

wellness

UPDATE



WALKING FOR WELLNESS



NOVEMBER 2014

Can you really walk your way to better health?

Absolutely! Physical activity doesn't have to be complicated. Brisk walking is one of the easiest ways to exercise and help you live a healthier life. It's a form of aerobic exercise that increases your heart rate for an extended time. Aerobic exercise helps strengthen your heart, lungs, and muscles.

BRISK WALKING CAN HELP YOU:

Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes.

Maintain weight.

Strengthen your bones.

Lift your mood.

Improve your balance and coordination.

Walking is the most widely accepted form of exercise because it is simple and can be done just about anywhere. Aim for at least 30 minutes of physical activity each day. If you can't get to 30 minutes, try two 15-minute sessions or three 10-minute sessions throughout the day. Now that you have this information, you are ready to start a walking plan that is right for you!

SOME HELPFUL TIPS TO GET YOU STARTED:

Start with small, easy-to-reach goals first. Try walking for 5 or 10 minutes every day or increase your number of steps by 300 to 500 each day.

Wear a pedometer to track your steps each day or use your smart phone to track the amount of time you spend walking.

To stay motivated find a walking buddy such as a family member, friend, neighbor or even your dog.

Use the stairs instead of the elevator, or park your car in the back of the parking lot at the grocery store.

Walk to talk to your co-workers instead of emailing or calling them.

When a friend comes to visit, make a suggestion to walk and catch up instead of staying inside.

Make sure to wear proper shoes to walk in to avoid injury.

Don't forget to warm up and stretch your muscles before and after you walk.

Resources: WebMD and Mayo Clinic

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SUCCESS STORY: NIGEL MANDERSON ENHANCED HIS WELL-BEING AND HIS WALLET.

Nigel Manderson began the Next Steps health coaching program to receive the BlueRewards incentive of \$50 offered by his employer. To qualify for the incentive, Nigel had to complete a minimum of three health coaching sessions with a Next Steps Nurse Coach.

When Nigel went to the screening he discovered that one or more of his biometric results were outside of the ideal ranges. In an effort to improve his biometric results and receive the incentive, Nigel signed up for the Next Steps program to learn how to adopt a healthy lifestyle to get his cholesterol within the ideal range.

Nigel received educational materials, in addition to his coaching sessions. He was encouraged to follow up with his primary care physician at a later date and have his cholesterol re-checked.

At the end of the three coaching sessions, Nigel completed a satisfaction survey and he reported that his health coach was excellent, and she gave him a lot of great advice. Nigel walked away with not only a better understanding of his health status, but he also learned about potential risks that will further improve his well-being.

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ask

THE HEALTH COACH



Q My gums bleed when I floss, do I have a gum disease?

A Bleeding gums is just one of the many warning signs of gum disease. Gum infections often go unnoticed, because symptoms may not be painful until later stages. The following are warning signs of gum disease that should be acted upon immediately: red, swollen or tender gums; bleeding when brushing, flossing or when eating hard food; gums that appear to be pulling away from the teeth, and loose teeth. Other signs include pus between the teeth and gums, mouth sores, and constant bad breath. Gum disease begins with gingivitis, which is an inflammation of the gum tissue caused by bacteria in plaque (film that covers teeth).

This can be reversed by proper brushing and flossing and following your dentist's recommended schedule for regular checkups. It is critical that gingivitis be recognized and treated to prevent losing teeth and bone loss. Only a dentist or a periodontist can recognize and determine the progression of gum disease.

References: WebMD and Mayo Clinic

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fresh

RECIPE OF THE MONTH



KALE SALAD WITH PRESERVED LEMON & WALNUTS

In this kale salad recipe, we massage dressing into the kale leaves until they're tender and coated with flavor. Topped with bold Mediterranean flavors—olives, walnuts and preserved lemons—this healthy salad is as delicious as it is nutritious. Look for preserved lemons at specialty-foods shops or online at surlatable.com. Or, to make your own, see the tips section below.

• **Servings:** 8 (about 1 cup each) • **Time to Make:** 20 minutes

Ingredients

- 1 small clove garlic, minced
- ½ teaspoon salt
- ¼ cup extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- ½ teaspoon freshly ground pepper
- 10 cups thinly sliced kale (from 1 large bunch)
- ½ cup coarsely chopped toasted walnuts (see Tips)
- ¼ cup pitted Kalamata olives, quartered
- 2 tablespoons finely chopped rinsed preserved lemon rind (see Tips) or rinsed capers

To toast chopped nuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Preserved lemons are lemons that have been soaked in a salt-lemon mixture for at least 30 days. Their salty sourness is a signature flavor in Moroccan dishes. Find them at specialty-food stores or online at mustaphas.com. To make your own: http://www.eatingwell.com/recipes/preserved_lemons.html

Nutrition: Per serving: 166 calories; 13 g fat (2 g sat, 7 g mono); 0 mg cholesterol; 11 g carbohydrates; 0 g added sugars; 4 g protein; 2 g fiber; 253 mg sodium; 420 mg potassium.

Recipe courtesy of EatingWell.com 

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