

Health & WELLNESS



March 2021

DID YOU
KNOW ?

**If you are an EPC medical plan participant
then you have access to your very own**

WELLNESS COACH!

Coaches provide case and disease management services through a multidisciplinary clinical team of special trained registered nurses, dietitians, exercise physiologists, social workers, and behavioral health and wellness coaches.

**Available 8:30am to 8:30pm*

**Call 1-800-650-8442 or email
www.HighmarkHealthCoachBCBS.com*

Wellness Coaching Support with:

- Losing Weight
- Sleeping better
- Reducing stress
- Managing chronic conditions

Here is the Q & A from last month's
Newsletter...

Q: Wondering what chronic conditions are most prominent to those in Ministry Positions?

A: The most noted common conditions:

*Mental Health (anxiety, depression & insomnia)
Click [here](#) for info on mental health prevention

*Cardiac Health (hypertension & high cholesterol)
Click [here](#) for info on cardiac health prevention

*Musculoskeletal (Pain & inflammation)
Click [here](#) for info on musculoskeletal prevention



Say Hello to your own health and wellness hub! Get personalized health support with Sharecare.

Sharecare is a personalized digital platform for wellness and helps you reach your health and wellness goals. Available for any plan participant.

Sharecare features:

RealAge

Take the RealAge Test and see if your body is older — or younger — than you think. Then get tips on how to roll back your age.

Green Days

Track your health goals easily by “living in the green.” Green days are the health currency used to measure your progress.

Challenges

Enjoy some friendly competition as you strive to stay healthy.

Sharecare Windows

Focus on your mind, body, and spirit with videos and virtual reality.

AskMD

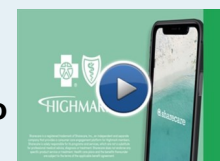
Looking for health advice? Type in your symptoms and get answers.

Customized Content

Check out articles and videos that match your personal goals. To follow specific topics, visit the Health Topics area.

*Register and create an account at
www.Mycare.sharecare.com and
download the Sharecare app

**Check out the Sharecare video to
learn more!**



5 Tips for Tasty Ways to Tweak Recipes for Healthier Eating

1. Start fresh, stay positive

Nutrition experts often recommend starting with some new-to-you recipes to launch your healthier eating journey.

Remember: "Healthier" doesn't mean "less tasty." Keep your mind open to experiencing new flavors. Enjoy the process as you experiment with fresh ingredients and create dishes that don't rely on fat and salt for taste.

2. Reduce fats, sugars and salt, increase herbs and spices

Most of us consume too much saturated fat. But fat adds flavor, so scaling back fat alone is not the answer. Studies have found, though, if you scale back fat and pump up flavor by adding herbs and spices, you can get the great taste you crave.

For instance, instead of 80 percent lean meat, choose 95 percent lean meat. Then, use a heavier hand with the basil, oregano, garlic and other favorite flavors for a really satisfying result.

Researchers have tried the approach with dessert, too. In one study, they cut the sugar content of apple crisp by more than a third, but added an extra jolt of Saigon cinnamon to compensate. It worked: Tasters liked that version just as much as the full-sugar original.

Build up your store of herbs and spices, set the salt aside and you've got a solid formula for healthier, tastier eating.

3. Swap this for that

Learn some basic ingredient swaps and you'll instantly up your healthy cooking quotient. Here are just a few examples:

Heavy cream or half-and-half = fat-free half-and-half

1 egg = 2 egg whites

Garlic salt = garlic powder

Syrup = pureed fruit

Ground beef = extra-lean beef, or ground chicken or ground turkey

White rice = wild rice, pearl barley or bulgur wheat

4. Learn new cooking techniques

Beware the fryer! Eating a lot of fried food has been associated with a higher risk of type 2 diabetes, obesity and heart disease. Instead, learn to bake, grill, steam and roast.

Pre-heat your saute pan. Adding cold ingredients to a cold pan results in drier, less tasty food; starting with a hot pan lets you sear in flavor.

5. Stock the right tools

Nonstick pan. Does your recipe call for sauteing vegetables in oil? Using a good nonstick pan, you can usually saute without added fat.

Steamer basket. Many top chefs steam fish, chicken or seafood atop a layer of aromatic herbs or vegetables for moist, flavorful results without adding fat.

Kitchen shears. Invaluable for snipping away fat from meat, cutting up dried fruit for sauces and toppings, or quickly clipping fresh herbs.

Armed with your new knowledge and a few essential techniques and tools, you'll be able to tackle any recipe, and make it your way — the healthy, delicious way.

Easy Ways to Eat Smart at Every Meal

Infographic from the American Heart Association

Ponder: Check in with yourself about your hunger before you eat – you may actually be thirsty, bored or stressed.

Appraise: Take a moment to take it in. How does it smell? Do you really want it? Is it more than you need?

Slow: Slow down so your brain can keep up with your stomach. Put your fork down between bites and focus on the flavor.

Savor: Enjoy your food. Take a moment to savor the satisfaction of each bite – the taste, texture, everything!

Stop: Stop when you're full – there's no need to join the clean plate club if it means overeating.

Nutrition Myth Buster

Drink 8 Glasses of Water a Day

No need to count cups. Research shows people who gulp a glass of H₂O when they're thirsty get enough to stay healthy and hydrated. Water-rich foods like soup, fruit, and vegetables and drinks like juice, tea, and coffee all help you get your fill. You might need to drink more water if your urine is dark yellow, you don't go regularly, you're very active, or you live in a hot climate.

Slideshow put out by Webmd. See [here](#) the full slideshow **10-health-myths-debunked**