

## Health e-Links Health Education & Lifestyle Management Newsletter (HELM)

### KNOW YOUR BENEFITS

You eat wisely, exercise regularly and take your medicine as prescribed. But do you also take time to learn how your health plan works?

#### Know Who's in Your Plan Network

Health plans sign contracts with a group of health care providers, outpatient facilities and hospitals, called a network, who agree to follow the plan's rules. Always check whether your health care provider (including specialists and facilities) is in your plan's network. **Never assume that your primary care provider (PCP) or specialist is referring you to an in-network provider.** If you go to an out-of-network provider for a covered procedure, your plan will cover the services at a much reduced level. Check the provider network at [www.bcbsfl.com](http://www.bcbsfl.com).

#### Be Familiar with the Prescription Formulary

A formulary is a list of the medications that your health plan agrees to cover. This list is updated on a regular basis. Typically, the plan pays part of the cost for prescriptions, and you pay the rest (your copayment).

Your formulary is divided into three categories: generic formulary; brand formulary; and non-formulary. **When you have the option, getting your prescription filled with a generic formulary will often save you money.**

#### Utilize the Urgent Care Facilities instead of the ER for Non-Life Threatening Emergencies

When it comes to your family's health, your first concern is getting the care and attention they need. For non-emergency assistance—when you can't get in to see your family physician or don't want to wait hours in the ER—**urgent care centers are designed to provide prompt, quality service and help you save on your out-of-pocket costs.**

National Health Observances for December  
Visit the links below for more information

- Safe Toys and Gifts Month**  
[www.preventblindness.org](http://www.preventblindness.org)
- December 1 - 7**  
**National Aplastic Anemia and MDS Awareness Week**  
[www.aamds.org](http://www.aamds.org)
- December 1**  
**World AIDS Day**  
[www.unaids.org/en/default.asp](http://www.unaids.org/en/default.asp)
- December 2 - 8**  
**National Hand Washing Awareness Week**  
[www.henrythehand.com](http://www.henrythehand.com)

**Exciting Weight Management Program created for DCPS Employees**

- 28-week program – Healthcare plan pays 80%; employee pays 20% or \$300 total
- Partnership between Brooks Fitness Center and Corporate Care Works Mind – Body Connection Teams
- Support from dietitians, counselors, exercise specialists, and health coaches working with you to help you reach your fitness goals
- Covers physical and emotional aspects of getting fit and healthy

Call Mind-Body Connection at 904-412-5479 for more information and to reserve your spot in one of the January orientation classes:

Tuesday, Jan. 15 <sup>th</sup>	6:00 pm – 8:00 pm
Thursday, Jan. 17 <sup>th</sup>	6:00 pm – 8:00 pm
Saturday, Jan. 19 <sup>th</sup>	10:00 am – 12:00pm

Limited space available! No charge or obligation to attend an orientation session and find out more about this exciting program!

**Summer Pilot Program Results:**  
15 DCPS employees lost over 200 pounds and 200 inches – that's an average of 16 pounds per employee and BMI scores decreased by 7%!

**2-Minute Stress Reducers**

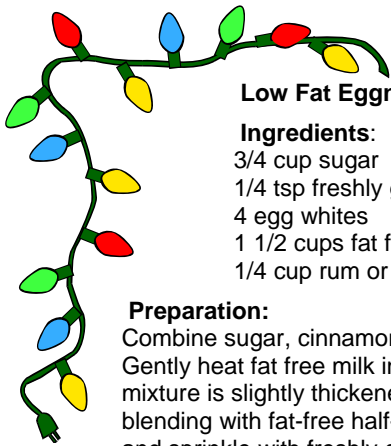
During the course of a hectic day, it is extremely important to take energy breaks. The following stress reducers are like mini tune-ups you can use to quickly increase your supply of positive energy. Though these exercises only take a couple of minutes to perform, you'll be amazed by how much better they make you feel:

**Meditate:** Your brain waves change after meditating for a couple minutes. Quiet yourself, let your body unwind. Slowly inhale and exhale. Your breath will bring you back to center.

**Enjoy a Healthy Snack:** Boost your energy level with fresh fruit, juice or veggies.

**Avoid Energy Vampires:** Have you ever noticed how some people suck the life right out of you. Limit your contact with these monsters of negativity.

**Practice Positive Self Talk:** Say nice things about yourself. Just a few minutes of shifting negative thoughts to positive ones can change your energy levels quickly.



## HOLIDAY RECIPES

### Low Fat Egnog

#### Ingredients:

3/4 cup sugar  
 1/4 tsp freshly grated nutmeg  
 4 egg whites  
 1 1/2 cups fat free half-and-half  
 1/4 cup rum or brandy (optional)

1/4 tsp cinnamon  
 1 egg  
 1 1/2 cups fat free milk  
 1 1/2 tsp vanilla extract  
 freshly grated nutmeg for garnish

#### Preparation:

Combine sugar, cinnamon and nutmeg in a large bowl. Add egg and egg whites, and beat with a mixer for 3-4 minutes. Gently heat fat free milk in a large saucepan. Gradually stir egg mixture into the hot milk. Heat, stirring constantly, until mixture is slightly thickened. Stir in vanilla extract and remove from heat. Let the milk and egg mixture cool a little before blending with fat-free half-and-half milk. Cover and chill in the refrigerator. Before serving, add rum or brandy if desired and sprinkle with freshly grated nutmeg on top. Serves 4

(Per Serving: Calories 272, Calories from Fat 24, Total Fat 2.9g (sat 1.4g), Cholesterol 60mg, Sodium 240 mg, Carbohydrate 51.1g, Fiber 0.1g, Protein 10.9g)

### Low Fat Holiday Sugar Cookies

#### Ingredients:

5 tbsp butter, softened  
 1 egg  
 1 2/3 cup all-purpose flour  
 1/4 tsp salt  
 3/4 cup sugar  
 1 tsp vanilla extract  
 1 tsp baking powder

#### Preparations:

Using a mixer, beat butter and sugar until creamy. Add egg and vanilla, mixing well. In another bowl, whisk together flour, baking powder and salt. Gradually stir flour mixture into butter and sugar until dough forms. Don't worry if the dough seems a little crumbly at first, it will come together. Wrap dough in plastic and chill for two hours in the refrigerator.

Preheat oven to 350 degrees. On a lightly floured surface, roll out dough to a 1/4-inch or 1/8-inch thickness. Use holiday cookie cutters dipped in flour to make cutouts. Gather scraps and re-roll until all the dough is used. Place cookies 1 inch apart on a parchment lined cookie sheet. Bake for 9-10 minutes or until the edges are lightly browned. Transfer to wire rack after 1 minute to cool. Makes 30 cookies, depending on size of cookie cutters used.

Per serving: Calories 65, Calories from Fat 20, Total Fat 2.2g (sat 1.3g), Cholesterol 12mg, Sodium 38mg, Carbohydrate 10.3g, Fiber 0.2g, Protein 1g.

## HOLIDAY EATING TIPS: RECIPE SUBSTITUTIONS

If you are the chef of the party, try the following lower fat recipe substitutions:



	Healthy Substitution
1 whole egg	2 egg whites
Sour cream	Low fat plain yogurt or low fat sour cream
Milk	Skim or 1% milk
Ice cream	Frozen yogurt
Heavy cream (not for whipping)	2 tablespoons flour whisked into 2 cups non fat milk
Whipped cream	Chilled evaporated skim milk or other low fat-whipped products such as Nutriwhip
Cheese	Low-fat cheese (non-fat cheese does not melt well if used in cooking or baking)