

Wellness News

September 2022

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“Always hold fast to the present. Every situation, indeed every moment, is of infinite value, for it is the representative of a whole eternity.” — Johann Wolfgang von Goethe



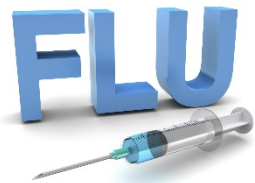
Flu Prevention Starts with You

When it comes to the flu, there's no better way to defend yourself, your family, and your community than by getting a flu shot.

Benefits of a flu shot

Each year, millions of people become sick with the flu. The flu shot can help:

- **Keep you healthy.** In recent years, the flu shot has helped prevent:
 - 7.5 million illnesses
 - 3.7 million medical visits
 - 105,000 hospitalizations
 - 6,300 deaths
- **Prevent complications in people with chronic conditions.** The flu vaccine can reduce hospitalizations for people with diabetes and chronic lung conditions and help lower the rate of cardiac events.
- **Reduce how sick you become.** A flu shot can decrease your risk of getting the flu by as much as 60% and will help reduce the severity of the virus if you do become ill.
- **Protect the people around you,** including those who are at a higher risk for illness, such as babies, young children, older adults, and those with chronic health conditions.



Prevention

While a flu shot is the best prevention against the flu, here are additional tips for staying healthy during flu season:

- Clean shared, high-touch surfaces. Wipe down items such as telephones, keyboards, steering wheels, and doorknobs often.
- Avoid close contact with those who are sick. If you are sick, be sure to limit your contact with others.
- Wash your hands often with soap and water and use a tissue to cover your sneeze or cough when possible.
- Avoid touching your eyes, nose, and mouth. This is the easiest way for germs to spread.

Be protected this flu season. Visit our website at [anthem.com](https://www.anthem.com) to find a doctor or pharmacy near you that offers the flu shot.

1. Centers for Disease Control and Prevention: Key facts about influenza (flu) (September 13, 2019): [cdc.gov](https://www.cdc.gov).

2. Centers for Disease Control and Prevention: Misconceptions about seasonal flu and flu vaccines (June 1, 2021): [cdc.gov](https://www.cdc.gov).

3. Centers for Disease Control and Prevention: Preventive Steps (June 8, 2021): [cdc.gov](https://www.cdc.gov).

Healthy Choices



How to Eat More Vegetables

There are various tips and tricks you can use to increase your vegetable intake. I encourage you to try one or more of these in the next week or use them to brainstorm your own techniques. Your mind and body will thank you!

Eat more soup - Soups are a great way to get more veggies in your diet. You can make a vegetable base by pureeing several types of greens and adding spices to it. Or you can simply cut up and add carrots, celery, or broccoli to a broth soup to quickly and easily add a touch of healthful flavor.

Make vegetable noodles - Did you know it's super easy to make noodles out of veggies? It's also a great low-carb substitute for regular pasta. Simply insert your vegetable of choice into a spiralizer, a kitchen gadget that processes them into noodle-like shapes. Good choices include zucchini, squash, and sweet potatoes. The "noodles" can take the place of pasta in most dishes.

Eat more frozen produce - Fresh veggies taste the best and are the best for you, but it can be hard to eat all the vegetables in your fridge before they go bad. And sometimes it's hard to find certain vegetables out of season. The good news, however, is that flash-frozen veggies still retain most of their nutrients, they are easier to store and keep longer, and they are typically available year-round. If you do supplement your vegetable consumption with frozen options, just be sure to choose products with low or no sodium or added sugars.

Choose healthy snack - Instead of reaching for a bag of chips, keep a stash of raw veggie sticks handy when you are looking to munch on something between meals. Bell peppers and carrots are great options for this. And on a hot summer day, you just might find that a bowl of frozen peas could hit the spot.

"Hide" veggies in smoothies - Smoothies are a great way to add significant amounts of greens to your diet. A typical smoothie involves combining milk, ice, and fruit in a blender, but you can add any number of different vegetables without compromising the fruity flavor of the drink. Leafy greens like kale and spinach are good options, as are cucumbers.

SEPTEMBER 21 is
World
Alzheimer's Day



The number of Americans living with Alzheimer's is growing — and growing fast. More than 6 million Americans of all ages have Alzheimer's.

Quick Facts

An estimated 6.5 million Americans aged 65 and older are living with Alzheimer's in 2022. Seventy-three percent are age 75 or older.

- About 1 in 9 aged 65 and older (10.7%) has Alzheimer's.
- Almost two-thirds of Americans with Alzheimer's are women.
- Older Black Americans are about twice as likely to have Alzheimer's or other dementias as older Whites.
- Older Hispanics are about one and one-half times as likely to have Alzheimer's or other dementias as older Whites.

As the number of older Americans grows rapidly, so too will the number of new and existing cases of Alzheimer's. By 2050, the number of people aged 65 and older with Alzheimer's may grow to a projected 12.7 million, barring the development of medical breakthroughs to prevent, slow or cure Alzheimer's disease.

24/7 HELPLINE: [800.272.3900](tel:800.272.3900)

1. <https://www.alz.org/alzheimers-dementia/facts-figures>

1. <https://www.risetogethertoday.com/blog/dr-hyman-s-tips-to-get-more-veggies-in-your-diet>

Double Chocolate Protein Bars

Recipe courtesy Mark Hyman, MD

Ingredients:

- 2 cups natural almond butter, preferably crunchy
- 1 ¼ cup no sugar added chocolate protein powder
- ¼ cup hemp seeds
- ½ cup monk fruit maple syrup
- ¼ tsp Himalayan salt
- 2 ounces 100% cacao dark chocolate, unsweetened
- 1 tbsp. coconut oil



Directions:

1. Add the almond butter, protein powder, hemp seeds, and monk fruit syrup to a large bowl.
2. Using your hands, bring the ingredients together into a smooth ball of dough. If it seems a bit too dry, add one tablespoon of water at a time until it comes together.
3. Transfer the almond butter dough into a parchment paper lined 8x8 baking dish. Press the dough out into a flat and even layer. Transfer the pan to the refrigerator and chill for 30 minutes.
4. Once firm, remove from the fridge and cut into 15 bars. Place on a wire rack over a tray.
5. Melt the chocolate along with the coconut oil using a double boiler. Drizzle the melted chocolate over the bars with a spoon or piping bag. Transfer the bars to the fridge for 5 minutes to allow the chocolate to set. Enjoy and store the extra bars in the fridge for up to one month in a covered container.

10 Instant Ways to Calm Yourself Down

1. Hand Massage
2. Palm Push
3. Close Your Eyes
4. Mindful Sighing
5. Mindful Monkey Stretch
6. Hug Yourself
7. Wall Push
8. Superman Pose
9. Shake
10. Bubble Bath



Benefits of Cold Therapy

Cold water therapy is the practice of using water that's around 59°F (15°C) to treat health conditions or stimulate health benefits. It's also known as cold hydrotherapy.

The practice has been around for a couple of millennia. But recent adaptations include ice baths, brisk daily showers, outdoor swims, and cold water immersion therapy sessions.

No matter which method of cold therapy you try, the icy temperature can potentially give your health and wellness a boost, and it takes just a few minutes of cold exposure to start reaping the benefits. When you practice cold therapy regularly, you may notice even more significant effects.

1. Decreased inflammation
2. Improved metabolism
3. Better mood and mental clarity
4. Improved sleep
5. Enhanced recovery from exercise

<https://psychcentral.com/blog/10-instant-ways-to-calm-yourself-down>
<https://www.healthline.com/health/cold-water-therapy#what-is-it>