

IT PAYS TO BE WELL

MONTHLY WELLNESS NEWSLETTER

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

Wellness Challenge: Food For Thought

June 24, 2019 – August 4, 2019

Goal: Earn 875 points

There is still time to join the challenge!
Join Now at

<https://modotmshp.walkertracker.com/>



Sun Well: Protecting Your Skin

Follow these simple tips for sun-safe skin:

- Always wear sunscreen with a minimum SPF of 15. Broad spectrum sunscreens are best as they absorb a higher percentage of UVA and UVB sun rays.
- Apply sunscreen generously to all exposed areas at least 20 to 30 minutes before going outside. This allows the sunscreen to bind to your skin so it won't immediately "sweat" off.
- Make sure to apply sunscreen to the places you typically might not think of: your lips, ears, between your fingers and toes, back of your neck, even the bottoms of your feet if you will be barefoot and lying on your stomach. Reapply sunscreen every few hours and especially after swimming.
- Avoid peak hours — usually between 10 a.m. and 4 p.m. This is when the sun's rays are most intense.
- Wear a wide-brim hat, sunglasses and other protective clothing. Hats with at least a three-inch brim are best; sunglasses should protect against UVB rays; clothing should be lightweight and tightly woven for the most protection.
- Stay shaded under a canopy or umbrella when outdoors during peak hours.
- Don't sunbathe.
- Don't use artificial tanning devices, such as tanning beds or lamps.

Getting enough water every day is so important for your overall health.

Did you know that water helps to:

- Maintain your balance of body fluids and temperature
- Control calories
- Energize muscles
- Keep your skin looking good
- Keep your kidneys healthy
- Maintain normal bowel function

Mild dehydration can easily be treated but if it reaches extreme levels, it can be life-threatening and will require immediate medical attention. Please make sure that when you are working outside during warm/hot weather, you are drinking enough water....your health depends on it.



Live Life to the Fullest— Without Paying Full Price

Here's just a few examples of places where you can save with Anthem's SpecialOffers discounts:



Dental Care



Gym Memberships



Vitamins

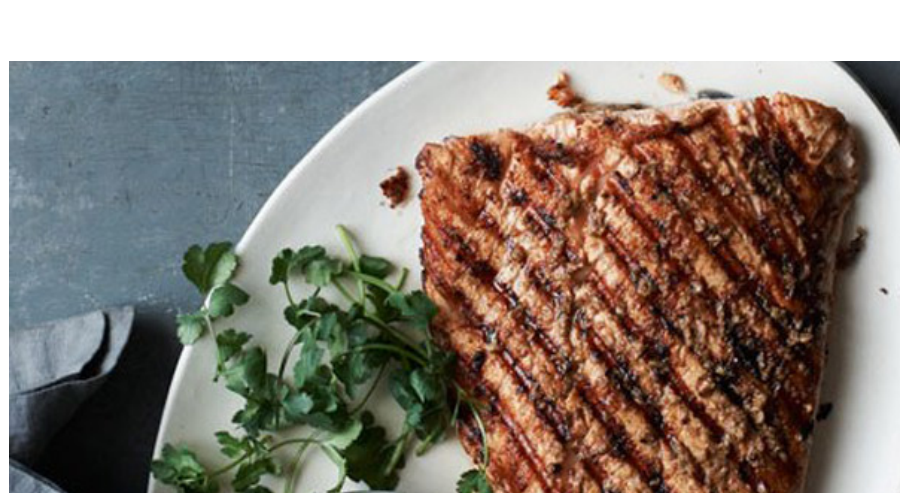


Glasses and LASIK



Pet Insurance

To find available discounts, log in to anthem.com, select **Care** and then select **Discounts**.



July's Recipe: Spicy Indian Salmon

Ingredients

Vegetable oil cooking spray
1 pound skinless salmon (if using salmon with skin, choose a piece that is 1½ pounds)
1 tablespoon canola oil
2 cloves garlic, minced
1 teaspoon finely grated fresh ginger
½ teaspoon salt
¼ teaspoon turmeric
½ teaspoon ground cumin
½ teaspoon black pepper
½ teaspoon cayenne pepper, optional
½ teaspoon garam masala
1 tablespoon fresh lime juice

Nutrition Analysis

Serves 4
Calories: 420
Calories from fat: 160g
Total fat: 18g
Saturated fat: 2g
Trans fat: 0g
Cholesterol: 90mg
Sodium: 170mg
Total carbohydrate: 35g
Dietary fiber: 4g
Sugar: 25g
Protein: 32g

Directions

Coat a baking dish with the cooking spray. Arrange salmon in the baking dish.

Combine oil, garlic, ginger and spices, and rub into the salmon.

Prick the salmon with a fork a few times. Cover and marinate for 20 minutes at room temperature or up to 24 hours in the refrigerator.

Preheat oven to 400°F.

Bake the salmon, uncovered, for 15 to 20 minutes. Or grill the salmon, wrapped in foil with a tent for venting, for 10 to 15 minutes. The salmon is done when it easily flakes with a fork.

Sprinkle with the lime juice before serving.

Cooking Note

Garam masala is a blend of several spices and is frequently used in Indian recipes. Buy it in markets or make your own! Dry-roast ¼ cup cumin seeds on low heat until dark brown and fragrant. Cool to room temperature. Mix with 3 tablespoons whole black peppercorns, 3 tablespoons whole cardamom pods, 1 teaspoon cloves, 2 teaspoons dry ginger powder and 2 cinnamon sticks. Grind spices in a spice grinder. Store in an airtight container.

