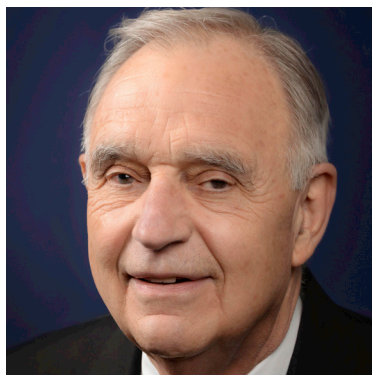




Fred's Healthy BeansTalk

...extending your Lifetime Warranty



Get Engaged in Your Well-Being

Winter is upon us and the holidays are right around the corner. As we prepare our plans with our friends and family, let's not forget to make our New Year's resolutions as well, like me. I'm going to be sweating to the oldies on my new Peloton.

One of our goals this upcoming year is to get you engaged in our programs. We both pay for the cost of the medical insurance and we should be getting the most bang for our buck. One of those ways is to get connected with IBC. IBC offers many tools and resources to help you manage your claims and your care for specific conditions.

In this edition, we will focus on getting connected with IBXWire and getting engaged with IBC's Disease Management programs. These programs will help you navigate through the medical insurance process and treatment planning, all while helping to reduce stress.

Please take a moment to review the information and join me in getting engaged with IBC. Wishing you and your family a happy and safe holiday season and a healthy New Year.

Fred Beans

Beat the Winter Blues

Seasonal affective disorder, or SAD, is a recurring depression that affects individuals during the winter months and recedes during the spring and summer.

What causes SAD?

The exact cause of SAD is still unknown. Decreased exposure to sunlight resulting in an increased production of melatonin causes the biological clock that regulates mood, sleep and hormones to run slower in winter. This is why those most affected by SAD tend to live in areas that experience decreased daylight for months at a time.

What are some signs I might have SAD?

- Difficulty concentrating and decreased interest in daily activities
- Low energy and fatigue and moodiness and irritability
- Increased appetite with weight gain and cravings for carbohydrates
- More daytime sleepiness

How can I cope with SAD?

- Increase the amount of light in your home.
- Walk outdoors on sunny days, even during winter months.
- Exercise regularly. Physical exercise helps relieve stress and anxiety, which can exacerbate SAD.
- Find ways to relax and learn how to manage stress better.

30 Day Push-Up Challenge

Our 30 Day push-up challenge runs from December 17th to January 15th. On day 30, you should be able to complete 50 standard push-ups or 75 knee push-ups or 100 incline push-ups. Livestrong.com shares the steps for a proper push-up:



- 1. Set It Up:** Start by placing your hands underneath your shoulders. Your legs should extend straight out behind you, so that the balls of your feet are on the ground.
- 2. Lower to the Ground:** Keep your core tight and your glutes engaged as you lower down until your chest touches the ground.
- 3. Press Back Up:** Continue to keep your body in a straight line as you

push away from the floor and bring your body back up to the starting position.

4. Modify if needed with your knees on the ground or your arms on a box or table.
5. Practice every day to build your strength and momentum. At the end of the challenge, see if you can better your co-workers with your fitness skills.

Include dairy in your diet

You already know low and non-fat dairy products, like milk, yogurt, and cheese, are a great source of calcium. The FDA recommends men and women ages 19-50 consume 1,000 mg per day. Women over 50 should add an extra 200 daily mg of calcium to their diet. A diet high in calcium builds strong bones and reduces your risk of osteoporosis.

But, did you know milk also has Vitamin D and Vitamin B-12? Both have been shown to improve the symptoms of seasonal affective disorder. This winter try adding extra milk to your diet to help beat the blues.



STAY ACTIVE



Try Yoga

Physical exercise can help reduce the symptoms of seasonal affective disorder. Working out releases serotonin and endorphins, which boost your mood. Some studies have shown practicing yoga or other meditative exercises are especially helpful. Hopefully, you already do cardio and weight training. Incorporate this ancient Indian movement style into your routine for its mental health benefits. Search for a class near you, or follow along at home with a YouTube video.



Warm up this winter with this easy and yummy homemade chili.

Butternut Squash and Turkey Chili

Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 lb. ground turkey breast
- 1 lb. butternut squash - peeled, seeded and cut into 1-inch dice
- 1/2 cup chicken broth
- 1 (4.5 oz) can chopped green chilies
- 2 (14.5 oz) cans petite diced tomatoes
- 1 (15 oz) can kidney beans with liquid
- 1 (15.5 oz) can white hominy, drained
- 1 (8 oz) can tomato sauce
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 teaspoon garlic salt



Directions

1. Heat the olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir for 3 minutes, then add the turkey, and stir until crumbly and no longer pink.
2. Add the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce; season with chili powder, cumin, and garlic salt. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the squash is tender, about 20 minutes.

Manage Health Challenges

If you have a health challenge, know you're not alone. The disease/condition management program from Independence Blue Cross uses text messages, mailings to the home, and calls with registered nurse Health Coaches and to reach out to members with the following health conditions:

- asthma
- coronary artery disease (CAD)
- chronic kidney disease
- chronic obstructive pulmonary disease (COPD)
- diabetes
- heart failure
- high-risk pregnancy
- HIV
- hyperlipidemia
- hypertension
- inflammatory bowel disease
- maternity
- metabolic syndrome
- musculoskeletal pain
- migraine
- obesity
- osteoporosis
- upper gastrointestinal disease

Your health coach helps you to:

- Cope with the diagnosis of a serious or chronic condition
- Work with your doctor to address your health concerns
- Understand your doctor's instructions
- Coordinate services related to an upcoming hospital stay or procedure
- Understand why and how to take your prescriptions

The program is opt-out. That means you are automatically enrolled if you meet the criteria, but it's your choice if you want to use the services.

We encourage you to participate. Call 1-800-ASK-BLUE to speak with a Health Coach, any time, day or night. You are also automatically enrolled in text messages from IBX Wire Enhanced Messages. This service offers proactive notifications about gaps in care and discharges from the hospital. With one tap, you can access a Health Coach to discuss any concerns.

The disease/condition management program allows IBC to better leverage information promote positive outcomes and avoid complications. Together, you, Fred Beans, and Independence Blue Cross can make a difference in your health.



Download the free IBX App to help you make the most of your health plan. Access the app from the App Store or Google Marketplace. Log in to the app with the same username and password you use for ibxpress.com.



Sign up for email or text alerts from Independence Blue Cross. These alerts help you make the most of your health plan.

Get Connected with IBC

Once you sign up with IBC, you'll get:

- Personalized reminders it's time to schedule your annual physical or a preventive health screening
- Access to important plan information, like a virtual ID card
- Connection to customer service with one tap
- Info on valuable resources you might not know about
- Tips for saving money on your health care

Visit ibx.com/getconnected to get started. Have your insurance card ready. You'll need your ID number to sign up. Save time and money today!



February is Heart Health Month!

Take care of your heart through diet and exercise. The American Heart Association recommends:

- Eating a well-balanced diet that includes fruits and vegetables, whole grains, low fat dairy products, lean poultry and fish, and nuts and legumes
- Exercising at least 150 minutes per week
- Remaining tobacco-free

Who is My Healthy Living Representative?

Andrea Volm - Wellness Consultant

AutoExpress/AutoRent	Nissan
Bill Dannehower	Robin Zarko
Ford Newtown	Cadillac/Used Car Annex
Josie Espindola	Bill Pytleski
Subaru	Ford Langhorne
Zaahid Munshi	Suzy Buehler Jeanine Smith
Chevy	VW Doylestown
Al Damone	Pam Zurad
Hyundai Langhorne	CARSTAR Doylestown
Suzy Buehler	Anna Reif
Hyundai Doylestown	CARSTAR Langhorne
Christine Leister	Suzy Buehler
Detail	Ford Boyertown
Sam Zook	Leigh Ann McCabe
Parts / Carquest	Dodge
Carolyn Meer Xiomara Sanchez Beth Snyder	Tara Valentine
Flemington	Management
Cathy Cannon Nicolas Porras	Dan Milewski
VW Devon	Ford West Chester
Dana Shemfeld	Lisa O'Donnell



Other upcoming events and resources

- Training tips on Fitness Fridays
- **Jeans Days:** Friday, January 25th for Drug and Alcohol Awareness and Friday, February 15th for American Heart Health Awareness

Wellness Calendar of Events

Please check out the following for Healthy Living Opportunities:

Friday, January 4th

Don't forget to maintain, not gain!

The weigh-out for our maintain, not gain holiday season program is on Friday, January 4th. Did you stay within 2 pounds of your weigh-in number from November? Prizes will be awarded.

Thursday, January 17th

Lunch and Learn: "Why Change is So Hard and How to Overcome It" at Management with live broadcast at Parts and Ford Langhorne

Thursday, January 24th

Lunch and Learn: "Opioid Awareness" at Management with live broadcast at Parts and Ford Langhorne

Wednesday, February 13th

Lunch and Learn: "Preparing for an Active Shooter" at Management with live broadcast at Parts and Ford Langhorne

Thursday, February 28th

Lunch and Learn: "Cardiovascular Health, How to Get Started and Stay Committed"