

You are the second person to tell me there. Below is what was included in that attachment.

September 2024 materials are now available.

[View email in a browser](#)



Test your knowledge about vaccines.

Vaccines are a vital part of public health, saving millions of lives every year by preventing dangerous diseases — but how much do you know about them? Take this interactive quiz and put your understanding about vaccines to the test! The questions delve into different types of vaccines, their purposes, and the impact they have on our health.

[Get started](#) and become a pro!



September 10 is World Suicide Prevention Day.

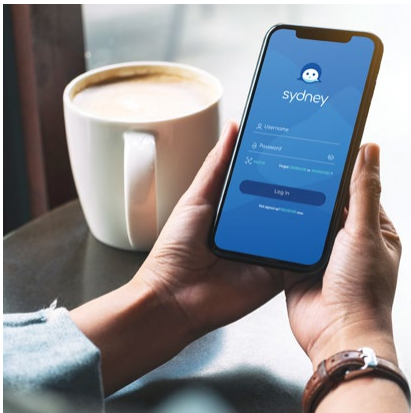
Each year, the World Health Organization focuses attention on suicide prevention — raising awareness and reducing stigma among organizations, government bodies, and the public — with the singular message that there are ways that suicide may be preventable.

To show support for those who struggle with mental health and to bring attention to our collective ability to prevent suicide, we are walking 10,000 steps on September 10.

[Join the challenge](#)

[Learn how to support co-workers](#) struggling with their mental health.

If you or anyone you know is thinking of hurting themselves, call the Suicide and Crisis Lifeline at 988, or call 911.



Ready. Set. Action: Health!

You know what it takes to live a healthy lifestyle: nutritious food, more activity, managing stress ... While many of us know this, we may not always take action.

As an Anthem Blue Cross and Blue Shield member, you have access to Action Plans: mini-modules that help you start and continue working on any health-related issue you want to focus on, whether it's your nutrition, exercise, stress, or sleep.

[Watch this video to learn more](#) or log in to the **SydneySM Health** app, then choose Menu > Access Care > My Health Dashboard > Action Plans.



Last call to Wondr!

The final Wondr Health class of 2024 is currently forming. [Enroll now](#) and learn how to enjoy your favorite foods this holiday season while still managing your weight.

Class begins on **October 14, 2024**.



Foods for defense.

Ideas to stay healthy in cold and flu season

As cold and flu season arrives, arm your body with every defense. This time of year, the following types of produce are in season and pack a powerful, nutritious punch:

- **Pumpkin.** It's the fruit of the season, filled with fiber, omega 3s, and beta-carotene to help you fight off fall germs. These tasty [Pumpkin-Oatmeal Muffins](#) can help you start your day feeling full and fueled with fiber.
- **Beets.** For a quick lunch that can be served hot or cold, try this recipe for [Air-Fryer Beets with Feta](#). It's a great addition to mixed greens or served over brown rice. The fiber in these will keep your energy lasting well into your next meal while boosting your immune system with a hefty dose of vitamin C.
- **Artichokes.** For comfort food that sets you up for good sleep, look no further than the artichoke. Just one medium artichoke provides one-quarter of the daily recommended amount of magnesium, a mineral that can aid in relaxation, priming you for restful sleep that keeps your immune system in top fighting shape. Try this [Asparagus & Purple Artichoke Pizza](#) recipe.