



June 2019

It Pays to Be Well

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 for the chance 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!

***The deadline to complete these 3 activities is November 30, 2019!**



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

ENDS SOON: APPLY FOR NATURALLY SLIM

Naturally Slim is an online program that helps you lose weight, plus improve your overall health -- all while eating the foods you love! This program is available at no cost to you!

Space in the program is limited. To be considered, you must complete the online application by Friday, June 28, 2019.

Visit www.naturallyslim.com/modot-mshp to apply and learn more.

DITCH DIETS, NOT LUNCH.

You don't have to give up your favorite foods to lose weight and feel your best.

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Apply now



RECIPE OF THE MONTH: JERKED CHICKEN WITH FIRE-ROASTED PINEAPPLE

Ingredients

2 (10 -12 oz) boneless, skinless chicken breasts, cut in half

Jerk Sauce:

1 tablespoon ground allspice
1 tablespoon dried thyme leaves
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
2 tablespoons canola oil
2 tablespoons red wine vinegar
Juice of 1 lime
3 medium green onions, finely chopped
1 jalapeño pepper, chopped
2 cloves garlic, minced

Pineapple Slices:

8 fresh pineapple slices
2 tablespoons canola oil
2 tablespoons honey
Dash of hot pepper sauce

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

Academy of Nutrition and Dietetics:

<https://www.eatright.org/>

Directions

1. To prepare the jerk sauce, combine the allspice, thyme, cinnamon and nutmeg in a medium bowl. Add 2 tablespoons oil, vinegar and lime juice, mixing with a wire whisk to blend well. Add the green onion, jalapeño pepper and garlic; mix well. Set aside.
2. Place the chicken breasts in a baking dish. Brush the jerk sauce evenly over both sides of the chicken breasts. Cover and marinate in the refrigerator for at least 1 hour or longer if possible.
3. To cook the chicken, preheat the grill to a medium-high temperature. Remove the chicken from the marinade; discard the marinade. Place the chicken breasts on the hot grill, with the thicker portion facing the hotter part of the grill. Grill for about 6 to 8 minutes on each side. Use an instant-read thermometer to check for doneness; the internal temperature of the chicken should reach 165°F when cooked through. Allow the grilled chicken to rest for 5 minutes, covered, before serving.
4. While the chicken is cooking, brush the pineapple slices lightly with 2 tablespoons oil. Place the pineapple on the grill; cook for 3 to 4 minutes on each side, or until heated through and lightly charred with grill marks. Remove from the grill.
5. Combine the honey with hot pepper sauce in a small bowl; blend well. Drizzle over the pineapple.
6. Serve the jerked chicken breasts with grilled pineapple slices.

JUNE IS MEN'S HEALTH MONTH: THE GUY'S GUIDE TO PREVENTIVE CARE

Getting certain preventive care tests and screenings and practicing healthy habits can help keep you at your healthy best. Talk with your doctor about which test you should get, when you should have them and how often.

Regular checkups can lower your chances of developing diabetes, testicular or prostate cancer, and heart issues.

Don't have a doctor? Find a doctor near you. Visit anthem.com and use find a doctor to see a list of doctors in your plan.