



May 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!



CURRENT WALKER TRACKER CHALLENGE:

Lewis & Clark Expedition
April 22, 2019 – June 2, 2019

There is still time to join the challenge! Visit <https://modotmshp.walkertracker.com>

UPCOMING EVENTS

6/2/19: Lewis & Clark Walker Tracker Challenge Ends

9/28/19: 5K Event in Jefferson City

11/30/19: Deadline for a chance to earn the \$100 Wellness Gift Card



As an Anthem member you have access to myStrength. A free online mobile program that supports emotional health and wellbeing. The program offers tools and resources to help you manage addiction, anxiety, chronic pain, depression, sleep problems, and stress. Our case managers and licensed mental health professionals will help you achieve your goals and help you take control of your health care by improving your quality of life.

To access myStrength, visit www.anthem.com/mystrengthMO today.



RECIPE OF THE MONTH: BALSAMIC ROASTED BRUSSEL SPROUTS

Ingredients

- 1 pound Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup coarsely chopped pecans
- ½ cup balsamic vinegar
- ½ cup 100-percent apple juice
- ¼ cup dried cranberries

Directions.

1. Preheat oven to 425°F.
2. Combine Brussels sprouts, olive oil, salt and pepper in a large bowl; toss. Spread Brussels sprouts in a single layer on a large rimmed baking sheet and roast for 10 minutes.
3. Add pecans to the baking sheet and stir. Roast 5 to 7 more minutes, or until Brussels sprouts are tender and slightly browned and pecans are golden.
4. Meanwhile, combine balsamic vinegar and apple juice in a small saucepan. Bring to a boil over medium-high heat. Then, reduce heat to medium, and simmer 15 minutes or until thickened and reduced to about ¼ cup. Remove from heat.
5. Transfer Brussels sprout mixture to a large bowl; add cranberries. Drizzle with balsamic glaze, and toss until well blended. Serve immediately.

NUTRITION ANALYSIS

Serves 4

Serving Size: ½ Cup

Calories: 186

Total fat: 8.7g

Saturated fat: 1g

Cholesterol: 0mg

Sodium: 180mg

Total carbohydrate: 25.2g

Protein 4.4g

Academy of Nutrition and Dietetics:

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

MAY IS WOMEN'S HEALTH MONTH: Stay on top of your health game

Regular preventive breast exams can spot problems early and save lives.

It's too easy to put off your health screenings when you're busy. But breast exams should be a part of every woman's wellness plan — even if you don't have a family history of breast cancer. Regular checks can help find breast cancer early, when it is easier to treat — and beat.

It's important to know that 70-80% of breast cancers occur in women who have no family history of breast cancer.

Protect yourself

Be aware of the signs and symptoms. A lump, swelling, pain, discharge, or skin changes are signs that should be checked by a doctor.

Talk with your doctor. Ask when to start having mammograms and how often you should have one based on your health history.

Have you had a mammogram recently?

A mammogram is a low-dose X-ray picture of the breast. The amount of radiation used during the test is very low, so the risk of any harm is extremely small. This test is very important because it can help your doctor find breast cancer at an early stage when it can best be treated.