

IT PAYS TO

## BE WELL

MONTHLY WELLNESS NEWSLETTER

## Have you met Sydney?

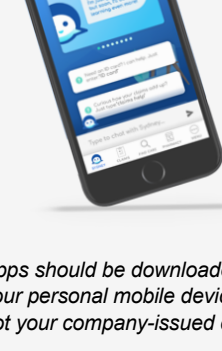
*Anthem's newest app is simple, smart – and all about you.*

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.

## Download Sydney on your personal mobile device today:

1. On your Apple device, open **App Store**. On your Android device, open **Play Store**.
2. Enter **Sydney** into the search bar and select **Download**.

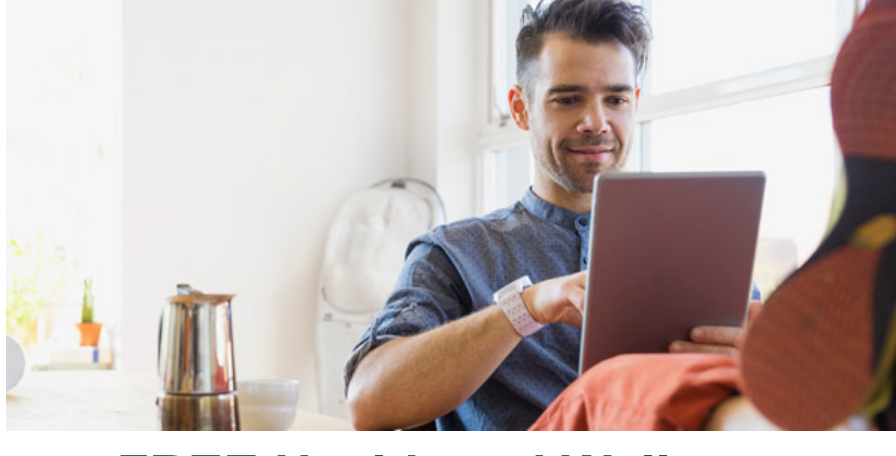
Once downloaded, the Sydney logo will appear on your device.



## Already using an Anthem app?

Simply download the Sydney app and log in with your Anthem username and password.

Apps should be downloaded to your personal mobile device, not your company-issued device.



## FREE Health and Wellness Resources for You!

Go to <http://bit.ly/MoDOTMSHP>

to learn about all the programs, tools and resources available to you from Anthem.

*Please note, URL is case sensitive.*

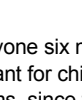


## Fighting the Flu

*Learn how to protect yourself*

## Why get the flu shot?

Keep yourself from getting the flu by taking one simple step and getting a flu shot; that way you can lower your chances of getting sick.



Influenza (also called the flu) is a serious illness and it can affect people differently. Some people with the flu become much sicker than others. A yearly seasonal flu vaccine is the best way to lower your chances of catching the seasonal flu and spreading it to others.

## Who should get vaccinated?

Everyone six months of age and older should get a flu vaccine every season. It's especially important for children under 18 months of age, adults over age 65 and others with low immune systems, since these people are at higher risk for developing serious problems caused by the flu<sup>1</sup>.

## Where can I get a flu shot?

The flu shot is covered under your preventive care benefits at 100% when you go to a health professional in your plan. Contact your primary care doctor to get your flu shot. You can also get it at urgent care facilities, retail health clinics, many pharmacies or walk-in doctors' offices in your plan.

## Get your flu shot!

Call the number on your member ID card, visit [anthem.com](http://anthem.com) or use the Sydney app to find a health professional in your plan near you.

1 Centers for Disease Control and Prevention website: Key Facts About Seasonal Flu Vaccine (accessed October 2017): [cdc.gov/flu/protect/keyfacts.htm](http://cdc.gov/flu/protect/keyfacts.htm).



## Cold-Busting Ginger Chicken Noodle Soup

*A spicy addition to a classic soup.*

## Directions

Heat olive oil in a large pot over medium heat. Add chicken, onion, and crushed garlic cloves; cook in hot oil until chicken breast is browned and onions start to turn translucent, about 5 minutes. Pour water, white wine, and lemon juice over the chicken mixture; stir sliced ginger, peppercorns, chicken bouillon, bay leaves, and white sugar into the liquid. Bring to a simmer, reduce heat to medium-low, and cook for 45 minutes.

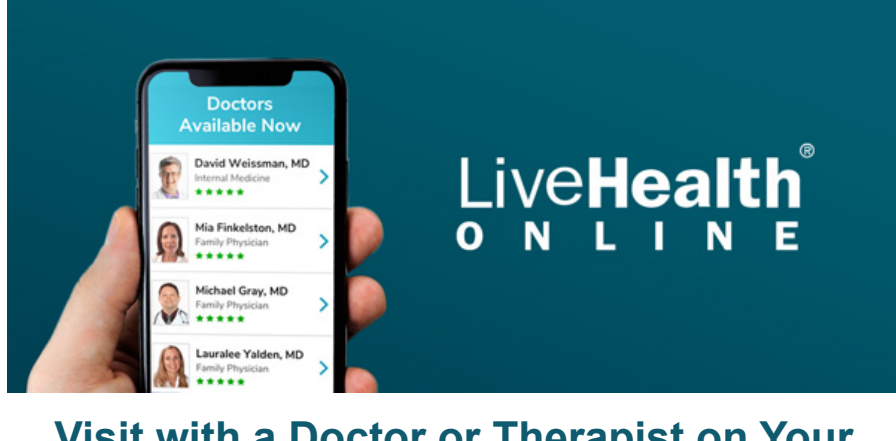
Remove and discard the crushed garlic cloves. Remove chicken breasts from the soup to a cutting board; chop into bite-size pieces.

Add carrot, celery, kohlrabi, rosemary, and thyme to the soup. Reduce heat to low until the vegetables begin to soften, about 20 minutes.

Bring the soup to a boil. Return chopped chicken to the soup along with the egg noodles, minced garlic, and grated ginger; remove the pot from heat and let sit until the noodles have softened, about 10 minutes. Season with salt. Garnish with parsley.

## Ingredients

- 1 ½ tablespoons olive oil
- 3 large chicken breasts
- 1 large onion, diced
- 3 cloves garlic, crushed
- 13 cups of water
- 2 cups white wine
- ¾ cup fresh lemon juice
- 1 (4 inch) piece fresh ginger, peeled and thinly sliced
- 7 whole black peppercorns
- 4 cubes chicken bouillon
- 3 bay leaves
- 1 tablespoon white sugar
- ¾ cup peeled and sliced carrots
- 2 stalks celery, diced
- 2 ½ tablespoons fresh rosemary
- 1 kohlrabi bulb, peeled and diced
- 2 tablespoons thyme
- 1 (8 ounce) package of egg noodles
- 1 large garlic clove, minced
- 1 tablespoon grated ginger
- ½ cup chopped parsley



## Visit with a Doctor or Therapist on Your Smartphone!

*It's easy and convenient access to the care you need.*

1. **Sign up at [livehealthonline.com](http://livehealthonline.com)** or using the free LiveHealth Online mobile app on your personal mobile device. Enter your **Name, Date of Birth, Gender, Location, Email Address** and **Create a Password**. The service key field should be left blank and enter your Anthem Medical ID Number.
2. **Choose a doctor** from a list of those available. Review profiles to see their experience and ratings before you choose. Then select the one you want to see.
3. **Have a visit.** During your video visit the doctor will assess your condition, provide a treatment plan and send prescriptions to the pharmacy you select if needed.

## Commonly Treated Conditions

- The flu
- Pink Eye
- Cold/cough
- Stress
- Fever
- Headache
- Sore throat
- Sinus infection

## How much does it cost?

HDHP members will pay \$49 before the deductible and PPO members will pay \$25 for any visits with a medical doctor.



## Being Sick is No Fun. Winning Money is.

*Register for LiveHealth Online before October 31<sup>st</sup> for the chance to win a gift card!*

Sign up at [livehealthonline.com](http://livehealthonline.com) or use the free LiveHealth Online mobile app on your personal mobile device.

If you need help creating your LiveHealth Online account call 1-888-548-3432.

