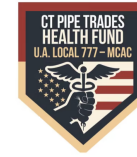


Healthy Workplace

Your monthly Anthem wellness newsletter



March 2022 Edition



Friday, March 4
is National Wear
Blue Day!

Dress in Blue Day 2022

What? Dress in Blue Day lets allies everywhere join with the Colorectal Cancer Alliance's mission to end colorectal cancer. By wearing blue, you bring awareness to this disease and support our work — as well as honor all who are impacted by colorectal cancer.

When? Dress in Blue Day is Friday, March 4. All of March is National Colorectal Cancer Awareness Month.

Why? In 2022, an estimated 151,030 people will be diagnosed with this highly preventable disease. They will join more than 1.4 million colorectal cancer patients and survivors living today. We go blue for them, their families, and their community.

Protect Yourself

Healthy habits can lower your risk for colorectal cancer

Over our lifetimes, about one in 20 of us will develop colon cancer, also called colorectal cancer.¹ When it is caught early, survival rates are better than 60%.² That's why regular screenings are so important. Your colon is part of your large intestine. Most of the time, colon cancer starts as a growth called a polyp inside the colon or rectum.³

Although there are some risk factors you can't control, like your age, medical history or heritage, there are other things you can do to lower your risk for colon cancer.⁴ Let's take a look.

Eat a plant-based diet. A diet high in vegetables, fruits and whole grains lowers your risk of colorectal cancer. Eating a lot of red meat or processed meat raises your risk.

Get moving. An active lifestyle reduces your risk.

Stay at a healthy weight. Being very overweight or obese increases the risk of colon cancer, especially in men.

Limit alcohol. Heavy drinking has been linked to colorectal cancer. Have no more than one (for women) or two (for men) drinks a day.

Stay away from cigarettes. Smoking makes you more likely to develop colorectal cancer. If you smoke, talk to your doctor about quitting.



Talk to your doctor; the most important thing you can do to prevent colon cancer is to get screened.

Early detection is the best protection

Learn about screening for colorectal cancer

What is colorectal cancer screening? Some screenings for colorectal cancer can be done at home following instructions from your doctor. For most kinds of screenings, you'll need to follow a specific diet for a day or two ahead of time, so your colon is empty. If you have a colonoscopy, your doctor will remove polyps, which are small growths that can become cancerous, and take possible tissue samples. These will be sent to a lab to be examined by a pathologist. How can I lower my risk? Some risk factors, like your age, medical history, or heritage, are things you can't control. But there are other things you can do to lower your risk for colon cancer:

Eat a plant-based diet. A diet high in vegetables, fruits, and whole grains lowers your risk of colorectal cancer.

Eating a lot of red meat or processed meat raises your risk. Stay physically active. This reduces your risk.

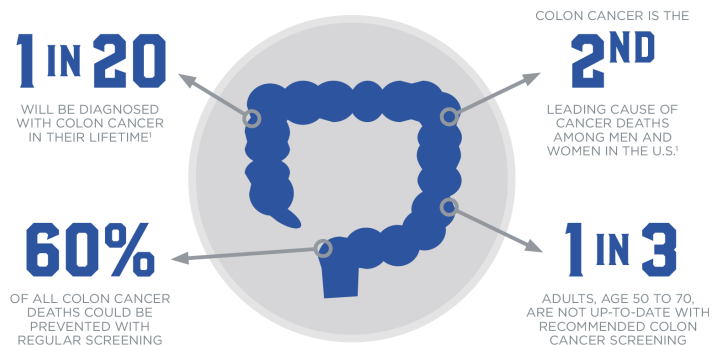
Stay at a healthy weight. Being very overweight or obese increases the risk of colon cancer, especially in men.

Even small changes to your lifestyle can help lower your risk of colorectal cancer and many other conditions.

For more information on preventive care, visit [anthem.com/preventive-care](https://www.anthem.com/preventive-care).

1 National Cancer Institute: Colorectal Cancer — Patient Version (accessed October 2020): [cancer.gov/types/colorectal](https://www.cancer.gov/types/colorectal). 2 American Society of Colon & Rectal Surgeons: Basic Facts About Colorectal Cancer (accessed October 2020): [fascrs.org](https://www.fascrs.org). 3 American Cancer Society: Colorectal Cancer Risk Factors (accessed October 2020): [cancer.org](https://www.cancer.org). 4 American Cancer Society: Six Ways to Lower Your Risk for Colorectal Cancer (accessed October 2020): [cancer.org](https://www.cancer.org).

What you need to know about COLON CANCER



1 American Cancer Society: What are the key statistics about colorectal cancer? (accessed June 2018): [cancer.org](https://www.cancer.org). 2 Fight Colorectal Cancer: Facts and stats (accessed June 2018): fightcolorectalcaner.org. 3 American Society of Colon & Rectal Surgeons: The colon: What it is, what it does, why it is important (accessed June 2018): [fascrs.org](https://www.fascrs.org). 4 American Cancer Society: Six Ways to Lower Your Risk for Colorectal Cancer (accessed June 2018): [cancer.org](https://www.cancer.org).

Monthly Wellness Calendar Theme: Quality Sleep

In recognition of National Sleep Week March 13th - 19th, 2022

When you sleep, your mind and body are hard at work on your overall health. For example, certain stages of sleep allow us to learn and remember. Sleep also helps us fight infection and prevent heart problems and diabetes. If you're dealing with a conflict or change, sleep can help you control your emotions. Having enough sleep helps lower stress, improve your mood, and keep your weight healthy. Over time, lack of sleep can hurt your health and relationships and cause accidents behind the wheel or on the job. The good news is you can learn new habits to improve your sleep.



Healthy Habits for Better Sleep

Sleep loss is often a result of bad sleep habits, illness, or sleep disturbances. It's also possible your bedroom might be too bright, too warm, or too noisy, making it hard for you to sleep. Try to set aside enough time to sleep each night. Here are tips to help you sleep better:



- **Be consistent with your sleep schedule.** Go to bed at the same time every night and rise at the same time every morning, including weekends. Don't nap after 3 p.m. or longer than an hour. Exercise early. Give your body at least two hours to relax before bedtime.
- **Talk to your doctor about certain medicines.** Certain heart, blood pressure, asthma, and cold medicines can delay or disrupt sleep, so ask your doctor about your options.
- **Relax before bedtime.** Try listening to music, reading, or taking a bath. Go outside during the day. At least 30 minutes of natural sunlight a day can help you sleep better at night.
- **Do something if you can't fall asleep.** After 20 minutes, do something relaxing, like reading a book, until you feel tired. Stay away from smartphones and tablets, which emit blue light and can keep you awake.

Your eating habits can be crucial for quality sleep. Learn how your food choices and your meal timing can make a difference.

What to Avoid—Fatty or high-protein foods: Because digestion naturally slows when you sleep, going to bed too soon after eating a steak dinner or other high-protein foods can lead to disrupted sleep, since your stomach will feel uncomfortably full. Foods high in saturated fat have a similar disruptive effect on sleep patterns.

Spicy foods: Spicy foods can cause painful heartburn that could make it difficult to lie down comfortably, which makes it harder to fall asleep. Heartburn can also worsen the effects of obstructive sleep apnea (OSA), as the backed-up acid can create more irritation in your airway. Some spicy foods can raise your body temperature, forcing your body to work harder to cool down enough to fall asleep; feeling too warm in bed may also disrupt your sleep patterns throughout the night.

Caffeine: Drinking caffeine late in the day has long been known as a potential sleep disrupter for many people, since it's a stimulant designed to keep you alert. But be aware that caffeine can be hidden in other foods as well, such as chocolate and even ice cream, so check the ingredients.

Alcohol: Winding down with a glass of wine or a beer at dinner can be a pleasurable experience, but not so much when you're getting ready to sleep. Once the effects of alcohol wear off, you'll likely find yourself waking suddenly and struggling to go back to restful sleep. Alcohol can also worsen OSA symptoms.

Food to Choose to Help Induce a Good Nights Sleep

- If you need a snack before bedtime, consider complex carbohydrates such as oatmeal or whole-wheat toast, which digest easily. Healthy eating habits overall will encourage healthier sleeping patterns.
- Consuming a high-fiber diet with fresh fruits, vegetables, whole grains, and low-fat proteins— while avoiding foods with added sugars—is ideal.
- Look for foods high in B vitamins; B vitamins are believed to help regulate melatonin. Foods rich in B vitamins include fish, lean poultry and meat, legumes, eggs, and dairy. A healthy diet can also help you lose weight, which can in turn lead to better sleep and make you less likely to suffer from daytime fatigue, insomnia, and OSA.

The takeaway? Good eating habits can go hand in hand with getting a good night's sleep for a healthier you.



Healthy Sheet Pan Dinner

Going vegetarian for one day a week for dietary or religious reasons is a small change in your diet that can improve your health and the environment. Going light on meat was the norm a few generations ago when meat often was consumed in side dish portions, while nutrient-rich beans and lentils, vegetables and whole grains took center stage. Give this whole food – plant based sheet pan dinner a try!



Ingredients

- ◇ 1 crown broccoli (1/2 pound)
- ◇ 1 medium red onion
- ◇ 1 1/2 pounds sweet potatoes (about 2 medium large)
- ◇ 1 pound red potatoes (about 2 medium)
- ◇ 1 red pepper
- ◇ 1 15-ounce can chickpeas (or 1 ½ cups cooked)
- ◇ 4 tablespoons olive oil
- ◇ 2 teaspoons garlic powder
- ◇ 2 teaspoons Old Bay seasoning
- ◇ 1 tablespoon Italian seasoning
- ◇ 1 teaspoon kosher salt
- ◇ 1 lemon
- ◇ Rice or quinoa (or another whole grain or seasoned lentils), to serve (optional)
- ◇ Dollop of sour cream, Greek yogurt, Vegan Sour Cream, Cashew Cream, or hummus, to serve

Instructions

1. Adjust the oven racks for roasting 2 trays. Preheat the oven to 450 degrees Fahrenheit.
2. Chop the broccoli. Cut the onion into thick slices. Dice the potatoes. Dice the red pepper.
3. Place all the vegetables in a large bowl. Drain and rinse the chickpeas, then add them to the bowl. Mix in the olive oil, garlic powder, Old Bay, Italian seasoning, and kosher salt until everything is evenly coated.
4. Line two baking sheets with parchment paper. Spread the vegetables evenly onto each sheet.
5. Place into the oven and bake for 20 minutes (do not stir!). Remove the pans from the oven, rotate them, and roast another 10 minutes (for 30 minutes total) until tender and lightly browned on one side.
6. Cut the lemon into wedges, and spritz the veggies with fresh lemon juice to taste.
7. Transfer to a serving bowl or dish and serve immediately with rice or quinoa. Dollop with sour cream, cashew cream or hummus.

National Nutrition Month®



right Academy of Nutrition and Dietetics

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme, "**Celebrate a World of Flavors**," showcases how flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds and tastes! A Registered Dietitian Nutritionist can help you create healthy habits that celebrate your heritage and introduce you to new foods and flavors.

To celebrate focus on the following:

- Include healthful foods from all food groups
- Learn how to read Nutrition Fact labels
- Incorporate your favorite cultural foods and traditions
- Choose healthful recipes to make during the week
- Use a grocery list to shop for nutritious foods
- Make healthful food and drink choices when away from home
- Learn cooking and meal preparation skills
- Try new flavors and foods from around the world
- Enjoy your meals with friends or family, when possible

