



MEDICAL MUTUAL®

# Healthy Outlooks

Membership news and health tips for Medical Mutual members

## Beat the Holiday Blues

How to stress less this season



Winter ushers in extra opportunities to celebrate with family and friends, but it can also be a time of anxiety or sadness for some people. That's sometimes because we want to make the holidays perfect, or we expect them to be difficult, says Todd Finnerty, Psy.D., a clinical psychologist in Columbus.

His advice? "We have to set reasonable expectations for ourselves and others." Dr. Finnerty suggests we hit the pause button on the holiday hubbub, step back, find a relaxing spot and rethink how we approach this time of year. Here are a few strategies that can help.

### Put First Things First

No one can do everything. "You have to prioritize. Sometimes you've got to

say no," Dr. Finnerty says. Adjust your schedule to make your health a priority. Say no to some things to allow time to exercise, eat right and get enough sleep. These habits will help you feel less stressed. Healthy eating can also help you avoid a common holiday woe: guilt about overindulging.

Also say no to expenses or activities that don't fit your budget. It's OK to shift the focus of holiday gatherings from "presents" to "presence" of family and friends.

### Add Volunteering to Your List

Adding something to an already busy calendar might seem like a bad idea. Not so, if it's volunteer work. "One of the best ways to improve your mood is to help

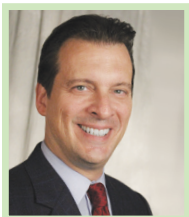
others," Dr. Finnerty says. Volunteering doesn't have to be time-consuming to be beneficial. Let someone in front of you at the checkout counter. Shovel snow for an elderly neighbor. Buy a toy for a child in need. It's a bigger mood booster if you do something face-to-face than simply sending a donation.

### Do What Recharges You

Find activities that help you unwind. Many stress-busters have multiple benefits. Take walking with a friend, for example. Social support is a buffer against stress, and you're more likely to exercise, which can boost energy levels, if you have a workout buddy. Sun exposure raises the body's levels of mood-boosting vitamin D. Don't

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# The Doctor Is In



The hustle and bustle of the holidays can make it easy to lose sight of health and wellness, but don't forget to make your well-being a priority. You can still enjoy the celebrations of the season while making smart choices.

Eating right, staying active and taking care of yourself can help you feel your best. Be sure to read the article on page 5 to find out which foods you might want to incorporate in your diet to get the vitamins and minerals your body needs. Mix

up a batch of "nontinis" for a get-together with friends, and find a Walk with a Doc program near you to get some steps in your day.

As we near the end of the benefit year, don't forget to schedule any medical appointments you still need.

All the best for a healthy and prosperous season,

Dr. David J. Muzina  
Medical Mutual's Senior Medical Director

## Maximize Your Membership



### Weight Watchers® Reimbursement

Let Medical Mutual reimburse you for your participation in Weight Watchers. Our program will reimburse up to \$150 in enrollment fees per calendar year for members age 10 and older who complete an Online, At Work or Community Meeting series. (Dependents age 10 to 16 must meet Weight Watchers' specific program requirements to participate.) For additional information or to enroll in the Weight Watchers Reimbursement Program, visit My Health Plan or call **(866) 204-2878**.



### Fitness

Save money and get active with a membership discount at Curves, or find a discounted gym membership. Visit My Health Plan and click on the **Healthy Living** tab for more information.



### QuitLine Program

Our program helps tobacco users give up the habit for good by providing one-on-one coaching, a personalized quit plan, educational materials and a supply of nicotine replacement therapy, all at no out-of-pocket cost. To enroll in the QuitLine program or for additional information, visit My Health Plan or call **(866) 845-7702**.



### Extra Savings

Log in to My Health Plan for additional savings on health and wellness products. As our member, you have access to discounts on fitness equipment, yoga accessories, baby products, over-the-counter health and beauty products and more. Visit My Health Plan and click on **Healthy Living**, then **Discounts**.



## For Your Information

**Access plan information any time on My Health Plan. Visit [MedMutual.com/member](https://www.medmutual.com/member) for:**

- Claims and Explanations of Benefits
- Coverage details
- Forms and plan documents
- Options for going paperless

### Download our mobile app:

- Access your plan information when you're on the go
- Find our free MedMutual app on iTunes® or Google Play™

These recommendations are informational only. They do not take the place of professional medical advice, diagnosis or treatment. Providers quoted may not be in all Medical Mutual provider networks. Be sure to verify the provider is in your plan network if you want to schedule an appointment. Eligibility and coverage depend on your specific benefit plan. Weight Watchers is a registered trademark of Weight Watchers International.

# Indoor Workouts for Cold Days

## Try Something New to Stay in Shape This Season

You don't have to leave the comfort of home to get a good workout. Turn unfriendly weather or shorter days into an opportunity to try out a new indoor fitness routine.

### Deck-of-Cards Workout

Grab a deck of playing cards. Jot down a list of body-weight exercises you want to do: pushups, squats, jumping jacks, lunges, etc. Now pick a card from the deck. If it's a 6, do 6 pushups. The next card's a 9, so do 9 squats. Pick a 3 and do 3 jumping jacks, and so on. Face cards mean 10 reps. Go through as many cards/moves as you can.

### Use What's in Your House

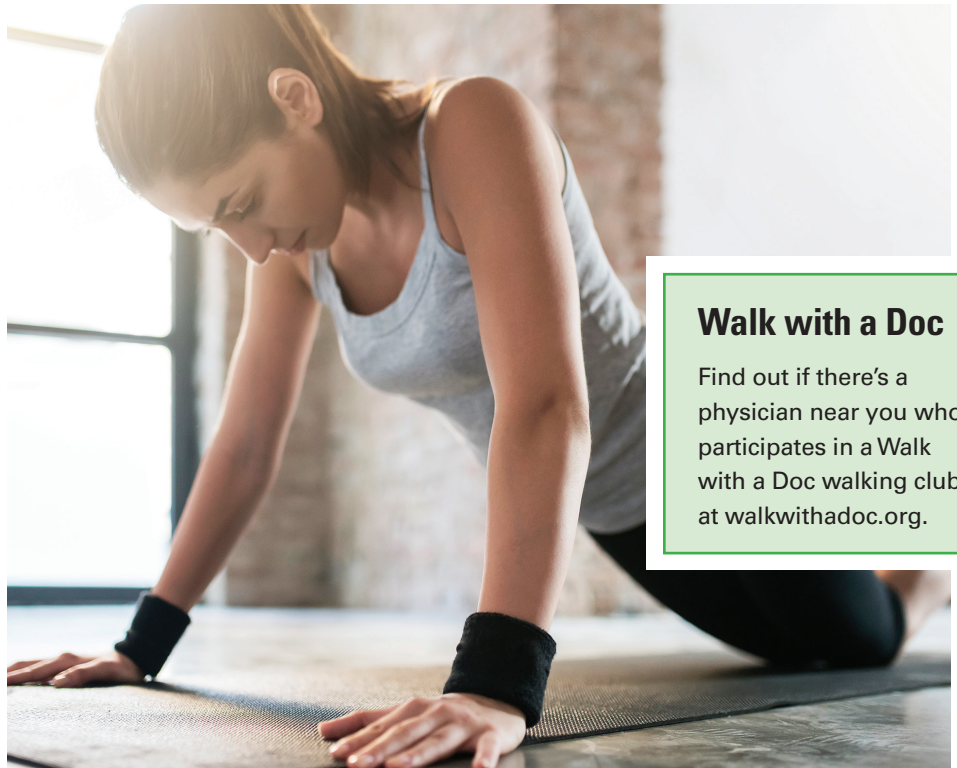
Walk up and down the stairs, or use stairs to do step-ups or incline pushups. Do arm curls with soup cans or full water bottles. Housecleaning chores like vacuuming and mopping can be exercise, too. Apply vigorous effort when scrubbing floors and counters to give your arms and shoulders a workout.

### Shake It!

Check out Zumba® if you're looking for a high-energy dance workout driven by Latin music. Fans say a Zumba class is more like a dance party than a workout. Moves are based on salsa, samba and other Latin dance styles. Zumba is a great calorie burn with cardiovascular benefits. Some versions add step aerobics or body-weight exercises to the dance mix. Watch a DVD or an online class to see if there's a style right for you. You could also just crank up your favorite music and start moving.

### Aerobic Yoga

If you want a calming workout that tones muscle and improves flexibility, yoga may be for you. If you want a workout



that'll get your lungs pumping, there's yoga for that, too. Vinyasa or "flow" yoga involves going through a series of moves at a steady pace rather than holding static poses. Watch a video by a certified instructor to see how it's done.

### Shadow Boxing

A boxer's practice routine burns fat and builds strength, agility and endurance.

You punch into the air as if boxing an imaginary opponent. Start with short, swift punches (jabs), then add full arm thrusts. Always keep your arms up between chest and head. Move around as if circling your opponent in the ring and add defensive maneuvers like bobbing, weaving and ducking. Do like Ali and make sure your routine includes jumping rope.

### Walk with a Doc

Find out if there's a physician near you who participates in a Walk with a Doc walking club at [walkwithadoc.org](http://walkwithadoc.org).

## Beat the Holiday Blues

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forget to slather on sunscreen even on cloudy days.

### Get a Health Check

Schedule a physical or wellness checkup with your primary care provider if you haven't had one recently. Are you up to date on important screenings? Vitamin deficiencies, illnesses and other physical factors can cause mood

changes like sadness and irritability.

If you feel worried or overwhelmed on a daily basis, you may benefit from talking to a mental health counselor. Seek treatment especially if your thoughts or symptoms are affecting life at home or at work.

Give yourself a gift this season. Take time for things you enjoy, get some exercise and don't expect perfection.



# Diabetes Care Team MVPs

## You Have a Support Crew Working on Your Behalf

A team-based strategy provides a more holistic approach to patient care. Care coordination is especially important for people with chronic conditions, such as diabetes. Some hospital systems have care coordinators to help coach, educate and motivate patients. “The goal is to help patients navigate and become better managers of their own healthcare,” says Kelli Chovanec, senior nursing director for Care Coordination Integration at the Cleveland Clinic. “The patient is in the middle and the providers are all rallying around him or her.”

Here are some other important members of the care team.

**Diabetes educators** Certified diabetes educators (CDEs) teach people how to understand, control and live with diabetes. Nurse educators and diabetes nurse practitioners are registered nurses who can show you how to take medications, check your blood sugar levels and manage your blood sugar when you’re battling a head cold or other illness.

**Your pharmacist** Before turning down the offer of prescription information at the pharmacy counter, keep in mind your pharmacist can provide valuable insight into your medications. Take advantage of the opportunity to get



expert advice, including how and when to take your medications, interactions with foods and potential side effects. Many pharmacies offer special education programs and materials for people with diabetes.

**Your peers** Check with your doctor, nurses or local hospital to find a diabetes support group in your area. These meetings focus on the emotional and social issues of diabetes. People who have been managing the condition for a long time often have many lessons to share with people recently

### Be an Active Player

To improve outcomes tomorrow, it’s important to be an active participant in your care team today. Here are a few strategies:

1. Ask questions when you don’t understand.
2. Share important information with your provider, such as recent changes in your health or your mood.
3. Ask for help learning more about managing diabetes.

diagnosed. Diabetes may feel like a daily challenge, but remember there are people who can help you.

Log in to [MedMutual.com/member](https://www.medmutual.com/member) to access interactive videos on diabetes and other key health topics. Click on **Resources & Tools**, then **Interactive Health Education**. Diabetes topics include: Carb Counting, Checking Your Blood Sugar, and Nutrition & Healthy Eating.

## Disease Management Program

Medical Mutual’s Disease Management program offers additional support to members who have been diagnosed with a chronic condition like diabetes. At no out-of-pocket cost, members are eligible for a customized care plan, discounted

enrollment in Weight Watchers and condition-specific supplies such as diabetes testing kits. Log in to [MedMutual.com/member](https://www.medmutual.com/member) and click on **Healthy Living**, then **Disease Management Program** to find more information.

# Eat Your Vitamins

## Enjoy a Well Rounded Diet to Get Nutrients You Need

Your body needs vitamins and minerals to function properly. Different vitamins and minerals do different things: for example, some help your body fight against infections while others help build strong bones and more.

It's important to eat a balanced diet so you get as many nutrients from foods as possible. The amount of vitamins and minerals you need depends on gender, age, diet and other factors. Some older

people, for example, may need to take extra calcium or vitamin D to prevent osteoporosis and keep bones healthy.

Talk with your healthcare provider or a registered dietitian about your specific nutritional needs. Let them know about all vitamins, dietary supplements or herbal supplements you take.

Use the chart below to make sure you're eating a variety of foods and nutrients.



Vitamin	What It Does	Food Sources
<b>A</b>	Helps keep skin and eyes healthy, and boosts the immune system	Kale, spinach, broccoli, sweet potatoes, liver, eggs, oily fish, whole milk
<b>B6</b>	Helps blood carry oxygen through the body and is good for the nervous system	Carrots, whole grains, bananas, egg yolks, liver
<b>B9</b> (folic acid or folate)	Prevents some birth defects and helps the body produce cells	Oranges, beans, peas, green leafy vegetables, fortified cereal
<b>B12</b>	Prevents anemia, a condition that results from a shortage of red blood cells, and is good for the nervous system	Eggs, milk, poultry, sardines, flounder, nutritional yeast and fortified foods including cereal and soy beverages
<b>B1, B2, B3, B5</b>	Helps the body use proteins, fats and carbs, and is good for skin	Whole grain and fortified cereal, milk, pork, liver, peanuts
<b>C</b>	Helps keep the immune system healthy, absorb iron from plant foods and heal wounds	Tomatoes, citrus fruits, strawberries, bell peppers, broccoli, spinach, cabbage
<b>D</b>	Helps the body absorb calcium, vital for keeping bones and teeth healthy	Oily fish, dairy products and fortified cereal, plus exposure to sunlight
<b>E</b>	An antioxidant that helps protect cells and repair tissue, and is good for skin and eyes	Avocados, vegetable oils, nuts, peas, beans, spinach, beef liver, egg yolk, broccoli
<b>K</b>	Needed for blood clotting and helps keep teeth and bones healthy	Cheese, green leafy vegetables, blueberries, eggs, cereal, vegetable oils
Mineral	What It Does	Food Sources
<b>Calcium</b>	Important for strong bones and teeth, and helps muscles and nerves function	Milk, cheese, yogurt, greens, nuts, tofu, canned salmon with bones
<b>Iron</b>	Helps produce red blood cells and is needed for a healthy immune system	Poultry, fish, red meat, lentils, peas, spinach, nuts, dried fruits, fortified cereal
<b>Magnesium</b>	Needed for muscle and nerve function and helps the body release energy from food	Legumes, black beans, seafood, almonds and other nuts, seeds, bran cereal
<b>Zinc</b>	Strengthens the immune system to help fight off bacteria and viruses	Seafood, red meat, poultry, beans, whole grains, milk, eggs, fortified cereal



# Drink to Your Health

## Alcohol-Free Holiday Drinks the Whole Family Can Enjoy

### Green Apple Nontini

- 8 oz sparkling cider
- 1 Granny Smith apple, peeled and chopped
- 4 oz lemon-lime seltzer
- 2 cups crushed ice

Put all ingredients in a blender. Blend well. Pour into 4 martini glasses and garnish with an apple wedge if desired. 4 servings.

### Not-a-rita

- 1 6 oz can frozen limeade, thawed
- $\frac{1}{2}$  cup orange juice
- $\frac{1}{3}$  cup unsweetened grapefruit juice
- 4 cups ice cubes
- 4 slices of lime

Blend limeade, orange juice, grapefruit juice and ice in a blender on high until cubes are crushed and slushy. Pour into glasses. Garnish with lime. 4 servings.

### Tropical Splash

- $\frac{1}{2}$  cup pineapple juice
- $\frac{1}{2}$  cup mango juice
- $\frac{1}{2}$  cup pomegranate juice
- 2 Tbsp fresh lime juice
- 12 oz tonic or seltzer water
- 4 mint sprigs
- Ice

Combine all the juices in a pitcher filled with ice and stir until cold. Divide among 4 tall glasses filled with crushed ice. Add 3 oz tonic or seltzer water to each. Garnish with mint sprigs. 4 servings.

### Peach Sparkler

- 8 oz peach nectar, juice or puree
- 16 oz sparkling cider

Pour 2 oz peach nectar in a champagne flute. Slowly add cider until glass is full. Add peach slices if desired. 4 servings.

## Better-for-You Mac 'n' Cheese

### Ingredients

- 1 12 oz box elbow or rotini macaroni\*
- 1 head cauliflower, trimmed and cut into small florets
- $\frac{1}{2}$  cup whole wheat bread crumbs
- 4 Tbsp reduced-fat grated Parmesan cheese
- 8 oz grated sharp cheddar cheese
- 4 oz fat-free cream cheese
- $\frac{1}{2}$  cup skim milk
- $\frac{1}{4}$  tsp salt
- $\frac{1}{2}$  tsp black pepper

\* Whole wheat or added-fiber pasta recommended.

### Directions

1. Preheat oven to 350° F.
2. Bring large pot of water to boil. Add macaroni and cauliflower. Cook according to macaroni package instructions. Drain, reserving  $\frac{1}{2}$  cup of the water. Set macaroni and cauliflower aside.
3. In a bowl combine bread crumbs and 1 Tbsp Parmesan. Set aside.
4. Place cheddar cheese, cream cheese, milk, salt and pepper in the warm large pot. Mix in the macaroni, cauliflower and reserved water. Stir until well combined.



5. Divide mixture among 8 ramekins or pour into 9x13 baking dish. (Single bowls may help with portion control.) Top with bread crumb mixture.
6. Bake until bubbling, or about 35 minutes.

**Serves:** 8

**Per serving:** 390 calories, 10 g fat, 4 g saturated fat, 50 g carbs, 6 g fiber, 14 g protein, 495 mg sodium



# Flu Facts

## What You Should Know to Stay Safe This Season

**Fact: The flu shot will not make you sick.**

Some people may feel flu-like symptoms like sniffles or aches after getting the shot, but no one can get the flu from the vaccine. The flu shot uses dead or weak viruses that cannot transmit the disease. Talk to your provider if you are concerned about side effects.

**Fact: Everyone ages 6 months and older should be vaccinated.**

The flu shot is the best protection from the flu virus, says the Centers for Disease Control and Prevention. Babies younger than 6 months are too young for the vaccine, so if you live with or care for someone that age, get the vaccine to help protect them as well as yourself.

**Fact: You should get the flu shot even if you're healthy.**

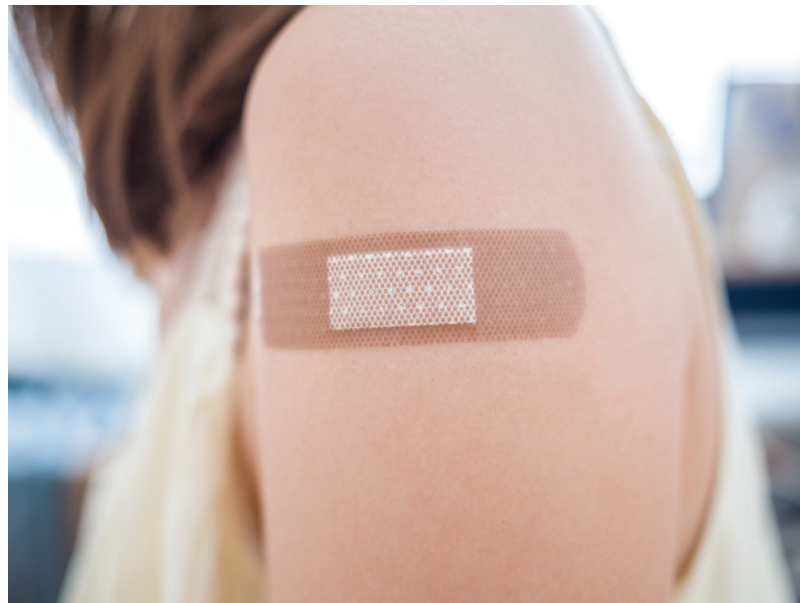
Good habits like hand washing can help you avoid germs and healthy living can help you recover faster if you do get the flu, but the vaccine is still your best defense against the flu virus. Also keep in mind not everyone you come in contact with practices the same healthy habits you do.

**Fact: You should get a flu shot every year.**

The flu virus changes from year to year. This year's vaccine targets flu strains most likely to be going around between now and the end of winter. You need the 2016-2017 model vaccine to fight the 2016-2017 model virus. Experts recommend getting the flu shot as soon as you can because it takes two weeks for the vaccine to be most effective. Keep in mind most flu outbreaks happen between December and February, so getting the vaccine in January is still beneficial.

**Fact: You should get the flu shot rather than the nasal spray.**

The CDC recommended the nasal spray vaccine should not be used in 2016-2017 because it is not as effective as expected.



### Coverage of Shingles Vaccine Changing

Medical Mutual is changing our coverage rules for Zostavax®, a vaccine used to prevent herpes zoster (shingles). As of January 1, 2017, we will cover this vaccine as follows:

- Eligible members ages 60 and older: Covered at 100 percent
- Eligible members ages 50 to 59: Covered, but subject to the member's deductible, coinsurance and/or copay

In addition, we will only cover the vaccine one time per member. Please keep this notice with your certificate or benefit book to ensure you have the most current information on your plan's coverage of the Zostavax vaccine.

## How Clean Are Your Hands?

Research shows most people don't wash their hands properly. The Centers for Disease Control and Prevention (CDC) recommends washing vigorously with soap and water for at least 20 seconds, but most only wash for about six seconds. It may seem basic, but the CDC says keeping hands clean is one of the most important steps people can take to keep from getting sick and spreading germs to others. Use the five-step method:

1. Wet hands with clean, running water.
2. Lather hands with regular soap.
3. Scrub hands for at least 20 seconds.
4. Rinse hands well under clean, running water.
5. Dry hands with a paper towel or air-dry them.

Use an alcohol-based hand sanitizer if there's no soap and water handy.



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## Healthy Outlooks

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Find healthy recipes and extras online at [MedMutualExtras.com](http://MedMutualExtras.com)