

Healthy workplace

Your monthly Anthem Alliance wellness newsletter



Help your Child Develop Healthy Habits

It's August, and soon you'll see the school bus headed your way. As you get your kids ready for the new school year, it's also a good time to think about their health.

Give your child a head start on healthy habits that last a lifetime by:

- Signing him or her up for sports or other kid-friendly activities they might enjoy
- Setting a good example, such as taking nightly walks with your child
- Encouraging your child to eat healthy foods
- Getting him or her to try a variety of fruits and veggies
- Getting more exercise, less time with electronics
- Making sure your child stays on a healthy track, getting preventive care and immunizations when due



Remember 95210 is a habit for all children!

9 hours of sleep, 2 hours limit of TV or screen time, 5 servings of fruit/veggies, 1 hour of exercise/play and 0 added sugars to foods

How to Reduce Family Stress

Work deadlines are looming. The kids have soccer practice — at the same time, but in different places. They have homework and projects due. Your parents asked you to come over to help with yard work...it goes on and on. If you're like most families, you face stress every day.

Children can feel stress, too

Stress isn't just for adults. Many children experience a level of stress that interferes with life, activities and health. Parents should watch for the following signs:

- Physical stress symptoms in children can include changes in eating habits, headaches, new or recurrent bedwetting, nightmares and other sleep disturbances, stuttering and stomach problems.

- Emotional symptoms include anxiety, excessive worrying, the inability to relax, new or recurring fears, clinginess, questioning, anger, crying, an inability to control emotions, and aggressive or stubborn behavior.

Tips for helping your child manage stress

- Provide a safe, consistent and dependable home
- Be selective in TV viewing
- Spend calm, relaxed time with your child or children
- Encourage your children to talk and express concerns
- Set aside time for physical activity
- Build your children's feelings of self-worth
- Allow your children opportunities to make choices and have some control of their lives
- Seek professional guidance when signs of stress seem unmanageable

Managing your stress as a parent

We'll always have some stress in our lives, but there are steps you can take to keep it under control:

- *Make sure you take care of yourself.* Eat healthy snacks and meals, exercise and make sure you get enough sleep. Spend time doing things you enjoy.
- *Lean on your support system.* Talk things through with friends and family members who can be positive.
- *Set limits.* Say no if you or your kids can't do something. Be nice, but firm.
- *Ask for help.* Don't be afraid to get help from a health care professional if your stress levels are too high. Sometimes other health problems have symptoms similar to stress, so it's important to make sure your symptoms aren't a sign of something else.

Try these quick stress relievers

You don't need a week at a spa or retreat. Just spend 15 minutes or less trying one of these stress management techniques.

1. Meditate
2. Breathe deeply for five minutes
3. Take in your surroundings -- how the air feels on your face, how your feet feel hitting the ground
4. Talk to a loved one
5. Relax all your muscles, from head to toe
6. Place a warm heat wrap around your neck and shoulders for 10 minutes
7. Laugh out loud
8. Listen to music
9. Exercise
10. Practice "gratitude." Make a list of things you are thankful for



August is National Immunization Month!



Before you know it – it will be 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 each flu season. Every year that season's flu vaccine is designed to protect against the influenza viruses that research indicates will be most common during the season. 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.

LiveHealth Online

An easy way to see the doctor — 24/7 — when your own isn't available

Now you can talk to a doctor through two-way, live video from your mobile device, tablet or computer with a webcam! To get started, sign up at livehealthonline.com or get the free mobile app.

LiveHealth Online is a great alternative when you're traveling on business, on a project deadline or unable to schedule time with your own doctor. You can talk to a board-certified doctor who can answer your questions, make a diagnosis and may prescribe basic medications, if needed.

When to use LiveHealth Online

Always call 911 in an emergency. Otherwise, you can see a doctor online whenever you have a health concern and you can't speak to your own doctor. Some of the most common uses of LiveHealth Online include:

- Cold and flu symptoms such as cough, fever and headache
- Allergies
- Infections
- Rashes

LiveHealth Online Psychology

An easy, convenient way to see a therapist or psychologist in just a few days

If you're feeling stressed, worried, or having a tough time, you can talk to a licensed psychologist or therapist through video using LiveHealth Online Psychology. It's easy to use, private and, in most cases, you can see a therapist within four days or less. All you have to do is sign up at livehealthonline.com or download the app to get started. The cost is similar to what you'd pay for an office therapy visit.

Make your first appointment — when it's easy for you

- Use the app or go to livehealthonline.com and log in. Select **LiveHealth Online Psychology** and choose the therapist you'd like to see.
- Or, call LiveHealth Online at **1-844-784-8409** from 7 a.m. to 11 p.m.
- You'll get an email confirming your appointment

Online therapy visits are now available to children age 10-17!

Research has shown that children between the ages of 10-17 are most likely to benefit from therapy visits. This is why Anthem worked to expand access to include professionals who can provide online therapy visits for children age 10-17.

Lemon-Herb Chicken Skewers with Blueberry-Balsamic Salsa

Blueberries are the standout ingredient for the sweet and sour sauce that accompanies these grilled kebabs. We used cilantro, basil, and parsley, but you can omit the cilantro. You can also serve this salsa on small toasts spread with creamy Camembert or tangy goat cheese.



Yield: 4 (serving size: 1 skewer and about 3 tablespoons salsa)

Total time: 1 Hour, 25 Minutes

Ingredients

- 1 garlic clove
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh cilantro (optional)
- 2 tablespoons olive oil
- 1/2 teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon kosher salt, divided
- 4 skinless, boneless chicken thighs, each cut into 6 pieces (about 1 pound)
- 1 cup blueberries, divided
- 2 tablespoons balsamic vinegar

- 1/2 teaspoon honey
- 2 tablespoons finely chopped red onion
- 1 teaspoon minced jalapeño pepper
- Cooking spray

Preparation

1. Drop garlic through food chute with food processor on; process until chopped. Add parsley and next 6 ingredients (through black pepper); process until finely chopped. Add 1/8 teaspoon salt; pulse to combine. Combine herb mixture and chicken in a medium bowl; toss to combine. Cover and refrigerate 1 hour. Wipe out food processor.

2. Combine 1/2 cup blueberries, vinegar, and honey in a small saucepan over medium heat. Bring to a boil; reduce heat to low, and cook 10 minutes or until thickened, pressing with a spoon to break up blueberries. Place blueberry mixture in a medium bowl. Add remaining 1/2 cup blueberries to food processor; pulse 5 times. Combine chopped blueberries, 1/8 teaspoon salt, onion, and jalapeño pepper with vinegar mixture.

3. Preheat grill to medium-high heat.

4. Thread 6 chicken pieces evenly onto each of 4 (8-inch) skewers. Sprinkle with remaining 1/4 teaspoon salt. Place chicken on grill rack coated with cooking spray; grill 10 minutes, turning occasionally. Serve with blueberry salsa

Nutritional Information

Amount per serving: Calories 304, Fat 16.6 g, Sat fat 3.6 g, Mono fat 8.9 g, Protein 29 g, Carbohydrate 9 g, Fiber 1 g, Cholesterol 157 mg, Iron 2 mg, Sodium 346 mg, Calcium 44 mg

Check out more healthy summer recipes at cookinglight.com!