

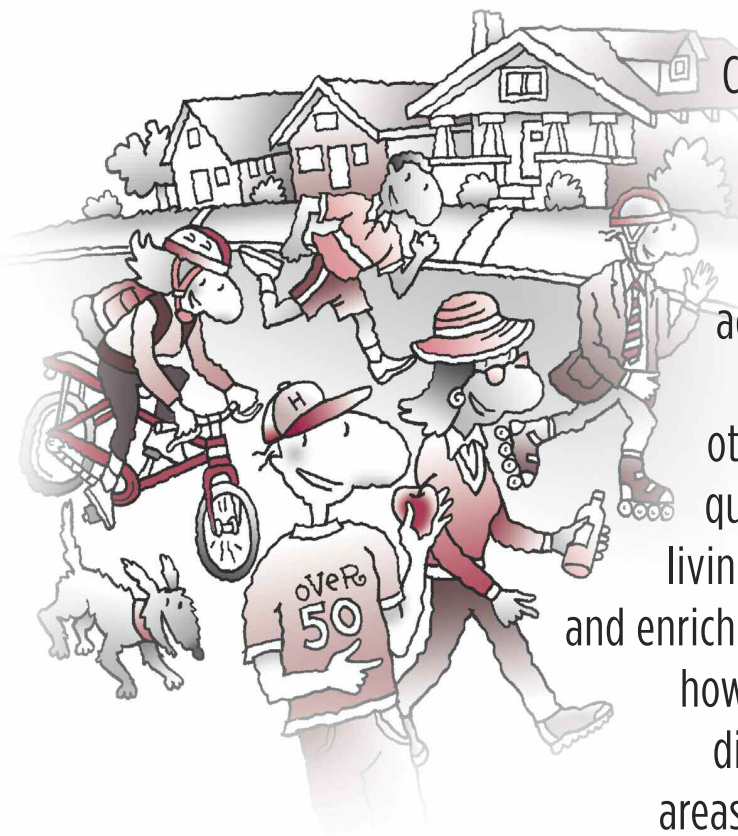
BE WELL™

A wellness newsletter provided by EMI Health

“Life Is a Journey. Have Some Fun.”

Diversity: the art of thinking independently together.

— Malcolm Forbes



Charting your own path, trying new things and accepting and appreciating others' unique qualities make living interesting and enriching. Discover how to embrace diversity in all areas of your life.

Embrace variety

Volume 38 • Number 8 • August 2018

“Vive la différence” literally means long live the difference. Taking a different path, whether it be in how you eat, exercise or think, can broaden all aspects of your life.

OuterAisleFresh:

Whether you bring lunch from home or head to the local food court, fill your plate with health in mind. Pg. 2

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StockYourToolBox:

Don't miss our print-and-post flyer, **Protect Your Immunity**, plus other resources, at Aug.HopeHealth.com. Pg. 8

Food is not just eating energy. It's an experience.

— Guy Fieri



Herb magic

By the pinch or bunch, fresh herbs infuse your food with aroma and flavor. Experiment with tomato basil salad, cilantro yogurt dip, minted fruit salad, chicken with thyme or rosemary potatoes. Grow your own indoor herb garden for freshness at your fingertips.

— Cara Rosenbloom, RD

Grab and go

Pair healthy items to build a nutritious midday meal. Items such as Greek yogurt, fruit and sliced low-fat cheese are popular. Try to mix and match tuna, whole-grain bread, oatmeal packets, single-serve hummus, almonds, trail mix, fruit, seed and nut bars, as well as an array of prepared vegetables.

— Cara Rosenbloom, RD



OuterAisleFresh: Embrace Variety

Give your lunch a makeover

By Cara Rosenbloom, RD

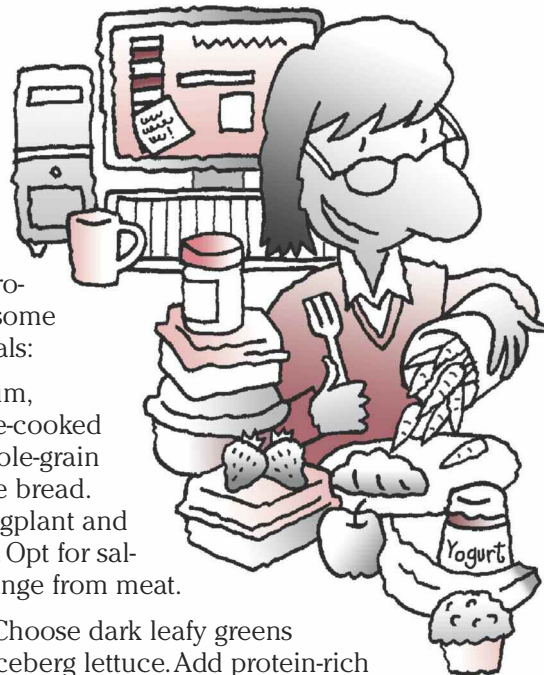
Whether you bring lunch from home or head to the local food court, fill your plate with health in mind.

While some people overindulge at lunch (3 cups of fast-food white rice), others eat too little (bowl of lettuce, anyone?), and forget the importance of well-rounded meals for all-day energy.

Try this: At lunch, ensure half your plate contains fruits and vegetables, a quarter protein and a quarter whole grains. Here are some tips to add superfoods to your midday meals:

Improve sandwiches. Replace high-sodium, processed deli meat and turkey with home-cooked turkey or chicken breast. Choose 100% whole-grain bread instead of wheat, multigrain or white bread. Layer sandwiches with tomato, peppers, eggplant and other vegetables. Use unprocessed cheese. Opt for salmon, tuna, nut butter or hummus for a change from meat.

Add more nutritional punch to salads. Choose dark leafy greens (romaine, arugula or spinach) instead of iceberg lettuce. Add protein-rich skinless chicken, fish, hard-boiled egg or low-fat cheese. Use olive oil-based vinaigrettes and limit servings to 2 tablespoons or fewer.



Grilled Shrimp and Pineapple Skewers

- 2 tbsp olive oil, plus more for grilling
- 2 tbsp freshly squeezed lime juice
- 1 tsp lime zest
- ½ tsp chili flakes (optional)
- 1 lb large shrimp, peeled and deveined
- ½ cup pineapple chunks, cut to 1 inch
- ½ cup red pepper, cut to 1 inch
- 3 tbsp fresh chopped cilantro



If using wooden skewers, soak in water. Preheat grill to medium heat. In a medium bowl, combine oil, lime juice and zest (and chili flakes, if using). Add shrimp and toss to coat. Thread skewers, starting with 1 each of shrimp, pineapple and red pepper and repeating until each skewer is filled. Lightly brush the grill with olive oil. Place skewers on the grill and cook for 3 minutes. Turn and cook 2-3 more minutes until shrimp are cooked through. Place on serving plate and garnish with cilantro. Serve.

Makes 4 servings. Per serving: 199 calories | 24g protein | 10g total fat | 1g saturated fat | 3g mono fat | 6g poly fat | 5g carbohydrate | 3g sugar | 1g fiber | 168mg sodium

I think it's certainly natural to try new things as you grow up and get older!

— Rachel Stevens

Buying tips: cardio machines

Read reviews by buyers as well as consumer and fitness resources. Consider buying used: You'll find many stores that sell quality used fitness equipment worth major savings. When shopping, make sure the machine is assembled properly and try it for 15 to 20 minutes. Choose for function, comfort and ease of use.

Sources: Harvard Healthbeat, WebMD

See page 8 —

Stock Your Toolbox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue.

Post-exercise ache

Using your muscles in unaccustomed ways can result in muscle soreness, typically a few hours after exercise. Rest and ice the injury. To avoid or minimize soreness, avoid sudden major changes in your activities; gradually adjust your exercise to allow your body to adapt. Ask your health care provider about over-the-counter pain relievers. Seek medical care if the pain or swelling becomes disabling.

— Elizabeth Smoots, MD, FAAFP

Source: Medical University of South Carolina

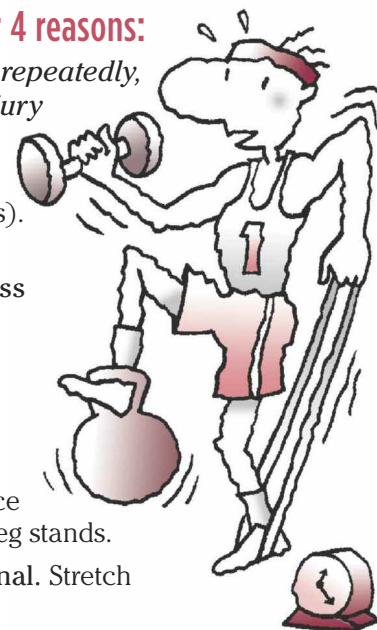
Get Moving: Embrace Variety

Why diversify exercise?

You need to do a variety of physical activities for 4 reasons:

(1) to avoid boredom from doing the same things repeatedly, (2) to stay physically challenged, (3) to reduce injury risk and (4) to develop 5 basic fitness elements:

- 1. Aerobic activity builds endurance** by raising your heart rate during a prolonged period (10 to 30 minutes). You can perform many activities aerobically.
- 2. Strength training builds and protects muscle mass** through resistance exercise. Use gym machines, free weights, resistance bands or your own body weight.
- 3. Core exercise is crucial to health and fitness.** Goal: Strengthen your stomach, pelvis and lower back. Try yoga, Pilates or weight workouts.
- 4. Balance exercise protects stability.** Simple balance moves include tai chi, yoga poses, side-walking and 1-leg stands.
- 5. Stretching helps muscles and joints stay functional.** Stretch frequently, at least 3 times a week.



All 5 fitness effects are critical to healthy aging and to reducing injury and disability. You can accumulate health benefits by exercising consistently at a moderate intensity — at least 150 minutes per week (e.g., brisk walking or leisurely bicycling).

Learn more at Aug.HopeHealth.com/motivation.

Sources: Harvard Health Letter, American Council on Exercise, Healthline

Exercise and personality

We have endless exercise options. Why stick with your treadmill or spin class if they've become boring? When it's time for something new, let your personality guide you. Review the basic character traits below. They may help identify your exercise comfort level and ways to broaden your enjoyment and fitness results.

Sociable, outgoing: You like having fun with exercise, maybe with a buddy or party-type exercise class. You are game for many activities, such as golf, tennis or team sports.

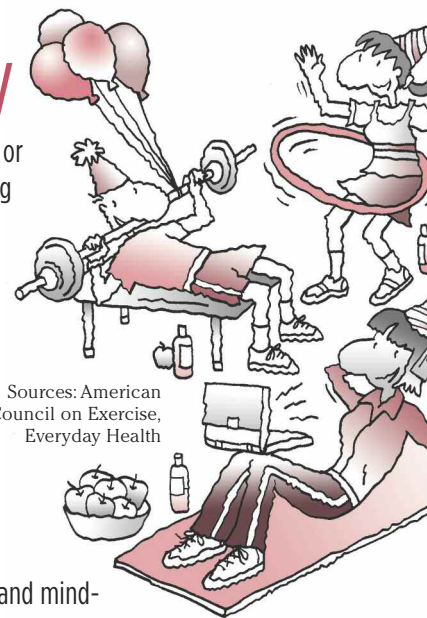
Shy, non-competitive: You might avoid gyms but prefer solo jogging or at-home exercise with DVDs. Venture out on regular weekend biking or hiking with like-minded friends.

Stressed out: You may benefit from disconnecting through yoga and mindfulness exercise. More strenuous cardio workouts will help control ongoing tension.

Goal-oriented: You have the discipline to get fitness results through strenuous routines, such as Pilates, lap swimming, or circuit training for strengthening multiple muscle groups.

Adventurous: You may crave excitement — rock climbing, scuba diving or martial arts? How about coaching others in fitness training?

Best advice: Change workouts routinely as your fitness level, lifestyle and preferences evolve.



Sources: American Council on Exercise, Everyday Health

3 Learn more about **GetMoving:** at Aug.HopeHealth.com

Vaccines are the tugboats
of preventive health.

— William Foege, MD

Sleep apnea

If you snore and have fatigue from unrefreshing sleep, you may have sleep apnea. You can breathe better with a **continuous positive airway pressure (CPAP)** device. Using it can help keep airways open during sleep so you snore less and sleep better; energy and blood pressure should improve. Your health care provider can help you learn how to adapt to your device. Learn more at Aug.HopeHealth.com/sleep.

Source: National Heart, Lung, and Blood Institute

August: Psoriasis Awareness Month

Psoriasis is a chronic autoimmune disorder that produces severe skin eruptions. The cause is unclear, but flare-ups are linked to infections, stress and some medications. It may be hereditary, but it's not contagious. There are different types of psoriasis and various treatments available to help control them, depending on the type. If you develop thick patches on your skin, see your health care provider.

Source: National Psoriasis Foundation



The Whole You: PHYSICAL HEALTH

Checkup time

We're into the second half
of 2018 — how are you
doing so far?

Embrace Variety

Take some time to review your successes and make the rest of the year even better by adjusting goals or making new ones. Having a variety of goals helps you address all areas of your well-being.

- **Exercise and weight goals.** Do your weight control and fitness pursuits need improvement? Along with tracking your weight and exercise periods, the American Psychological Association advises recording any episodes of emotional eating (e.g., what and where you ate) to identify behaviors that need changing.

- **Nutrition goals.** The USDA's ChooseMyPlate program (choosemyplate.gov) can help with nutritious, quick recipes rich in fruits, vegetables and whole grains and a checklist to identify meal plans tailored to your age, gender and size.

- **Mental and physical health goals.** Contact your health care provider's office to see if you are due for a checkup, vaccinations, mammogram, colonoscopy or other tests. Consider your mental health, too. Are you taking time to relax daily with yoga, meditation or other techniques? Talk to your health care provider if you need help with depression or anxiety.



Sources: Psychological Science, American Psychological Association, USDA, CDC

August is Immunization Awareness Month.

Vaccines for preteens and teens

Four vaccines are recommended for children ages 7 through 18, and most states require them before school starts in the fall.

1. The Tdap vaccine is needed at age 11 or 12 for protection against tetanus, diphtheria and pertussis (whooping cough).
2. The meningococcal vaccine protects against some of the bacteria that can cause life-threatening meningococcal disease, including sepsis and meningitis. Start at age 11 or 12, with a booster at age 16.
3. The human papillomavirus (HPV) vaccine helps protect girls and boys from HPV infection and cancers caused by HPV. Start and finish the series when kids are 11 or 12 (it can be given through age 26 if not vaccinated earlier).
4. The flu vaccine helps guard against influenza strains in circulation. Though not always completely effective, it's still our best protection against flu viruses. Get vaccinated every year, starting at 6 months of age.

Immunization prevents epidemics of severe diseases and eventually eradicates them. Because of vaccination programs, smallpox no longer exists in the U.S.

Failure to have children vaccinated can result in a resurgence of some diseases, most recently measles and whooping cough.

Keep your kids growing strong and safely immunized, on schedule. Learn more from your child's health care provider and visit Aug.HopeHealth.com/immunizations.

Source: CDC



4 Learn more about **The Whole You:** at Aug.HopeHealth.com

When we're talking about diversity, it's not a box to check. It is a reality that should be deeply felt and held and valued by all of us.

— Ava DuVernay

Emotional eating

Do you often reach for food when feeling stressed? During stress, your body releases cortisol, a hormone that can increase your appetite for calming comfort foods. When this pattern leads to poor food choices and weight gain, start tracking your moods: Whenever you feel the urge to eat, but aren't truly hungry, review your thoughts and refer to a list of enjoyable, de-stressing activities to try instead of eating.

Sources: Help Guide, Psychology Today

See page 8 —

StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue.

Prone to negativity?

Emotions result from thoughts, not events (e.g., a car accident that injured you), according to cognitive-behavioral therapy (CBT) practitioners. Ongoing negative thinking can lead to depression and anxiety. With the help of a CBT provider, you can learn to fact-check your negative thoughts (“I can’t risk driving.”), and identify exaggerated emotions. Learn more at Aug.HopeHealth.com/cognitive.

Sources: American Association of Cognitive-Behavioral Therapists, Association for Behavioral and Cognitive Therapies

The Whole You: Emotional/Mental Health

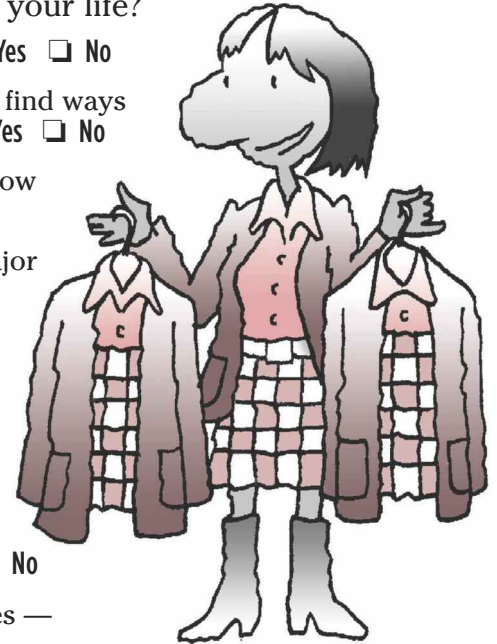
Do you like change?

Embrace Variety

Whether it's changing technology or adopting new health habits, it takes self-confidence and stamina to accept new circumstances.

How do you react to new elements in your life?

1. I tend to act quickly to accept them. Yes No
2. I become stressed by some changes but find ways to cope, even when it's not my choice. Yes No
3. I acknowledge my mixed feelings and allow time to adjust. Yes No
4. I simplify my life when adjusting to a major change. Yes No
5. I seek advice from others who have experience coping with pain, grief, divorce and other situations. Yes No
6. I can make a change even if it risks the disapproval of others. Yes No
7. I maintain a sense of humor rather than let new circumstances upset me. Yes No



No matter how many of your answers were yes — or no — dealing with new situations is often challenging. However, they may provide a chance for you to grow and prioritize what's most important in your life.

Source: Psychology Today

Q: Anxiety or panic?

A: *Anxiety ranges from occasional, short-term worry to persistent, excessive dread that interferes with daily life. Panic attacks can occur unexpectedly; people who have them often begin to fear them.*

Symptoms of panic include dizziness, choking sensations or fear of dying or going crazy. Learning to prevent panic attacks is important, and so is accepting that they are brief and survivable.

Anxiety and panic both lie on a continuum ranging from a small worry — which can sometimes be helpful — to overwhelming terror, which usually is not. Both can disrupt our lives.

Luckily, there are effective treatments for both conditions, such as cognitive behavioral therapy (counseling), mindfulness training and medication. Ask your health care provider to rule out other conditions that can cause these symptoms, and then request a referral to a mental care provider for treatment.

— Eric Endlich, PhD

Source: Anxiety Disorders Association of America



5 Learn more about **The Whole You:** at Aug.HopeHealth.com

“Money can buy you a fine dog, but only love can make him wag his tail.”

— Kinky Friedman

Dinner and a movie?

Dining out and catching a film can break your budget. Solution? Check for earlier showtimes that cost less than evening shows — see a matinee and then enjoy a potluck. And with theater chain rewards programs, you can earn points toward free tickets and concessions. Some retailers also sell passes at a reduced price that you can exchange for tickets.

— Jamie Lynn Byram, MBA, AFC, MS

Caring for Fluffy and Fido

If you're the type of person who might spend thousands of dollars on your pet's medical care, consider pet insurance. Also, knowing the types of disease or illnesses that are common with your breed of pet helps you choose whether to insure or not. Search online for pet insurance to learn more.

— Jamie Lynn Byram, MBA, AFC, MS



FiscalFitness: Embrace Variety

Stretch your entertainment dollars

Do you love to spend time with friends but stress about how to afford it? Try these solutions for common budget killers:

Budget killer: Pricy restaurant desserts and store-made baked goods.

Budget fix: Have a bake party. Each person brings a food they baked and the recipe for it. The attendees get to enjoy home-cooked treats together and trade recipes. Or eat out and serve homemade desserts at your home.

Budget killer: You love to look at art but can't afford it.

Budget fix: Visit an art gallery. There's no admission charge, and you can see art in a low-key environment, and you might even find a work of art you want to display in your home. Combine a gallery visit with an inexpensive dinner out for an affordable date. If you like art museums but the prices don't fit in your budget, some offer free or reduced admission on 1 or 2 days of the week.

Saving money on entertainment usually requires some flexibility and willingness to change some of your leisure habits. The money you'll save is worth it.

— Jamie Lynn Byram, MBA, AFC, MS

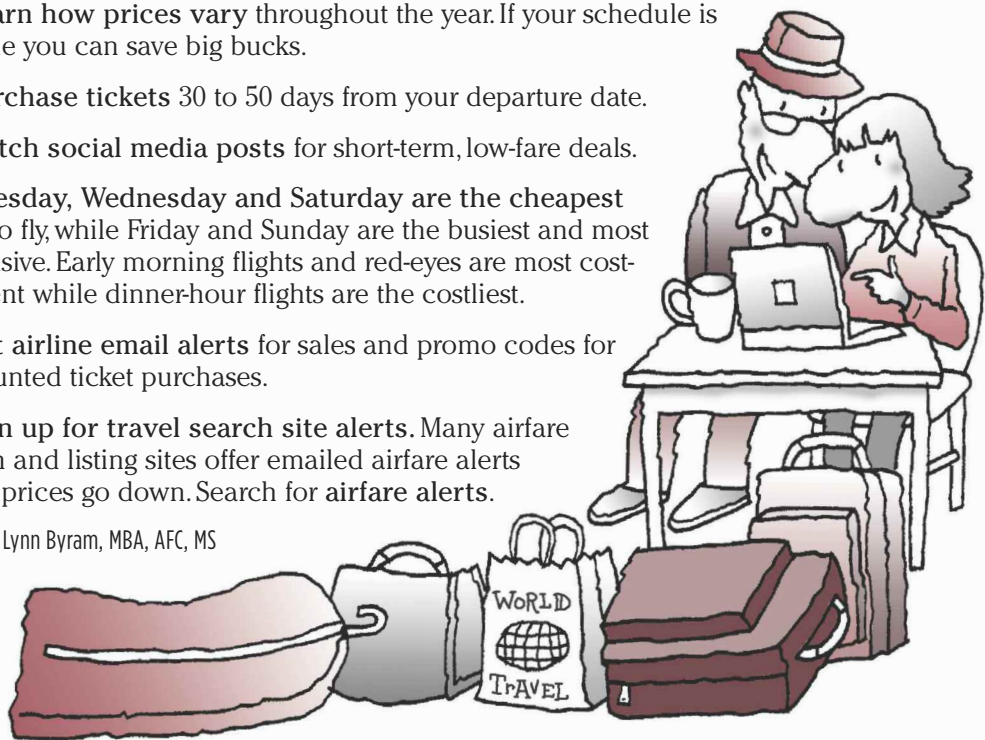


6 ways to save on flights

Airfare can send your travel budget sky high. Try these best-deal strategies:

1. Learn how prices vary throughout the year. If your schedule is flexible you can save big bucks.
2. Purchase tickets 30 to 50 days from your departure date.
3. Watch social media posts for short-term, low-fare deals.
4. Tuesday, Wednesday and Saturday are the cheapest days to fly, while Friday and Sunday are the busiest and most expensive. Early morning flights and red-eyes are most cost-efficient while dinner-hour flights are the costliest.
5. Get airline email alerts for sales and promo codes for discounted ticket purchases.
6. Sign up for travel search site alerts. Many airfare search and listing sites offer emailed airfare alerts when prices go down. Search for airfare alerts.

— Jamie Lynn Byram, MBA, AFC, MS



6 Learn more about **FiscalFitness:** at Aug.HopeHealth.com

Vitality shows not only in the ability to persist, but in the ability to start over.

— Unknown



Best aid for aging skin

Always wear broad-spectrum (UVA and UVB protection) sunscreen even on cloudy days. While skin will ultimately sag a little as it loses its supportive structure of collagen and elastin, we can reduce sagging with good care. Follow a nutritious, balanced diet, avoid excessive alcohol, consider anti-aging topical products, and quit smoking. Learn more at Aug.HopeHealth.com/skin.

Source: American Academy of Dermatology

See page 8 — StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue.

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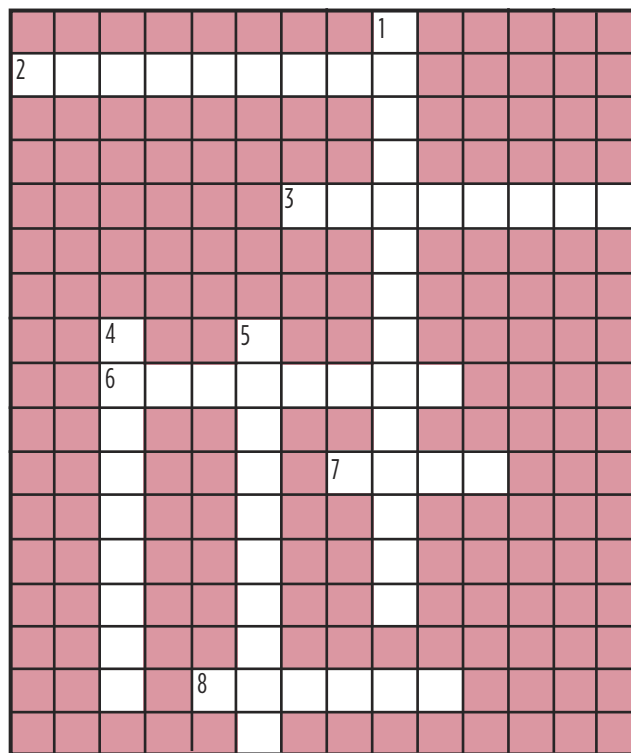
The information in the publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor.

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Please recycle.

HealthyConnections:



August Crossword Puzzle

Find out how well you know the topics covered in this issue of the newsletter.

Down

1. This condition can cause weight gain.
4. This disorder causes severe skin eruptions.
5. Snoring is a symptom of this condition. (2 words).



For the crossword puzzle answer key, go to Aug.HopeHealth.com

Across

2. Do this when you exercise to reduce injury risk.
3. This weekend day is 1 of the cheapest to fly.
6. Because of vaccination programs, this disease no longer exists in the U.S.
7. It's a vaccine that protects against tetanus, diphtheria and pertussis.
8. Gaining muscle can increase it.

Mystery weight gain

Working out and eating smart, but adding pounds? Weight gain is complicated by several factors. Here are some that might surprise you.

- **Muscle gain** — By exercising more, you may build more muscle mass, which can gradually increase your scale weight, even as your body fat decreases. A good sign: Are your waist and hip measurements smaller?

- **Chronic stress** — Your body's stress-response system may activate stress hormones that disrupt various functions, such as appetite, digestion, sleep, depression, metabolism and weight. Seek relaxation every day.

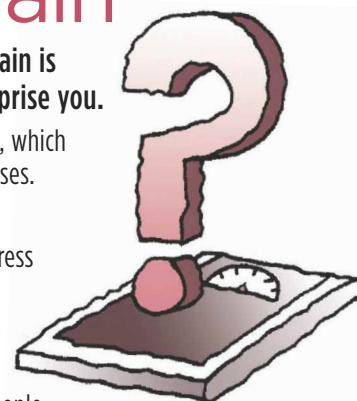
- **Sleep deprivation** — We have mounting evidence that adults and children who get too little sleep are more likely to gain weight than people who get 7 to 9 hours per night. One factor, fatigue from lack of sleep, may trigger appetite.

- **Medications** — Several drugs can cause gradual to rapid weight gain. Among the most common are certain antidepressant, steroid, anti-seizure, hypertension and heartburn medications. Don't stop using your medications before consulting your health care provider; ask about possible alternatives.

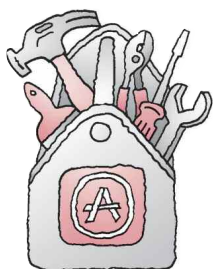
- **Medical condition** — The most common one affecting weight gain is hypothyroidism, a deficiency of the thyroid hormone leading to decreased metabolism.

If you're gaining (or losing) weight and the reason is unclear, ask your provider for help identifying the cause.

Sources: WebMD, Harvard Medical School, University of Rochester Medical Center



7 Learn more about **HealthyConnections:** at Aug.HopeHealth.com



Stock Your Toolbox: Your Source for Cool Tools & Resources

Check out Aug.HopeHealth.com for a ton of useful well-being information. In addition to the links in the newsletter, here's what else you can find online:

Protect Your Immunity

Your body's immune system is your No.1 defender against infection.

It protects you daily from exposure to millions of germs (microbes), including bacteria, viruses, parasites and other threats. When germs do invade your body, making you ill, the immune system begins fighting the infection at the cellular level.

You know your immune system is working right if you rarely get sick, you get well after being sick, and sores heal without getting infected. For your part, fighting infection requires 2 basic tactics:

- **Good hygiene:** Washing your hands properly is an easy, effective way to guard against germs and infections. Wash up thoroughly before preparing or eating food, after coughing or sneezing, after changing a diaper, and after using the toilet. When soap and water aren't handy, use alcohol-based hand-sanitizing gels.
- **Vaccinations:** The number of vaccine-preventable diseases keeps growing as researchers learn more about what causes them. Many vaccines are given in childhood, but as adults we still need vaccinations to prevent some illnesses, such as tetanus and influenza, or when traveling abroad to high-risk countries.
- **Vaccines build immunity** by imitating an infection that causes your system to produce antibodies to the disease. Sometimes, after getting a vaccine, the imitation infection can cause minor symptoms such as fever; this is normal and expected as the body builds immunity to the disease. Tip: Call your provider if the side effects are unexpected or severe.

Other immunity boosters:

- If your diet is low in fruits, vegetables, legumes and whole grains, consider taking a daily multivitamin and mineral supplement.
- If you drink alcohol, do not exceed moderate levels.
- Take a few minutes to relax each day.
- Maintain a healthy blood pressure.
- Maintain a healthy weight.
- Get 7 to 9 hours of sleep daily.
- If you smoke, quit.

EBIX BENEFITS ADMINISTRATION AND WELLNESS

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A guide to protecting your immunity.

Answers to the Crossword Puzzle that covers the topics in this issue of the newsletter.



Go to
Aug.HopeHealth.com
to find these resources.

“My theory in anything you do is to keep exploring, keep digging deeper to find new stuff.”

— Blythe Danner

“If there is no struggle, there is no progress.”

— Frederick Douglass

“No matter what people tell you, words and ideas can change the world.”

— Robin Williams

“The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward.”

— Amelia Earhart