

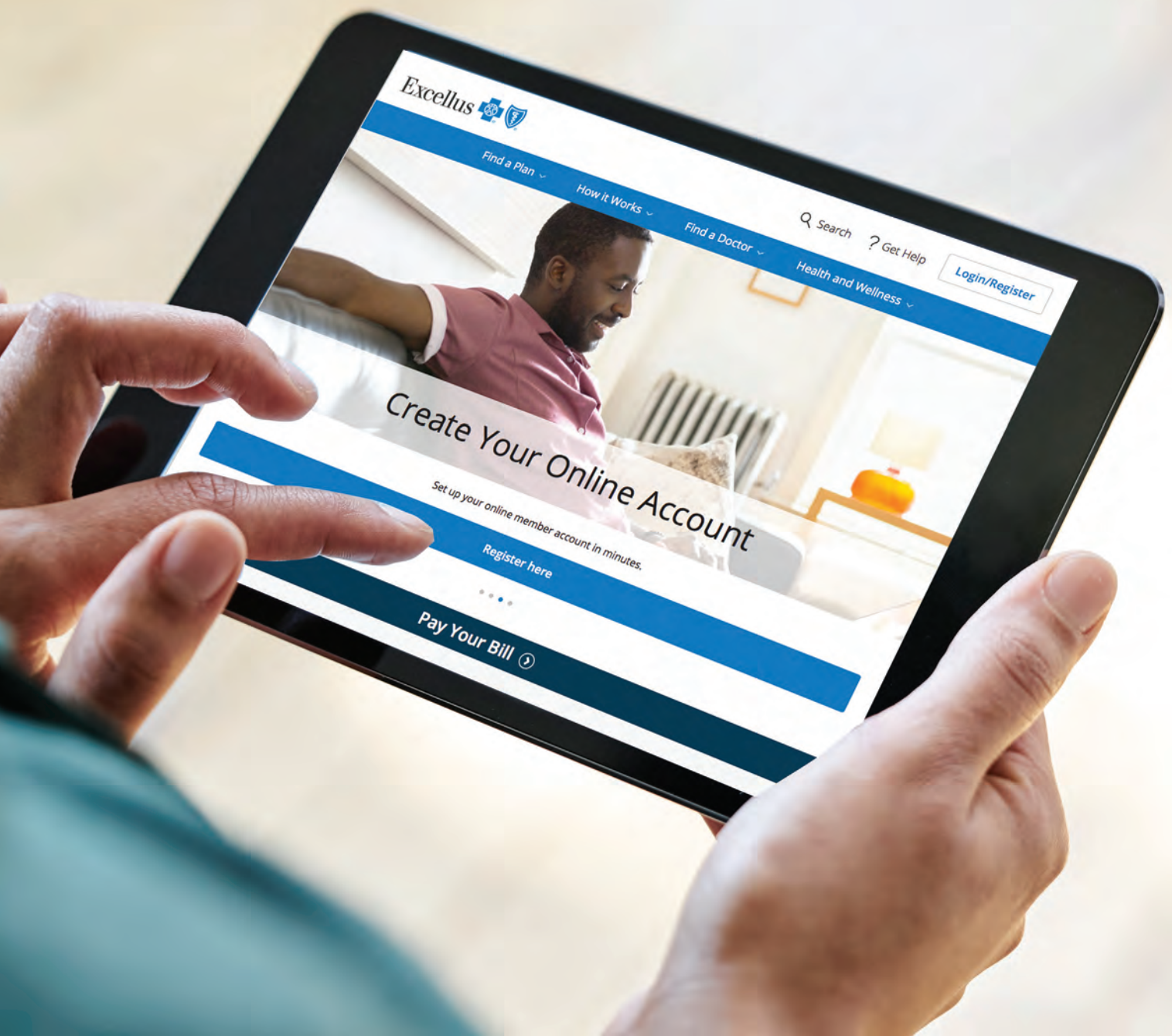
CHALLENGING THE INNER YOU



2020
WELLNESS
CALENDAR

Excellus  
LIVE FEARLESS  

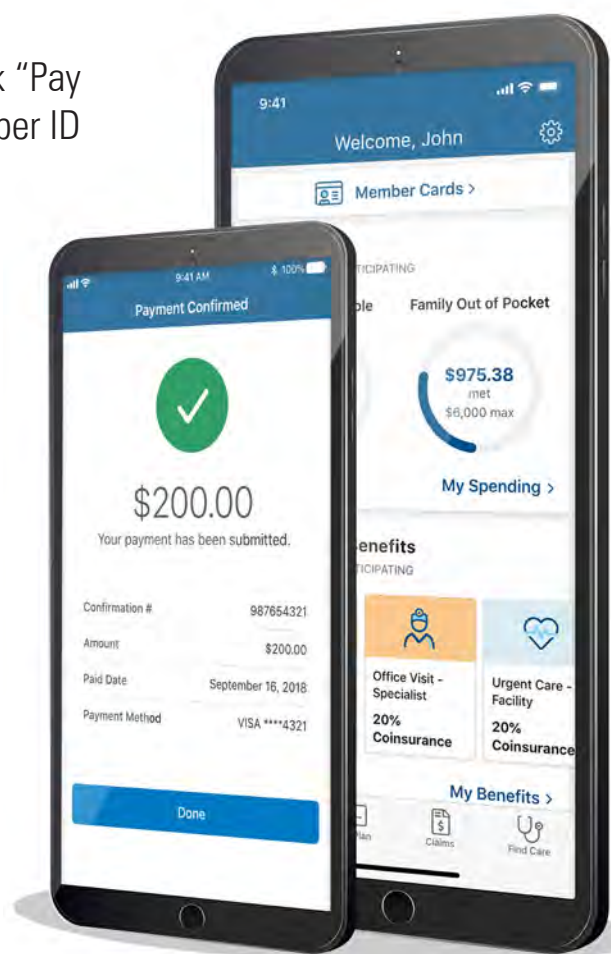
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FACT:
80% of Americans don't get enough exercise.

Our bodies gain many positive health benefits when we engage in daily physical activity, but experts say that 80% of Americans still don't get enough exercise. Exercise doesn't require any special equipment or even a gym membership. Anything that increases your heart rate counts as exercise and can be easily incorporated into your day. Instead of meeting a friend or co-worker for coffee, meet instead for a walk. Go sledding with your kids. Try out a standing desk at work. Each of these activities is easy to fit in your schedule and can contribute toward meeting your recommended amount of daily exercise.



JANUARY 2020

December							February						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	26	27	28	29	30	31	1
8	9	10	11	12	13	14	2	3	4	5	6	7	8
15	16	17	18	19	20	21	9	10	11	12	13	14	15
22	23	24	25	26	27	28	16	17	18	19	20	21	22
29	30	31	1	2	3	4	23	24	25	26	27	28	29

S	M	T	W	T	F	S
29	30	31	1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King, Jr. Day	21	22	23	24	25
26	27	28	29	30	31	1

FACT:
The average SNEEZE travels
up to 8 FEET.

No one wants to be in the path of a sneeze. Research suggests that sneezes produce gas clouds containing potentially infectious droplets that remain in the air for greater distances than previously thought. To be exact, droplets can travel up to 8 feet and survive for hours. So, be thoughtful, turn away from others and use a tissue when sneezing.



FEBRUARY 2020

January							March						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
29	30	31	1	2	3	4	1	2	3	4	5	6	7
5	6	7	8	9	10	11	8	9	10	11	12	13	14
12	13	14	15	16	17	18	15	16	17	18	19	20	21
19	20	21	22	23	24	25	22	23	24	25	26	27	28
26	27	28	29	30	31	1	29	30	31	1	2	3	4

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
Groundhog Day						
9	10	11	12	13	14	15
					Valentine's Day	
16	17	18	19	20	21	22
	President's Day					
23	24	25	26	27	28	29
			Ash Wednesday			

FACT:
30 MINUTES of nature a week could reduce high blood pressure

Who knew that preventing high blood pressure is as easy as going outside? Experts say that spending just 30 minutes a week outside can help decrease your risk of getting high blood pressure. It can also lower your chances of developing depression. Set aside a couple of days this month to get your minimum “dose of nature.” Walk the dog. Go for a run. Take a hike. You won’t regret it.



APRIL 2020

March							May						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	26	27	28	29	30	1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30	31	1	2	3	4	24	25	26	27	28	29	30
							31	1	2	3	4	5	6

S	M	T	W	T	F	S
29	30	31	1 April Fool's Day	2	3	4
5 Palm Sunday	6	7	8 Passover Begins at Sundown	9	10 Good Friday	11
12 Easter Sunday	13	14	15	16	17	18
19	20	21	22 Administrative Professionals' Day	23 Ramadan Begins at Sundown	24	25
26	27	28	29	30	1	2

FACT:
On average, Americans drink
400 million cups a coffee a day.

There’s something about coffee that keeps us sipping. Perhaps it’s the smell or taste, or maybe the sense of well-being we receive from enjoying a fresh cup of Joe. But are there better ways to wake up? The good news is that coffee isn’t the only way our bodies know how to wake up. Engaging in just 20 minutes of activity can wake you up as much as a regular coffee does. The next time you reach for that cup of coffee, consider all of the other ways you could be putting a spring in your step. From a morning jog to some light yoga, our bodies respond just as well to this type of activity as they do to a shot of coffee.



MAY 2020

April							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
29	30	31	1	2	3	4	31	1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30	1	2	28	29	30	1	2	3	4

S	M	T	W	T	F	S
26	27	28	29	30	1	2
3	4	5 Cinco de Mayo	6	7	8	9
10 Mother's Day	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25 Memorial Day	26	27	28	29	30

FACT: Child allergy rates have INCREASED 50%

Getting a little dirty can go a long way especially for kids. Studies show that when children are exposed to dirt, their immune systems are stimulated, and thereby made stronger. In small doses, microbes that live in dirt can teach our immune systems which viruses and bacteria to avoid. By playing in the dirt, children can set themselves up to build efficient immune systems that decrease their chances of having autoimmune diseases and allergies. As they age, this information is stored and used to help avoid future infections, allergies and more. Encourage your children to get out and get a little dirty!



TEAR OUT RECIPES

MEAT LOVER’S BREAKFAST CUPS



INGREDIENTS

- 1 cup egg substitute
- 2 precooked turkey breakfast sausage patties (thawed and diced)
- 2 Tbsp. onion (finely chopped)
- 1 tsp. canola oil
- 1⁄8 tsp. black pepper
- 2 Tbsps. Monterey Jack Cheese
- 1 Tbsp. light sour cream
- 1 clove garlic (minced)
- 1¼ cup frozen hash browns (thawed)
- ¼ tsp. salt
- 2 Tbsps. turkey bacon

DIRECTIONS

1. Preheat the oven to 400F. Coat a six-cup muffin tin with nonstick cooking spray. Evenly divide the hash browns among the muffin cups and press firmly into the bottom and up the sides of each cup.
2. In a large skillet, heat the oil over medium heat. Sauté the onion until tender. Add the garlic and sausage; cook for 1 minute more. Remove the skillet from the heat; stir in the sour cream.
3. In a medium bowl, beat the egg substitute with the salt and black pepper, then pour it evenly into the potato lined muffin cups. Top each cup with some of the sausage mixture, bacon and cheese.
4. Bake 15 to 18 minutes, or until the eggs are set. Serve immediately.

Servings: 6	Serving Size: 1 muffin
Calories 110	Total Carbohydrates 9 g
Total Fat 5 g	Dietary Fiber 1 g
Protein 8 g	Total Sugars 1 g
Cholesterol 60 mg	

BAKED CINNAMON STUFFED APPLES



INGREDIENTS

- 4 large McIntosh or Golden Delicious apples (cored)
- 6 Tbsps. Splenda brown sugar blend
- 1 tsp. ground cinnamon
- ¼ cup pecans, (finely chopped)
- ½ lemon (juiced)
- ¼ cup oatmeal
- 2 Tbsps. margarine (trans fat free)

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Drizzle lemon juice over apples.
3. In a small bowl, mix together remaining ingredients. Stuff each apple with approximately ¼ cup oat mixture.
4. Place apples in an oven safe baking dish and bake for 25-30 minutes.

Servings: 8	Serving Size: ½ apple
Calories 145	Total Carbohydrates 26 g
Total Fat 5 g	Dietary Fiber 3 g
Protein 1 g	
Cholesterol 0 mg	

SMOKY PORK CHOPS WITH TOMATOES



INGREDIENTS

- ¼ cup all-purpose flour
- ½ tsp. thyme leaves (dried)
- ¼ tsp. salt (and 1⁄8 tsp. divided use)
- 4 pork chops (bone-in, about 5-ounces each)
- 2 medium roma tomatoes (diced)
- 1 tsp. smoked paprika
- ¼ tsp. garlic powder
- ½ tsp. black pepper
- 2 Tbsps. canola oil

DIRECTIONS

1. Combine the flour, paprika, thyme, garlic powder, ¼ tsp. of the salt and black pepper in a shallow pie pan. Coat the pork chops evenly on both sides.
2. Heat the oil in a large nonstick skillet over medium-high heat and cook 4 minutes on each side or until no longer pink in center. Sprinkle with the diced tomatoes and remaining 1⁄8 tsp. salt.

Servings: 4	Serving Size: 3 oz cooked pork and 3 Tbsps. tomato
Calories 230	Total Carbohydrates 6 g
Total Fat 2.5 g	Dietary Fiber 1 g
Protein 22 g	
Cholesterol 60 mg	

SUPERFOOD SMOOTHIE



INGREDIENTS

- 1 cup unsweetened almond milk
- 2 cups baby spinach
- 1 cup frozen blueberries
- 1 banana

DIRECTIONS

- Combine all ingredients in a blender and puree until smooth and thick.

Servings: 2		Serving Size: 1 cup	
Calories	125	Total Carbohydrates	26 g
Total Fat	2 g	Dietary Fiber	5 g
Protein	3 g	Total Sugars	14 g
Cholesterol	0 mg		

TUSCAN CHICKEN SOUP



INGREDIENTS

- 1 lb. boneless, skinless chicken breast
- 1 Tbsp. extra-virgin olive oil
- 1 cup chopped onion (about 1 large onion)
- 1 Tbsp. minced garlic (about 3 medium cloves)
- 1 cup sliced carrots (about 2 medium carrots)
- 1 cup sliced celery (about 2 stalks)
- 2 cups sliced zucchini (about 1 medium zucchini)
- 1 cup grape tomatoes
- 2 (15-oz.) cans cannellini beans, drained and rinsed
- 1 Tbsp. chopped fresh rosemary
- ¼ cup fresh basil leaves, torn
- 1 tsp. fine sea salt
- ½ tsp. freshly ground black pepper
- 48 oz. low-sodium, low-fat chicken stock

DIRECTIONS

- Cut the chicken breast into bite-sized pieces.
- Place the olive oil, onion, garlic, and chicken pieces in a 6 or 8 quart soup pot over medium-high heat.
- Sauté until the onions become translucent. Add the carrots, celery, zucchini, and tomatoes, and cook for 5 minutes.
- Add the beans, herbs, salt, pepper and stock. Bring to boiling, then reduce heat to just below and boil and cook covered for 20 minutes.

Servings: 10		Serving Size: 1 cup	
Calories	170	Total Carbohydrates	16 g
Total Fat	4 g	Dietary Fiber	4 g
Protein	18 g	Total Sugars	3 g
Cholesterol	25 mg		

TEAR OUT RECIPES

ANTIPASTO SALAD



INGREDIENTS

- 1 10-oz. bag romaine lettuce
- 2 slices provolone cheese (reduced-fat, cut into ½-in strips)
- ¼ cup green olives (pitted and chopped)
- 2 jarred roasted red peppers (cut into ½-inch strips)
- 2 Tbsps. olive oil
- ¼ tsp. freshly ground black pepper
- 8 oz. deli turkey (low sodium, cut into strips)
- 1 Tbsp. parmesan cheese (freshly grated)
- ¼ cup sun dried tomatoes
- ¼ cup red wine vinegar
- ½ tsp. Dijon mustard
- 1 shallots (minced)

DIRECTIONS

- In a salad bowl, toss together the lettuce, turkey, cheeses, olives, tomatoes, and red peppers.
- In a small bowl, whisk together the vinegar, oil, mustard, pepper, and shallots. Pour over salad and toss to coat.

Servings: 2		Serving Size: 1 cup	
Calories	125	Total Carbohydrates	26 g
Total Fat	2 g	Dietary Fiber	5 g
Protein	3 g	Total Sugars	14 g
Cholesterol	0 mg		

BLACK BEAN AND CORN SALAD



INGREDIENTS

- ½ cup cilantro (chopped)
- 1 red bell pepper (finely diced)
- 1 (29-ounce can) black beans, rinsed and drained
- 3 Tbsps. olive oil
- ¼ tsp garlic powder
- ¼ tsp. cayenne pepper (optional)
- ½ red onion (finely diced)
- 2 cups frozen corn (thawed)
- 2 small limes (juiced)
- ½ tsp. cumin
- ¼ tsp. black pepper

DIRECTIONS

- In a medium bowl, combine beans, corn, red pepper, red onion and cilantro.
- In a small bowl, whisk together remaining ingredients and pour over bean salad.
- Toss to coat.

Servings: 6		Serving Size: 1 cup	
Calories	210	Total Carbohydrates	17 g
Total Fat	6 g	Dietary Fiber	3 g
Protein	23 g	Total Sugars	3 g
Cholesterol	50 mg		

TURKEY STROGANOFF



INGREDIENTS

- 8 oz. egg noodles
- 12 oz. turkey breast (fresh roasted, cut into 2 x ½ inch strips)
- ½ tsp. freshly ground black pepper
- 1 small red onion (thinly sliced)
- 1½ Tbsp. all-purpose flour
- ½ cup sour cream (reduced-fat)
- 2 tsp. poppy seed
- salt to taste
- 2 Portobello mushrooms (4 oz. each)
- 1 Tbsp. butter
- 1½ cups beef broth (reduced-sodium)
- 1½ tsp. Dijon mustard

DIRECTIONS

- Cook noodles according to package directions. Toss noodles with poppy seeds and return to empty cooking pot to keep warm. Sprinkle turkey strips with salt and pepper; toss to coat. Cut mushroom caps into quarters and thinly slice.
- Meanwhile, lightly coat large nonstick skillet with nonstick cooking spray and set over medium-high heat. Sauté onion 2 minutes. Add mushrooms and sauté until mushrooms are tender, about 5-6 minutes. Transfer to large bowl.
- Melt butter in skillet over medium heat. Add flour and cook for 1 minute, continuously stirring. Gradually whisk in broth. Cook, stirring with wooden spoon, until sauce thickens and boils, about 4 minutes.
- Reduce heat to low. Blend in sour cream and mustard. Return turkey and reserved vegetables with accumulated juices to skillet. Cook until heated through (do not boil). Divide noodle among plates and spoon stroganoff on top.

Servings: 6		Serving Size: 2/3 cup	
Calories	285	Total Carbohydrates	31 g
Total Fat	7 g	Dietary Fiber	2 g
Protein	25 g	Total Sugars	3 g
Cholesterol	90 mg		

GRILLED EGGPLANT ‘STEAKS’



INGREDIENTS

- 1 large eggplant, cut lengthwise into 4 thick slices (about 6 oz. per slice)
- 2½ tsp. extra-virgin olive oil
- ½ tsp. freshly ground black pepper, or to taste
- ¼ tsp. sea salt, or to taste pinch ground cinnamon
- 2 tsp. pine nuts, toasted
- 1 Tbsp. small fresh mint leaves
- 2 lemon wedges

DIRECTIONS

- Prepare an outdoor or indoor grill. Lightly brush the eggplant with the oil using a silicone brush. Sprinkle with the pepper, salt and cinnamon.
- Grill over direct medium-high heat, about 6 minutes per side, until the eggplant is fully cooked through and rich grill marks form.
- Transfer the eggplant to serving plates and sprinkle with the pine nuts and mint. Serve with a lemon wedge on each dish.

Servings: 2		Serving Size: 2 eggplant ‘steaks’	
Calories	160	Total Carbohydrates	22 g
Total Fat	1 g	Dietary Fiber	10 g
Protein	4 g	Total Sugars	11 g
Cholesterol	0 mg		

BUDGET-FRIENDLY HERB
GARLIC MEATLOAF



INGREDIENTS

Non-stick cooking spray
¼ cup egg substitute
2 cloves garlic (minced)
1 Tbsp. fresh basil (chopped)
½ tsp. salt (optional)
2 Tbsp. balsamic vinegar
1 slice whole wheat bread
20 oz. lean ground turkey (93% lean)
1 Tbsp. fresh oregano (chopped)
½ cup ketchup (divided)
½ tsp. black pepper
1 Tbsp. hot sauce (optional)

DIRECTIONS

1. Pre-heat oven to 375°. Coat a loaf pan with cooking spray. Set aside.
2. In a medium bowl, break up the piece of the whole wheat bread into pea size pieces. Add egg and mix well.
3. Add turkey, garlic, oregano, basil, ¼ cup ketchup, salt, (optional) and ground black pepper. Mix well.
4. Press the turkey mixture into the loaf pan tightly. Put in oven to bake for 20 minutes.
5. While meatloaf is baking, whisk together remaining ¼ cup of ketchup, balsamic vinegar and hot sauce (optional).
6. After the meatloaf has baked for 20 minutes, pour the ketchup and balsamic glaze over the meatloaf. Return to the oven to bake for an additional 15 minutes or until the internal temperature of the meatloaf is 165 degrees.
7. Let the meatloaf rest for 10 minutes before slicing.

Servings: 6	Serving Size: 1 piece
Calories 190	Total Carbohydrates 9 g
Total Fat 8 g	Dietary Fiber 1 g
Protein 21 g	Total Sugars 6 g
Cholesterol 75 mg	

HERB AND OLIVE OIL
MASHED POTATOES



INGREDIENTS

10 baby golden potatoes (about 1 lb. total, scrubbed and quartered)
2 Tbsps. extra virgin olive oil
¼ cup fresh cilantro (finely chopped)
½ tsp. sea salt or kosher salt
¼ cup lemon juice (freshly squeezed)
1 zest of lemon
¼ cup fresh dill (finely chopped)
¼ tsp. freshly ground black pepper

DIRECTIONS

1. Place potatoes in a large pot and cover with water. Bring to a boil over high heat, reduce heat to medium and cook, uncovered for 10-15 minutes or until tender. Drain. Add lemon juice and olive oil and begin mashing by hand or with an electric mixer. When mixture is smooth and creamy, stir in lemon zest, cilantro, dill, salt and pepper. Serve warm.

Servings: 6	Serving Size: ½ cup
Calories 120	Total Carbohydrates 18 g
Total Fat 4.5 g	Dietary Fiber 2 g
Protein 2 g	
Cholesterol 0 mg	

PEANUT BUTTER BANANA
OAT BITES



INGREDIENTS

1 egg
½ cup peanut butter (heated in microwave for 30 seconds)
2 Tbsps. Splenda brown sugar blend
1 tsp. baking soda
¼ cup ground flax seed
1 ripe banana (mashed)
1 tsp. vanilla extract
2 cups old-fashioned rolled oats (NOT quick cooking) (GLUTEN-FREE if needed)
½ tsp. salt

DIRECTIONS

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper.
2. In a medium bowl whisk together peanut butter, banana, egg, vanilla and Splenda brown sugar blend.
3. In a small bowl mix together oats, baking soda and salt. Add ground flaxseed.
4. Add oat mixture to peanut butter mixture and mix well.
5. Scoop batter into 1 Tbsp. balls and place on baking sheet. Bake for 10-12 minutes. Cool on wire rack.

Servings: 24	Serving Size: 2 bites
Calories 75	Total Carbohydrates 8 g
Total Fat 4 g	Dietary Fiber 1 g
Protein 3 g	
Cholesterol 10 mg	

TEAR OUT RECIPES

JUNE 2020

May							July						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
26	27	28	29	30	1	2	28	29	30	1	2	3	4
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	1
31	1	2	3	4	5	6							

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Flag Day	15	16	17	18	19	20 First Day of Summer
21 Father's Day	22	23	24	25	26	27
28	29	30	1	2	3	4

FACT:
Drink eight 8-ounce glasses of water each day.

In the heat of the summer, we need to stay hydrated, or we'll develop such symptoms of dehydration as dry skin, muscle cramps, headaches and a craving for sweets. One way to decrease your chances of getting dehydrated is by making sure you have a water bottle handy at all times. You may prefer flavoring your water with fresh, sliced fruit or tea. Another way to ensure summer hydration is to swap out low water content snacks such as chips and crackers with refreshing options like fruits and vegetables.



JULY 2020

June							August						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
31	1	2	3	4	5	6	26	27	28	29	30	31	1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30	1	2	3	4	23	24	25	26	27	28	29
							30	31	1	2	3	4	5

S	M	T	W	T	F	S
28	29	30	1	2	3	4 Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

FACT:

Lack of sleep may lead to Heart Disease and Diabetes

Adequate sleep is often overlooked as a key component of good health. For those suffering from sleep deprivation, 20-30 minute naps can help to improve mood, alertness and performance.

- Stick to a consistent sleep schedule every day.
- Keep electronic devices such as TVs, computers and smartphones out of the bedroom.
- Keep your bedroom cool, quiet and dark.
- Avoid caffeine, nicotine, large meals and alcohol before bed.
- Exercise regularly.



MARCH 2020

February							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
26	27	28	29	30	31	1	29	30	31	1	2	3	4
2	3	4	5	6	7	8	5	6	7	8	9	10	11
9	10	11	12	13	14	15	12	13	14	15	16	17	18
16	17	18	19	20	21	22	19	20	21	22	23	24	25
23	24	25	26	27	28	29	26	27	28	29	30	1	2

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8 Daylight Savings Time Starts	9	10	11	12	13	14
15	16	17 St.Patrick's Day	18	19 First Day of Spring	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

FACT:
Listening to nature
sounds can boost
mood and productivity

Listening to the sounds of nature boost can your mood and productivity at work.

A study found when participants took the same test listening to three different sounds, including sounds muffled by white noise, office sounds with a flowing stream of water and office sounds with no background noise, test takers did best with the flowing stream. It's hypothesized that nature sounds have the most restorative effect on our cognitive abilities.

Take a break, whether it's on vacation or a lunch break, to get outside and just listen to nature.



AUGUST 2020

July							September						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
28	29	30	1	2	3	4	30	31	1	2	3	4	5
5	6	7	8	9	10	11	6	7	8	9	10	11	12
12	13	14	15	16	17	18	13	14	15	16	17	18	19
19	20	21	22	23	24	25	20	21	22	23	24	25	26
26	27	28	29	30	31	1	27	28	29	30	1	2	3

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

FACT:
Less than 1/2 of Americans
get annual flu shots

An annual flu vaccine is the best way to protect yourself and others from getting influenza. While many will opt out of the vaccine, they put others, such as the elderly and young children, at greater risk of contracting the flu.

Those who get the flu vaccine reduce their incidence of visits to the doctor by 60%. While the flu shot doesn't guarantee protection, it can prevent an illness from progressing to more serious stages that can lead to hospitalization, especially for those with weak immune systems.

Schedule an appointment to get a flu shot this month. Your community will be thankful for it later.

SEPTEMBER 2020

August							October						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
26	27	28	29	30	31	1	27	28	29	30	1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	31
30	31	1	2	3	4	5							

S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7 Labor Day	8	9	10	11	12
13	14	15	16	17	18 Rosh Hashanah Begins at Sundown	19
20	21	22 First Day of Fall	23	24	25	26
27 Yom Kippur	28	29	30	1	2	3

FACT:
Indoor environments are up to 5 TIMES more polluted than outdoor environments.

The air we breathe indoors can be up to five times more polluted than the air we take in outdoors. This can cause health problems, because we spend most of our time indoors. Some common causes of indoor air pollution are tobacco smoke, mold, cooking and household products. Make sure your home gets plenty of fresh air by opening windows, keeping your pets groomed, sprucing up your decor with houseplants and removing your shoes.



OCTOBER 2020

September							November						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
30	31	1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30	1	2	3	29	30	1	2	3	4	5

S	M	T	W	T	F	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12 Columbus Day	13	14	15	16 Bosses Day	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween

FACT:
1 in 3 Americans has Prediabetes

Granola bars, salad dressing and sushi all seem pretty healthy, right? Maybe not. Many foods we consider to be healthy choices actually are the opposite, because they contain high levels of sugar. Consuming too much sugar can put you at risk for weight gain, which can lead to prediabetes. Without lifestyle changes, people who have prediabetes are very likely to progress to type 2 diabetes, heart disease and stroke.

Research shows that once people are aware that they have prediabetes, they are much more likely to take steps to improve their health. Because knowledge is power, it's important to speak to your health care provider today.



NOVEMBER 2020

October							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
27	28	29	30	1	2	3	29	30	1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30	31	27	28	29	30	31	1	2

S	M	T	W	T	F	S
1 Daylight Savings Time Ends	2	3	4	5	6	7
8	9	10	11 Veteran's Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day	27	28
29	30	1	2	3	4	5

FACT:

Portion size does matter.

It’s not your eyes that are too big for your stomach. It’s the plate. Portion sizes have doubled in the last 20 years, but science suggests a way to combat this. Research shows that larger plates lead to increased portions, solely based on how the serving size is perceived. More white space on a plate creates the appearance of a smaller portion size, whereas that same portion size will appear large when served on a smaller plate.

The good news is that just being aware of this fact can help many people control portion sizes. If that isn’t effective, try replacing kitchenware or using larger plates for healthy foods and smaller plates for desserts.



DECEMBER 2020

November							January 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	27	28	29	30	31	1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30	1	2	3	4	5	24	25	26	27	28	29	30
							31						

S	M	T	W	T	F	S
29	30	1	2	3	4	5
6	7 Pearl Harbor Remembrance Day	8	9	10 First Night of Hanukkah	11	12
13	14	15	16	17	18	19
20	21 First Day of Winter	22	23	24 Christmas Eve	25 Christmas Day	26 First Day of Kwanzaa
27	28	29	30	31 New Year's Eve	1	2



Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted.

Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。