

Healthy Workplace

Your monthly Anthem wellness newsletter

Anthem 

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CT Pipe Trades



Your Top Questions About Going to the Dentist—Answered!

No matter your age, your oral health is important. Did you know that 100 million Americans fail to see a dentist each year even though regular dental exams and good oral hygiene can prevent most dental disease?



Why do regular dental visits matter?

Regular dental visits are important because they can help spot dental health problems early when treatment is likely to be simpler and more affordable. They also help prevent many problems from developing in the first place. Visiting your dentist regularly is also important because some diseases or medical conditions have symptoms that can appear in the mouth.

What are some signs I should see a dentist?

- Your teeth are sensitive to hot or cold
- Your gums are puffy or bleed when you brush or floss
- You have persistent bad breath or bad taste in your mouth
- You are pregnant
- You have pain or swelling in your mouth, face or neck
- You have difficulty chewing or swallowing
- You have a family history of gum disease or tooth decay
- You have a medical condition such as diabetes, heart disease, eating disorders or are HIV positive
- Your mouth is often dry
- You smoke or use other tobacco products
- You are undergoing medical treatment such as radiation, chemotherapy or hormone replacement therapy
- Your jaw sometimes pops or is painful when opening and closing or chewing; you have an uneven bite
- You have a spot or sore that doesn't look or feel right in your mouth and it isn't going away

What can I expect during a check up?

The dentist or hygienist will ask about your medical history, examine your mouth and decide whether or not you need x-rays. Depending on your treatment plan, the hygienist may use a special dental instruments to check your gums for gum disease. Your dentist may evaluate your overall dental health and conduct an overall evaluation of your mouth.

How often should I go to the dentist?

There is no one-size-fits-all dental treatment. Some people need

to visit the dentist once or twice a year; others more often. We all have unique needs when it comes to keeping our smile healthy.

How can I maintain a healthy smile?



Healthy habits. Brushing twice a day for two minutes and flossing daily are essential for everyone, no matter how unique your mouth is. It's the best way to fight tooth decay and gum disease.

Build a relationship. Continuity of care is an important part of any health plan and dental health is no exception. When your dentist sees you regularly, they are in a good position to catch problems early. For instance, catching gum disease when it's still reversible, or cavities when they are small and more easily treated.

Maintain. Keeping your mouth healthy is an essential piece of your overall health. It's important to keep your dentist informed of changes in your overall health also.

Talk about it! Only your dentist can determine what the best treatment plan is for you. Have questions about your oral health or certain dental procedures? Start a conversation. Ask your dentist to explain step-by-step.

Nutrition plays a big role in this!



A diet high in caffeine, sugar, highly processed, and inflammatory foods such as; dairy and gluten found in grains can be detrimental to the gut and mouth. While brushing and interdental cleaning between teeth are helpful, your diet has the biggest influence on the quality of bacteria in your oral and gut microbiome. Nutritional deficiencies may also affect oral health. So, for optimal oral health, you need to avoid the foods that can damage your health and provide your body the necessary nutrients it needs to thrive.

Foods to Eat for Better Oral Health: Vegetables & greens: such as kale, spinach and broccoli, Omega-3 rich foods such as wild salmon, healthy fats from avocado, olive oil, nuts and seeds, and natural spices. Aim to avoid pesticides and chemicals commonly found in sprayed foods, try to eat organic and local as much as possible.

Food to Limit: Processed foods, sugars, inflammatory foods such as gluten, dairy, corn (if you like to eat bread, look for gluten free or sourdough), artificial sweeteners, MSG, refined vegetable oils, processed meats, alcohol, and high sugar fruits.

Sources:
<https://file.anthem.com/110794MUMENABS.pdf>
<https://www.mouthhealthy.org/en/dental-care-concerns/questions-about-going-to-the-dentist>
<https://webfmd.com/healthy-mouth-healthy-you-how-oral-health-affects-your-entire-body/>

Chicken Avocado Burgers

Bid farewell to summer with this new twist on a burger! Mix cubed avocado directly into your ground chicken for a super kicked up flavor.



Ingredients

- 1 pound ground chicken
- 1 large ripe avocado - cut into chunks
- 1 clove chopped of garlic
- 1/3 cup Panko crumbs or Almond meal to keep it Paleo and Whole30 friendly
- 1 minced Poblano or Jalapeño pepper optional but recommended
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Instructions

1. Add all ingredients to a large bowl and toss gently.
2. Shape into desired size patties .
3. Grill 4-5 minutes on each side on an indoor grill pan or an outside grill at medium heat or until the internal temperature reaches 165 degrees.

Recipe Notes

For best results buy avocado more on the firm side. This will ensure the chunks stay intact during mixing and cooking.

You may want a ground chicken that is 97/3. A little bit of fat makes these much tastier. Ground chicken breast can be dry.

Grill indoors or out. We love to use our indoor grill pan for this!



Did you know?

A 3.5-ounce serving of avocado packs 7 grams of fiber, which is 27% of the recommended daily allowance, AND an avocado has more potassium than a banana. Honestly!

Wellness Corner

Hi Everyone. Steph from NH here!

With all of us on high alert of possible spread of virus, it is hard to forget that flu season is going to be upon us soon, but I wanted to take a little time here to remind everyone of the importance of getting a flu shot.

Why get the flu shot?

Keep yourself from getting the flu by taking one simple step and getting a flu shot; that way you can lower your chances of getting sick.

⇒ **Influenza** (also called the flu) is a serious illness and it can affect people differently. Some people with the flu become much sicker than others. A yearly seasonal flu vaccine is the best way to lower your chances of catching the seasonal flu and spreading it to others.¹

Who should get vaccinated?

Everyone six months of age and older should get a flu vaccine every season. It's especially important for children under 18 months of age, adults over age 65 and others with low immune systems, since these people are at higher risk for developing serious problems caused by the flu.¹

Where can I get a flu shot?

The flu shot is covered under your preventive care benefits at 100% when you go to a health professional in your plan. Contact your primary care doctor to get your flu shot. You can also get it at urgent care facilities, retail health clinics, many pharmacies or walk-in doctors' offices in your plan.



Get your flu shot

Call the number on your member ID card or visit anthem.com to find a health professional in your plan near you.

Think you might have the flu?

Flu and cold symptoms are similar, but the flu often comes suddenly. Flu symptoms can include fever or chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, feeling tired and worn out, vomiting and diarrhea (more common in children). If you have flu-like symptoms, call your doctor right away.

Usually doctors use antiviral drugs to treat the flu. Antibiotics don't work because the flu is a viral infection. You need a prescription for antiviral drugs, so see your doctor as soon as you can. It's best to go within 48 hours after the start of flu-like symptoms. Not everyone with the flu needs treatment. Most people get better after a few days, but others at high risk for complications should get care right away. Your doctor can tell you what's best for you.

Wellness Bites for your Quick Wellness Needs!

September is Healthy Aging Month



10 Tips for Reinventing Yourself During Healthy Aging Month

No matter your age, take a look at these tips — maybe you will find some that will help you think outside the box.

1 Do not act your age.

Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself.

Tip: don't keep looking in the mirror, just FEEL IT!

2 Be positive.

Be positive in your conversations and actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive.

Tip: limit watching the police reports on the local news.

3 Ditch the negativity.

Have negative friends who complain all of the time and constantly talk about how awful everything is? Make an effort to distance yourself from people who don't have a positive outlook on life. Surround yourself with energetic, happy, positive people of all ages and you'll be happier too.

Tip: Smile often. It's contagious and wards off naysayers.

4 Walk tall.

Walk like a vibrant, healthy person. Analyze your gait. Do you walk slowly? Are you slouching?

Tip: Take big strides, walk with your heel first, and wear comfortable shoes.

5 Stand tall.

Stand up straight! Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day until it is natural. You will look great and feel better.

Tip: Your waistline will look trimmer if you stand tall.

6 Take care of your pearly whites.

Research shows people who smile more often are happier. Your teeth are just as important to your health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being.

Tip: Go to the dentist regularly.

7 Lonely?

Do you struggle with not having a lot of friends and family around? Do something about it now. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee.

Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends.

8 Walk 10,000 steps a day.

Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. Make it a goal to walk 10,000 steps a day. Want to lose some weight or belly fat? Make it 15,000. You can do it!

Tip: If you don't have time for a dog, volunteer your local animal shelter.

9 Get those annual check-ups.

Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.

Tip: schedule in advance each year so it is always in the calendar.

10 Find your inner artist.

Who says taking music lessons is for children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood?

Tip: Sign up now for fall art or music classes and discover your inner artist!

Source: <https://healthyaging.net/healthy-aging-month/celebrate-september-is-healthy-aging-month-reinvent-yourself/>