

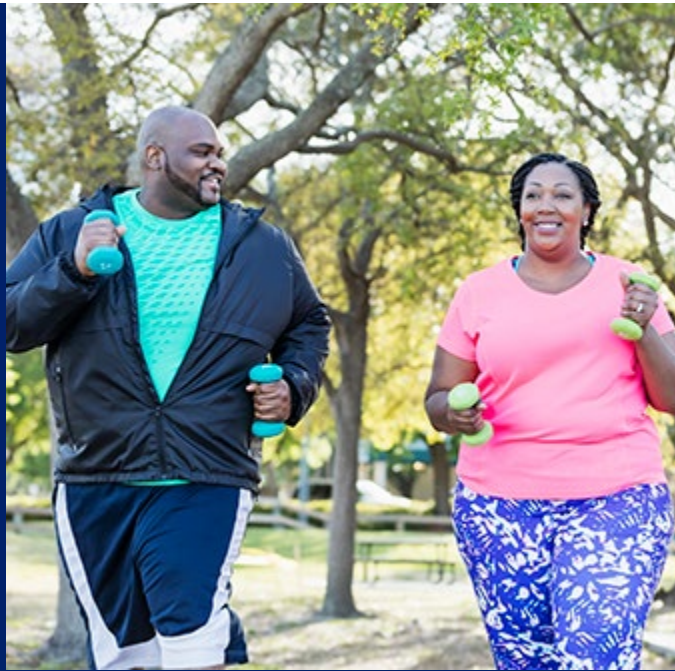
December 2024 materials are now available.

[View email in a browser](#)



It pays to  
**be well**

December 2024



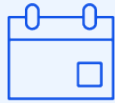
## Weight-loss support for happy, healthy holidays

This holiday season, you can enjoy your favorite foods while also starting or continuing a weight-loss journey. Wondr Health is here to support your health goals. This digital weight-loss program is available to Anthem Blue Cross and Blue Shield members at no extra cost. Through weekly personalized lessons, you'll discover how to eat well and live well. [Visit wondrhealth.com/modot-mshp to enroll.](https://wondrhealth.com/modot-mshp)

## Learn about your benefits: Join our virtual webinar

Find out about the features, programs, and resources available to Anthem-enrolled members:

### Get to know your 2025 health and wellness benefits



#### Date:

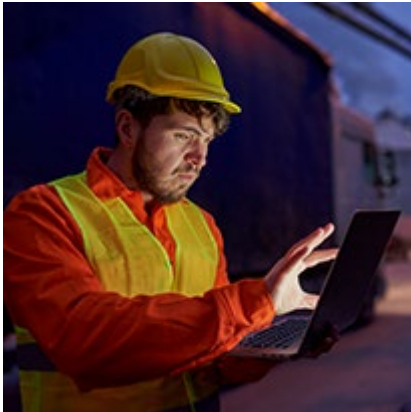
Wednesday, January 22, 2025



#### Time:

12–12:45 p.m. CT

[Register Now](#)



### Reducing risks for shift workers

Working nine-to-five is common in the U.S., but about 25% of adult employees clock in for evening or overnight shifts.<sup>1</sup> These nontraditional hours are necessary in many jobs but disrupt the natural sleep-wake cycle of shift workers. This can cause sleepiness during work hours and insomnia during daytime hours.<sup>1</sup> It also significantly increases the risk of developing several health problems, including heart disease, obesity, type 2 diabetes, and some types of cancer.<sup>1</sup>

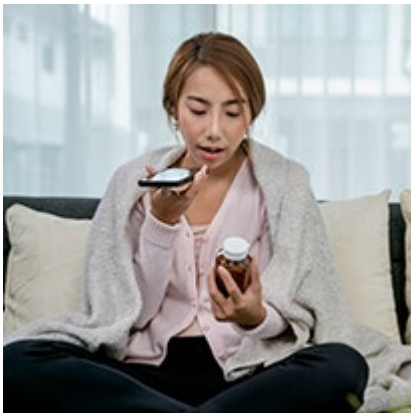
To help reduce the risks of shift work, employers and employees can work together to:<sup>1</sup>

- Avoid fixed, permanent night shifts.
- Limit consecutive night shifts to three or fewer.

- Rotate shift work forward rather than backward — shifting from days to evenings to nights instead of nights to evenings to days.
- Provide regular weekends off to allow for more family and social connections.

In addition, shift workers can:<sup>2</sup>

- Wear sunglasses and avoid sunlight in the morning if they plan to sleep during the day.
- Take a nap before or during a night shift, if possible.
- Maintain a bedtime routine and the same schedule, even on days off.
- Ask others in their household to help create a quiet and dark environment for sleeping during the day.
- Talk to their doctor about bright light therapy, melatonin, and other treatments to help sleep during the day.



## Have a virtual doctor visit, 24/7

Anthem-enrolled members can use the [Sydney<sup>SM</sup> Health app](#) to connect with a doctor or other care provider from anywhere, at any time. LiveHealth Online offers the same level of care as an in-person visit, for the same cost, with the added benefit of convenience.

You can use LiveHealth Online to receive:

- Treatment for nonemergency needs, including urgent and preventive care.
- Prescriptions for medicine.<sup>3</sup>
- Orders for lab work.
- Referrals to other care providers.
- An annual physical with a primary care doctor.
- Checkups for a condition.
- Mental health support from a psychologist or psychiatrist.<sup>4,5,6,7</sup>

To schedule a visit or learn more, sign in to Sydney Health, then select **Find Care**.

---



## Recipe box

### Delicious immunity-boosting meals

Boost your defenses against the cold and flu this winter with immune system–strengthening nutrients like zinc and vitamins A, C, and E.<sup>8</sup> These winter recipes are packed with germ-fighting nutrition and delicious flavors:

- [Breakfast bowl with egg, spinach, and feta](#):<sup>9</sup> A powerhouse of immunity, the spinach in this dish brings loads of vitamins A and C. Plus, it's easy to make in advance and reheat later.
  - [Chicken and quinoa casserole](#):<sup>10</sup> Hearty quinoa offers immune-boosting vitamin E and zinc.
  - [Creamy rotisserie-chicken noodle casserole](#):<sup>11</sup> Peas, carrots, celery, and onion add savory flavors to this quick and delicious comfort dish, along with zinc and vitamins A and C.
-