



Health Observance Calendar



April

National Walk@Lunch Day®

Be sure to participate in National Walk@Lunch Day during the month of April. Studies have found that regular walking can substantially reduce the risk of developing heart disease, stroke, and diabetes. Visit AlabamaBlue.com/walkatlunch for more information and register online today!

May

Seize the Zzzz

May is "Better Sleep" Month. According to the National Sleep Foundation, half of all Americans are sleep deprived and one-third suffer from chronic insomnia. Studies show that healthy eating and exercise can improve your sleep quality and help you get a better night's rest.

June

National Safety Month

National Safety Month focuses on reducing injury and death at work, on the roads and in our homes and communities. Be sure you and your family take steps to ensure safety this summer.

myBlueWellness News

Second Quarter 2018

Get Screened This Summer!

June is National Men's Health Month!

Gentlemen, take a moment to familiarize yourself with three types of cancer found in men, and ask your physician about screenings.

1. **Testicular cancer** is one of the most curable cancers; however, it can be a deadly disease if it's not detected early. The cancerous cells affect one or both of the testicles. It is the most common form of cancer in young, white males between the ages of 20 and 34 years old, but it can occur at any age.
2. **Prostate cancer** is the second leading cause of cancer death in men. This year in the United States, about 192,000 men will be diagnosed with this disease. Prostate cancer develops within the prostate gland, a walnut-sized gland surrounding the beginning of the urinary canal. The disease occurs more often in men over 50, more black men than white men, and men who have family history of prostate cancer.
3. **Colorectal cancer** is cancer that starts in either the colon or rectum. It may take years to develop and usually begins as a polyp — a growth of tissue in the center of the colon or rectum. Removing the polyp early may prevent it from becoming cancerous. More than 135,000 people will be diagnosed with colorectal cancer this year. It is the third-leading cause of cancer-related deaths in the United States. Age is the primary risk factor — over 90 percent of cases are found in people over age 50.

Notes from

Dr. Schmidt

*Advice from Medical Director,
Dr. Anne Schmidt*

May is National High Blood Pressure Education month, a great time to focus on preventing and treating hypertension. According to the Centers for Disease Control and Prevention, about one in three US adults (75 million people) have high blood pressure. This is important because this condition increases the risk for heart disease and stroke.

Lifestyle changes can often help to manage blood pressure. Recommendations include eating a healthy diet that is low in salt, saturated fat and cholesterol and high in fruits and vegetables. Exercise can also help. Incorporating activity into your everyday routine can be as easy as a 10-minute walk three times a day. Finally, don't smoke! If you smoke, talk with your primary care provider for resources to help you quit.

Remember, high blood pressure often has no warning signs, so follow your primary care provider's advice, have your blood pressure checked regularly, and take all medications as prescribed.

Check out our website by clicking the link Alabamablue.com/mybluewellness.

Summer Breeze Smoothie – makes 6 servings

Prep time: 5 minutes **Serving Size:** 1 Cup **Yields:** 3 Servings

Directions:

1. Place all ingredients in blender, and puree until smooth.
2. Serve in frosted glasses.

Source: National Heart, Lung, and Blood Institute.
Retrieved from [https://healthyeating.nhlbi.nih.gov/\(X\(1\)S\(q4pknt451sjrro45injmddqg\)\)/recipedetail.aspx?cld=0&rid=223](https://healthyeating.nhlbi.nih.gov/(X(1)S(q4pknt451sjrro45injmddqg))/recipedetail.aspx?cld=0&rid=223)

Ingredients:

- 1 cup nonfat plain yogurt
- 6 medium strawberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1 tsp vanilla extract
- 4 ice cubes

Nutritional information per serving:

Calories.....	121
Total fat.....	0 g
Saturated fat.....	0 g
Cholesterol.....	1 mg
Sodium.....	64 mg
Carbohydrates.....	24 g
Total Fiber.....	2 g
Potassium.....	483 mg
Protein.....	6g

BlueCare Health Advocates are here to help!

As a Blue Cross member, you can get personalized 'one-on-one' help! Find out how by calling your BlueCare Health Advocate today!

Call the customer service number on the back of your Blue Cross identification card for details. Advocates are available Monday through Friday, 7 a.m. – 6 p.m. central time zone.

What can a BlueCare 'Health Advocate' do for you? BlueCare can save time and alleviate the stress of navigating a sometimes confusing healthcare system. Your BlueCare Health Advocate serves as a coach and advisor to you and your covered dependents.

A Health Advocate can guide you through your questions, resolve your problems, and research issues concerning many of your healthcare needs.

6 ways a Health Advocate can assist you:

1. Help you locate a doctor or specialist and schedule appointments for you.
2. Explain your benefits.
3. Research and resolve hospital and doctor billing issues.
4. Assist in finding support groups and community services available to you and your covered dependents.
5. Inform you about recommended health services.
6. Help you engage with available health and wellness programs for you and your dependents.



Did You Know?

Beverages like fruit drinks, fruit cocktails and fruit punch can contain less than 10 percent of real fruit juices and even less nutritional value. They are loaded with added sugars and artificial sweeteners. Choose 100 percent fruit juice for your family and enjoy up to 8 ounces, or 1 cup, per day.

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