

IT PAYS TO BE WELL

MONTHLY WELLNESS NEWSLETTER

Last Chance to Enter the It Pays to Be Well Incentive Program

Complete three steps for a chance to win \$100

If you have already joined a Walker Tracker challenge this year, you just need to complete two more steps:

1. Get an annual exam.

You can receive any of the following services to complete this requirement:

Adult wellness visit, cholesterol screening, colorectal screening, immunizations, mammogram, PSA screening, pap screening, routine OBGYN exams or eye exams

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**.

The program runs until November 30th – you still have time! Complete the steps soon to be entered to win \$100.

Missed the Walker Tracker challenges? Don't worry – a new incentive program and new prizes are being developed for 2020. Stay tuned for more information.



No Shave November Is Here!



Share your pictures on the MoDOT & MSHP Total Wellness Facebook page for a chance to win a free gift.

Visit <https://www.facebook.com/modotmshptotalwellness/>, like the page and share your pictures throughout the month of November.

YOU DON'T HAVE TO STOP SMOKING IN ONE DAY.

START WITH DAY ONE.

The Great American Smokeout®

November 21, 2019

Ready to Quit Smoking for Good?

Get Started Today!

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society's Great American Smokeout event. The annual event challenges people to quit smoking on that day, or use the day to make a plan to quit.

This year's Great American Smokeout is November 21 and it's the perfect time to commit to living a smoke-free life, here are some tips to get started:

Make the decision to quit

Think about all of the reasons you want to quit and write them down so you can look at them every time you want to smoke.

Pick a quit date

Once you have made the decision to quit, it is important to pick a quit date. It's important to pick a date that isn't too far in the future and can give you time to change your mind, but gives you some time to prepare. Try picking a date within the next month, circle that day on your calendar and make a real commitment to quit.

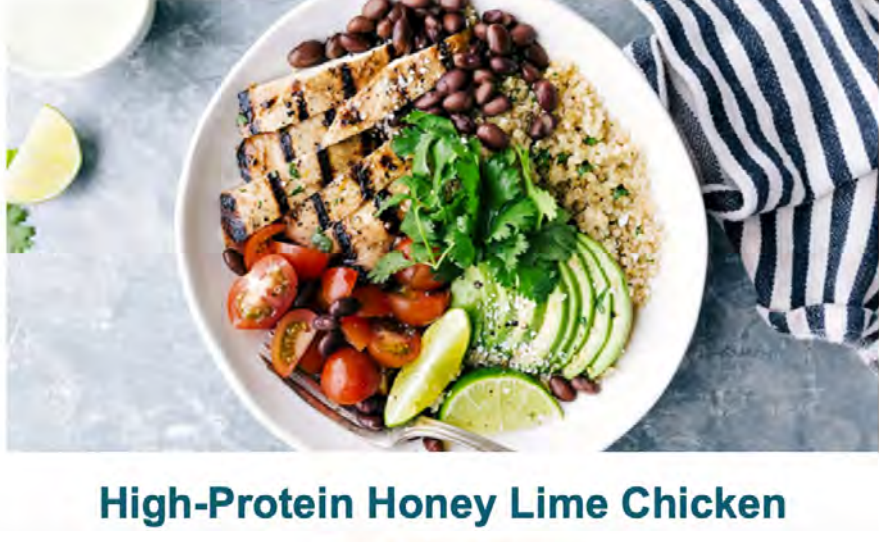
Make a plan

Decide which methods you will try to help you quit, nicotine replacement therapy, prescription drugs or other methods are all available to help you. You should also tell your family and friends about your commitment to quitting, they can help give you support and encouragement. No matter which method(s) you decide to try, make sure you have a plan in place for how you will handle the urge to smoke, doing so can help increase your chances of quitting for good.

The American Cancer Society recommends trying the four D's when you get the urge to smoke:

1. Delay for 10 minutes, repeat if necessary.
2. Deep Breath
3. Drink water
4. Do something else

If you need help quitting, call 1-800-QUIT-NOW.



High-Protein Honey Lime Chicken

Spiced rubbed chicken

Directions

In a medium sized skillet over medium heat add olive oil. In a small bowl combine cumin, chili powder, salt and pepper. Rub on chicken and place in skillet. Cook for 3-4 minutes on each side or until chicken is no longer pink and 165 degrees. Remove chicken and set aside on plate.

Add honey, lime juice and zest, soy sauce and garlic. Bring to a boil over medium high heat and reduce heat and whisk until it starts to thicken. About 2 minutes.

Add the chicken back to the skillet and coat in the sauce. Garnish with lime wedges if desired

Ingredients

1½ pounds boneless skinless chicken thighs (*chicken breasts will also work*)

2 Tablespoons olive oil

1 teaspoon ground cumin

1 teaspoon chili powder

½ teaspoon salt

¼ teaspoon pepper

½ cup honey

Juice of one lime

Zest of one lime

2 Tablespoons soy sauce

1 garlic clove, minced



Health & Wellness Tools

Designed with you in mind

As an Anthem member, you have access to health and wellness tools that can change the way you think about healthcare and how you use your benefits. And they were designed with you in mind, so you can use them when and where you want to.



Anthem's newest app is simple, smart – and all about you. With Sydney you can find everything you need to know about your Anthem benefits – personalized and all in one place. Sydney makes it easier to get things done, so you can spend more time focused on your health.



Visit a doctor 24/7 to get expert advice, a treatment plan and prescriptions if needed. Whether you have a medical issue, allergy concern or need behavioral health services, LiveHealth Online can help. It's free to sign up, there are no monthly fees and you'll never pay more than \$59* for a medical visit. LiveHealth Online can be accessed through the Sydney app; download it today.



myStrength is a free online and mobile program that supports emotional health and well-being. The program's tools and resources are available to help you manage addiction, depression, anxiety, sleep problems, chronic pain and stress. To access myStrength, visit **anthem.com/mystrengthMO**. After you are registered online, you can download the myStrength app for easy access wherever you are.



Ready for a little friendly competition? Staying active is key to physical and emotional health. Walker Tracker extends far beyond step tracking to help you build wellness into your life in a fun and engaging way. Push yourself through an individual challenge or join your district or troop for a group challenge. To learn more about the available Walker Tracker challenges, visit **<https://modotmshp.walkertracker.com/>**.



A leading digital behavioral counseling program with a unique curriculum that has proven to be a game-changer in health improvement and disease prevention. It's a clinically-proven solution to help you reduce your Metabolic Syndrome (MetS) risk through weight loss. Watch your email, on-site TV monitors and the MoDOT & MSHP Total Wellness Facebook page for program information.

Go to **<http://bit.ly/MoDOTMSHP>** to learn more about these programs and what they can do for you.

Please note, URL is case sensitive.

