its stages, symptoms, and how to get relief can help you navigate this life change with confidence.

The three stages of menopause

The menopause transition covers three phases:

Perimenopause starts 4 to 8 years before menopause, usually in your mid-40s.² During this time, your ovaries make less estrogen and progesterone, which are key reproductive hormones. As hormone levels drop, you might have symptoms like hot flashes, moodiness, and sleep problems.

Menopause is the official point at which you haven’t had a period for 12 months. The average age for menopause is 51, but it can happen from ages 46 to 55.³

Post-menopause refers to the years after menopause. While menopausal symptoms often become milder or even go away, it’s vital to keep seeing your doctor for preventive healthcare. During this stage of life, your risk for heart disease, stroke, and osteoporosis rises. Routine checkups can find health issues early when they’re easier to treat.

Symptoms of menopause

Signs of menopause differ for each person, but common symptoms include:

- Hot flashes and night sweats
- Irregular periods
- Loss of bladder control
- Mood swings
- Sleep problems
- Vaginal dryness
- Weight gain

How to cope

While menopause can be disruptive, you have options for managing the symptoms and maintaining your quality of life. It helps to:

- **Talk to your doctor.** Together, you can decide if hormone therapy, antidepressants, or alternative medicine might work for you based on your symptoms, family and medical history, and preferences.
- **Consider lifestyle changes.** Being more active, eating more fruits, vegetables, and whole grains, and consuming less refined sugar, processed food, and alcohol can all help control symptoms.
- **Get enough sleep.** Try going to bed at the same time each night and using a fan to help keep the room as cool as possible.
- **Manage stress.** Practicing mindfulness or yoga can help your sleep and keep other symptoms at bay.

Every woman’s menopause transition is unique, but knowing the stages and symptoms of menopause helps each of us navigate this milestone with more confidence.



75% of women experience hot flashes⁴



Talk to your doctor about menopause

Schedule a visit with your primary care physician (PCP) or OB-GYN. To find a doctor, use the Find Care feature on the **SydneySM Health** app or [anthem.com](https://www.anthem.com).

¹ National Institute on Aging: *What Is Menopause?* (September 30, 2021): [nia.nih.gov](https://www.nia.nih.gov).
² North American Menopause Society: *Menopause 101: A primer for the perimenopausal* (accessed June 24, 2024): [menopause.org](https://www.menopause.org).
³ Endocrine Society: *Menopause Map* (accessed June 24, 2024): [endocrine.org](https://www.endocrine.org).
⁴ National Menopause Foundation: *What do I need to know about menopause?* (accessed June 24, 2024): [nationalmenopausefoundation.org](https://www.nationalmenopausefoundation.org).

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Pumpkin Pie Coffee Cake

(Gluten Free, Grain Free, Refined Sugar Free)

Crumble!

1 cup pecans, finely chopped
½ cup almond flour
1/3 cup coconut sugar
2 teaspoons pumpkin pie spice (store-bought or homemade, [recipe here](#))
1/8 teaspoon fine grain sea salt
3 tablespoons avocado oil

Cake!

2 cups almond flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon sea salt
¼ teaspoon pumpkin pie spice
4 eggs
2/3 cup coconut sugar
2/3 cup canned pumpkin puree
1 teaspoon lemon zest (from 1 lemon)

Instructions

1. Line a 10x5 inch loaf pan with parchment paper, leaving it to hang over the edges a big
2. Preheat oven to 350 degrees
3. Mix together all the crumble ingredients
4. Mix together all the cake ingredients until a smooth batter forms. In a parchment line loaf pan add half the batter. Layer in ¼ of the crumble topping, then top with the remaining half of batter. Top with remaining crumble. Bake for one hour, or until a toothpick inserted in center comes out clean.

[Source: Pumpkin Pie Coffee Cake](#)

