

Want to Win \$100?

As a MoDOT & MSHP Plan member, you may be eligible for rewards for healthy activities you may already be doing! Simply complete three easy steps to win a \$100 gift card.

Step 1: Get an annual exam

Remember, your health plan covers preventive care at 100%. If you need to find a primary care doctor, use the Find a Doctor tool on anthem.com

Step 2: Register online at anthem.com

It's quick to sign up and will help you get the most from your benefits. Visit anthem.com and select Register. You will be asked to provide your Member ID number, Date of Birth, First Name and Last Name to create your account.

Step 3: Complete one Walker Tracker Challenge

Walker Tracker extends far beyond step tracking to help you build wellness into your life in a fun and engaging way. Join your fellow teammates for a little healthy competition!



Current Walker Tracker Challenge

The Original Highway: Route 66 September 9, 2019 – November 10, 2019

Goal: Join your district, troop or central office for a team challenge! Help your team by tracking your steps and increasing the team's average.

To join the challenge, visit https://modotmshp.walkertracker.com/

If you are already registered on the Walker Tracker website, you have already been added to your district, troop or central office team.

If you haven't registered on the Walker Tracker website before, you will need to select your district, troop or central office as your team when you register for the challenge.

Who will win?



Five Ways to Eat Healthy on a Budget

Eating well and saving more can be easier when you know when to shop and where to look.

Looking for ways to get more from your food budget? Eating healthy doesn't have to break the bank. These tips can help you shop smarter to get the most nutritious foods at a better price.

Plan meals — Spend some time at the beginning of each week to meal plan. This can help you avoid takeout and also help you build a grocery list. Remember to include plans for lunch!

Stick to your list — Taking inventory of the items you need before you shop and not deviating from your list can keep you from overbuying and overspending. Many grocery stores now offer online shopping which can be a great way to avoid impulse buying as you wander the aisles.

Clip coupons — Search for savings on your favorite healthy products by entering "(Product Name) Coupons" online or by checking published weekly specials at your local market. Many brands also offer coupons if you sign up for their email list.

Look high and low — Many stores stock pricier items at eye level. It pays to look for items on upper and lower shelves to find better deals, especially on store brands.

Choose frozen vegetables — Because they're harvested and frozen at their peak freshness, their nutrients are similar to fresh and they last longer.



Find Your Happy Plates

MODOT is giving you the chance to learn how to eat the foods you love while reducing your risk of developing serious conditions, like diabetes or heart disease.

The next Naturally Slim program starts September 16, 2019 and SPACE IS LIMITED!

Click here to get on the waitlist and submit your application.

Naturally Slim is available at NO COST to you and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

To be considered for the program, you must submit your application by August 30, 2019.

Active Employees, Spouses, Adult Dependents (age 18 or older), and Pre-Medicare Retirees on the Anthem BCBS Medical Plan are eligible to apply to the program.



Peanut Butter and Jelly Smoothie

Blend together:

1 cup almond milk

2 tablespoons of peanut butter

1 banana

2 dates

1/2 cup raspberries

What's the swap?

Instead of added sugar, go for a couple of dates. They give your smoothie the sweetness you crave, plus a dose of disease-fighting antioxidants and fiber. Dates are also packed with potassium, magnesium and vitamin B6.2

Chew on this

Peanut butter gives you a rich amount of protein - keeping your belly satisfied. Yum!

