

SNEAK PEEK: A FREE PROGRAM JUST FOR YOU!

NEW!

SPRING/SUMMER 2013

Live Healthy *Alabama*



A wellness publication for our
Blue Advantage (PPO) members

What's for dinner?

*Tasty marinade adds Asian flair
to this heart-healthy fish dish*

Anger danger

*5 ways to cool down
if you're seeing red*

Shake it up

*How to get moving
in your community*

Bless your heart

HOW TO START! ♥

*Stress relief, easy exercise,
yummy recipes and more!*





Dear Member,

It's a common saying here in the South.
Perhaps you even hear it every day: "Bless Your Heart."

This phrase can carry many meanings depending on the way it's used. It can be a blessing. Sometimes, it shows mercy or possibly pity. You may have even heard it used on the back end of an insult. Like many Southern sayings, its meaning can be fluid, tough to pin down, and the meaning may depend entirely on context. Sometimes, it can be used so often it stops meaning anything at all.

*Bless
your
heart*

But stop and think a moment about this phrase and what "bless your heart" actually means. Instead of using it as a cliché, use it as a call to action.

The heart is our most vital organ. Traditionally, depending on culture, it was seen as the source of all life or even a house for the soul, and modern medical science more than backs up the heart's importance.

For a long, healthy life, you need to strengthen and take care of your heart through exercise, diet and even your interactions with other people. Our hope is that you "bless your heart" every day by making positive, heart-healthy choices.

In the pages that follow, we hope to provide tools that will help you "bless your heart."

Thank you for reading!

~ The Editors

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Any benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Benefits, formulary, pharmacy network, premium and/or copayments/coinsurance may change on January 1 of each year. Limitations, copayments and restrictions may apply.



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BY THE NUMBERS

**10
DAYS**

**AVERAGE
LIFESPAN** of a
human taste bud.



**17
VS
43**



NUMBER OF MUSCLES it
takes to smile versus frown. Lighten
up. Relax your face and smile!

PER DAY OF EXERCISE to benefit
your heart. Most recommendations
suggest at least 30 minutes of aerobic
activity a minimum of 5 times per week.

:30



4,800

NUMBER OF CHEMICALS in
a common cigarette. 69 are known
to cause cancer.
Do something nice
for yourself and
everyone breathing
around you –put
down that cigarette.



138

**THE NUMBER OF
PARTICIPATING**
SilverSneakers® gyms
in Alabama, with more
being added each year.



100K

HOW MANY TIMES
a day the average heart beats.
It pushes 2,000 gallons of blood
through its chambers every 24 hours.





E

Not only is exercise good for your heart, it helps you control your weight, gain muscular strength, increase endurance, maintain balance and improve flexibility.

It can even enhance your mood and outlook while sharpening memory and brain power. Aerobic activity increases heart strength and lung function which can help you feel younger and breathe easier.

YOUR HEART L♥VES **xercise**

JUST
FOR
YOU

To help you reap the rewards
of a healthier lifestyle,

Blue Advantage (PPO)
is pleased to provide
our members with



This **free program** helps you create personal fitness goals. It then provides you with valuable tools and resources to help you meet your goals.

Program includes:

- Fitness membership at participating locations.
- Use of gym facilities in addition to SilverSneakers classes taught by certified instructors.
- Access to SilverSneakers Online, a members-only resource with tools for healthy living.

**Need more information or want
to find a participating fitness center?**

Contact SilverSneakers

On the Web: www.silversneakers.com

By phone: **1-888-423-4632**

TTY: **711**

The SilverSneakers Fitness Program is provided by Healthways, Inc., an independent company. SilverSneakers® is a registered mark of Healthways, Inc.



For a healthy heart,
feed it right!
You might want to try
these heart-healthy
recipes intended to
“Bless Your Heart.”

Easy. Healthy. Yummy.

MARINATED ASIAN SALMON WITH HONEY, GINGER, MUSTARD SAUCE

Four 4 oz. portions salmon fillet
1 tbsp. olive oil
1 tsp. Mrs. Dash® seasoning
1/2 cup dijon mustard

High in
omega-3
fatty acids

Marinade	1/3 cup diced onion	1/2 cup apple juice	1 tsp. Old Bay®
	1 tbsp. fresh ginger, finely chopped	1/2 cup rice vinegar	seasoning
	(or 2 tbsp. granulated ginger)	1 tsp. dry mustard	Pepper to taste

Method: Marinate salmon for at least one hour. Pre-heat oven to 350 degrees, remove salmon from marinade and save leftover for sauce. Lightly grease pan with olive oil and season the salmon with Mrs. Dash®. Bake for 15 minutes. While salmon is cooking, create the sauce by heating leftover marinade on stove top until liquid is reduced by half. Once the sauce has reduced, stir in dijon mustard. Remove salmon from oven and serve on top of brown garden rice; drizzle with sauce. Serves 4.

GARDEN CHESTNUT BROWN RICE

Rich with
B-complex
vitamins

1 cup brown rice	1/2 cup diced celery
1/2 cup shredded carrots	1/2 cup diced onion
1 cup broccoli florets	6 cups low sodium vegetable broth
4 oz. can water chestnuts, drained	Pepper to taste

Method: Sauté rice and vegetables for one minute on medium-high heat, stirring constantly. Reduce heat to medium, add vegetable broth to rice mixture and simmer for approximately 25 minutes, or until most of the liquid is gone and rice is tender.

Consider serving with a heart-healthy salad consisting of water chestnuts, snow peas, cherry tomatoes, cucumbers and your favorite greens.

Here's a suggested salad dressing:

Sesame Seed Vinaigrette

1 tsp. fresh ginger, minced
1 clove of garlic, minced
4 tbsp. fresh lemon juice
1 tbsp. soy sauce
2 packs artificial sweetener

1 cup extra virgin olive oil
(please do not substitute)
1 cup apple cider vinegar
2 tbsp. toasted sesame seeds
1 tsp. Mrs. Dash® seasoning
1 tsp. Old Bay® seasoning
Pepper to taste



Get Moving!



Bless your heart ... with exercise.

Participating in aerobic activities, such as walking, can help you feel younger, healthier and stronger while reaping many cardiovascular benefits.



Try Social-cizing

There's no need for exercise to be boring, lonely or a chore. Instead of going solo, try it with a friend or meet someone new.

FUN RUNS AND WALKS

mar 16 Junior League Shamrock Shuffle, Montgomery
16 Get Moving, Jemison
16 Gut Run, Dothan

apr 6 Blue Ribbon 5k and 1 Mile Fun Walk, Pell City
20 Mutt Strut, Birmingham
20 Cookie Dash 5k & 1 Mile Kids Fun Run, Huntsville
27 Swampers 5K & 1 Mile Run/Walk, Muscle Shoals

may 4 Homewood City Schools Spirit Scamper
27 Cotton Row Run 10k, 5k & 1 Mile Run/Walk, Huntsville

june 1 Rockin' on the River 10K/5K/1K, Gadsden

DANCE GROUPS

Joining a dance club or informal group is another easy way to add self-paced exercise to your day. So kick up your heels and have fun!

SWING, BALLROOM, SHAG, BOP, FOLK & CONTRA

For event listings, visit www.birminghamswingdancers.com. Click on the "Social Dance Calendar" tab at the top.

SQUARE DANCING

Visit www.alabamasquaredance.com.

LINE DANCING

Visit www.worldlinedancenewsletter.com/WTDA/Alabama.html.

Heart-Healthy Exercises



Walking

Try walking to the beat of up-tempo tunes 30 minutes a day. (BeeGees, anyone?)



Yoga or Tai Chi

Yoga and tai chi not only strengthen muscles, but also have de-stressing benefits.



Biking

Riding a bike isn't just a great aerobic activity. It can also be an excellent way to explore your community.



Dancing

It doesn't matter if it's a daring salsa with your partner or just a silly solo dance in your kitchen – your body loves to move!



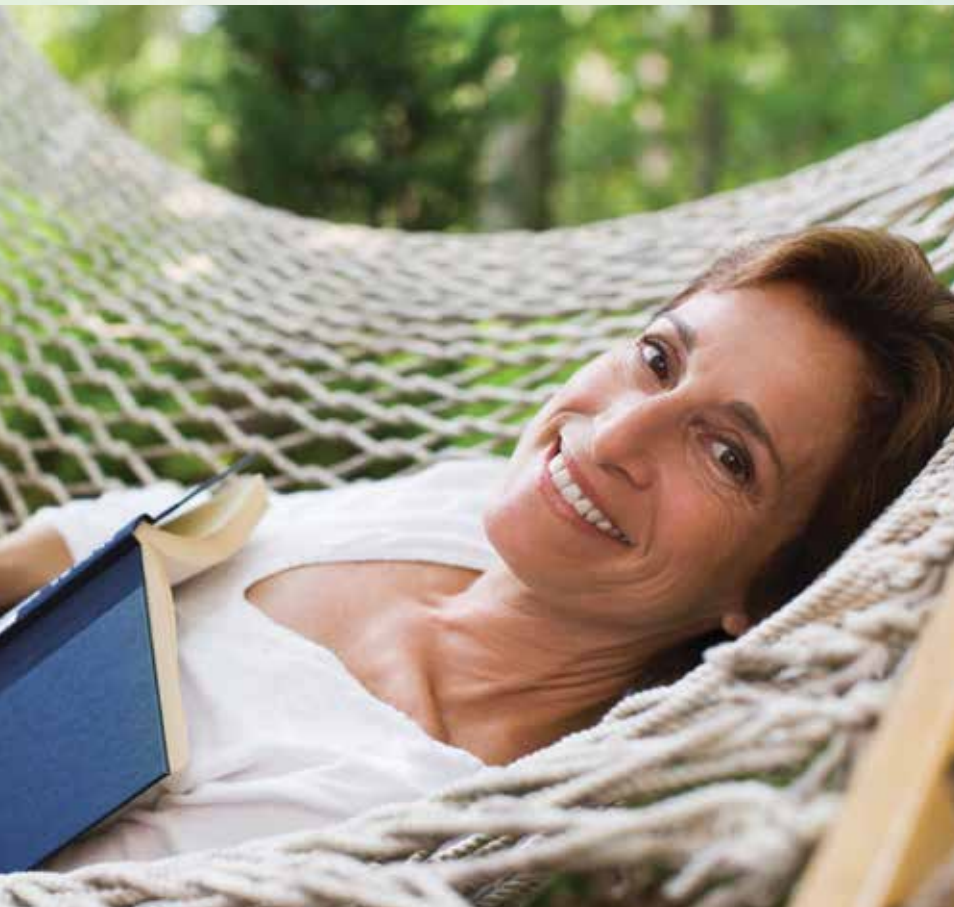
Swimming

You don't have to be Michael Phelps for your body to benefit from swimming. Plus, it's low impact, making it easy on the joints.



Cal

Coronary heart disease affects the blood vessels of the heart and can lead to serious and potentially fatal heart attacks. But whatever you do, don't let this stress you out or make you angry!



There are many risk factors that can contribute to coronary heart disease (CHD) including diet, exercise (or lack thereof), smoking and obesity. Family history, diabetes, blood pressure, age and gender can also contribute to CHD.

Be aware: Stress and anxiety are known to lead to CHD, and anger is not good for the heart.

In fact, according to the National Heart Blood and Lung Institute (NHBLI), "The most commonly reported trigger for a heart attack is an emotionally upsetting event, especially one involving anger. Stress also may indirectly raise your risk of CHD if it makes you more likely to smoke or to overeat foods high in fat and sugar."*

Winding Down

A stressful life can be an unhealthy life.

Here are 4 common ways to prevent stress from negatively affecting your body or mind.

breathing exercises

Breathe deeply: in through your nose and out through your mouth. (Think, “Smell a rose, blow out a candle.”) Repeat slowly four times.

progressive relaxation

Lie on your back with eyes closed. Feel your feet and sense their weight; consciously relax them. Now concentrate on your ankles; sense their weight and consciously relax them. Continue slowly up your body, deliberately sensing and relaxing each part of your body.

exercise and yoga

Try a yoga CD or DVD for beginners. You’ll quickly learn basic concepts of relaxation and tension release. No pretzel poses required!

self-hypnosis

Repeat a word or phrase (also called a “suggestion”) to put yourself into a hypnotic state for relaxation. Self-hypnosis has also been used to successfully control anxiety and pain, including the pain of childbirth.

*SOURCE: National Heart Blood and Lung Institute. “Coronary Heart Disease Risk Factors.”
<http://www.nhlbi.nih.gov/health/health-topics/topics/hd/atrisk.html>. Retrieved December 20, 2012.





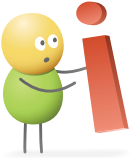


Angry?

Uncontrolled anger may raise your risk of heart disease significantly.

5 WAYS TO MANAGE ANGER

Anger is not inherently bad. It is a natural human emotion that allows us to perceive and react to potential threats. However, like many powerful emotions, it needs to be controlled. Uncontrolled anger can disrupt relationships with the people around us and can even lead to potentially fatal heart attacks. *So how do we control anger?*

HERE ARE FIVE PRACTICAL STEPS THAT MAY HELP YOU COOL DOWN:

-  **1 Express your anger.** Don't just suppress your anger. Talk about it, calmly and rationally. Explain what is making you angry and why. Many arguments and sources of anger come from simple misunderstandings. Communication can solve many sources of conflict.
-  **2 Exercise.** Use your energy in healthy ways. Take your growing frustration out the door with you for a brisk walk or jog. Exercise releases chemicals in the brain that can make us feel better and help us feel more relaxed afterwards.
-  **3 Use "I" statements.** Instead of making "you" statements which blame and can possibly hurt others or even create hostility, use "I" statements. For example, instead of saying, "Why don't you ever do the dishes?" try saying "I'm hurt you never help me with the dishes."
-  **4 Forgive.** Don't hold grudges. Grudges don't hurt the person you are angry with; they hurt you! Forgiveness is powerful. Sometimes both you and the person who hurt you can learn from experiences.
-  **5 Don't be afraid to get help.** Uncontrolled anger can destroy relationships and your health. If you suspect you have a problem with anger and these tools do not provide some measure of relief, consider professional help. Anger management classes and counseling are available in a variety of settings. A professional may help you better understand yourself and your anger while arming you with a personalized treatment plan.

Source: Mayo Clinic Staff. MayoClinic.com. "Anger Management: 10 Tips to Tame Your Temper." <http://www.mayoclinic.com/health/anger-management/MH00102/>. Retrieved December 20, 2012.



Launched by the Department of Health and Human Services (HHS) in September of 2011, Million Hearts™ is a national initiative designed to prevent one million heart attacks and strokes by 2017.

Million Hearts is a coordinated effort supported by federal agencies including HHS, the Centers for Disease Control and Prevention (CDC) and Centers for Medicare and Medicaid Services (CMS), as well as private-sector organizations.

The goal is to empower Americans to make healthier choices and improve care for those who need treatment.

The Million Hearts™ word and logo marks, and the Be One in a Million Hearts™ slogan and logo marks and associated trade dress are owned by the U.S. Department of Health and Human Services (HHS). Use of these marks does not imply endorsement by HHS. Use of the Marks also does not necessarily imply that the materials have been reviewed or approved by HHS.



In order to prevent heart attacks and strokes, the Million Hearts initiative seeks to remind people of their “ABCS.”

KNOW YOUR ABCS

A – Appropriate Aspirin Therapy

B – Blood Pressure Control

C – Cholesterol Management

S – Smoking Cessation

Additional suggested lifestyle changes include preventing heart disease and stroke through:

- **Education.** Understand the risks.
- **Activity.** Exercise 30 minutes a day a few days a week.
- **Diet.** Eat a heart-healthy diet that is high in fruits and vegetables and low in sodium, cholesterol, and saturated and trans fats.
- **Compliance.** Follow your doctor’s orders for treatments, and take medications as prescribed.

For more information about how to make yours one of a “Million Hearts” and take the pledge, visit **millionhearts.hhs.gov**.

good to know

1 A Medicare **annual wellness visit** is not the same thing as an annual physical exam, but it provides you the same opportunity to talk to your doctor about any concerns.

2 You are eligible for the Medicare **annual wellness visit** every 12 months. The visits are not subject to Medicare Part B deductibles or copayments, so there is **no cost to you.**

3 Make it clear when setting up your appointment that you are coming in for the **annual wellness visit**. If you receive *treatment* for any condition during the annual wellness visit, your doctor may submit a separate charge for that service.

WHAT TO EXPECT DURING YOUR ANNUAL WELLNESS VISIT

YOUR DOCTOR WILL...

- Record and evaluate your medical and family history, current health conditions and prescriptions
- Check your blood pressure, height, weight, etc.
- Update the list of doctors regularly involved in your medical care
- Make sure you're up-to-date with preventive services, such as cancer screenings and shots

Following the visit, your doctor will give you a plan or checklist showing free screenings and preventive services you need.

WHAT TO TAKE WITH YOU...

- Your medical and immunization records
- Your family health history
- A list of prescription and over-the-counter drugs, vitamins and supplements you take and current dosages
- A list of doctors regularly involved in your medical care





Your name _____ DOB: _____

Preventive Services Checklist

Take this checklist to your doctor or other healthcare provider and ask which preventive services are right for you. Check off the screenings you've had recently, and make appointments for any you need.



Preventive Screening	Who Needs It?	How Often?	Date
Cardiovascular Screening Blood Tests	Everyone	Once every 5 years	
Diabetes Screening Fasting Blood Glucose Test	Anyone at risk for diabetes	Based on results of your tests, you may be eligible for up to two diabetes screenings per year	
Cervical & Vaginal Cancer Screening	All women	Once every 24 months , once a year for women at high risk	
Screening Mammography	All women 35+	One baseline mammogram for women age 35-39, then once every 12 months for women age 40+	
Colorectal Cancer Screening	Everyone age 50+	Every 1 to 10 years , depending on your doctor's advice about which test is right for you and how often it's needed	
Prostate Cancer Screening	All men 50+	Once every 12 months	
Glaucoma Screening	Anyone at high risk for glaucoma , if ordered by doctor	Once every 12 months	
Flu Shot	Everyone	Once every flu season	
Bone Mass Measurements	Everyone	Once every 24 months , or more often if you meet certain medical conditions	
Screening for Depression*	Everyone	Once every 12 months	
Counseling to stop smoking and tobacco use	Tobacco users , if ordered by doctor	Two counseling attempts in a 12-month period; each attempt to include up to four face-to-face visits	

* Must be furnished by a qualified primary care practitioner in a primary care setting with staff-assisted depression care supports



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Health or Wellness or Prevention Information



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can be a cost saving.

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Preferred Extended Supply Pharmacy
or Mail-Order for your routine medicine

► **free shipping**

Order your routine prescriptions by mail
and have them delivered to your home
with no added fees.

► **save time**

Have your prescription mailed to you,
saving a trip to the drug store. Or pick up
a 90-day supply in one trip.

► **save money**

You pay less when you order a 90-day
supply of your routine medication.

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