

IT PAYS TO

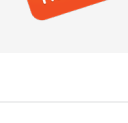
BE WELL

MONTHLY WELLNESS NEWSLETTER

Want to Win \$100?

The final 2019 Walker Tracker Challenge runs September 9 – November 10!

It's one of the three requirements for the It Pays to Be Well incentive program. Complete all three to be entered to win a \$100 gift card.

Visit <https://modotmshp.walkertracker.com/> to join your district, troop or central office for a team challenge.

Being Sick Is No Fun. Winning Money Is...

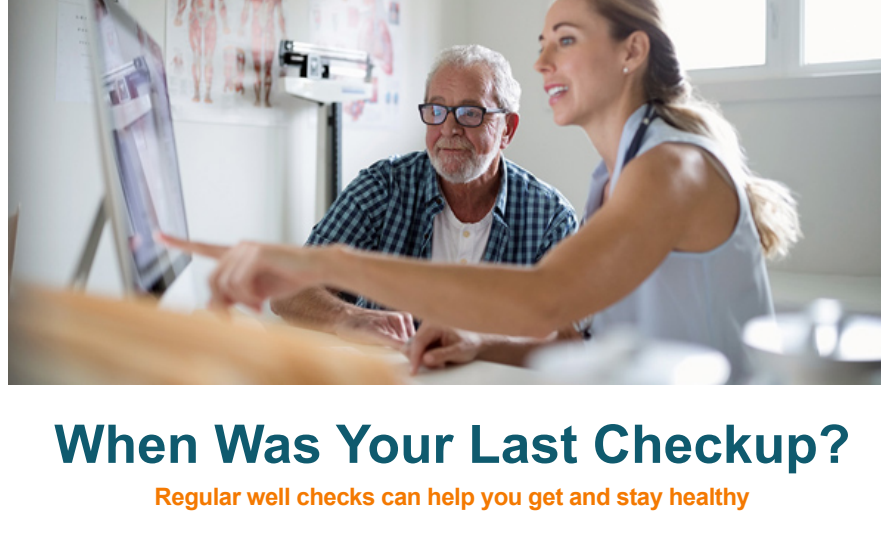
Register for LiveHealth Online September 15 – October 31 for the chance to win a gift card!Sign up at livehealthonline.com or using the free LiveHealth Online mobile app.

5K Total Wellness Walk/Run 2019

Join the fun! Saturday, September 28 – North Jefferson Recreation Area Outdoor PavilionRegister for this FREE event at <http://getmeregistered.com/TotalWellness5k>

Want to join the 5K, but can't make it to the event?

Join the Virtual 5K!

Register at modotmshp.walkertracker.com and run or walk a 5K on September 28. Complete at least 7,000 steps and be entered to win a gift card!

When Was Your Last Checkup?

Regular well checks can help you get and stay healthy

Checkups, or preventive exams, give you and your doctor a snapshot of your health. They also give you a chance to talk to your doctor about any problems or questions or have.

What to expect

Most checkups start with a talk about your health history and any problems. After that, most doctors will talk to you about:

- Medicines you take
- How you eat — and how you could eat better
- How active you are — and whether you should be more active
- Stress in your life, or signs of depression
- Drinking, smoking and drug use
- Safety, like wearing your seat belt and using sunscreen
- Tests and vaccines you may need

Get more from your exam by making some notes about your health ahead of time. Before your visit, write down:

- Your health history and your family's, especially if anything has changed since your last visit
- Any medicines you take, how much you take and how often (don't forget vitamins and over-the-counter drugs)
- Concerns you have about your health



Cauliflower-Lentil Tacos

This taco recipe uses nutritional powerhouses – antioxidant-packed cauliflower and iron-rich lentils – for a hearty filling.

Directions

Rinse the lentils and drain well. Combine the lentils and 3 cups water in a small saucepan.

Bring to a boil, then reduce the heat to low and simmer until tender, about 30 minutes. Drain of excess water and set aside.

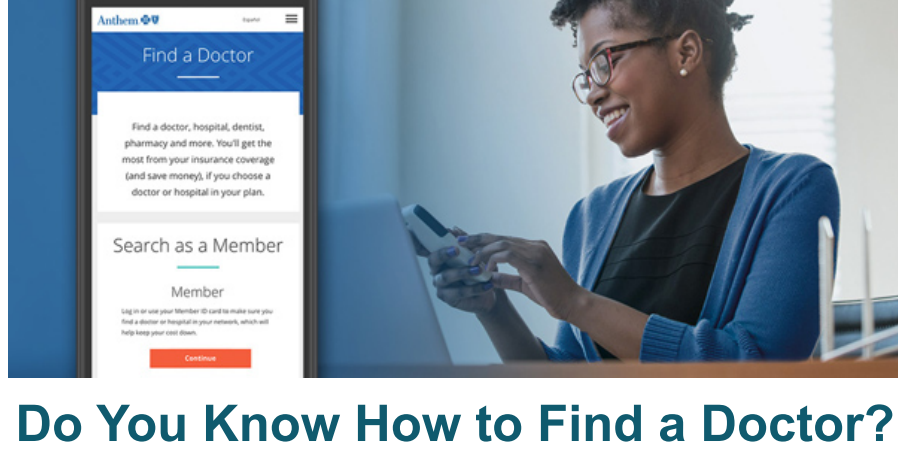
Pulse the cauliflower in a food processor until reduced to pieces the size of rice grains. Heat the olive oil in a large skillet over medium heat. Add the onions and jalapenos over medium heat. The onion is translucent, 5 to 7 minutes. Add the cauliflower, garlic, 2 teaspoons of the chili powder, 1 teaspoon of the cumin and 1/2 teaspoon of the coriander and cook for 4 minutes. Stir in the tomato sauce and cook until the cauliflower is tender, another 3 minutes.

Add the cooked lentils to the cauliflower mixture. Add the remaining 2 teaspoons chili powder, 1 teaspoon cumin and 1/2 teaspoon coriander. Stir in the salt and pepper and cook for 3 minutes more to blend the flavors.

Scoop the taco filling into taco shells, add your favorite toppings and enjoy!

Ingredients

- 1 cup green or brown lentils
- 1 head cauliflower, cored and broken into florets
- 2 tablespoons olive oil
- 2 medium yellow onions, diced (about 11/2 cups)
- 1 jalapeno, seeded and minced
- 4 cloves garlic, minced
- 4 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1/2 cup canned tomato sauce
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- Your favorite taco shells and toppings



Do You Know How to Find a Doctor?

Finding one online is fast and easy.

With Anthem's online Find a Doctor tool, it's simple to look for doctors who are part of your health plan's network. Whether you're checking to see if a family favorite is in the network or looking for someone new, it's a snap...

Simply register on anthem.com and your network and plan information will be automatically loaded. Then, follow these directions:

1. Go to **anthem.com/findadoctor**
2. Under **Search as Member**, enter your **Username and Password** or your **Member ID Number**
3. Using the drop-down boxes, you can select **what type of doctor, specialty and the location** you're looking for, and you can enter **optional criteria** to narrow your search.
4. Select **Search**.

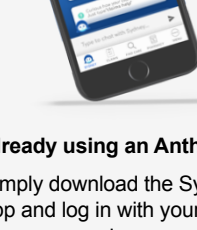
You can also use the Sydney app to search for doctors and hospitals from your phone.

With Sydney you can find everything you need to know about your Anthem benefits – personalized and all in one place.

To download the app:

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.

