

IT PAYS TO BE WELL

MONTHLY WELLNESS NEWSLETTER

CONGRATULATIONS TO THE 2019 INCENTIVE PROGRAM WINNERS!

More than 300 of your fellow co-workers earned a \$100 gift card for completing three simple steps as part of the 2019 It Pays to Be Well incentive program. Winners will receive an email to claim their gift card by early January 2020.

Get Ready to Earn in 2020

The 2020 It Pays to Be Well incentive program starts January 1st. **Complete these three steps before November 30, 2020 and you're guaranteed to win \$100:**

1

Get an annual exam.

An adult wellness visit, annual physical, cancer screening, mammogram, PSA screening or pap screening/routine GYN exam are all eligible exams. Remember, your plan covers preventive care at 100% so you won't pay out-of-pocket. If you receive a flu shot, it must be submitted to your Anthem medical plan to be counted towards the incentive program.

2

Complete the online health assessment.

Simply login at anthem.com, select **Care** from the navigation bar at the top of the page and then select **Health and Wellness Center**. Scroll down to **Digital Tools** and select **Health Assessment**.

3

Complete a Walker Tracker challenge.

You're already taking steps each day, why not track them and earn money? There will be two individual and one team challenge in 2020. The first one starts March 2nd.

Visit modotmshp.walkertracker.com and **Login** or select **Register** to get started.



Stressing Over the Holidays?

Learn tips to handle stress

When you or a loved one are stressed or anxious, it can seem that even daily tasks feel harder than usual. And with the added stress of the holidays, it can be easy to feel completely overloaded. While it's always a good idea to talk to a professional about your mental health, following these tips may help you better manage your stress and increase your ability to deal with what life throws your way. This is called resiliency and it can make you stronger in challenging times.

Change your perception.¹

Stressful events are bound to happen in life, and while you may not be able to change them, you can change how you react. When dealing with a difficult moment, try keeping in mind that this will pass and the future will be better.

Embrace change.¹

Sometimes life throws curveballs your way and what you had in mind may not be within reach anymore. Accepting when things can't be changed can help you focus on what you may be able to control, like your attitude or your approach to dealing with them.

See your doctor.

If you're not feeling well, don't assume that it's no big deal or it'll pass. Your doctor can help you decide if your symptoms are due to a physical or mental health problem and help you create a plan to feel better.

Watch what you eat.²

A healthy, balanced diet fuels your body and keeps your blood sugar steady. This helps prevent mental highs and lows that can make depression and anxiety seem worse.

Get moving.³

Regular exercise can help you feel less stressed, depressed and anxious. It can even help you sleep better. Check with your doctor before developing a fitness plan.

Manage your Stress.³

Pay attention to how you're feeling and don't take on too much. Know your limits and only take on what you can handle.

Get to know your triggers.³

Be mindful of what may be causing you to feel stressed. For example if watching the news makes you tense, take a break. Remember, it's OK to say "no."

Connect with others.³

Surround yourself with positive, caring people, and spend a lot of time with them. If you don't have supportive people in your life, seek them out by joining a support group.

Save time for yourself.³

Make time each week to do something you enjoy, as this can give life more meaning and purpose.



Slimmed Down Green Bean Casserole

A healthy version of the holiday classic

Ingredients

3 to 4 medium shallots, in their skins
Kosher salt, plus 1 1/2 teaspoons
1 pound fresh green beans, stemmed, and halved crosswise
1 tablespoon extra-virgin olive oil
8 ounces cremini mushrooms, sliced (about 4 cups)
2 tablespoons unsalted butter
3 tablespoons all-purpose flour
1 1/2 cups mushroom, vegetable, or chicken broth
3 teaspoons fresh thyme leaves
Freshly ground black pepper
Vegetable cooking spray
1 cup fresh bread crumbs

Directions

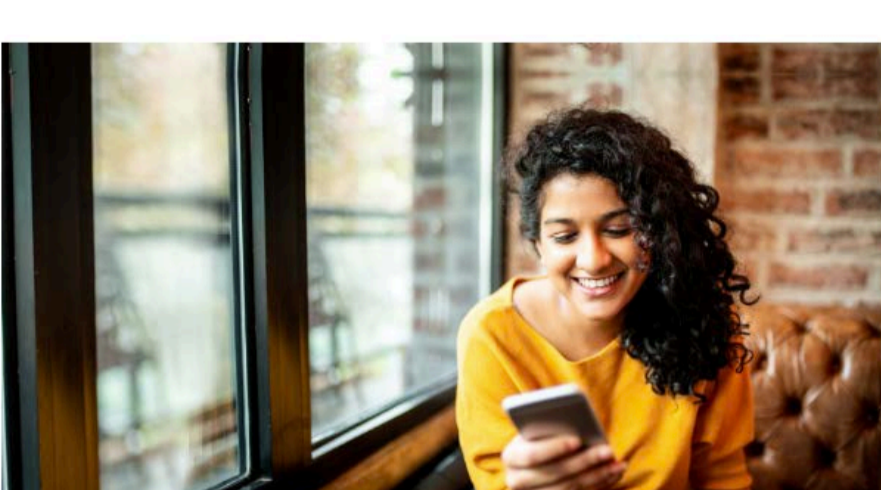
Preheat the oven to 400 degrees F. Put the shallots (in their skins) on a small baking dish, roast until soft, about 30 minutes. When cool enough to handle, skin and coarsely chop the shallots. Set aside.

Bring a medium-large saucepan of water to a boil over high heat. Add kosher salt, to taste. Add the green beans, and cook, uncovered, until crisp-tender and bright green, about 3 minutes. Drain the beans in a colander and rinse with cold water. Transfer the beans to a large bowl.

In the same saucepan, heat the oil over medium heat. Add the mushrooms, season with 1 teaspoon salt, cook, stirring occasionally, until browned, about 7 minutes. Add the mushrooms to the beans.

Melt the butter in a small saucepan over medium heat. Add the flour and cook, stirring with a wooden spoon, until golden, about 2 minutes. Slowly whisk in the broth, increase the heat to high, and bring to a boil. Add the shallots, 1 teaspoon of the thyme, and remaining 1/2 teaspoon of salt. Reduce the heat to maintain a simmer and cook until thickened, stirring occasionally, about 5 minutes. Pour the sauce over the

Spray a 2-quart baking dish with vegetable cooking spray. Transfer the vegetable mixture to the pan. Add the remaining 2 teaspoons of thyme to bread crumbs and scatter over the vegetables. Bake uncovered until the sauce bubbles and the crumbs brown, about 20 minutes.



Take a Deep Breath with myStrength

Your FREE resource for emotional well-being

Life gets busy. And sometimes it's hard to keep up. That's why as a part of your healthcare benefits you have access to myStrength, a free online and mobile program that supports emotional health and well-being.

The program's tools and resources are available to help you and your eligible dependents manage:



Addiction



Depression



Anxiety



Problems with sleep



Chronic Pain



Stress

You can access:



Positivity-training tools



A daily mood tracker



Inspirational videos, articles and quotes



eLearning programs

To access myStrength, visit www.anthem.com/mystrengthMO.

After you are registered online, you can download the myStrength app for easy access wherever you are.

Sources

1 American Psychological Association website: The Road to Resilience (accessed February 2018) apa.org/helpcenter/road-resilience.aspx.

2 The Center for the Improvement of Human Functioning International website: Mood Swings and Depression: Let's Get to the Bottom of It (accessed February 2018): orthomolecular.org/library/articles/mood.shtml?ct=39992.

3 Centers for Disease Control and Prevention website: Coping with Stress (accessed February 2018) cdc.gov/violenceprevention/pub/coping_with_stress_tips.html.

