CHALLENGING THE INNER YOU

2020 WELLNESS CALENDAR

Excellus
LIVE FEARLESS
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Because Life Moves Fast

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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.

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JANUARY 2020

- January 1: New Year’s Day
- January 20: Martin Luther King, Jr. Day

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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.
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.
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

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ExcellusBCBS.com
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!

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 tsp. black pepper
2 Tbsp. Monterey Jack Cheese
2 Tbsp. margarine (trans fat free)

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
Calories 110
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 Tbsp. Splenda brown sugar blend
1 tsp. ground cinnamon
1¼ cup pecans, (finely chopped)
½ lemon ( juiced)
½ cup oatmeal
2 Tbsp. 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
Calories 145
Total Fat 5 g
Dietary Fiber 3 g
Protein 1 g
Total Sugars 1 g
Cholesterol 0 mg

SMOKY PORK CHOPS WITH TOMATOES

INGREDIENTS
¼ cup all-purpose flour
¼ tsp. thyme leaves (divided use)
4 pork chops (Bone-in, about 5-ounces each)
2 medium roma tomatoes (diced)
1 tsp. smoked paprika
1 tsp. garlic powder
1 tsp. black pepper
2 Tbsp. canola oil

DIRECTIONS
1. Combine the flour, paprika, thyme, garlic powder,
½ 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
Calories 230
Total Fat 2.5 g
Protein 22 g
Cholesterol 60 mg

Total Carbohydrates 6 g
Dietary Fiber 1 g

Total Carbohydrates 6 g
Dietary Fiber 1 g

Calories 280
Total Fat 2.5 g
Protein 22 g
Cholesterol 60 mg
SUPERFOOD SMOOTHIE

INGREDIENTS
- 1 cup unsweetened almond milk
- 2 cups baby spinach
- 1 banana

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

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
- 1 (15-oz.) can cannellini beans, drained and rinsed
- 1 tsp. whole red pepper flakes
- 1 Tbsp. chopped fresh rosemary
- 1 Tbsp. chopped fresh thyme

DIRECTIONS
1. Place the chicken, onion, garlic, carrots, celery, zucchini, tomatoes, and red pepper flakes in a slow cooker. Cook on high for 4 hours.
2. Remove the chicken and set aside. Strain the broth.
3. In a pan, heat the broth and bring to a boil. Add the beans, herbs, and seasonings. Reduce heat to low and simmer for 20 minutes.

ANTIPASTO SALAD

INGREDIENTS
- 1 lb. boneless, skinless chicken breast
- 1 Tbsp. extra-virgin olive oil
- 1 cup chopped onion (about 1 large onion)
- 1 cup grape tomatoes
- 1 Tbsp. chopped fresh rosemary
- 1 Tbsp. sliced black olives
- 1 Tbsp. sliced green olives
- 1 Tbsp. grated parmesan cheese
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. olive oil

DIRECTIONS
1. Cut chicken into bite-sized pieces. Add to salad bowl.
2. In a small bowl, combined tomatoes, olives, and herbs. Add to salad bowl.
3. Toss all ingredients together.

BLACK BEAN AND CORN SALAD

INGREDIENTS
- 1 cup black beans (chopped)
- 1 red bell pepper (finely diced)
- 1 (15-ounce can) corn
- 1 (15-ounce can) black beans, rinsed and drained
- 1 Tbsp. lime juice
- 2 Tbsp. olive oil

DIRECTIONS
1. In a large bowl, combine beans, corn, black beans, and herbs. Toss to coat.

TURKEY STROGANOFF

INGREDIENTS
- 8 oz. egg noodles
- 1 lb. turkey breast (fresh roasted)
- 1 red bell pepper (finely diced)
- 2 medium onions
- 2 cloves garlic
- 1 (29-ounce can) black beans, rinsed and drained
- 2 Tbsp. olive oil

DIRECTIONS
1. In a medium bowl, combine beans, red pepper, onions, and garlic. Toss to coat.
2. In a large bowl, add noodle mixture and pour over bean salad.
3. Toss to coat.

GRILLED EGGPLANT 'STEAKS'

INGREDIENTS
- 1 large eggplant, cut lengthwise into 4 thick slices (about 6 oz. per slice)
- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. red wine vinegar

DIRECTIONS
1. Cut mushroom caps into quarters and thinly slice. Place into a bowl.
2. Meanwhile, lightly coat large nonstick skillet with nonstick cooking spray and set over medium-high heat. Sauté onion and mushrooms until tender, about 5-6 minutes. Transfer to large bowl.
**BUDGET-FRIENDLY HERB GARLIC MEATLOAF**

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

**HERB AND OLIVE OIL MASHED POTATOES**

**INGREDIENTS**
- 10 baby golden potatoes (about 1 lb. total, scrubbed and quartered)
- 2 Tbsp. extra virgin olive oil
- ¼ cup fresh cilantro (finely chopped)
- ¼ tsp. sea salt or kosher salt
- ¼ cup lemon juice (freshly squeezed)
- ½ 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, salt, dill, salt and pepper. Serve warm.

**PEANUT BUTTER BANANA OAT BITES**

**INGREDIENTS**
- 1 egg
- ½ cup peanut butter (heated in microwave for 30 seconds)
- 2 Tbsp. Splenda brown sugar blend
- 1 tsp. vanilla extract
- 2 cups old fashioned rolled oats (NOT quick cooking) (GLUTEN-FREE if needed)

**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.

**Serving Sizes**

- Meatloaf: 1 serving per 6 pieces, 190 calories, 8 g fat, 21 g protein, 75 mg cholesterol, 9 g total carbohydrates, 1 g dietary fiber, 1 g sugars
- Herbs and Olive Oil Mashed Potatoes: 1 serving per ½ cup, 120 calories, 4.5 g fat, 2 g protein, 0 mg cholesterol, 18 g total carbohydrates, 2 g dietary fiber, 0 mg sugars
- Peanut Butter Banana Oat Bites: 1 serving per 2 bites, 75 calories, 4 g fat, 3 g protein, 10 mg cholesterol, 8 g total carbohydrates, 1 g dietary fiber, 0 mg sugars

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**June 2020 Calendar**

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**Special Days**
- Flag Day: June 14
- Father’s Day: June 21
- First Day of Summer: June 20

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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.
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.
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

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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

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- Labor Day
- First Day of Fall
- Yom Kippur
- Rosh Hashanah Begins at Sundown
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.
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.
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.
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。