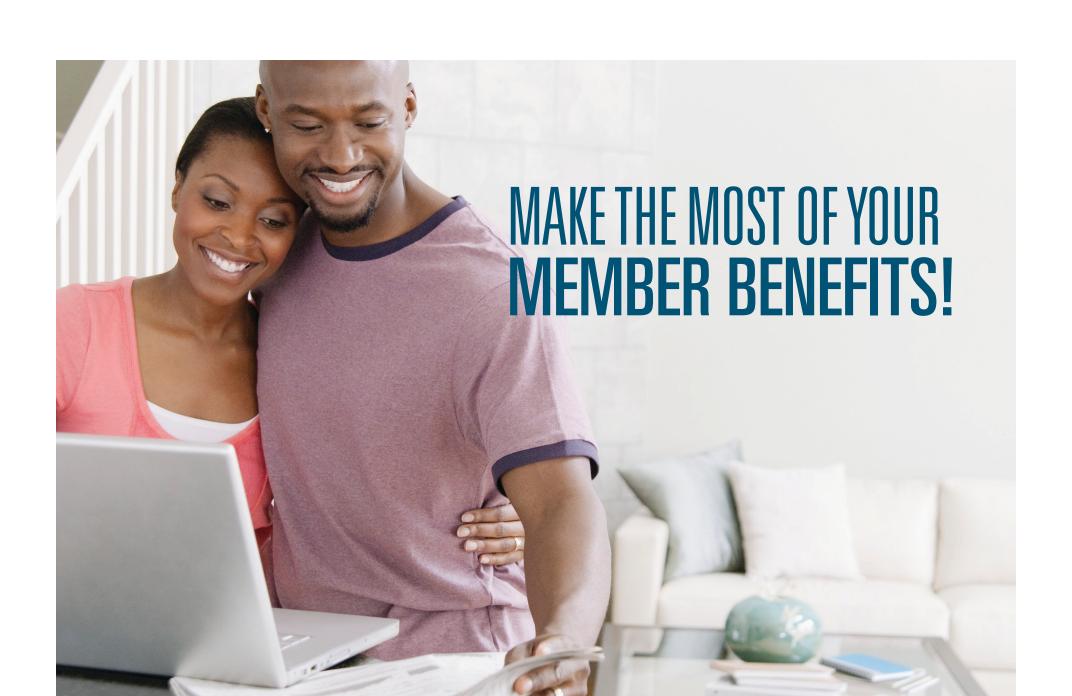


2019 Wellness Calendar



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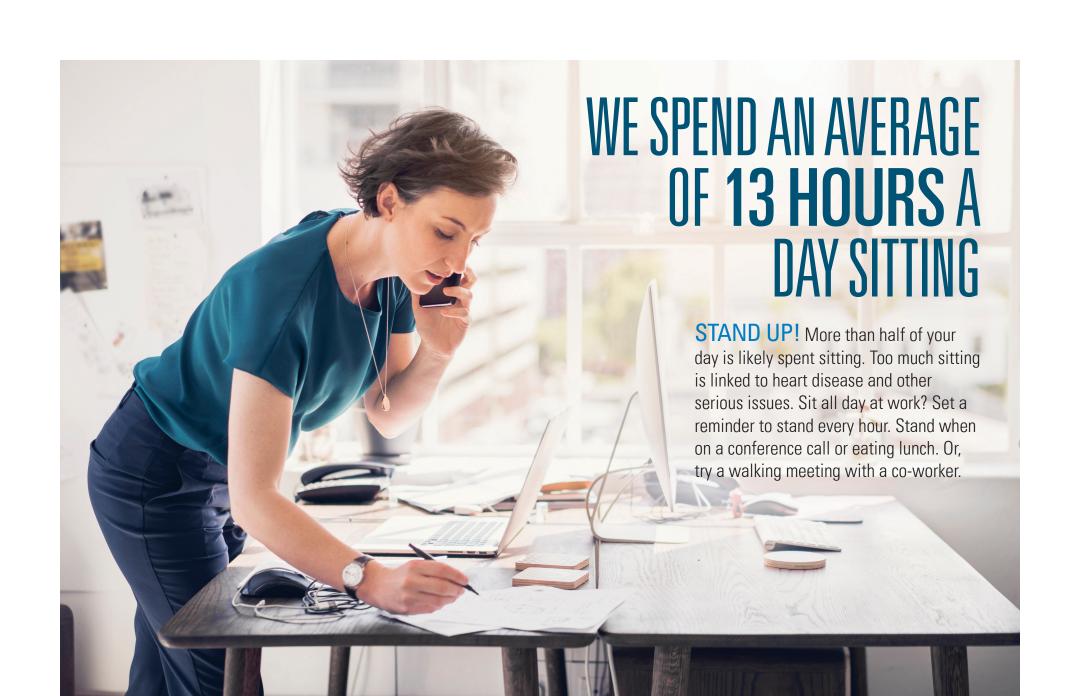


JANUARY

| | DECEMBER S M T W T F S | | | | | | FEBRUARY | | | | | | | |
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| 20 | 21 MARTIN LUTHER KING JR. DAY | 22 | 23 | 24 | 25 | 26 |
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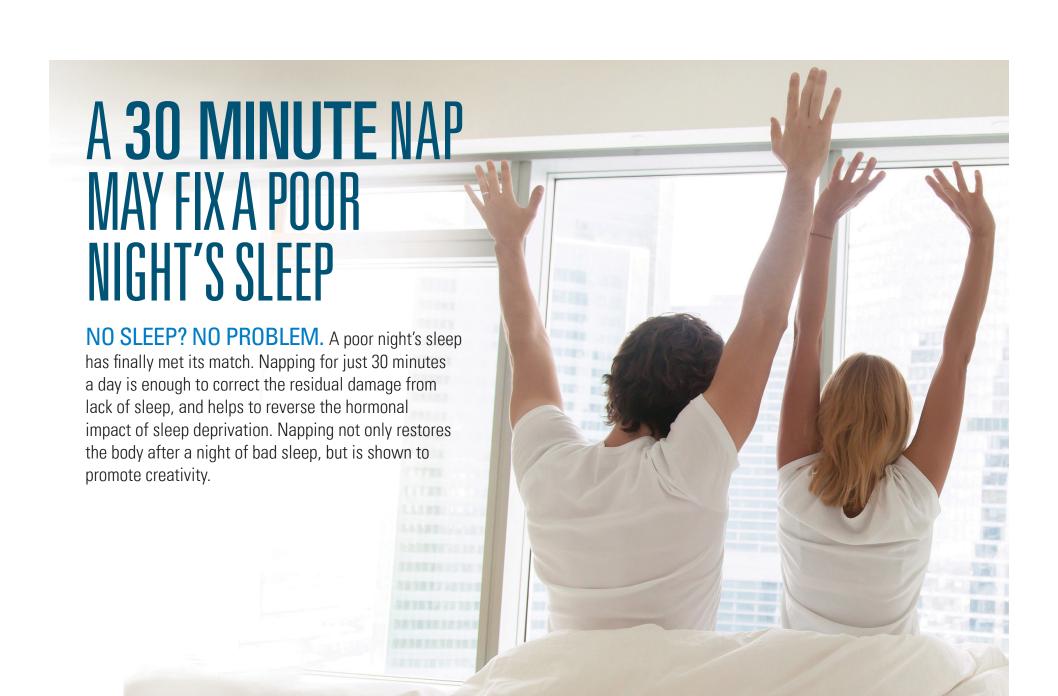


FEBRUARY

| | JANUARY S M T W T F S | | | | | | MARCH | | | | | | | |
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| 17 | 18 PRESIDENT'S DAY | 19 | 20 | 21 | 22 | 23 |
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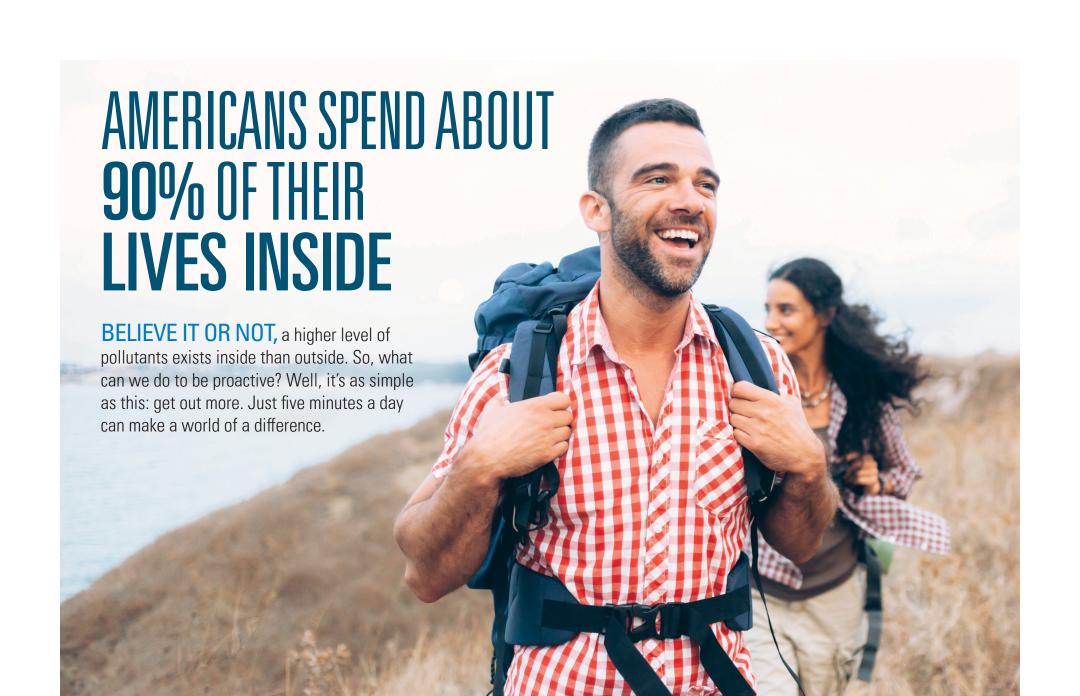


MARCH

2019

| | FEBRUARY M T W T F S | | | | | | APRIL | | | | | | | | |
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| 10 DAYLIGHT SAVINGS TIME BEGINS | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 SAINT PATRICK'S DAY | 18 | 19 | 20 FIRST DAY OF SPRING | 21 | 22 | 23 |
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| ExcellusBCBS.com | | | | | | EARLESS Excellus 🛂 🖫 |

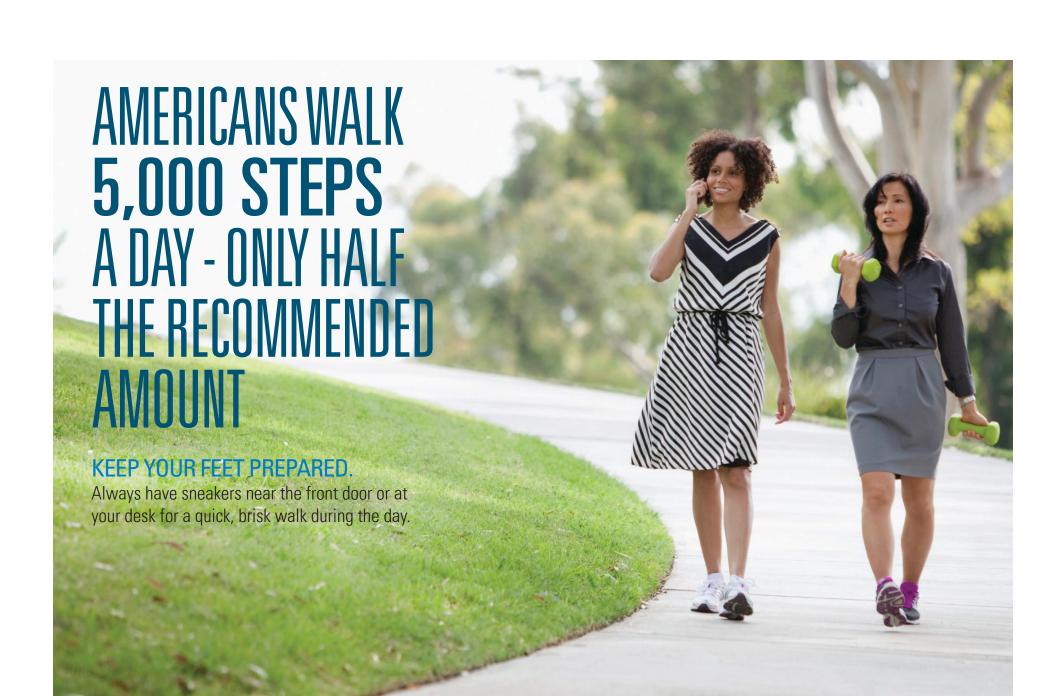


APRIL

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| 14. PALM SUNDAY | 15 | 16 | 17 | 18 | 19 GOOD FRIDAY PASSOVER BEGINS AT SUNDOWN | 20 |
| 21 EASTER SUNDAY | 22 | 23 | 24 ADMINISTRATIVE PROFESSIONALS' DAY | 25 | 26 | 27 |
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MAY

2019

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| 5 CINCO DE MAYO | 6 RAMADAN BEGINS AT SUNDOWN | 7 | 8 | 9 | 10 | 11 |
| 12 Mother's day | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 MEMORIAL DAY | 28 | 29 | 30 | 31 | |

LIVE FEARLESS Excellus

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Ingredients

¼ cup balsamic vinegar 2 Tbsps. olive oil 1½ tsps. garlic powder ¼ tsp. salt 1/4 tsp. black pepper 4 (5-ounce) boneless, skinless chicken breast halves

Directions

- 1. Combine all ingredients in a large resealable plastic storage bag; mix well. Seal and marinate in refrigerator 30 minutes.
- 2. Heat a grill pan over medium heat until hot. Place chicken in pan, discarding excess marinade and cook 6 to 10 minutes per side, or until no pink remains and juices run clear.

Nutrition Facts

| Servings: 4 | | Serving Size: 1 | piece of chicken |
|---------------|-----|-----------------|------------------|
| Calories | 199 | Protein | 31g |
| Carbohydrates | 2g | Sodium | 144mg |
| Fat | 7g | Total Fiber | 0g |

TEAR OUT RECIPES



1/4 tsp. dried thyme

¼ tsp. black pepper

¾ cup reduced-fat

shredded Cheddar cheese

½ tsp. salt

Ingredients

3 cups cooked spaghetti squash

½ cup reduced-fat sour cream

1 egg, lightly beaten 1 Tbsp. minced garlic

1/4 tsp. dried Italian seasoning

Directions

- 1. Preheat oven to 400°
- 2. Coat a 1½ quart baking dish with a cooking spray.
- 3. In a large bowl, combine all ingredients; mix well. Place mixture in prepared baking dish.
- 4. Bake 35 to 40 minutes, or until browned on top and heated through.

Nutrition Facts

| Servings: 9 | Serving Size | e: 3/4 cup of spa | aghetti squash |
|---------------|--------------|-------------------|----------------|
| Calories | 62 | Protein | 3.8g |
| Carbohydrates | 3.6g | Sodium | 198mg |
| Fat | 3.9g | Total Fiber | 0.6g |



Ingredients

1 (4-serving) package sugar-free lime gelatin

½ cup boiling water

1 (8-ounce) package fat-free cream cheese, softened

1 Tbsp. fresh lime juice

1 tsp. grated lime peel

2 cups frozen light whipped topping, thawed

Directions

- 1. Coat a 9-inch pie plate with cooking spray.
- 2. In a small bowl, dissolve gelatin in boiling water, stirring until dissolved.
- 3. In a large bowl, beat cream cheese until smooth. Slowly add liquid gelatin until well combined.
- 4. Stir in lime juice and lime peel. Fold in whipped topping until well blended.
- 5. Pour into pie plate, cover and chill 3 hours or until set.

| Servings: 12 | | Serving Size: | 1 slice of pie |
|---------------|------|---------------|----------------|
| Calories | 46 | Protein | 3g |
| Carbohydrates | 4g | Sodium | 122mg |
| Fat | 1.3g | Total Fiber | 0g |



Ingredients

1 Tbsp. olive oil
1 Tbsp. light brown sugar
½ tsp. onion powder
2 sweet potatoes, peeled
and cut into ½ inch sticks
% tsp. ground cinnamon

Directions

- 1. Preheat oven to 400°F
- 2. In a large bowl, combine oil, onion powder, salt, cinnamon, and brown sugar.
- 3. Add sweet potato sticks and toss until evenly coated.
- 4. Place on rimmed baking sheet.
- 5. Bake 30 to 35 minutes, or until crispy.

Nutrition Facts

| Servings: 8 | Serving Size: 3 sweet potato stic | | | | | | |
|---------------|-----------------------------------|-------------|------|--|--|--|--|
| Calories | 50 | Protein | 0.5g | | | | |
| Carbohydrates | 8.4g | Sodium | 91mg | | | | |
| Fat | 1.7g | Total Fiber | 1.0g | | | | |



Ingredients

6 Tbsps. barbecue sauce, divided

2 Tbsps. water

2/3 cup quick-cooking or old-fashioned rolled oats

2 egg whites, lightly beaten

2 tsps. Chili powder

2 tsps. Worcestershire sauce ½ tsp. salt

1 pound ground turkey breast

1 small onion, chopped

½ red or green bell pepper, chopped

Directions

- 1. Preheat oven to 375°. Coat a 9x13-inch baking dish with cooking spray.
- 2. In a large bowl, combine 3 tablespoons barbecue sauce and the water.
- 3. Add oats, egg whites, chili powder, Worcestershire sauce and salt. Mix well. Add turkey, onion and bell pepper; mix well.
- 4. Form mixture into 6 oval-shaped meat loaves, and place in prepared baking dish; bake 30 minutes.
- 5. Spread remaining 3 tablespoons barbecue sauce over the tops and bake 5 more minutes, or until meat loaves are cooked through and juices run clear.

Nutrition Facts

| Servings: 6 | | Serving Size: 1 r | mini turkey loaf |
|---------------|-----|-------------------|------------------|
| Calories | 150 | Protein | 22g |
| Carbohydrates | 11g | Sodium | 408mg |
| Fat | 2g | Total Fiber | 2g |



Ingredients

2/3 cup all-purpose flour
2/3 cup sugar
1/2 tsp. baking powder
1/2 cup unsweetened cocoa
1/3 cup egg substitute
1/4 cup (1/2 stick) butter, melted
2 Tbsps. water
1 Tbsp. vanilla extract
1/2 tsp. baking powder
1/3 cup egg substitute
1/4 cup fat-free hot fudge
1/4 sauce, warmed

Directions

- 1. Pre-heat oven to 350°. Coat an 8-inch square baking dish with cooking spray.
- 2. In a large bowl, combine all ingredients except fudge sauce; mix well then spread half the batter in prepared baking dish.
- 3. Top with hot fudge sauce then spread remaining batter over sauce.
- 4. Bake 25 to 30 minutes, or until a toothpick inserted in center comes out clean. Cool completely then cut into squares and serve.

| Servings: 16 | | Serving Size: 1 b | orownie square |
|---------------|-----|-------------------|----------------|
| Calories | 98 | Protein | 2g |
| Carbohydrates | 17g | Sodium | 69mg |
| Fat | 3g | Total Fiber | 1g |

TEAR OUT RECIPES



Ingredients

2 (15½ ounce) cans pinto beans, rinsed and drained, divided

1 cup salsa, divided

1 tsp. canola oil

1 onion, finely chopped

1 green bell pepper, finely chopped

3 garlic cloves, minced

1 Tbsp. dried cilantro

2 tsps. ground cumin

¾ tsp. salt

½ cup shredded Cheddar cheese

1 tomato, chopped

Directions

- 1. In a blender or food processor, combine 1 can of beans and ¼ cup salsa; blend or process until smooth.
- 2. In a large non-stick skillet, heat the oil over medium heat and sauté the onion, bell pepper and garlic for 5 to 7 minutes or until tender.
- 3. Add the bean mixture, cilantro, cumin, salt and the remaining can of beans and ¾ cup salsa; mix well. Bring to a boil, reduce the heat to low, and simmer for 5 minutes, stirring frequently.
- 4. Pour the mixture into a shallow serving dish, top with Cheddar cheese and tomato and serve warm.

Nutrition Facts

| Servings: 14 | | Serv | ving Size: ¼ cup |
|---------------|------|-------------|------------------|
| Calories | 76 | Protein | 4.6g |
| Carbohydrates | 11g | Sodium | 480mg |
| Fat | 1.8g | Total Fiber | 3.1g |



Ingredients

1 pound fresh asparagus ½ tsp. salt
½ cup freshly grated ½ tsp. freshly ground
Parmesan cheese pepper
1 Tbsp. grated lemon rind 2 Tbsps. olive oil

Directions

- 1. Preheat oven to 400°. Snap off rough ends of asparagus. Arrange asparagus in a single layer in a rimmed baking sheet.
- 2. Sprinkle with cheese, lemon rind, salt and pepper. Drizzle with oil.
- 3. Bake uncovered for 9 minutes or until tender.

Nutrition Facts

| Servings: 4 | Se | rving Size: 5 as | paragus spears |
|---------------|------|------------------|----------------|
| Calories | 138 | Protein | 7.4g |
| Carbohydrates | 5.3g | Sodium | 484mg |
| Fat | 10g | Total Fiber | 2.6g |



Ingredients

2 Tbsps. honey
1 Tbsp. yellow mustard
½ tsp. dried minced onion
¼ tsp. ground ginger
1 Tbsp. butter

1 pound large shrimp (24 – 30 count), peeled and deveined 2 tsps. fresh chopped parsley

Directions

- 1. In a large bowl, combine honey, mustard, minced onion, and ginger; mix well and set aside.
- 2. In a large skillet, melt butter over medium heat, and sauté shrimp for 1 to 2 minutes.
- 3. Add honey-mustard mixture to shrimp, stirring until shrimp are pink and sauce is heated through.
- 4. Sprinkle with chopped parsley and serve immediately.

| Servings: 6 | | Serving Size: 4 | to 5 shrimp |
|---------------|----|-----------------|-------------|
| Calories | 95 | Protein | 12g |
| Carbohydrates | 6g | Sodium | 174mg |
| Fat | 3g | Total Fiber | 0g |



Ingredients

2 apples, cored, peeled and thinly sliced

2 Tbsps. all-purpose flour, divided

1 tsp. sugar

Pinch of ground cinnamon

2 Tbsps. quick-cooking rolled oats

2 Tbsps. brown sugar

3 Tbsps. canola oil 2 cups water

2 Tbsps. butter 1 cup decaffeinated

black coffee

Ingredients

3 Tbsps. all-purpose flour

1 pound beef flank steak.

cut into ½ -inch chunks

1 tsp. dried thyme

1 tsp. salt

1 tsp. black pepper

6 potatoes, peeled and quartered

6 carrots, cut into large

chunks

3 onions, quartered

1 tsp. browning and seasoning sauce

Directions

- 1. Place flour in shallow dish; add beef chunks and coat completely with flour.
- 2. In soup pot, heat oil over medium-high heat; add beef and brown on all sides 8 to 10 minutes. Add water, coffee, thyme, salt and pepper to beef; mix well and bring to boil.
- 3. Reduce heat to low, cover and simmer 1 hour.
- 4. Add remaining ingredients, increase heat to high and return to boil. Reduce heat to low and simmer 50 to 60 minutes or until beef and vegetables are tender, stirring occasionally.

Nutrition Facts

| Servings: 6 | | Serving Si | ze: 1½ cups |
|---------------|-----|-------------|-------------|
| Calories | 357 | Protein | 18g |
| Carbohydrates | 43g | Sodium | 505mg |
| Fat | 12g | Total Fiber | 6g |
| | | | |

TEAR OUT RECIPES



Ingredients

3/4 cup cooked chopped ham 1 tsp. black pepper 3/4 cup reduced fat ½ onion, chopped 4 large eggs shredded Pepper ½ cup half-and-half lack cheese

CRUSTLESS QUICHE

Directions

- 1. Preheat oven to 350°. Coat a 9-inch pie plate with cooking spray.
- 2. Evenly distribute ham and onion on bottom of prepared pie plate.
- 3. In a medium bowl, whisk together eggs, half-and-half, and pepper. Stir in cheese. Pour mixture over ham and onion.
- 4. Bake 30 to 35 minutes, or until a toothpick inserted in center comes out clean. Let cool 10 minutes, then serve.

Nutrition Facts

| Servings: 6 | | Serving Size: 1 | I /6 of quiche |
|---------------|------|-----------------|----------------|
| Calories | 138 | Protein | 12g |
| Carbohydrates | 3.0g | Sodium | 426mg |
| Fat | 8.3g | Total Fiber | 0.2g |

Directions

1. Preheat oven to 400°. Coat a 2-cup microwave-safe baking dish with cooking spray.

2. In a medium bowl, combine apples, 1 teaspoon flour, sugar and cinnamon: mix well.

3. Spoon into baking dish and cover with wax paper.

4. Microwave on high power 3 to 4 minutes or until apples are soft.

5. In a small bowl, combine remaining flour with oats

and brown sugar; mix well. 6. Using a fork, blend in butter until crumbly. Sprinkle mixture over apples.

7. Bake 15 to 20 minutes or until golden and bubbly. Serve warm.

| Servings: 2 | | Serving Siz | ze: 1 serving |
|---------------|-----|-------------|---------------|
| Calories | 314 | Protein | 3.3g |
| Carbohydrates | 50g | Sodium | 148mg |
| Fat | 13g | Total Fiber | 3.5g |

JUNE

2019

MAY JULY

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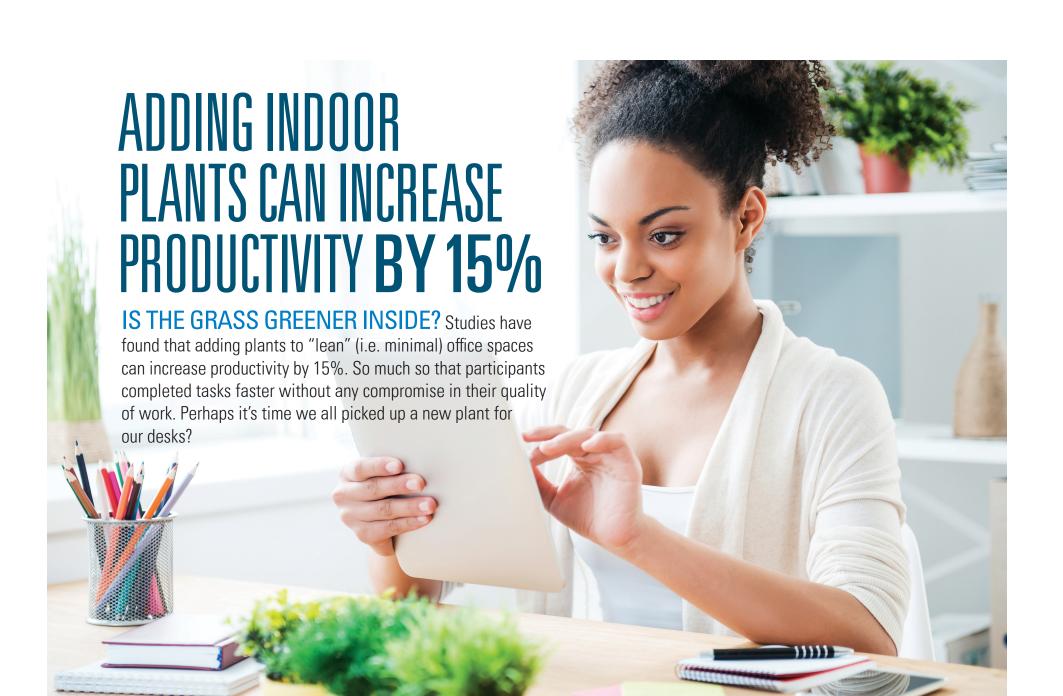


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AUGUST

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SEPTEMBER

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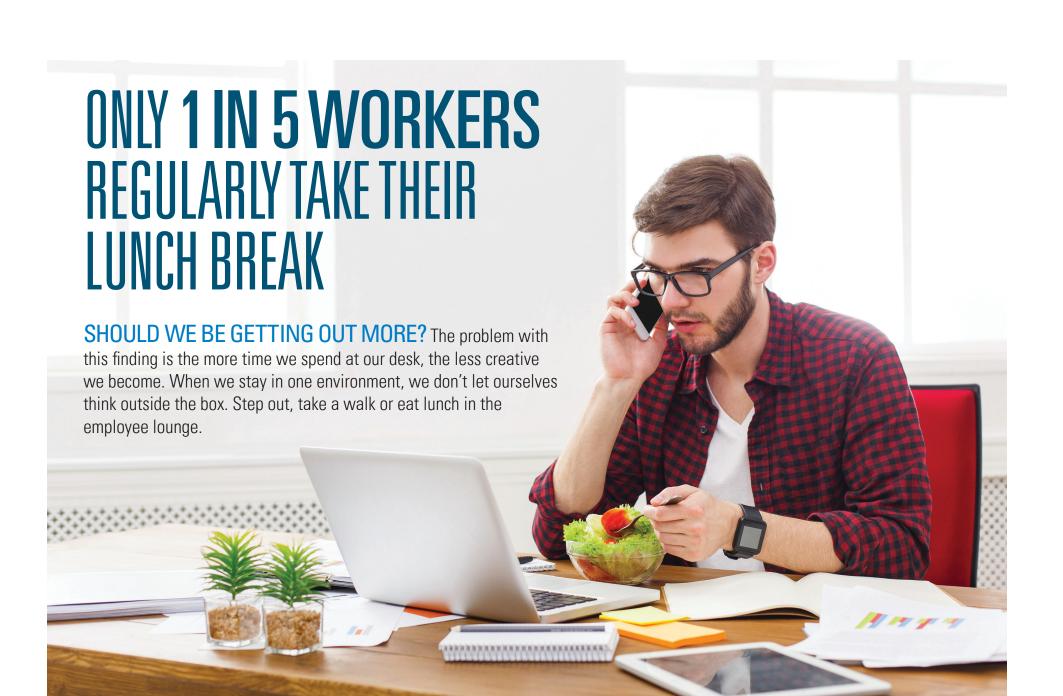
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FEARLESS Excellus



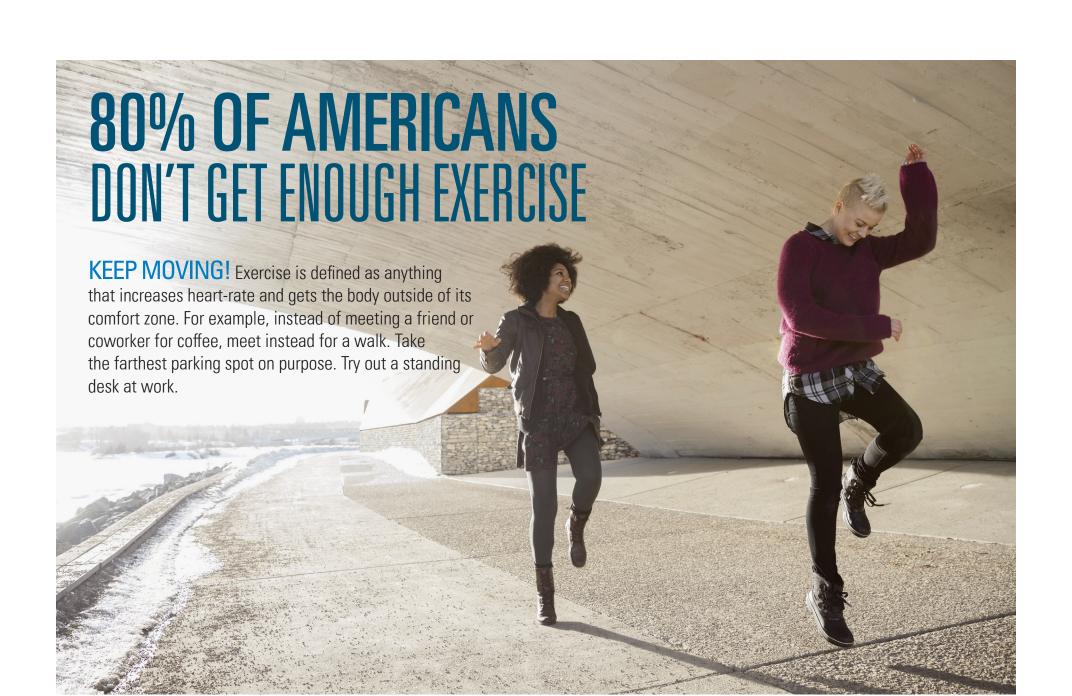
NOVEMBER

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| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
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| | | | | | 1 | 2 |
| 3 DAYLIGHT SAVINGS TIME ENDS | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 VETERANS DAY | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 THANKSGIVING DAY | 29 LIV | 30 |
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DECEMBER

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| 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 | |

| S | M | T | W | T | F | S |
|--|----|----------------------|---------------------|--------------------------------|----|------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | PEARL HARBOR REMEMBRANCE DAY |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 FIRST DAY OF WINTER FIRST NIGHT OF HANUKKAH | 23 | 24 CHRISTMAS EVE | 25 CHRISTMAS DAY | 26 FIRST DAY OF KWANZAA | 27 | 28 |
| 29 | 30 | 31 NEW YEAR'S EVE | | | | |





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。