

NEWSLETTER

TAKE CONTROL OF YOUR HEALTH

Why You Should Know Your Numbers

Numbers guide behaviors. Just as your bank account balance influences your spending habits, careful monitoring of your key health metrics can help you make better decisions about your health.

When your numbers fall outside the recommended target ranges, you are more likely to be motivated to take actions that help reduce your risks for developing chronic health conditions, like diabetes, hypertension, and heart disease.

For that reason, knowing your numbers is the first step toward better health. Here are some health numbers you should know and why:

*Weight

Carrying extra weight also carries negative health risks¹ such as heart disease, high blood pressure and stroke. Fortunately, research has shown that even modest weight loss can bring about big results. For example, losing just 5% of excess body weight has been shown to reduce the risk of developing diabetes by 58%

*Blood Pressure

Higher than normal blood pressure values are associated with a higher risk for chronic health conditions, like stroke and dementia. Regularly monitoring can help alert you to take immediate action and seek guidance from your doctor.

*Cholesterol

Elevated lipids place added strain on your cardiovascular system, so if your numbers have been creeping up over time, it may be helpful to take a closer look at your eating and exercise habits.

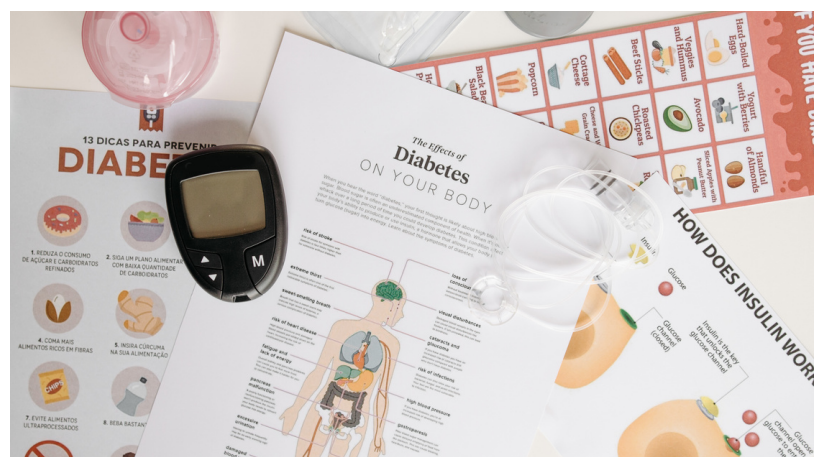
*Blood Sugar

High blood sugar (sometimes called glucose) may indicate that your body is not managing or using insulin properly. Periodic monitoring of your blood sugar values can help you make better decisions about your daily choices.

1. <https://www.niddk.nih.gov/health-information/weight-management/health-risks-overweight>










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Eat This, Not That: Heart-Health Edition

Eat This	Why It's Better	Not That
<p><u>Baked² sweet potato with skin</u></p> 	<p>Sweet potatoes contain higher amounts of vitamin A, vitamin C, potassium, B12, and fiber, making them a better choice than traditional white mashed potatoes, which generally also contain more salt and butter.</p>	<p><u>Mashed¹ white potatoes</u></p> 
<p>Liquid vegetable oils</p> 	<p>Fats that are liquid at room temperature are more easily processed in the body. Olive oil and other vegetable oils contain healthy mono- and polyunsaturated fats that your body needs. Solid fats, like butter and margarine, are associated with increased cholesterol levels.</p>	<p>Solid fats</p> 
<p>Oatmeal</p> 	<p>Oatmeal is full of fiber and B vitamins, while many highly-processed breakfast bars contain high amounts of added sugars and other unnatural flavorings.</p>	<p>Highly processed breakfast bars</p> 
<p>Low-fat yogurt</p> 	<p>Low-fat yogurt is lower in saturated fat than regular sour cream, making it a great substitute for many dishes.</p>	<p>Regular sour cream</p> 
<p>Poached or steamed fish</p> 	<p>If your objective is to improve your cardiovascular health, choose your cooking methods carefully. Poaching and steaming require less fat and <u>preserve⁴</u> more key nutrients like omega-3 fatty acids and vitamin D compared to other cooking methods like grilling, broiling, or frying.</p>	<p>Grilled, broiled, or fried fish</p> 

Bonus Tips:

- To poach fish, simply add a small amount of water, stock, or wine to the dish before placing it in the oven.
- Choose reduced-fat or part-skim cheeses to reduce fat.
- While coconut oil remains popular, it is still a saturated fat, so use it sparingly.
- Aim for at least two 4-ounce portions of fatty fish each week (salmon, albacore tuna, sardines, etc.).
- Replace the salt shaker with herb seasonings. For example, use garlic powder instead of garlic salt

². <https://www.calorieking.com/us/en/foods/f/calories-in-fresh-or-dried-vegetables-mashed-potatoes-home-prepared-with-whole-milk-margarine/CUQI-oAWRAK92M0I0c6Y2A>
³. <https://www.calorieking.com/us/en/foods/f/calories-in-fresh-or-dried-vegetables-sweet-potato-baked-in-skin/fVzly3bPTCSXaZX96Ee4pQ>
⁴. <https://www.healthline.com/nutrition/healthiest-way-to-cook-fish#section3>



Cancer Prevention and You

Poor diet, carrying excess weight, physical inactivity, tobacco use, and overexposure to the sun have been identified as common causes⁵ of cancer.

The good news is, all of these factors are preventable. While they may seem insignificant, the little decisions you make every day, like what to have for dinner or whether or not to go to the gym, can have a dramatic impact on your health.

Here are some key strategies for cancer prevention:

Eat at least 5 to 9 servings of fruits and vegetables daily

Fruits and vegetables contain protective phytochemicals⁶ and antioxidants that have been shown to stimulate immune function, slow cancer growth, and reduce inflammation.

Go easy on the red meat

The cooking methods commonly used to prepare red meats, like grilling and smoking, produce⁷ carcinogenic chemicals known as polycyclic aromatic hydrocarbons. For that reason, the American Institute for Cancer Research recommends limiting red meat consumption to 18 ounces⁸ or less per week.

Avoid processed meats

Similar to concerns related to red meat consumption, processed meats⁹ like bacon, sausage, and lunch meats can contain harmful compounds like nitrates and nitrites, which have also been linked to cancer.

Let go of excess weight

Being overweight (BMI above 25) can place you at greater risk for developing certain cancers. Studies have shown that even modest weight loss can reduce those risks significantly.

Drink alcohol in moderation

Moderate alcohol consumption is defined as up to 1 drink¹⁰ (12 ounces of beer, 5 ounces of wine, or 1½ ounces of 80-proof liquor) per day for women and up to 2 drinks per day for men.

Get regular cancer screenings

Check with your healthcare provider to determine which cancer screenings¹¹ you need and how often.



5. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/cancer-prevention/art-20044816>

6. https://www.aicr.org/reduce-your-cancer-risk/diet/elements_phytochemicals.html

7. <https://www.who.int/features/qa/cancer-red-meat/en/>

8. <https://www.aicr.org/reduce-your-cancer-risk/diet/red-and-processed-meat.html>

9. <https://www.aicr.org/reduce-your-cancer-risk/diet/red-and-processed-meat.html>

10. <https://www.cancer.org/latest-news/6-steps-to-help-lower-your-cancer-risk.html>

11. <https://www.cdc.gov/cancer/dccp/prevention/index.htm>

EASY RECIPE

Lasagna-Stuffed Mushrooms

INGREDIENTS

- 1/4 pound lean ground beef
- 1/2 cup fat-free cottage cheese
- 1 egg
- 1 tablespoon finely chopped green onion
- 1 tablespoon chopped fresh parsley
- Salt and pepper to taste
- 1/4 cup prepared pasta sauce, divided
- 6 fresh mushrooms, or more as needed, stems removed
- 1/4 cup shredded mozzarella cheese

INSTRUCTIONS

1. Preheat oven to 375 degrees F (190 degrees C). Spray an 8x8-inch baking dish with cooking spray.
2. Cook and stir the ground beef in a skillet over medium heat, breaking it apart as it cooks, until the meat is no longer pink, about 10 minutes. Mix together the cottage cheese, egg, green onion, parsley, and salt and pepper in a bowl until the mixture is well combined. Stir in the cooked ground beef.
3. Place the mushrooms, hollow sides up, close together in the prepared baking dish. Spoon about 1 tablespoon of the cheese filling into the cavity of each mushroom, and allow remaining filling to overflow between mushrooms.
4. Bake in the preheated oven until the cheese filling is set, about 15 minutes. Remove dish from oven, and spread the pasta sauce evenly over the mushrooms. Sprinkle an even layer of mozzarella cheese over the sauce, return the dish to the oven, and broil until the cheese is bubbling and beginning to brown, about 5 more minutes. Let the mushrooms stand 5 minutes before serving.

Total Time (Cook and Prep):

45 minutes

Servings: 4



NUTRITION INFO

(per serving)

Calories: 263

Total Fat: 12.7

Cholesterol: 155mg

Source:

Navigate Wellbeing Solutions Recipe Library



PHYSICAL

Recommended Apps



Physical

Physical fitness has a wide range of health benefits beyond supporting a strong immune system. Learn how to strengthen your body with regular physical activity.

Definition:

The practice of making physical activity part of your daily life.



RunKeeper

Reach your running goals with the ASICS Runkeeper™ app. Track exercise, set measurable goals and see progress along the way—whether you're just getting into running, training for a race or trying to reach a new personal record, we can help.



C25K (couch to 5k)

The proven C25K program was designed for inexperienced runners who are just beginning. The plan's structure prevents new runners from giving up and challenges them to continue moving forward. C25K works because it starts with a mix of running and walking, gradually building up strength and stamina.



Key Takeaways

- Physical activity can help reduce anxiety, relieve muscle tension, and improve the quality of your sleep.
- Regular physical activity makes you more resilient.

Key Habits

- Start small and work your way up to longer bouts of activity.
- Accumulate at least 150 minutes of physical activity each week.
- Change up your exercise routines periodically to avoid boredom.



PHYSICAL

Recommended Podcasts



Hurdle

Need some instant inspiration for a sweat sesh that's extra challenging? Listen in as host Emily Abbate talks to people who made it through a tough time by integrating yoga, running, juicing, meditation and other wellness modalities into their routines. The stories you'll hear about the lessons these inspirational humans have learned will give you the extra oomph you need.

Source: myfitnesspal.com



TED Talks Health

I don't know who this Ted guy is, but he is pretty great at this podcast thing. Okay, in all seriousness TED Talks Health is a great show that you will not regret subscribing to. If you like a good TED Talk, then you will love this podcast. From way-new medical breakthroughs to smart daily health habits, doctors and researchers share their discoveries about medicine and well-being onstage at the TED conference, TEDx events and partner events around the world.

Our Episode Pick: Why I train grandmothers to treat depression | Dixon Chibanda

Source: shapescale.com



BulletProof Radio

The host of the show and founder of the Bulletproof movement Dave Asprey has a history of being somewhat of a fanatic when it comes to figuring and exploring new ways to bring the human body to its ultimate potential. In his search for supreme functionality, Dave has interviewed MDs, biochemists, Olympic nutritionists, and meditation experts.

Although this might not be considered a "fitness podcast" his in-depth review of new tech and health methodology, is appealing to anyone interested in the fitness game.

Source: shapescale.com



Unstoppable

To help you feel unstoppable the next time you're charging up a tough hiking trail or hit a steep hill on your run or ride, listen to Unstoppable, where host Kara Goldin, CEO of Hint Inc., talks to other CEOs and business owners disrupting their fields across wellness, business and life. There's something about listening to rule-breakers succeeding big-time to help you feel like you can do the same.

Source: myfitnesspal.com

6 EASY STEPS TO STAY HEALTHY



1

WASH YOUR HANDS

frequently, with soap and water or using an alcohol solution.



2

KEEP DISTANCE

of at least 6 feet away from people who show symptoms of flu, and avoid crowded places.



3

AVOID TOUCHING

your mouth, nose and face with your hands, as well as any potentially contaminated surface like hand rails, etc.



4

WHEN SNEEZING OR COUGHING

cover your mouth and nose with a disposable tissue, or use your upper sleeves (not your hands!)



5

IF YOU HAVE SYMPTOMS

such as cough, fever or breathing problems, don't panic! Stay at home and call your doctor.



6

WEAR A MASK

when around others.



Per the CDC, everyone 6 months of age and older should get an influenza (flu) vaccine every season, with rare exceptions.



ARE YOU READY TO LIVEHEALTHY?

LiveHealthy at UH Brunner Sanden Deitrick Wellness Center is a medically based fitness center staffed with exercise specialists, personal trainers and other friendly, helpful health professionals.

OUR MEMBERS ENJOY ACCESS TO:

- Individualized exercise prescriptions developed by our degreed exercise specialists
- Six-lane lap pool, recreation pool, warm water therapy pool and whirlpool
- Saunas and steam rooms
- Fitness equipment and free weights
- Multipurpose gym space
- Indoor track
- Group exercise classes including yoga, Zumba®, cycling, intervals, strength and aquatic classes
- Monthly nutrition and fitness education seminars
- Youth fitness area
- Babysitting (free for children who are included on a family or single-parent membership)
- Rock wall, with a free clinic to help you learn to climb safely.

LIVEHEALTHY

Hours of Operation

Monday - Friday:

5:30 am - 9 pm

Saturday & Sunday:

7:30 am - 5 pm

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Resource Advisor is here with help for life's issues

Receive personalized counseling, financial, and legal help

Resource Advisor is a member assistance program that's included with your life and/or disability benefit. It provides resources and services to support you and your household family members when you may need it.

Counseling by phone, face-to-face, or LiveHealth Online video chat

If you're feeling stressed, worried, or going through a tough time, you may want someone to talk to. You and your household family members can call Resource Advisor anytime, 24/7, and talk with a licensed counselor:

- **By phone:** Call **1-888-209-7840**.
- **In-person:** You can call to set up face-to-face sessions and then schedule appointments directly with your counselor.
- **Video visit:** You can talk with a counselor from the convenience of your home or wherever you have internet access and privacy using LiveHealth Online. To set up a LiveHealth Online visit, call Resource Advisor. You will receive details about how to schedule a visit, along with a coupon code that gives you LiveHealth Online visits at no extra cost to you.

You can review a therapist's background and qualifications to help choose one who is available and right for you.

You and your family members are eligible for up to three counselor visits for each issue or concern, at no extra cost.

Counselors can help with:

- Stress
- Parenting
- Anxiety
- Depression
- Issues that affect your well-being
- Dealing with illness
- Relationship or family issues
- Help finding child care
- Elder care issues and resources

Support when you need it

Contact Resource Advisor:

- **Phone:** **1-888-209-7840**
- **Online:** **www.ResourceAdvisor.Anthem.com**
(Log in with program name AnthemResourceAdvisor.)

Helpful resources you can count on

Financial planning

Call Resource Advisor to set up one-on-one financial counseling with a certified professional financial planner. They can help with issues like retirement planning and saving for a child's education.

Legal services

With a call to Resource Advisor, you can schedule a consultation with an attorney over the phone at no charge. If you want to meet with an attorney in person, the legal consultant can set up an appointment at a discounted fee.

Identity theft recovery and monitoring

Resource Advisor has fraud resolution specialists who can help if your identity is stolen. They can work with creditors, collection agencies, law firms, and credit reporting agencies for you for up to one year. You can sign up for ID monitoring, receive credit report reviews, and place fraud alerts on credit reports no matter how many times your identity is compromised.

Call 1-888-209-7840 for financial, legal, and identity theft recovery and monitoring services.

Online tools to help with life's issues

The Resource Advisor website has tools to help with life's challenges, such as:

- Creating a will
- Parenting
- Aging
- Healthy living
- Household support
- Referrals
- Funeral planning

To access resources, visit www.ResourceAdvisor.Anthem.com and use the program name "AnthemResourceAdvisor."

**We're here to help with concerns
— no matter how big or small**

**Call 1-888-209-7840 or visit
www.ResourceAdvisor.Anthem.com to receive
support and guidance, whenever you may need it.**

1. The range of preventive care services covered at no cost share when provided by plan doctors is designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents, and women supported by Health Resources and Services Administration (HRSA) Guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your Certificate of Coverage or call the Member Services number on your ID card.

2. Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

3. LiveHealth Online appointments are subject to availability. Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call 800-273-8255 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Note about eligibility: This program is for active employees and their household family members. All benefits end at retirement.

Resource Advisor services are not a part of the certificate, policy or trust agreement and do not modify any insured benefits. Resource Advisor additional services are provided based on negotiated agreements between the insurance company and certain service providers. Although the insurance company endeavors to make these services available to all policyholders and certificateholders as described, modifications to our agreements with service providers may require that services be periodically modified or terminated. Such modification or termination of services may be made based on cost to the insurer, availability of services, or other business reasons at the discretion of the insurer or service providers.

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