

# Employer wellness newsletter



## Advancing health equity for the Black Community

Health equity means that everyone has the chance to be their healthiest. But many Black people in America still face obstacles when it comes to caring for their health and well-being. Sadly, this has led to people not living as long and higher rates of poor health and disease in the Black community.<sup>1</sup> As we work to change these outcomes, we're sharing resources that can help you and your family stay healthy.

### Better health happens when you:

- **Stay up to date on preventive visits and screenings.** This helps reduce the risk of serious long-term health issues. Use the Find Care and Cost tool at [anthem.com](https://www.anthem.com) to search for primary care doctors in your plan's network.
- **Understand and use your health benefits.** Visit [anthem.com](https://www.anthem.com) or use the SydneySM Health mobile app to review your health plan so you can take full advantage of the support your benefits offer.
- **Can find housing, transportation, employment, and nutritious food.** These can all affect a person's overall health and well-being. Go to [anthem.findhelp.com](https://www.anthem.com/findhelp) to search our database and find groups in your community that can help.

<sup>1</sup> Centers for Disease Control and Prevention: Impact of Racism on our Nation's Health (accessed July 2022): [cdc.gov](https://www.cdc.gov).

## Consultant's corner

It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day. Salt is sneaky, help your employees find some of the not-so-obvious foods which contain salt by sharing this [flyer](#). You can also raise more awareness on hypertension by using the [Blood Pressure Health Kit](#).



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## A healthy tip for your employees

Know your numbers and reduce  
Your risk of heart disease

4 numbers to know<sup>1</sup>

**Blood Pressure**

Less than

**120/80**

**Cholesterol**

**HDL** ↑ **60**

**LDL** ↓ **100**

**Body mass index**

BMI

**18.5 to 24.9**

**Blood Sugar**

Less than

**100**

<sup>1</sup> American Heart Association: Heart-Health Screenings (accessed July 2022): heart.org.



## Health and wellness calendar

Anthem's health and wellness calendar helps you engage your employees and keep them informed about health topics and resources.

You can download the [health and wellness](#) calendar today.

Check with your Anthem representative to see if any of the programs mentioned in this e-newsletter are available to you.

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# Health & Wellness Newsletter

Heart disease is the No. 1 killer of both men and women, but research shows that you can protect your heart. Here's how:

## Manage your blood pressure

One of the strongest predictors of heart disease is your blood pressure. Normal blood pressure is 119/79 or below. This is read as "119 over 79." The top number is the "systolic" and the bottom number is the "diastolic." Talk to your doctor if your numbers are higher than normal.

## Watch your cholesterol

High cholesterol does not have obvious symptoms to warn you of trouble. That's why it's so important to know your numbers and ask your doctor how to improve them. There are two numbers to know when it comes to cholesterol, LDL and HDL:

- LDL is low-density lipoprotein. This is the "bad" cholesterol. Your LDL number should be lower than 100. So when you see the L think, "Keep it low."
- HDL is high-density lipoprotein. This is the "good" cholesterol. Your HDL number should be above 60. So when you see the H think, "Keep it high."

## Know your body mass index (BMI)

BMI measures body fat using a person's weight and height. You can use WebMD's BMI calculator to find your BMI.

- A BMI of 18.5 to 24.9 is ideal.
- A BMI of 25 to 29.9 is overweight.
- A BMI of 30 to 39 indicates obesity.
- A BMI of 40 or more indicates morbid obesity. This increases a person's risk of death from any cause by 50% to 150%, according to The Cleveland Clinic.

# Check your blood sugar

Your blood sugar number helps you assess your risk for type 2 diabetes.

- A normal fasting blood sugar is less than 100.
- A fasting blood sugar of 100 to 125 means you are prediabetic.
- A fasting blood sugar of 126 or greater means you have diabetes.

## Exercise

The American College of Sports Medicine recommends aerobic exercise three to five days a week for 30 to 45 minutes.

Sources:

Michael Crouch, MD, Baylor College of Medicine, Houston.

WebMD Medical Reference from Healthwise. WebMD Medical Reference provided in collaboration with The Cleveland Clinic: "Body Mass Index (BMI)."



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