

JUNE is MEN'S HEALTH MONTH



CCG Wellness Well-News JUNE 2020 Edition

Men's Health - Men...you have an opportunity to change the below statistics.



- ⇒ On average, men live about **5 years less** than their female counterparts
- ⇒ Men have a **higher death rate** for most of the leading causes of death, including **cancer, heart, disease, diabetes and suicide**
- ⇒ **1 in 2 men** will develop cancer in their lifetime
- ⇒ Men make half as many physician visits for prevention as women.
- ⇒ Approximately **30,000 men** in the U.S. die each year from prostate cancer

Stay Healthy with These Tips:

MAKE Prevention a Priority!

Even though Covid-19 has interrupted medical care, schedule your annual preventative physical late summer or early Fall. The County's insurance pays for one preventative physical every year. Many health conditions can be detected early with regular preventative checkups. **NOTE:** This physical may be subject to an office co-pay if you ask any health question concerns or have additional labs/procedures which may be subject to your deductible.

GET Moving!

Physical activity can improve health. **Men who are physically active tend to live longer** and have lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers.

EAT Healthy!

Eat many different types of foods to get all the vitamins and minerals you need. **Add at least one fruit and vegetable to every meal.** Take the time to pack healthier lunch items rather than eating fast foods.

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Welcome Ben Eustache New Wellness Health Educator



Ben came to us from the Health Dept. where he worked as a dietitian. He is currently studying for his Registered Dietitian board exam. He is fluent in French Creole. Ben loves the outdoors and often participates in local races. We are excited to have him join our Wellness team! Welcome Ben!!



Crock Pot Santa Fe Chicken

Serves 8

Ingredients:

- 1½ pounds chicken breast
- 14.4 ounce can diced tomatoes with mild chilies
- 15 ounce can black beans, rinsed and drained
- 8 ounces frozen corn
- ¼ cup chopped fresh cilantro
- ¾ cup chicken stock, no added salt
- 3 scallions, chopped
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon cumin
- 1 teaspoon cayenne pepper, to taste
- Pinch of salt

Instructions:

1. Combine chicken stock, beans (drained), corn, tomatoes, cilantro, scallions, garlic powder, onion powder, cumin, and cayenne in the crock pot.
2. Season chicken breast with pinch of salt and lay on top.
3. Cook on low for 8—10 hours or on high for 4 to 6 hours
4. Thirty minutes before serving, remove chicken and shred.
5. Return chicken to slow cooker and stir in.
6. Serve over brown rice or corn tortillas with your favorite toppings.

Nutrition Information - Serving ¾ cup

Calories: 183

Carbohydrates: 17 gms

Protein: 24 gms

Fat 3 gms

Saturated Fat: 0.5 gms

Sodium 557.5 gms

Sugar 3.5 gms

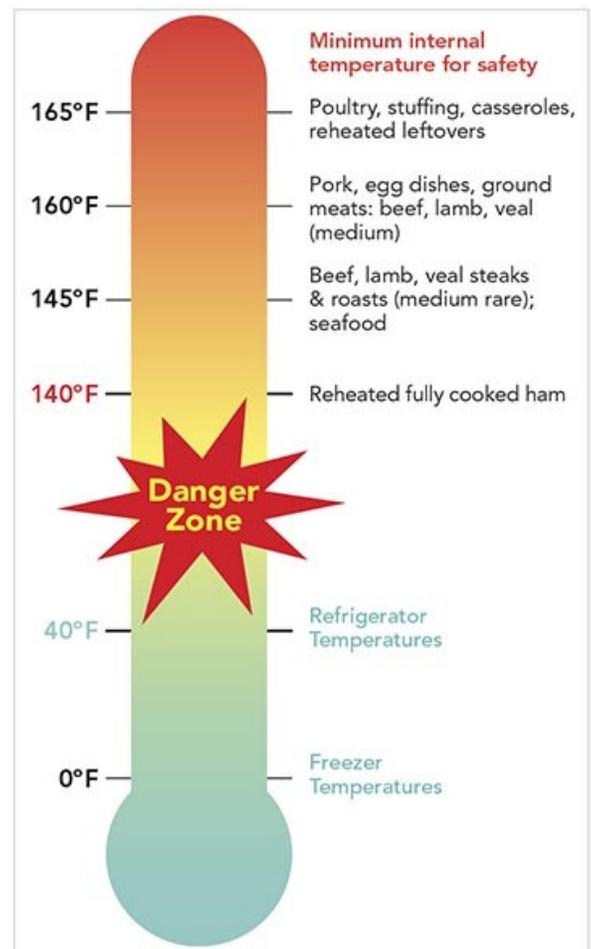
(Nutrition Information does not include rice or tortillas nutrient analysis)

Can You Slow Cook Frozen Food?

Oh no! I forgot to thaw the meat before I placed it in my slow cooker. Now what?

First, **don't place frozen meat in your slow cooker.** Meats (i.e. beef, pork, poultry, fish, seafood) should be completely thawed before you put it in your slow cooker. Placing frozen meat in your cooker will take too long for the food to reach a safe temperature. The food may spend more than two hours in the "danger zone". **Bacteria can double in as little as 20 minutes at temperatures between 40 and 140 degrees.**

Thaw in your microwave on Defrost setting or plan for another meal.



Bottom Line: Never let food spend more than two hours in the "danger zone".



Physical Exams—A Series of Q & As

Collier County isn't requiring me to have a physical exam or any other screenings this year. Now what?

Your Health Advocate says: Schedule a physical *anyway*.

What is the purpose of an annual exam?

A physical examination helps your PCP to determine the general status of your health. The exam also gives you a chance to talk to them about any ongoing pain or symptoms that you're experiencing or any other health concerns that you might have.

A physical examination is recommended at least once a year, especially in people over the age of 50.

These exams:

- **check for possible diseases** so they can be treated early
- **identify** any issues that may become **medical concerns** in the future
- update necessary immunizations
- ensure that you are maintaining a healthy diet and exercise routine
- **build a relationship with your PCP**



Take your Momentum Health **lab** report (sent to your email address **within** about **7-10 days after** your **screening**) with you to your appointment and review it with your PCP. Taking your lab report with you within 3-6 months of having lab work done may help you avoid another lab draw. Reviewing your lab work (screening) allows your PCP to treat any possible conditions before they become severe.

Your PCP may also perform a physical exam before a surgery or before beginning your treatment for a medical condition.

Proper preparation for your physical examination can help you get the most out of your time with your PCP. You should gather the following paperwork before your physical examination:

- list of current medications you take, including over-the-counter drugs and any herbal supplements
- list of any symptoms or pain you are experiencing
- results from any recent or relevant tests
- medical and surgical history
- names and contact information for other doctors you may have seen recently
- if you have an implanted device such as a pacemaker or defibrillator, bring a copy of the front and back of your device card
- any additional questions you would like answered

You may want to dress in comfortable clothing and avoid any excess jewelry, makeup, or other things that would prevent your PCP from fully examining your body.

Article provided by Lisa Kozlowski, RN, Lead Health Advocate-Community Health Partners

For the July—Wellness Newsletter look for *How's s Physical Examination Performed* article



Chronic Sleep Loss May Impact Body Composition

Studies have found that people who routinely don't get enough sleep (less than 8 hours) are more likely to be overweight than people who get adequate sleep. Middle-aged people who reported **insufficient sleep had lower muscle mass**. **Chronic sleep disruption** also may actually change our genes to **favor new fat tissue creation**. Create good sleep hygiene habits to prevent muscle mass loss.



Liver Cleanses—Are They Beneficial?

The liver is the metabolic powerhouse of the body. It processes nutrients and metabolizes medications. It also plays a vital role in clearing toxins. But unless you have severe liver disease or are exposed to a high dose of toxic chemicals, your body has a natural capacity to process whatever you ingest as well as the waste products your body makes.

The bottom line: “There is no evidence that supplements like milk thistle, turmeric, or dandelion root help boost the liver’s ability to clear toxins. This also includes coffee enemas, juice-only or other restrictive diets. Yes, there are many people and companies touting the benefits of their products, however, the scientific community who conduct unbiased large evidence-based studies have shown these products do not work as advertised. Although most liver cleanse supplements appear to be safe, a few cases of liver damage have been linked to supplements like turmeric. Researchers have tested approximately 100 milk thistle supplements and 60 percent were contaminated with yeast or mold. Coffee enema claims there is evidence that the coffee’s stimulating effect increases bile flow, helping to jump-start both gallbladder and liver function. This is not true! In some cases these enemas cause severe inflammation of the colon and rectum with 3 associated deaths.

Sharper Thinking: Ways to Boost Brainpower



True or false:

As you age, your mind loses its sharpness?

False. Your mind is like a muscle. Keep it fit and fueled up and it gets stronger—and the longer it stays that way. *Try these tips:*

1. **Get Moving.** Studies have shown that people over 40 who exercise at least three times weekly have 20 percent better memory skills than those who don’t work-out.
2. **Play Games.** Do crossword puzzles, play Scrabble or chess and make an effort to read more. All these activities keep your thinking skills sharp.
3. **Get Plenty of Bs.** Low levels of several B vitamins (folic acid, B6 and B12) have been linked to poor memory and cloudy thinking. Natural sources: dry beans and peas, whole grains, vegetables, citrus fruits, liver, meat, fish and dairy.

Cultivate your mind—stay open to new experiences, use your imagination, and stay active.



Commit to Quit—Quit Nicotine Now! NOW Offered Virtually

Florida Health-Tobacco Free Florida now offers virtual classes to quit the use of nicotine products. These **4-week classes** meet once per week and cover a variety of topics including:

- Coping with withdrawal symptoms
- Managing addiction
- Preventing relapse

Nicotine replacement patches, gum or lozenges are offered with this program.

Use this website to view sessions offered:

<https://www.calendarwiz.com/calendars/calendar.php?crd=ahectobacco&>

**Pre-registration is Required by calling
877-819-2357**

(NOTE— this year due to Covid-19, the Nicotine Cessation program is not mandatory as an insurance qualifier.)

Quinoa Crust Vegetable Quiche

Prep Time: 30 mins. Cook Time: 45 mins.

Serves: 8



Ingredients:

- 2 cups cooked tri-color quinoa, chilled
- ¼ teaspoon black pepper, divided
- 7 large eggs
- 2 Tablespoons olive oil
- 2 cups broccoli florets
- 1 cup yellow onion, chopped
- 1 cup red bell pepper, chopped
- 2 cups baby spinach, chopped
- ½ teaspoon salt
- 1 cup cheddar cheese, shredded
- ½ cup 2% milk

Instructions:

1. Preheat oven to 375° and spray an 8-ncg pie plate with non-stick cooking spray.
2. In a medium bowl, combine cooked quinoa, ¼ teaspoon pepper and 1 beaten egg. Press mixture into the prepared pan. Bake 20 minutes, then allow to cool.
3. Reduce oven temperature to 350°
4. In a medium skillet, heat olive oil over medium heat. Add the broccoli, onion, and bell pepper. Sauté until tender, then add the spinach and cook until wilted. Set aside.
5. In a medium bowl, whisk together the remaining 6 eggs, salt, ½ teaspoon pepper, cheese and milk. Add vegetable mixture to eggs and stir. Pour mixture into the cooled quinoa crust. Bake 45-50 minutes, until a knife inserted in the center comes out clean.
6. Remove from oven and allow quiche to sit for about 10 minutes, then cut into wedges and serve. Refrigerate leftovers up to three days.

Nutrition Facts:

Calories: 235	Total Fat	14gms	Saturated Fat	5gms
Sodium: 300mg	Total Carbohydrate	16 gms	Dietary Fiber	3 gms
Protein: 13gms				

**for Vegan options use VeganEgg and Daiya Cheddar Style Shreds*

WARNING:

DEADLINE



APPROACHING

Qualifying Health Advocate & Wellness Appointment

Deadline is June 30, 2020

TELEPHONIC SESSIONS

To keep you safe, all Qualifying Health Advocate & Wellness sessions will be offered telephonically. All employees, New Hires, and spouse upgrades who have completed their lab work **must schedule a Health Advocate Appointment by June 30th**. All appointments are scheduled on-line or you can call the Health Advocate Office if you need assistance. Failure to meet the deadline will result in being placed in the Basic Group Health plan.

Schedule your Health Advocate appointment on the www.chpha.com website.

Call the Health Advocate office if you need assistance, 239-252-5588.



Grilled Asparagus Pasta Salad

Prep Time: 10 mins. Cook Time: 15 mins.
Servings: 4

Ingredients:

- 1 cup uncooked orzo pasta
- 1 bunch asparagus, tough ends removed
- 3 Roma tomatoes, sliced in half
- 1" slice red onion
- 2 tablespoons drained caper berries
- 2 tablespoons fresh lemon juice
- ½ teaspoon Dijon mustard
- 1 tablespoon maple syrup
- ¼ cup olive oil, plus more for grilling
- ½ teaspoon salt/freshly ground pepper
- ¼ cup chopped parsley
- 2 tablespoons chopped mint
- ¼ cup goat cheese crumbles (optional)

Directions:

1. Heat an oiled grill pan or grill on medium heat.
2. Bring a medium pot of salted water to a boil and add the orzo. Cook until just al dente according to package directions. Drain and lightly rinse. Place into a large bowl and set aside.
3. Grill the asparagus spears, halved Roma tomatoes and a slice of onion until tender with a few char/grill marks. Remove from heat and chop the asparagus into 1 inch pieces, tomatoes into bite-size pieces and onion into a small dice.
4. Add the vegetables into the bowl with the orzo. Whisk together the capers, lemon, Dijon, maple syrup, pinch of salt and pepper. Slowly whisk in the olive oil to create a dressing, then toss with the vegetables and orzo. Add the herbs and toss again. Season to taste for pepper.

Nutrition: (¼ recipe) 281 calories, 33gms Carbohydrate, 5gms Fiber, 7gms Protein, 2gms Saturated Fat, 417mgs Sodium



When Can I Expect My Premium Cost Share letter?

The premium cost share letters should be **mailed by the end of July**. The health advocate office is diligently closing out their data systems in order to generate the Premium cost share letters. Your patience is appreciated as there is a lot of data to update.

REMEMBER—the deadline to meet with the Health Advocates and/or Wellness Health Educators is June 30, 2020. Due to Covid-19, only the Midland Health biometric labs and a meeting with the Health Advocates and/or Wellness Health Educators by the deadline dates is required for the Premium cost share level. Letters will be mailed to all members regarding their insurance status the end of July.

VIRTUAL New Hire Benefits Orientation

The entire Risk Management team is delivering the New Hire Benefits orientation virtually. New Hires hear information on Safety, Finance, Benefits, and Wellness.

