

IT PAYS TO

BE WELL

MONTHLY WELLNESS NEWSLETTER

Congratulations to the 2019 MoDOT & MSHP Walker Tracker: Route 66 Team Challenge Winners!

The MoDOT retirees walked all over the competition with a cumulative daily average of **503,837 steps**. Troop I trampled the other troops with a cumulative daily average of **656,715 steps**.

Here are the individual winners of the challenge:

MoDOT

WALKER	STEPS
Scott Nichols (Central Office)	1,684,685
Jennifer Riegel (STL)	1,580,420
Dave Brown (KC District)	1,549,595
Darrell Patrick (Central Office)	1,337,637

MSHP

WALKER	STEPS
Eddit Blaylock (Troop I)	1,705,123
Colby Tierney (Troop I)	1,167,407
Paula Ott (Troop H)	1,153,952
Gary Gundy (Troop F)	1,095,124

GET READY!

The next Walker Tracker Challenge starts **March 2nd!**



New Year, New Incentives!

The 2020 It Pays to Be Well incentive program started January 1.

Complete three simple steps and you will receive \$100. No limits, no "chances to win."

Watch your mail for details about the 2020 incentive program!



Cervical Cancer Awareness Month

What You Need to Know

Cervical cancer is a tumor in the cervix. The cervix is the lower part of the uterus. It connects the vagina and the upper part of the uterus where a baby grows when a woman is pregnant.

Causes^{1, 2, 3}

Almost all cervical cancers are caused by the human papillomavirus (HPV). HPV is a common virus that is passed from one person to the next during sex. The most common risk factors include:

- Smoking
- Sexual activity at an early age
- Many sexual partners
- A weak immune system from HIV or another condition
- A family history of cervical cancer

Prevention and Detection^{1, 2, 3}

Cervical cancer is a lot less common than it used to be. That's because Pap tests — the tests used to screen for cancer of the cervix — help doctors find cervical cancer in the early stages, when it's easier to treat. Most women who develop cervical cancer are between 20 and 50 years old. To reduce your risk, you should consider:

- Getting the HPV vaccine (suggested between the ages of 9 and 26).
- Having a regular Pap test (or Pap smear) with HPV test.

January is Cervical Cancer awareness month. It's a good time to set an appointment for your well-woman exam and tell the women in your life to do the same.



Apple Cider Chicken Skillet

Recipe for a healthy start to the New Year

Ingredients

- 4 teaspoons extra-virgin olive oil — *divided*
- 1 1/2 pounds boneless skinless chicken thighs — *(about 8, depending on size)*
- 1 teaspoon kosher salt — *divided*
- 1/2 teaspoon freshly ground black pepper — *divided*
- 1/2 cup fresh apple cider
- 2 teaspoons Dijon mustard
- 3 medium firm — *sweet apples, cored and cut into 1/2-inch slices (I used Gala)*
- 2 teaspoons chopped fresh rosemary — *plus additional for serving*

Directions

Heat 2 teaspoons of oil in a large skillet over medium high. Sprinkle the top of the chicken evenly with 1/2 teaspoon kosher salt and 1/4 teaspoon pepper. Once the oil is hot and shimmering, add the chicken to the pan, top-side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3 to 4 additional minutes. Remove to a plate and cover with foil to keep warm.

In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 2 teaspoons of oil to the pan over medium high. Once the oil is hot, add the apple slices, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, and rosemary. Cook for 5 minutes, until the apples are lightly tender and begin to turn golden. Return the chicken to the pan and pour the cider mixture over the top. Let pan for 4 to 5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional chopped rosemary as desired.

Sources

1 Centers for Disease Control and Prevention website: Basic Information About Cervical Cancer (accessed December 2018): [cdc.gov/cancer/cervical/basic_info/index.htm](https://www.cdc.gov/cancer/cervical/basic_info/index.htm).

2 Centers for Disease Control and Prevention website: Cervical Cancer (accessed December 2018): [cdc.gov/cancer/cervical/pdf/cervical_facts.pdf](https://www.cdc.gov/cancer/cervical/pdf/cervical_facts.pdf).

3 American Cancer Society website: What Are the Risk Factors for Cervical Cancer (accessed December 2018): [cancer.org/cancer/cervical-cancer/causes-prevention/risk-factors.html](https://www.cancer.org/cancer/cervical-cancer/causes-prevention/risk-factors.html).

4 American Cancer Society website: Signs and Symptoms of Cervical Cancer (accessed December 2018): [cancer.org/cancer/cervical-cancer/detection-diagnosis-staging/signs-symptoms.html](https://www.cancer.org/cancer/cervical-cancer/detection-diagnosis-staging/signs-symptoms.html).

