Anthem
Wellness News

This Issue

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"The human spirit is stronger than anything that can happen to it"

~ CC Scott

Anthem members: You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing.
Simply scan this QR code with your smartphone's camera to download the Sydney Health app.

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Let's Talk Women's Health

As women, the best way to be there and be strong for family and friends is to make our own health a priority.

- **Have a yearly well-woman exam and stay up on preventive care.** A well woman exam with an OB-GYN is a proactive step you can take each year to protect your health. The exam may include focusing on breast health, pelvic health, and reproductive health. While the well-woman exam centers around reproductive health, an annual physical with your primary care doctor is one of the best ways to stay healthy from head to toe, even if you feel well. Talk with your doctor or check preventive guidelines for your age

- **Protect your mental health and well-being.** Anxiety, depression, and stress are real. If you're not feeling like yourself, try these tips:

  - Talk to your doctor about treatment that might work for you.

  - Connect with a therapist online using the Sydney Health app.

  - Reach out to a family member or friend.

  - Set realistic goals for yourself to avoid feeling overwhelmed.

  - Take a walk or spend time outside.

- **Healthy Habits.** Making healthy choices helps ensure your body works properly and reduces your risk of high blood pressure, weight gain or obesity, heart disease, diabetes, and cancer.*

  - Avoid smoking or using tobacco.

  - Choose wholesome food that includes lots of fruits and vegetables. Limit calories from added sugars and processed foods.

  - Fit 30 minutes of physical activity into your everyday routine.

  - Try to get seven to nine hours of sleep each night.

4 Harvard Health: Five Healthy Habits to Net More Healthy Years health.harvard.edu.

Schedule your well-woman or annual physical today

To find a doctor in your plan's network, use the Find Care feature on the Sydney Health app or anthem.com.

Breast Cancer Screening

Preventive breast exams should be a part of every woman's wellness plan — even if you don't have a family history of breast cancer.[1] Regular checks can help find breast cancer early, when it is easier to treat.[2]

Empower yourself

Know the signs and symptoms. A lump, swelling, pain, discharge, or skin changes are warning signs that should be checked by a doctor.[3] Talk with your doctor and ask when to start having mammograms and how often you should have them based on your health history.

Why mammograms are important

A mammogram is an X-ray of the breast tissue, using very low levels of radiation. It is the best way to find breast cancer early, when there are more treatment options and a 90% chance of survival.[2]

What happens during a mammogram?

- A technician uses a machine to take a few pictures of your breast tissue by placing each breast between two X-ray panels.
- The panels press on your breast to obtain a clear picture.
- Each X-ray picture takes less than one minute.

Use your plan to protect your health. To check your benefits, find a doctor or discover healthy living tips, use the Sydney Health mobile app or visit anthem.com.

1 National Breast Cancer Foundation: Myths (accessed July 2021): nationalbreastcancer.org.
2 American Cancer Society: Survival Rates for Breast Cancer (accessed July 2021): cancer.org.
3 American Cancer Society: Breast cancer signs and symptoms (accessed July 2021): cancer.org.

World Mental Health Day October 10th

On World Mental Health Day, let's all come together to talk about mental health and show everyone that mental health matters.

Whether you'd like to talk to someone about how you're feeling, or check-in with someone you care about, here are some tips that can help.

1. Find a good space to talk without distractions
If you're worried about someone, try to find a place where you know you can have a conversation without being distracted. Make sure to give them your full attention. It might help to switch off your phone.

2. Listen and ask questions
Listening can be one of the most valuable ways to be there for someone. Show them that you're actively listening by facing them, making eye contact, and not interrupting. Questions can help you clarify what they mean and show that you're actively listening. But make sure the questions are relevant to what they're saying, and not changing the subject.

3. Ask how you can help
Ask how you can help or make suggestions, rather than telling them what to do next. They might want support with making a GP appointment, help around the house, or just for you to keep things normal and chat about what's going on in your life.

World Mental Health Day 2024 | Mental Health Foundation

Emotional Well-being Resources can help you learn effective ways to manage stress, depression, anxiety, and sleep issues.

Log in to anthem.com or the Sydney app and go to **My Health Dashboard** > **Programs** and select **Emotional Well-being Resources**

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Enjoy Seasonal Produce This Fall!

Fall season produce is full of hearty fruits and vegetables. Pro tip; buying in season produce can help you maximize health benefits and your budget!

- Apples
- Cranberries
- Figs
- Grapes
- Guava
- Pears
- Plums
- Pomegranates

- Beets
- Brussel Sprouts
- Eggplant
- Mushrooms
- Pumpkin
- Parsnips
- Sweet Potatoes
- Squash

Roasted Fall Vegetables with Rosemary

- 1 cup peeled and cubed parsnips
- 3 cups peeled and cubed butternut squash
- 1 cup peeled and sliced carrots
- 1 cup sweet potatoes, peeled and chopped
- 1 small red onion, cut into 8 wedges
- 2 tablespoons olive oil
- 2 teaspoons minced fresh rosemary
- ½ teaspoon salt, or to taste
- ¼ teaspoon freshly ground black pepper, or to taste
- rosemary sprigs for garnish (optional)

1. Preheat the oven to 425 degrees F (220 degrees C). Line a 12 x 18inch sheet pan with parchment paper.
2. Combine parsnips, butternut squash, carrots, sweet potato, onion, olive oil, minced rosemary, salt, and pepper in a large bowl. Stir to combine. Spread out vegetable mixture onto the prepared sheet pan.
3. Roast on the center rack of the preheated oven for 20 minutes. Stir and keep roasting until vegetables are fork tender, about 15 minutes.
4. Transfer to a serving platter and garnish with fresh rosemary sprigs.

Roasted Fall Vegetables with Rosemary | Punchfork