

Good Living

Your guide to health and wellness FALL 2014

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Stay Well This Season!

Six tips to protect the whole family from colds and flu

Why It's Not Too Late to Quit Smoking p. 4

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Independence 

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BONUS POSTER INSIDE

- 3 delicious comfort food recipes
- Workouts you can do in your living room

Independence Blue Cross Is Here for You

Resources and support that help you take charge of your health

As a member of an Independence Blue Cross health plan, you have access to information and tools to get the most from your health plan. You can manage your health your way through our website or smartphone app, get care that's focused on you, and learn how to stay covered with Blue in 2015. Here's how to:

Manage Your Health Your Way

Are you trying to find a doctor, view your benefits, or check the status of claims and referrals? You can do all of those things and more by registering and logging in at ibxpress.com. To access your account on the go, download the free IBX app for iPhone or Android. Go to the Apple App Store or Google Play Store, and search for "IBX."

Get Care That's Focused on You

A patient-centered medical home (PCMH) is a type of primary care office that uses a personalized approach to your health. You may work with a doctor and care managers. They'll help you get key tests, follow a medication plan, and coordinate your care with specialists. To learn more or find a PCMH in your area, go to ibx.com/pcmh.

Stay Covered with Blue in 2015

Open enrollment begins November 15, 2014, and ends February 15, 2015. If you have questions, we can help you in three ways. Visit us at an Independence Express event. For upcoming locations, go to ibx.com/events. Or for more information about open enrollment, call us at **1-888-475-6206**, or visit us at ibx4you.com/myguide.



New: Online Coupons and Recipes!

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Eating well and saving money just got easier. Now, you can get valuable coupons, better-for-you-recipes, and helpful articles on the HealthyOptions website.* Go to savings.healthycoupons.com/ibx for:

- 1 COUPONS:** Find savings on healthier foods as well as personal care and baby products. Coupons are updated frequently, so be sure to check often. To use, simply select your coupons, then select [Print My Coupons](#).
- 2 RECIPES:** Choose from breakfast, salad, soup, or main dish options. Healthier snacks and desserts are included, too. To see which ingredients are on sale in your area, look for ingredients with a dollar sign (\$). To add ingredients to your online shopping list, select [Make My Shopping List](#).
- 3 ARTICLES:** Get health, nutrition, fitness, weight loss, and stress tips to live a healthier life one small step at a time.



* These are value-added programs and services. They are not benefits under the health care plan that you purchased and are, therefore, subject to change without notice.

Stay Well This Season

Six tips to prevent and treat colds and flu

It's that time of year when everyone seems to have a cough or sniffle, but getting sick isn't inevitable. In fact, staying healthy just takes a little bit of extra vigilance, says Mark Gerner, M.D., a physician at Temple ReadyCare in Fort Washington. Try these strategies to fend off colds and flu, and feel better faster if you do get sick.

Scrub for 20 Seconds

When someone with a cold or the flu coughs or sneezes, germs enter the air and land on things people frequently touch, like doorknobs or faucet handles. When someone else touches those things, the germs will end up on his or her hands. It may sound too simple, but washing your hands often is one of the best ways to keep yourself from getting sick. Always wash with soap and water for at least 20 seconds. Be sure to scrub your fingertips and fingernails. "Don't just quickly rub your palms together," Dr. Gerner says.

Don't Skip the Flu Shot

Getting an annual flu shot is essential. It's designed to protect you from what health experts believe will be the most common strains of the virus each flu season. You won't get the flu from the shot, Dr. Gerner says. That's a big misconception. But it can take up to two weeks for the vaccine to become fully effective, so the sooner you get it,

the better. Is it a 100% guarantee that you won't get the flu? No, but it does make the flu milder if you do get sick.

Ask About Pneumonia

In infants, adults 65 and older, and anyone with a weakened immune system, flu can take a serious turn and lead to pneumonia. Ask your doctor if you or your loved one should get a pneumonia shot. It can be given at the same time as the flu shot, and you typically only need one every five to ten years.

Know the Symptoms

Colds come on gradually, and symptoms can be subtle. They include sore throat, stuffy nose, sneezing, and coughing. Flu symptoms come on suddenly and are typically more severe. They include fever, chills, aches, and fatigue.

The Right Way to Cover Your Mouth

Are you still using your hand to cover your mouth when you cough or sneeze? It turns out that coughing or sneezing into your elbow is a better idea. Your arm provides a bigger "fence" around your nose and mouth, and you won't spread germs from your hands as easily.



Your Flu Shot Is Covered!

As an Independence Blue Cross health plan member, you can get a flu shot at no cost to you when you go to a participating in-network doctor, retail health clinic, or urgent care center. Go to ibxpress.com to learn more.

Rest to Recover

If you have a cold, take time to rest, and drink plenty of fluids. If you have a fever, definitely try to stay home. "Many people feel pressure to go to work with a cold," Dr. Gerner says. "But you're not as productive, and you're putting your coworkers at risk." If you don't feel better after ten days, see your doctor.

Call Your Doctor

If you think you have the flu, call your doctor as soon as possible. An antiviral prescription medication, like Tamiflu®, can shorten the duration of symptoms if taken within the first 48 hours of symptoms, Dr. Gerner says. As with a cold, it's a good idea to rest, drink fluids, and stay home if you can.

Yes, You Can Quit Smoking!

How to give up cigarettes for good so you can feel your very best

Ready for some great news about smoking? It doesn't matter how long or how much you've smoked: You are capable of quitting smoking, and it's never too late to reap the benefits. "I've seen people who've smoked for 70 years or who smoked five packs a day quit smoking," says Ryan Coffman, M.P.H., manager of the Philadelphia Tobacco Policy and Control program. "Anyone who quits gets back health, money, and time." Check out these benefits, plus expert tips on quitting.

Why Quit?

Your body starts repairing itself within minutes of quitting, and the many health benefits can last for years to come:

- **Within 20 minutes:** Your blood pressure improves.
- **Within 3 months:** Your heart and lungs start to work better.
- **Within 1 year:** Your heart disease risk is cut in half.
- **Within 5 years:** Your mouth and throat cancer risk is cut in half.
- **Within 10 years:** Your lung cancer risk is cut in half.
- **Within 15 years:** Your heart disease risk is the same as a nonsmoker's.

You'll have better quality of life, too, Coffman says. Smoking is an expensive, time-consuming activity. When you quit cigarettes, you'll have more money that you can put toward bills or even a vacation. You'll also have more time to spend with family and friends, and more energy to be productive at work.

How to Do It

Luckily, there are many ways to make quitting easier. Talking to your doctor, a "quit coach," or a support group ups your chances of success, Coffman says. Start by talking to your doctor, who can give you tailored advice and can recommend tobacco cessation aids.

For more advice and encouragement, all Pennsylvania residents can call **1-800-QUIT-NOW (1-800-784-8669)** to receive free nicotine replacement products and up to five counseling

Get Up to \$150 Back for Quitting

Through Healthy LifestylesSM Solutions Tobacco Cessation Program,* you may be eligible for a reimbursement of up to \$150 when you complete an approved program to help you quit using tobacco. To learn more, call **1-800-275-2583**.

sessions. Or visit **smokefree.gov** to find guidance for every stage of quitting or **smokefreephilly.org** to find local resources and group meetings. You can also check with your local hospital if they offer cessation classes or support groups.

If you "slip up" and smoke, don't think of it as a failure. In fact, most people aren't able to quit on their first attempt, Coffman says. But every attempt at quitting is a learning opportunity and a step closer to quitting for good. It might help to reflect on the situation. What triggered your desire to smoke: stress, being around other smokers, or habit? What can you do differently next time? Don't be afraid to ask your family and friends for help and support.

When you're successful, celebrate. Let your family and friends share your success. "It's okay to acknowledge that what you did took effort," Coffman says.

What's the Deal with E-Cigarettes?

Electronic cigarettes, also known as e-cigarettes or vapors, use batteries to heat flavored liquids that produce vapor instead of smoke. Some have nicotine, and some don't. So if they're not real cigarettes, is it acceptable to use them as a way to quit the real thing? "There's very little research on their potential for tobacco cessation or their short- and long-term health effects," Coffman says. It's best to stick to FDA-approved tobacco cessation aids that are known to be safe and effective. Ask your doctor for guidance.

Fall's Best Superfoods!

Stock up on the season's nutritious all-stars

Brisk autumn air brings out comfort food cravings, and seasonal fruits and vegetables will satisfy them the healthy way. Not only is fall produce filling and versatile, it's also less expensive in season. "Take advantage," says Heather Rudalavage, R.D., founder of Intuitive Nutrition in Elkins Park. "Plus, anything that's grown locally at the right time of year uses a lot less pesticide, even if it's not organic." Check out these six foods, plus meal and snack ideas:



Apple

Packed with fiber. All varieties are good options.

Use it in a meal: Update fall soups with diced apples for a sweet surprise.

Try it as a snack: Dunk apple wedges in melted nut butter mixed with a dash of cinnamon.



Fava Beans

An outstanding source of potassium and lean protein.

Use them in a meal: Boost nutrition in pasta dishes and stir-fries by adding a handful of fava beans.

Try them as a snack: Steam fava beans like edamame for a crunchy mini meal.



Sweet Potato

Rich in vitamin A. Keep the skins on for extra nutrients.

Use it in a meal: Try a loaded sweet potato as a low-cal alternative to white spuds.

Try it as a snack: Stir pureed sweet potato into hummus for a surprising, delightful dip.



Broccoli

Full of vitamin K and disease-fighting compounds.

Use it in a meal: Top whole wheat flatbread with roasted broccoli and carrots, and drizzle with low-sodium teriyaki sauce for an Asian-style pizza.

Try it as a snack: Dip broccoli into refreshing pesto.



Squash

Brimming with minerals and good omega-3 fats.

Use it in a meal: Add sliced or diced squash to roast chicken. (Try the recipe below.)

Try it as a snack: Toast squash seeds with cinnamon and cumin for a burst of flavor.



Cauliflower

A vitamin-C standout with plenty of folate, too.

Use it in a meal: Make a guilt-free mac and cheese by swapping in cauliflower for some of the pasta.

Try it as a snack: Mix roasted cauliflower with hot sauce for meatless buffalo bites.



Time-Saving Tip

Pressed for time but still want to make a healthy meal? "Frozen produce is a great solution," Rudalavage says. Most frozen produce is flash-frozen at its peak to lock in nutrition. Plus, you won't have to worry about it spoiling before you get a chance to eat it.

Dinner Made Easy

Comfort food recipes you can make with one dish

Even when you're busy, you can feed your family well. Your secret: one-dish recipes that allow you to put together a few quality ingredients in a baking dish, skillet, or slow cooker for a delicious meal. You'll save yourself time and effort in the kitchen, and cleanup will be a snap. Who knew that comfort food could be so convenient?

More Recipes, Please!

For more healthy recipes and valuable coupons, go to savings.healthycoupons.com/ibx.



Oven-Baked Chicken and Squash

Serves: 4

- 4 skinless chicken thighs
- 2 Tbsp olive oil
- 2 yellow squash, cubed
- 1 parsnip, cubed
- 2 Tbsp chopped fresh rosemary or 2 tsp dried
- 2 lemons, halved and juiced

Heat oven to 400°F. Brush chicken with oil. Place in

baking dish. Add squash, parsnip, and rosemary to pan. Cover with lemon juice, and add lemons to pan. Bake 25 to 35 minutes, or until done.

Nutrition: 219 calories, 8.5 g fat, 1 g sat. fat, 24 g protein, 12 g carbs, 3 g fiber, 310 mg sodium

Stovetop Marinara with Egg

Serves: 2

- 1 tsp olive oil
- 2 garlic cloves, minced
- 1 small onion, chopped
- 3 plum tomatoes, chopped
- 1 large egg or 2 small eggs

Add oil to skillet set over medium-high heat. Cook garlic and onion until soft. Add tomatoes, and simmer

5 to 7 minutes, stirring frequently. Mash tomatoes with spatula. Add egg to center of pan. Cook 2 minutes, or until set. Serve with whole wheat toast, if desired.

Nutrition: 93 calories, 5 g fat, 1 g sat. fat, 5 g protein, 9 g carbs, 2 g fiber, 45 mg sodium



Slow Cooker Mushroom Risotto

Serves: 4

- 1 Tbsp butter
- 2 garlic cloves, minced
- 1 onion, chopped
- 1 Tbsp chopped fresh sage or 1 tsp dried
- 2 cups brown rice
- 2 cups mushrooms, chopped
- 2 cups low-sodium vegetable broth
- 2 cups water

Add butter, garlic, and onion to slow cooker on high heat. Cook 1 minute. Stir in remaining ingredients. Cook 2 to 2.5 hours. Sprinkle with grated Parmesan cheese, if desired.

Nutrition: 168 calories, 4 g fat, 2 g sat. fat, 4 g protein, 30 g carbs, 4 g fiber, 76 mg sodium



3 Fast Ways to Get Fit Now

Burn calories, improve flexibility, and build strength in just minutes

At this time of year, fitness often takes a backseat to work, family life, and seasonal activities. Plus, with cooler weather, you’re more likely to be stuck indoors. Luckily, it’s easy to fit in a total-body workout at home. Try these routines from Roger Dickerman, personal trainer and co-owner of Relentless Fitness in Philadelphia. The first focuses on getting your heart rate up, the second increases flexibility from head to toe, and the third lets you squeeze in strengthening moves whenever, wherever. Before starting a new fitness program, be sure to check with your doctor first.



WORKOUT 1

Fat-Blasting Cardio

Warm up by walking in place for 5 minutes. Do each move for 30 seconds to complete 1 set, and try to do 3 sets. Cool down by walking in place for 5 minutes.



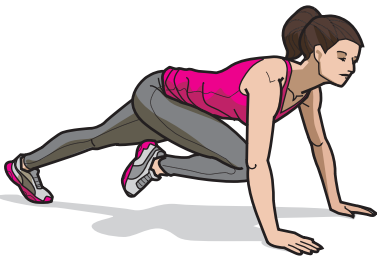
1. Jumping Jacks

Stand with arms by sides and feet together. Jump out so body forms an “X” with arms and legs. Jump back in to starting position.



2. High Knees

Stand with arms bent by sides. Jog in place with knees in front of you, raising them as high as you can without leaning forward or backward.



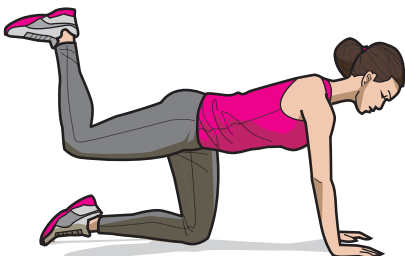
3. Mountain Climbers

Start in push-up position, balancing on hands and toes. Bring right knee up toward chest. Switch legs quickly by pushing right leg back to starting position and bringing left knee up.



4. Ski Jumps

Stand with feet slightly apart and arms bent by sides, as if you’re holding ski poles. Jump from side to side, landing softly with knees bent. Squat as deeply as you comfortably can.



5. Donkey Kicks

Start on all fours. With knee bent, raise right leg up toward ceiling until thigh is parallel with floor. Lower leg back down to floor. Do 15 seconds with right leg, then 15 seconds with left leg.

WORKOUT 2

Stretch-It-Out Yoga

Warm up by walking in place for 5 minutes. Do each move for 20 seconds to complete 1 set, and try to do 3 sets. Cool down by walking in place for 5 minutes.

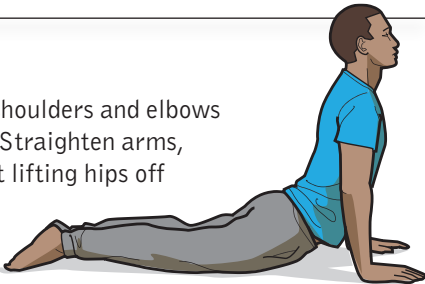
1. Child’s Pose

Kneel on mat or towel with knees about hip-width apart and big toes together. Sit back on heels. Lower chest down to floor, reaching forward with arms. It’s okay if your rear lifts off your heels. Hold the pose, then lift back up to starting position.



2. Cobra

Lie on mat or towel with hands under shoulders and elbows bent by body. Rest tops of feet on mat. Straighten arms, and lift chest up toward ceiling without lifting hips off mat. Extend only as far as you comfortably can. Hold the pose, then lower back down to starting position.



3. Downward Dog

Start on all fours. Straighten legs while keeping hands on mat and pressing into palms with fingers outstretched. Lift hips up toward ceiling, and press heels down toward mat. Move chest in toward thighs so ears are in line with arms and body forms an upside-down “V.” Don’t let head dangle. Hold the pose, then lower back down to starting position.



WORKOUT 3

1-Move Strengthening

Some days are just too jam-packed for a “real” workout, right? There’s no rule that says exercise only counts when you do 3 sets of 10 reps of 5 different exercises. “There’s always a benefit to moving, even if it’s just for a few minutes,” Dickerman says.

Try this: “Associate certain exercises with an activity in your daily life,” Dickerman says. “It takes seconds to do, and you can do it in any clothing.” Check out the ideas below.



Activity	Exercise
Talking on the phone	Do a set of <i>lunges</i>
Watching television	Do a set of <i>planks</i>
Brushing your teeth	Do a set of <i>squats</i>
Folding laundry	Do a set of <i>push-ups</i>

5 Tips to Beat Holiday Stress

Stay calm and energized by making just a little time for yourself

While the holidays are a time of fun and socializing, they can also be a source of stress. Whether you're trying to meet end-of-year work deadlines, plan family gatherings, or jam in some shopping, it can feel like something's got to give. For many of us, healthy habits are the first thing to go. While you can't cut stress completely, there are simple ways you can take care of your needs. Try these.

1 Store extra zzz's in your sleep bank.

The one thing that many of us skip on is getting the recommended seven to eight hours of sleep each night. "Think of sleep like a bank: If you withdraw from it one night by staying out too late, you have to put back in within the next few days to maintain your balance," says Jaie Bosse,* health consultant and founder of Illuminating Health in Philadelphia. Try a small tryptophan-rich snack before bed to help induce sleep, says Ricki Jacobson, R.N., M.S.N.,* founder of The Inspired Health Coach in Blue Bell. Bananas, figs, nuts, and seeds are good options.

2 Avoid foods and drinks that'll lead to a crash.

Sweet treats are everywhere right now. But if you overindulge regularly, you'll damage your energy as well as your

waistline. "Sugar gives you a high one minute then causes your blood sugar to drop, and that makes your mood and energy plummet," Jacobson says. Caffeine can have similar effects. Enjoy holiday treats in moderation, like on weekends, and limit caffeine to one cup a day, like in the morning, Bosse says.

3 Find a stress management technique you'll stick with.

"Take time for stress management," says Bosse. "That could be meditation,

yoga, or walking. Whatever it is you prefer, make it part of your daily routine." Or try the "20-breath technique" if you only have a few minutes, she says. Here's how to do it: Sit in a comfortable position. Take a deep breath in, and release out, saying "one" in your head. Continue until you reach ten breaths, then count back down for a total of 20 breaths. This resets your high-stress "fight-or-flight" response so you'll feel calmer.

4 Get organized to gain control.

"I make a to-do list two to three weeks prior to my deadlines, then I break it down into daily goals," says Jacobson. "This calms my anxiety and allows me to feel a sense of accomplishment on a daily basis." You can also

try writing your next day's to-do list each night so you can hit the ground running in the morning, Bosse says. Or try a free app that can help you manage your tasks digitally, like Remember the Milk.

5 Manage interruptions so you can get things done.

To be more productive and efficient with your time this season, consider scaling back on email and social media temporarily, Bosse says. One way she's done it herself is by turning off email on her smartphone's settings. "Now, my regular life isn't interrupted," she says. "Instead, I sit down at my computer a few times during the day and check it." If you need help managing your time, consider using a free computer app, such as **focusboosterapp.com** or **e.ggtimer.com**. You can designate a specific amount of time for a task, then you'll get a reminder when it's up. When it is, cross off your task, take a quick break to breathe and stretch, then tackle the next item on your to-do list.



Get Wellness Discounts with Blue365®

As an Independence Blue Cross health plan member, you have access to wellness-related discounts through Blue365.† Get 25% off a stress reduction program from eMindful, a free 30-day trial from Jenny Craig, or a 20% online discount from Reebok. You can also save with lifestyle offers from Fairmont Hotels and Resorts, Sprint, and more. You'll find special weekly deals, too. To see your discounts, log in at **ibxpress.com**, and select **Member Discounts**. Not registered yet? Register using your member ID number, which is on your member ID card. If you previously registered but have a new plan in 2014, you will need to re-register using your new member ID number, and select a new username.

* Experts quoted in these articles may or may not be in your health plan network. To find participating providers or learn about additional wellness resources, go to **ibxpress.com**.

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- Simple ways to beat and treat the flu
- 3 delicious comfort food recipes
- Workouts you can do in your living room

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