

February 2020

Anthem



IT PAYS TO

BE WELL

MONTHLY WELLNESS NEWSLETTER



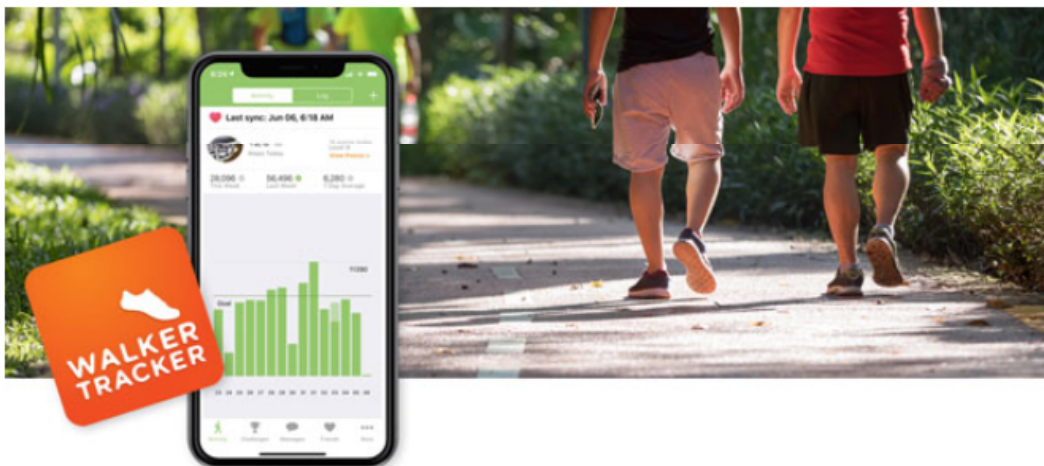
Free Fitbit Giveaway!

Register for Walker Tracker by Friday, February 21st and you'll be entered into a drawing to win a Fitbit!

Visit modotmshp.walkertracker.com and select **Register** to be entered.

Already registered for Walker Tracker?

You will automatically be entered in the drawing.



You're already taking steps every day, why not track them and earn money?

The first 2020 Walker Tracker Challenge starts March 2nd. The Mississippi River Tour is an individual challenge. Complete an average of 6,000 steps per day for 42 days.



JULY 2018 JULY 2019

My Well-Being Journey

Darin Stevens, Wellness Champion for Troop E

If you would like to share your own well-being journey or pictures of health & wellness activities and events with your coworkers, send them to your Wellness Champion. We will feature them in our newsletter and our socials to encourage and inspire others.

I have struggled with my weight for my entire adult life. Obesity, heart disease, high blood pressure, and diabetes run rampant in my family. In my personal struggle, I've gained and lost so much weight, I've lost track of the actual number.

Then in 2018, my mother passed away from congestive heart failure and I had an annual checkup that was all bad news. That's when it struck me, why do I keep riding this yo-yo?

I began a strict diet and exercise regimen and have lost nearly 100lbs. and logged over 700 miles including a half marathon. I'm still working hard and have logged my efforts on My Fitness Pal, every day, for over a year.

I'm very excited to serve as Troop E's Wellness Champion to help others as I continue to help myself. If you'd like to learn more about my fitness journey, check out my Instagram page, [@darin_papa_hoss_stevens](https://www.instagram.com/darin_papa_hoss_stevens).



Heart to Heart

At risk for heart disease? Here's what you need to know.

Your heart works hard every minute. So it's important to take care of it, especially because heart disease is the leading cause of death in the U.S.* The good news is you can lower your risk by knowing the symptoms and making a few lifestyle changes.

What is heart disease?

Heart disease usually involves narrowed or blocked blood vessels anywhere in the body. There are many types of heart disease, including coronary artery disease and congestive heart failure. Not all of them are an emergency, but they're all serious.

Checklist for a healthy heart

- Don't smoke.
- Maintain a healthy weight.
- Make healthy food choices.
- Be active at least 150 minutes a week.
- Keep your blood pressure and cholesterol levels under control.
- Find helpful ways to manage or reduce stress

Know your risk factors for heart disease

With 1 in 4 deaths caused by heart disease,* it's important to know if you're at risk. Some types of heart disease run in the family. Others are caused by an unhealthy lifestyle, such as lack of exercise or poor diet.

Heart disease risk factors include:

- Family history of heart disease
- High blood pressure
- High cholesterol
- Smoking
- Diabetes
- Being overweight or obese
- Poor diet
- Physical inactivity
- Excessive alcohol use

To learn more about heart health, and changes you can make during Heart Month, visit the American Heart Association at heart.org.

*Centers for Disease Control and Prevention website: Heart Disease Facts (accessed December 2018): cdc.gov/heartdisease/facts.htm.



Saucy Boneless “Wings”

A healthier-for-you version of the popular appetizer

Ingredients

Cherry Barbecue Sauce

- 1/4 cup lowest sodium available barbecue sauce
- 1/4 cup all-fruit cherry spread

Chicken

- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground cumin
- 2 tablespoons all-purpose flour
- 1 pound boneless, skinless chicken breast halves, all visible fat discarded, cut into 3 x 1/2-inch strips (16 strips total)

Directions

- 1** In a small bowl, stir together the Cherry Barbecue Sauce ingredients. Set aside.
- 2** In a second small bowl, stir together 1/2 teaspoon chili powder, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, and 1/2 teaspoon cumin. Stir in the flour.
- 3** Dip the chicken strips in the chili powder mixture, turning to coat and gently shaking off any excess. Using your fingertips, gently press the coating so it adheres to the chicken. Place the strips in the slow cooker. Stir the sauce together with the chicken. Cook, covered, on low for 3 to 4 hours or on high for 1 1/2 to 2 hours.



Get the Support You Need to Feel Your Best with ConditionCare

Take control of your health today

A little help can make a big difference when you or a family member has:

- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease (CAD)
- Type 1 or 2 diabetes (pediatric or adult)
- Heart failure

That's where ConditionCare comes in. This no-cost health and wellness program provides:

- 24/7, toll-free phone access to nurses who can answer health questions.
- Support from nurse care managers, dietitians and other health care professionals to help you reach your health goals.
- Educational guides, electronic newsletters and tools to help you learn more about your condition(s).

You're never alone with ConditionCare.

For more details or to join ConditionCare, call at 866-962-1069.

