



Healthy workplace

Your monthly Anthem Alliance wellness newsletter

Cold, flu and immunizations!

Ah-choo! Uh-oh. Was that the first sign of a cold? What if you've also got a cough or body aches? Could it be the flu instead? How do you tell the difference? [Click here](#) to learn whether it is a cold or the flu....

Before you know it – it's cold and flu season. According to the U.S. Center for Disease Control and Prevention (CDC) 35 to 50 million American's come down with the flu during each flu season. Every year the season's flu vaccine is designed to protect against the influenza viruses that research indicates will be most common during the season. When you start coughing you may assume it's a cold or the flu – but that might not be the case. National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots. [Click here](#) to learn more about how vaccines work.



Prevention

The best ways to avoid getting the flu are to practice good health habits and get vaccinated each year. Antiviral drugs can also help treat symptoms and prevent you from becoming sick. Your doctor can recommend if they are right for you. To stay healthy try to always practice the below healthy habits:

- **Keep Away:** Avoid close contact with people who are sick and do the same when you don't feel well. A safe distance can help prevent the spread of bugs and germs that cause infection
- **Stay home when you're sick:** If possible, avoid work, school and errands when you are sick. This way, others won't catch what you've got.
- **Remember to get your flu shot:**
- **Cover up when you cough or sneeze:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Wash and dry your hands often:** Use warm water and antibacterial soap to clean your hands and be sure to dry them. This will help protect you from germs

Also keep these healthy habits

- Get plenty of sleep
- Exercise
- Reduce stress
- Drink lots of fluids
- Eat nutritious food

Getting the flu is never fun. It can even be life threatening.

Don't forget! My Health Advantage

My Health Advantage is a proactive program that translates an individual's health information into a personalized health note to improve the safety, quality and coordination of their health care. My Health Advantage provides actionable and personalized messaging to members and providers about potential opportunities to improve health, optimize health care spending, and avoid critical health issues (like drug-to-drug, or drug-to-condition contraindications). [Click here](#) to learn more! Share the [engagement video](#) with your employees

Webinars

Employer Webinars-

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August 20, 2014 – A Better State of Health Care – Our Enhanced Personal Health Care payment innovations model. [Register here!](#)

Member Webinars-

August 26, 2014 – Obesity and Weight Management. [Register here!](#)

Healthy recipe of the month:



Looking for the perfect side dish for your next BBQ? Try baking or grilling mixed vegetables. You can either slice them into evenly-sized, thin pieces or you can grill them whole. If you are grilling your veggies whole, keep an eye on them to ensure they don't burn.

If you do choose to grill foods and use an oil to coat them, we would suggest using an oil that has a high smoke point, such as organic canola or safflower oil. They are able to withstand temperatures reaching close to 500 degrees. These sturdy fats are the least likely to oxidize and go rancid in the presence of flames or hot coals. When oils undergo oxidation, they react with oxygen to form free radicals and harmful compounds that you definitely don't want to consume.

What not to use: Olive oil. Even though tons of recipes call for brushing proteins and veggies with the stuff before slapping it on the grill, the heart-healthy fat can't take the heat. Try dressing or brushing your proteins and veggies once they are cooked.

Provençal Summer Vegetables

This stunning side dish of layered tomatoes, eggplant, summer squash and leeks bursts with fresh flavor. To make it even more colorful, use half a summer squash and half a zucchini. Try it alongside any grilled meat. Leftovers are delicious sandwiched between slices of crusty whole-grain bread.

Makes 6 servings, about 2/3 cup each | **Active Time: 25 minutes** | **Total Time: 2 1/4 hours**

Ingredients

- 4 tablespoons extra-virgin olive oil, divided
- 2 cups thinly sliced leeks, rinsed and well drained
- 5 cloves garlic, thinly sliced
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- ½ dry white wine
- 3 large tomatoes (about 1 ½ pounds), sliced ¼ inch thick
- 1 small summer squash or zucchini, sliced diagonally ¼ inch thick
- 1 small eggplant, sliced ¼ inch thick
- ¼ cup finely shredded Pecorino Romano or Parmesan cheese
- 1 tablespoon chopped fresh marjoram or 1 teaspoon dried

Preparation

- Preheat oven to 425°F.
- Heat 2 tablespoons oil in a large skillet over medium heat. Add leeks, garlic, ¼ teaspoon each salt and pepper and cook, stirring, until soft and beginning to brown, about 6 minutes. Add wine and cook, stirring, 1 minute more. Transfer the mixture to a shallow 2-quart baking dish.
- Layer tomatoes, summer squash (or zucchini) and eggplant slices in an alternating shingle pattern over the leek mixture (they will overlap quite a bit). If you have extra vegetable slices, save them for another use. Sprinkle the vegetables with the remaining ¼ teaspoon each salt and pepper and drizzle with the remaining 2 tablespoons oil.

- Bake the vegetables for 1 ¼ hours. Sprinkle cheese and marjoram over the top. Continue baking until the edges are browned and the vegetables are very tender, about 15 minutes more. Let cool for about 5 minutes before serving.

Nutrition

Per serving: 185 Calories; 12 g Fat; 3 g Sat; 7 g Mono; 9 mg Cholesterol; 13 g Carbohydrates; 5 g Protein; 4 g Fiber; 323 mg Sodium; 457 mg Potassium

1 Carbohydrate Serving

Exchanges: 2 vegetable, 2 fat