

Wellness News

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“Eat your vegetables, have a positive outlook, be kind to people, and smile.”

-Dan Buettner



Anthem members: You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing. Simply scan this QR code with your smartphone's camera to download the Sydney Health app.

Tip: Anthem.com and Sydney Health use the same username and password!

Alzheimer's Awareness Month

Alzheimer's is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks.

Symptoms of Alzheimer's:

The most common early symptom of Alzheimer's is difficulty remembering newly learned information. As Alzheimer's advances through the brain, it leads to increasingly severe symptoms like disorientation, mood and behavior changes, deepening confusion about events, time and place, difficulty speaking, swallowing and walking.

Tips to Help You Cope as a Family Member or Caregiver: As a family member or caregiver for someone with Alzheimer's, you may find yourself overwhelmed with responsibilities and neglect taking care of yourself, but the best thing you can do for the person you are caring for is staying physically and emotionally strong:

- Visit your physician regularly. Exhaustion, stress, and sleeplessness should be taken seriously.
- Get moving. Exercise can release stress, prevent disease, and make you feel good!
- Eat Well. The mediterranean diet is good for overall health, try new recipes and involve the person with dementia.



Understanding Alzheimer's and dementia: Alzheimer's is the most common cause of dementia, which is a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of all dementia cases.

Risk Factors: There isn't a single cause of Alzheimer's disease. Researchers believe that it likely develops from multiple risk factors such as genetics, lifestyle, and environment. While age, family history, and heredity are all risk factors we can't change, research is beginning to show there is other risk factors we can influence such as eating a healthy diet, staying socially active, avoiding tobacco and excess alcohol, and exercising both body and mind.

Anthem members: You can use the **Find Care** feature on the Sydney Health App to search for doctors in your plan's network. Tap **CARE** on the bottom navigation bar. Our patented Provider Match identifies the top doctors that may be best suited for you!



Summer Safety

How to have fun and stay safe as you enjoy the great outdoors this summer

Whether you are enjoying the water or just being in the sun this summer, we have safety tips for you!

Water Safety

Prevent unsupervised access to water for children, providing constant adult supervision, and knowing how to swim are critical to protect anyone from drowning.

Beach Safety

Swim only at a beach with a lifeguard, watch children or unexperienced swimmers. Get out of the water at the first sign of lightning or thunder.

Camping Safety

Share your travel plans and locations with a family member or friend. Always pack a first aid kit to handle insect stings, sprains, cuts, and bruises.

Mosquitoes and Ticks

Use insect repellents containing DEET when you are outdoors. If you are outdoors for a long time, check yourself several times during the day. Especially check areas of the body like back of neck and scalp line.

Pet Safety

Don't leave your pet in a hot vehicle, even for a few minutes. The inside temperature of the car can quickly reach 120 degrees even with windows cracked.



Stay cool during the summer heat with simple steps

Take steps to protect yourself and your family from the sun and heat this summer.

Apply sunscreen each day. Choose a “broad-spectrum” protection of at least 30 SPF. Keep in mind that “water resistant” sunscreens do not mean “waterproof.” For best results reapply sunscreen every two hours or even more often if you are swimming or sweating.

Seek shade and limit your direct exposure to the sun, especially between 10 am and 4pm when UV rays are the strongest.

Stay hydrated by drinking enough water. An average person needs to drink about $\frac{3}{4}$ of a gallon of water daily, however everyone's needs may vary. Avoid sugary, caffeinated and alcoholic drinks. If you are sweating a lot combine water with snacks or a sports drink to replace electrolytes.

Know the signs and symptoms of heatstroke:

- high body temperature
- mental confusion
- nausea and vomiting
- flushed skin
- rapid breathing
- racing heart rate
- headache

Men's Health Month

It's important for men to be aware of their health and seek treatment when necessary

Did you know that men aren't as likely as women to have preventive screenings and checkups with their health care provider? With early detection being so important, avoiding a check up or screening could lead a treatable situation to be deadly.

Screenings for certain cancers such as colon and prostate should be performed regularly depending on your age and risk factors. Men should also have a well-doctor exam annually, even if you are feeling healthy, a regular check up with your health care team is a good way to validate your health or identify a problem in its early stages.

Other health factors men should be aware of:

- Blood pressure should be checked annually
- Cholesterol should be checked every 5 years beginning at age 40 if you are low risk, or more frequently if you are at higher risk
- Diabetes screening if you are over 45 years old, or have a BMI above 25
- Mental health screenings for conditions such as depression

source: <https://menshealthmonth.org>
<https://newsnetwork.mayoclinic.org/discussion>

Anthem Members:

Visit **Preventive Health Guidelines** to Stay on top of recommended screenings and vaccinations based on you or your family members age and gender.



Sydney Health, select MENU on the bottom navigation bar, then select **ACCESS CARE**, MyHealth Dashboard, then **Featured Programs** then **Preventive Health Guidelines** and much more!



For an overall healthy lifestyle

Fit 30 minutes of physical activity into your routine

To help lower your blood pressure, increase energy, strengthen your body, maintain your weight, and potentially decrease your risk for heart attack or stroke.

Limit alcohol

Try to have no more than two drinks a day

Avoid smoking or using tobacco

Aim for 7 to 9 hours of sleep per night

Manage stress levels by spending time with friends or family

Grilled chicken and mango skewers

The perfect flavorful and healthy meal to enjoy this summer!



Prep/Total Time: 30 min.



Makes 4 servings

Ingredients

- 3 medium ears sweet corn
- 1 tablespoon butter
- 1/3 cup plus 3 tablespoons sliced green onions, divided
- 1-pound boneless skinless chicken breasts, cut into 1-inch cubes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 medium mango, peeled and cut into 1-inch cubes
- 1 tablespoon extra virgin olive oil
- Lime wedges, optional

Directions

1. Cut corn from cobs. In a large skillet, heat butter over medium-high heat; sauté cut corn until crisp-tender, about 5 minutes. Stir in 1/3 cup of green onions. Keep Warm.
2. Toss chicken with salt and pepper. Alternately thread chicken and mango onto 4 metal or wooden skewers. Brush with oil.
3. Grill, covered, over medium heat or broil 4 in. from heat until chicken is no longer pink, 10-12 minutes, turning occasionally. Serve with corn mixture; sprinkle with remaining green onions. If desired, serve with lime wedges.



Nutrition Facts: 1 skewer with 1/2 cup corn mixture: 297 calories, 10g fat (3g saturated fat), 70mg cholesterol, 387mg sodium, 28g carbohydrate (16g sugars, 3g fiber), 26g protein.

source: [Grilled Chicken and Mango Skewers Recipe: How to Make It \(tasteofhome.com\)](https://www.tasteofhome.com/recipes/grilled-chicken-and-mango-skewers)

Anthem members: My Health Check-in is a digital health assessment tool that is great for proactively connecting and helping members understand their health as well as future risks. Log into the Sydney Health app or [anthem.com](https://www.anthem.com) and take yours today!