FALL/WINTER 2013 IVE HEADER HEADER IN INTER 2013 IVE HEADER HEADER IN INTER 2013 IVE HEADER INTER 2013 IVE HEADER IN INTER 2013 IVE HEADER INTER INTER 2013 IVE HEADER INTER INT

Beat the Blues Get out and get happy

Sittin' Pretty

Exercises you can do in your chair

4 Freebies

Health services at no charge

The not-so-

8

about Alabama's biggest health threat





Dear Valued Member,

We're just around the corner from fall festivities and the holidays. Not only are the holidays a time to celebrate, they are also a time of giving thanks!

With that in mind, Blue Cross and Blue Shield of Alabama would like to extend our appreciation to you for being a valued Blue Advantage (PPO) member.

We thank you for getting your health screenings as requested, returning our letters and surveys, and taking our phone calls. We know these measures may sometimes seem like a hassle, but they all relate back to The Five Star Quality Rating System for Medicare Advantage Plans (STARS) run by the Centers for Medicare and Medicaid Services (CMS). These efforts support our goal to be the highest rated plan in Alabama and provide you with the highest quality plan possible. Look for a special edition of *Live Healthy Alabama* in December to learn more about STARS and how it affects you!

We appreciate your opinion. Do you have any feedback about our publication? Do you want to share an article idea, ask a question about something you read or share a healthy recipe? Please let us know. We have a new email address just for you: **LiveHealthyAL@bcbsal.org**.

We hope you enjoy this issue of Live Healthy Alabama and wish you the very best this holiday season!

Thank you for reading!

Jan Scott, RN, BJN

Health Management Manager for Blue Advantage (PPO)

Blue Cross and Blue Shield of Alabama is an independent licensee of the Blue Cross and Blue Shield Association. Blue Advantage (PPO) is a Medicare-approved PPO plan. Enrollment in Blue Advantage (PPO) depends on CMS contract renewal. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year.

This information is provided for general informational purposes. Information contained in this communication is not intended to replace professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider regarding your healthcare needs. Never disregard professional medical advice or delay seeking medical advice because of something you have read in this informational piece.





Live Healthy Alabama is a publication of Blue Cross and Blue Shield of Alabama, Birmingham, Alabama.

BY THE NUMBERS





POUNDS OF SUGAR consumed per person in the U.S. in the year 2000 versus 1900.



GALLONS OF SODA is the average amount Americans drink each year.



LAUGHS

offer benefits equal to a

10-MINUTE WALK. 1,300

HERSHEY'S KISSES made

CISSES

per minute for a total of about 33 million delicious chocolate treats a day.

206

BONES IN THE HUMAN BODY. Almost 25% of those are in your feet.



6 BILLION

DOLLARS AMERICANS SPENT on Christmas lights in 2011.

Live Healthy Alabama | 1



You want to stay physically fit – but that doesn't mean you have to pound the pavement or hit the gym. Here are some exercises you can do from the comfort of your home. Always consult with your physician before beginning any exercise program.









Tummy Twists Hold your arms out at a 90 degree angle while holding a ball or any weighted item to add resistance. Keep your back straight and tighten your abdominal muscles by imagining you are pulling your belly button back towards your spine.

Twist just your upper torso and arms as far to the left as you can and then move back to the center. Repeat on opposite side. Complete motion 10 times on each side per set.



Knee Lifts Sit upright and slowly lift your right knee towards your chest and then return to the starting position. Do the same thing with the left leg. Alternate this exercise eight to 10 times with each leg per set.



Most experts recommend getting 30 minutes of exercise at least five days a week.



Leg Extensions Hold onto the sides of your chair. Extend the left knee so that your foot lifts off the ground, then slowly kick your leg outward until it is nearly straight. Don't overextend your leg and risk injury. Keep your knee slightly bent. Repeat 10 to 12 times per leg, one leg at a time, per set.



TIP: Most of these exercises may be done with light hand weights to increase the resistance.



Seated Row Sit on the edge of your chair. Bend your elbows. Hold your arms out with thumbs towards the ceiling and pull your elbows back as if rowing a boat. Squeeze your shoulder blades. Move your arms back to the starting position. Repeat motion eight to 10 times per set. For additional strengthening, modify this same exercise by using a resistance band or light weights.

Side Arm Raises This can

be done sitting or standing, with or without light weights. Hold your hands down at your sides with the palms facing inward. Breathe out as you raise your arms to your sides to shoulder height. Hold the position for one second, and then breathe in as you lower your arms to the starting position. Complete exercise 10 to 15 times per set.







Chair Dips Sit in a steady chair with strong armrests. Lean slightly forward in the chair while keeping your back and shoulders straight. Grab the armrests with your hands and breathe in slowly. Use your arms to slowly lift your body off the chair while breathing out. Hold yourself up for one second and then breathe in as you lower yourself to the starting position. Complete exercise 10 to 15 times per set.

Blue Advantage B E N E F I T

SilverSneakers Steps Kits

Your Healthways SilverSneakers® Fitness Program can help you find ways to work out without leaving the house.

Eligible members may select one of four kits to suit their interests, lifestyle and fitness level:

- GENERAL FITNESS
- STRENGTH
- WALKING
- YOGA

Call 1-888-234-8266 (TTY 711)

Monday - Friday, 8 a.m. - 8 p.m. to see if you qualify. For more details or to order your Steps Kit, call SilverSneakers or register online at **silversneakers.com/member.**



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🙆 My Life

Get Happy!

The holiday season is a source of joy for many, but not for everyone. Some people get a serious case of the "holiday blues"- sometimes referred to as Seasonal Affective Disorder, or SAD. SAD generally affects women more often than men, but everyone can feel the effects of this gloomy disorder. The holiday blues can also be a sign of a larger problem: depression.

Whether you have symptoms of depression or SAD, it's important to speak with your doctor.

You don't have to give in to feeling blue. You have the option to do something about it!



Here are a few ways to get out and get happy this holiday season.

Control Your Schedule – While you should attend gatherings and try to be around others, don't cause undue stress by trying to do too much.

Enjoy the Sunshine – Make it a point to get out during the sunniest part of the day and take a walk. If bad weather keeps you indoors, consider a trip to a mall with brightly lit department stores or take advantage of your free SilverSneakers Fitness Program membership by visiting a participating gym.

Leave the House – Take a walk or drive through your community at night to enjoy holiday displays.

Eat Happy – Eat for your health. Look for foods packed with vitamins and minerals. Getting adequate nutrition has been shown to lift moods.

Forgive – Let go of any resentments or regrets. Forgive others and forgive yourself, if necessary.

Limit Your Holiday "Spirits" – If you drink, don't overdo it. Alcohol works as a depressant. So if you are already sad, it can make those feelings worse.

Volunteer – Get out and give back to your church, local homeless shelter or any organization working to make a positive change. Selfless acts of love not only help others, they help you.

Blue Advantage B E N E F I T

As a Blue Advantage (PPO) member, you are entitled to a **free depression screening** with your doctor. If you have questions about this benefit, please contact Customer Service by calling **1-888-234-8266 (TTY 711)**.

Did you know the **"Holiday Blues"** could be a symptom of a larger problem?

According to the National Alliance on Mental Illness, an estimated 35 million people in the United States 65 year of age or older have depression.

Symptoms of depression may include:

- Weight loss
- Confusion
- · Loss of memory
- Loss of appetite
- Withdrawal from social situations
- Insomnia
- Irritability
- Delusions
- Hallucinations

If you have any of these symptoms or if what you feel is more than just "the holiday blues," you may be depressed. If you suspect depression, please talk to your doctor.







If you have a healthy recipe you would like to share with our readers, email it to LiveHealthyAL@bcbsal.org

Black Forest Trifle

THIS SWEET TREAT CUTS BACK ON SUGAR WITHOUT SACRIFICING TASTE

Recipe makes enough for one very large trifle to share at your next holiday party. For smaller family gatherings, use half of the ingredients below.

(Almost) Sugar-Free Black Forest Trifle

1 Sugar-Free Devil's Food Cake Mix (16 oz.)

1 package Instant Sugar-Free Chocolate Pudding (1.4 oz.)

1 package 60% or higher Dark Chocolate Chips

2 packages Frozen Cherries (24 oz. each)

1 package Sugar-Free Frozen Whipped Topping (8 oz.)

Estimated Nutritional Information

(per 1 cup serving)

Will vary depending on mixes and brands used.

Calories – 240 Calories from fat – 55 Total Fat – 7.5 g Saturated Fat – 2.75 g Cholesterol – 0 Sodium – 370 mg Total Carbohydrates – 64 g Dietary fiber – 7 g Sugars – 24 g Sugar Alcohol – 14g Protein – 5 g

- > Take frozen whipped topping and cherries out of freezer and allow them to thaw.
- > Cook devil's food cake mix according to package instructions. Leave out to cool.
- > Prepare instant pudding according to package instructions.
- > Crumble cooled cake and layer ingredients in trifle dish in the following order:
 - a. Cake crumbles
 - b. Cherries
 - c. Pudding
 - d. Whipped topping
 - e. Chocolate chips
- Repeat layers until trifle dish is full.
 Refrigerate and serve cold.

TIP > To lower the sugar content even more, you can substitute sugar-free or unsweetened chocolate chips.





THE NOT-SO- Pureelo

A little sugar can certainly make the holidays sweeter. But here are the not-so-sweet statistics on sugar's silent side effects.

REFINE SUGAR HAS NO NUTRITIONAL VALU	O MINERALS O ENZYMES
REFINED SUGAR IS LINKED TO:	
OBESITY	DIABETES
HIGH BLOOD PRESSURE	METABOLIC SYNDROME
DEPRESSION	ACNE
SKIN IRRITATIONS	HEADACHES
HARDENING OF ARTERIES	ERRATIC BEHAVIOR
ACHING LIMBS	HYPOGLYCEMIA
FATIGUE	ANXIETY

SIMPLE SWAPS

Based on a 2,000-calorie-per-day diet, the United States Department of Agriculture (USDA) recommends you limit empty calories–which includes sugar–to 260 or less per day.

With that in mind, here are a few alternatives to consider as substitutes for a high-sugar snack or dessert.

HIGH SUGAR OPTIONS	HEALTHIER SUBSTITUTION
Ice Cream	Frozen Yogurt
Chocolate	Sugar-Free Candies
Gummy Bears	Dried Fruits
Sports Drinks or Sodas	Water or Crystal Light®
Sweet or Salty Snack Mixes	Raw Nuts

UNFAIR TRADE: There's a good

chance any packaged food labeled "fat-free" or "low-fat" is loaded with sugar. The nutrition label will help you spot sugars that have been added to enhance the taste of those low-fat foods.

GO GREEN: Red apples contain up to 20 grams of sugar. Reach for a Granny Smith apple instead—it has less sugar, and about the same amount of fiber.



Foods with extra sugar aren't always easy to spot. Here are some seemingly innocent foods with Fla surprisingly high sugar content.

SHOCKING: The average American consumes about 3 pounds of sugar per week. Over a normal lifetime, that's about 2 tons! **TEASPOONS OF SUGAR:**

Raisins 2 OUNCES

Flavored yogurt 8 OZ. CUP

Applesauce

Energy bar or granola bar

Instant oatmeal

Ketchup/BBQ sauce 2 TBLSP.

Salad dressings 2 TBLSP.

Packaged bread

Source: www.onlinenursingprogram.com

There are many names for added sugars found in processed foods. Check the label ingredients for:

Lactose Corn syrup Maltose Dextrose Malt syrup Fructose Molasses Fruit juice concentrate Glucose Sucrose Honey



out of 100 people in the United States have diabetes.

What is **dicibetes**

1002

Diabetes is a potentially hazardous condition created when a body loses control over the levels of a hormone called *insulin*. When insulin levels in the body rise too high, it can cause a host of disastrous physical symptoms. Common symptoms of diabetes may include increased urination, unquenchable thirst and unexplained weight loss.

A healthy diet and lifestyle can prevent or manage type 2 diabetes.

Type 1 Diabetes is commonly known as juvenile diabetes because it is frequently diagnosed in children and young adults. People with type 1 diabetes cannot produce insulin. Less than 5% of people with diabetes have this type.

Type 2 Diabetes is the most common form of diabetes. With type 2 diabetes, a person may still be able to produce insulin, but either their body does not produce enough of it or their cells ignore the insulin present. age 65 have diabetes.

of people over

Nearly

Complications from diabetes may include:

- Heart disease and stroke
- High blood pressure
- Blindness
- Kidney disease
- Nervous system disease
- Amputations

prevent it

You can **prevent** or **delay the onset** of type 2 diabetes by choosing a healthy lifestyle.

- ✓ Improve your diet
- Increase your level of physical activity
- ✓ Maintain a healthy weight

detect it

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes. But some people with type 2 diabetes have symptoms so mild they go unnoticed. Common symptoms of diabetes include:

- Urinating often
- Feeling very thirsty
- Increased appetite
- Extreme fatigue
- Blurry vision
- Cuts and bruises heal slowly
- Weight loss even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands or feet (type 2)

manage it

Diabetes is a common disease, yet every individual needs unique care. We encourage people with diabetes and their families to learn as much as possible about the latest medical therapies and approaches, as well as healthy lifestyle choices. Check your blood glucose as instructed by your health care provider and keep a log. Watch for and learn to recognize the signs and symptoms of abnormal blood glucose levels.

HIGH blood glucose level

- Not taking medication or insulin as prescribed
- Not eating well
- Not enough exercise Stress

LOW blood glucose level symptoms

Illness

- Shakiness
- Nervousness or anxiety
- Sweating and chills
- Irritability or impatience
- Headaches
- Weakness or fatigue
- Rapid/fast heartbeat
- Hunger and nausea
- Sleepiness

- Blurred or impaired vision
- Tingling or numbness of lips/tongue
- Confusion, including delirium
- Lightheadedness or dizziness
- Anger, stubbornness, or sadness
- Lack of coordination
- Nightmares or crying out in sleep
- Seizures
- Unconsciousness

ALABAMA STATISTICS

Alabama ranks #1 in percentage of the total population with diabetes. Almost **9 out of every 100** Alabamians have diabetes.

In 2005 alone, 305,000 adults in **Alabama** were diagnosed with diabetes.

By 2007, **10% of the state's adult population** had been diagnosed with diabetes.

An additional 2% of **Alabamians** have been diagnosed with pre-diabetes.

Alabama suffers the sixth highest rate of **diabetes-related deaths** annually: 32 of every 100,000 deaths.

Don't become a state statistic. Talk to your doctor about diabetes.

State statistics from www.diabetes.org/diabetes-basics/diabetes-statistics Live Healthy A







It's That Time of Year Again

In the United States, October through May is flu season. Not only can the flu make you feel terrible, it is potentially life-threatening. Those most at risk for serious complications include young children, older adults and those with chronic medical conditions.

As a Blue Advantage member, you are eligible for a free flu shot once per influenza season.

Centers for Medicare and Medicaid Services (CMS) recommends that you receive a flu vaccination every year for your protection. Ask your doctor or other healthcare provider about the vaccine.



Ever have a well visit with your doctor and feel confused by the numbers you get back after a blood test?

Here's what those numbers mean.

BODY COMPOSITION Body Mass Index (BMI):

Healthy 18.5 – 24.9

Being overweight or obese is a primary risk factor for heart disease, high blood pressure, Type 2 diabetes, sleep apnea and even certain types of cancer. Your BMI is determined by a ratio of height to weight.

BLOOD SUGAR Fasting..... 70 – 99 mg/dl Non-Fasting....... < 140

BLOOD CHOLESTEROL

Total.....< 200 mg/dl

HDL60 or higher LDLunder 130 TC/HDL Ratio ... <3.5 Triglycerides .. <150

BLOOD PRESSURE Systolic (top no.).... <120 Diastolic (bottom) <80 Test can be done while fasting or non-fasting (with or without an empty stomach). Blood sugar levels can indicate pre-diabetes or diabetes.

Cholesterol is found in the bloodstream and in cells. Too much cholesterol, specifically "bad cholesterol" (LDL) – can increase your risk for heart attack or stroke. HDL is known as "good cholesterol" because it beneficially carries cholesterol back to the liver for reusing or excretion.

This is a measure of the force of your blood in your bloodstream. High blood pressure increases your risk for heart disease, kidney disease, strokes, vision loss and hardening of arteries.

Blue Advantage B E N E F I T

Your Annual Health Risk Assessment is FREE & EASY



A Health Risk Assessment, (HRA) is a free tool to help you and your doctor get the best picture of your overall health. It is recommended that an HRA be performed annually. It's the ideal time to review medications, talk about needed screenings and determine new or returning conditions that should be addressed with your primary care physician (PCP).

If you prefer, this free service can be performed in the comfort of your own home. Blue Cross has contracted with another company to perform these HRAs for our Blue Advantage (PPO) members. If you are interested in an in-home visit, you may be contacted to arrange a convenient day and time. Or just call Blue Advantage (PPO) customer service to find out how to have a licensed clinician come to your home to perform the HRA. We encourage all members to complete their annual check-up with their regular PCP.

We hope that you find this service of benefit. Thanks for your participation this year. Remember, you are eligible for this free service once per calendar year.



В J S R 0 Ο D Т UΟ I F Н т D RΗ G V ΝΗ Ν К LAWR Т Т D U U ΕO Ν В Κ DΧ Н 1 N ΕE RΧ ΧF L C S Κ L Ρ L S GOHMI А 1 R Т ΟВ ΕC ΤN ODD ΕD Е 1 Ρ D WΙ Т R F D Ν А Т ΕY Ν А V T Т 0 ΑF S S RΕ Τ Υ R DΗ S Е Е 0 U Υ А 1 S АИТ В В N D ΥN С G R Ν UOF С F L Т F N Т R A S Н Т А V U Т Е A N Е R S Е S X S Ρ F Ε ΒG N ΜI V T 0 НВН S Е S F ΤΕΜΕ 1 HOLE Е LLX С S Т R 0 W S S IOND QQDEPRE Ρ С

Words may be spelled forward, backward, or diagonally. Any letter may be used in more than one word. Have fun!

BLOOD TEST	HEALTHY DIET
BLUE ADVANTAGE	HEART
BMI	HOLIDAY BLUES
CHOLESTEROL	IN NETWORK
COPAY	INSULIN
DEDUCTIBLE	OUTDOORS
DEPRESSION	PREVENTIVE
DIABETES	SCREENING
DIETARY LABEL	SILVER SNEAKERS
EXERCISE	SUGAR
FLU SHOT	WALKING
FRIENDS	

Open Enrollment is October 15 - December 7



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Health and Wellness or Prevention Information

Addressing and Barcoding area

JOIN THE CONVERSATION



For more information about healthcare reform and how it may affect you, visit our healthcare reform website at:

HCRAlabamaBlue.com

And while you're there, sign up to receive healthcare reform updates by email.