

# The Wellness Wire

keeping your finger on the pulse



Volume 1 | Issue 8 | November 2013

Each month, *The Wellness Wire* provides calendars of events hosted by providers of Florida State Group Health Insurance.

## Capital Health Plan

| Date       | Time                    | Location   | Event   | Description   |
|------------|-------------------------|--|---|---|
| Nov. 1     | 12:00 p.m. - 1:00 p.m.  | Capital Health Plan Building<br>1491 Governors Square Blvd.<br>Tallahassee, FL 32301   | Savvy Senior Program  | Various presentations provided. Space is limited. Register at 850-523-7441.   |
| Nov. 1 - 2 | 10:00 a.m. - 11:30 p.m. | Battery Park<br>Apalachicola, FL   | 2013 Florida Seafood Festival   | Fun-filled family events, including: the Redfish Run 5k, Blue Crab races, photo contest and more.   |
| Nov. 3     | 1:30 p.m. - 6:00 p.m.   | Saint Paul's United Methodist Church<br>1700 N. Meridian Road<br>Tallahassee, FL 32303 | Alzheimer's Project, Inc.<br>"Forget Me Not"<br>Walk Event                | This event raises awareness about the project's free caregiver services: support group meetings; day respite programs; counseling; educational opportunities; and support for the project's families. |
| Nov. 13    | 10:00 a.m. - 11:00 a.m. | Capital Health Plan Building<br>1491 Governors Square Blvd.<br>Tallahassee, FL 32301   | Retiree Advantage Meeting   | Presentation on the Capital Health Plan Retiree Advantage Plan for Medicare-eligible members.   |
| Nov. 15    | 12:00 p.m. - 1:00 p.m.  | Capital Health Plan Building<br>1491 Governors Square Blvd.<br>Tallahassee, FL 32301   | Savvy Senior Program  | Various presentations provided. Space is limited. Register at 850-523-7441.   |
| Nov. 21    | 5:30 p.m. - 6:30 p.m.   | Capital Health Plan Building<br>1491 Governors Square Blvd.<br>Tallahassee, FL 32301   | Retiree Advantage Meeting   | Presentation on the Capital Health Plan Retiree Advantage Plan for Medicare-eligible members.   |
| Nov. 21    | 6:00 p.m. - 9:00 p.m.   | FSU Campus / LangfordGreen<br>600 West College Ave.<br>Tallahassee, FL 32301           | Light the Night Walk<br>benefitting the<br>Leukemia & Lymphoma<br>Society | This event is an evening filled with inspiration to raise awareness and bring hope to people battling blood cancers.  |

## UnitedHealthcare

Source4Women Seminar (online) Kathleen Zelman, MPH, RD instructs: Fast Track to Wellness: Simple Healthy Habits for Busy People. Register at [http://www.uhc.com/source4women/online\\_seminars\\_events.htm](http://www.uhc.com/source4women/online_seminars_events.htm)

Nov. 12  
12:30 p.m.

Think you're too busy to eat healthy and squeeze in fitness? Think again. Learn the secret healthy habits that may put a zip in your step, whittle your waistline and promote wellness. Healthy habits can be as easy as 1-2-3.

## 5 Food Myths about Diabetes

By UnitedHealthcare

**Myth 1:** People with diabetes can't eat sweets.

You can incorporate sweets in a healthy diet by limiting other carbohydrates in the meal. Desserts are occasional – once or twice per week.

**Myth 2:** Those with diabetes need to follow a special diabetic diet.

There is no such thing. General healthy eating can help you control your ABCs (A1c, blood pressure and cholesterol).

**Myth 3:** Eating too many sugary foods causes diabetes.

Diabetes is a disease in which the body either does not make enough or properly use insulin. Although, excessive sweets can contribute to weight gain and obesity can be a risk factor for Type 2 diabetes.

**Myth 4:** Diabetics should fill up on starchy foods like pasta, rice and bread.

Starch, fruit and milk contain carbohydrates, which can raise your blood glucose. The more consumed at once, the higher the blood glucose may rise. Allot only one-fourth of your plate for the starch (such as rice, pasta, beans, corn, peas, potatoes and lentils).

**Myth 5:** Diabetics should stay away from fruit since it is high in fructose.

The body uses carbs as brain fuel. Fruit is a carb but is also rich in vitamins, minerals, fiber and flavor. It's nature's dessert. Aim for two or three servings each day. Limit apples, oranges, pears and peaches to a tennis ball size; consume only half of a banana instead of whole; enjoy one cup of berries or melon.



## Coventry

| Date    | Time                   | Address  | Event                  | Description                          |
|---------|------------------------|--|------------------------|--------------------------------------|
| Nov. 13 | 12:00 p.m. - 1:00 p.m. | Baptist Hospital (Avery Street Entrance) Medical Meeting Rooms<br>1000 W. Moreno Street<br>Pensacola, FL 32501                     | Understanding Diabetes | Registration required: 850-469-7897. |
| Nov. 19 | 12:00 p.m. - 1:00 p.m. | Andrews Institute Athletic Performance & Research Pavilion<br>Conference Room B<br>1040 Gulf Breeze Parkway<br>Pensacola, FL 32561 | Diabetes 101           | Registration required: 850-469-7897. |
| Nov. 28 | 3:00 p.m.              | Lawnwood Regional Medical Center<br>1700 S. 23rd Street<br>Fort Pierce, FL 34950   | Better Breathers Club  | Register at 772-461-4000.            |



## Manage Your Chronic Disease or Condition

By Aetna

If you suffer from a chronic condition, you don't have to face it alone. Aetna and Coventry Health Care offer you support for managing your condition through the Disease Management Program, which supports over 35 conditions.

This program is about you, not your condition. You can interact online, by email or by phone to learn how to manage your condition and lower your risk for new ones. High-risk members also have personal support from a nurse case manager who will act as your personal health coach, work closely with your doctor, and help you better understand your doctor's treatment plan. The system looks out for you by scanning your health care records to find gaps or errors in your care; remind you of preventative care options; search for potentially dangerous drug interactions; and notify your doctor of treatment conflicts or opportunities. The program is free as part of your employer or plan sponsor benefits. Get started: Send a request through your secure member website at [www.aetna.com](http://www.aetna.com) or call 1-866-269-4500. To learn more about how to live well, visit the Web address on your Coventry Health Care ID card and log in to My Online Services<sup>SM</sup>.

Health insurance plans are offered, underwritten or administered by Aetna Life Insurance Company and its affiliates (Aetna).

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).

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## Avmed's Weight Watchers<sup>®</sup>



## Reimbursement Program

AvMed collaborates with Weight Watchers to help you take that important step toward losing weight. Learn how to eat right, live healthy, lose weight and keep it off. AvMed offers you three ways to do it:

1. Local meetings - Join at any Florida location.\*
2. At-work meetings - Minimum of 18 employees must participate to start the program.\*
3. At home - Delivered right to your doorstep.\*\*

To contact the Weight Watchers nearest you, call 305-221-9411 in Broward and Miami-Dade counties.

In all other counties, call 1-800-651-6000. Contact AvMed Member Services at the number listed on your AvMed ID card to receive additional information or a reimbursement form.

\* Once you reach lifetime status, AvMed will reimburse up to one year of the meeting fees you have paid to Weight Watchers. This offer excludes accessory purchases and maintenance fees.

\*\* Once you have reached your weight-loss goal, revisit your AvMed physician and obtain a prescription note verifying your start goal and end weight. AvMed will then reimburse you the Weight Watchers standard at-home fee.

## Florida Health Care Plans

### FHCP Medicare Advantage Seminar

| Date                                    | Time                    | Location   |
|---|-------------------------|--|
| Nov. 4<br>Nov. 11<br>Nov. 18<br>Nov. 25 | 10:00 a.m. - 12:00 p.m. | FHCP Holly Hill Facility<br>1340 Ridgewood Ave.<br>Holly Hill, FL 32117    |
| Nov. 11                                 | 2:00 p.m. - 4:00 p.m.   | FHCP Holly Hill Facility<br>1340 Ridgewood Ave.<br>Holly Hill, FL 32117    |
| Nov. 5<br>Nov. 12<br>Nov. 19<br>Nov. 26 | 10:00 a.m. - 12:00 p.m. | FHCP Port Orange Facility<br>740 Dunlawton Ave.<br>Port Orange, FL 32127   |
| Nov. 6<br>Nov. 13<br>Nov. 20<br>Nov. 27 | 10:00 a.m. - 12:00 p.m. | FHCP Edgewater Facility<br>239 N. Ridgewood Ave.<br>Edgewater, FL 32132    |
| Nov. 7<br>Nov. 14<br>Nov. 21            | 10:00 a.m. - 12:00 p.m. | FHCP Palm Coast Facility<br>309 Palm Coast Parkway<br>Palm Coast, FL 32137 |
| Nov. 1<br>Nov. 8<br>Nov. 15<br>Nov. 22  | 10:00 a.m. - 12:00 p.m. | FHCP Orange City Facility<br>2777 Enterprise Road<br>Orange City, FL 32763 |
| Nov. 1<br>Nov. 8<br>Nov. 15<br>Nov. 22  | 2:00 p.m. - 4:00 p.m.   | FHCP Orange City Facility<br>2777 Enterprise Road<br>Orange City, FL 32763 |
| Nov. 15                                 | 2:00 p.m. - 4:00 p.m.   | FHCP Orange City Facility<br>2777 Enterprise Road<br>Orange City, FL 32763 |

### Diabetes Nutrition Game Plan

This event is for FHCP members who previously attended diabetes education classes. It covers trends with food and blood sugars and nutrition reinforcement. Register at 386-676-7133.

| Date    | Time                  | Location  |
|---------|-----------------------|---|
| Nov. 11 | 2:00 p.m. - 4:00 p.m. | FHCP Daytona Beach Facility<br>330 N. Clyde Morris Blvd.<br>Daytona Beach, FL 32114 |

## Florida Health Care Plans

### Diabetes Education Class

This three-part education training is lead by a registered dietitian and nurse CDE. It covers disease process understanding, nutritional management, and preventing acute complications. It is for self-referred FHCP members with diabetes. Register at 386-676-7133.

|  |                       |   |
|--|-----------------------|---|
| Class #1: Nov. 5<br>Class #2: Nov. 12<br>Class #3: Nov. 19 | 5:30 p.m. - 9:00 p.m. | FHCP Daytona Beach Facility<br>330 N. Clyde Morris Blvd.<br>Daytona Beach, FL 32114 |
| Class #1: Nov. 6<br>Class #2: Nov. 13<br>Class #3: Nov. 20 | 1:00 p.m. - 4:30 p.m. | FHCP Palm Coast Facility<br>309 Palm Coast Parkway<br>Palm Coast, FL 32137          |

### Quit Smart Smoking Cessation Class

This course is for self-referred FHCP members who want to quit smoking. Register at 386-676-7133.

|                               |                         |   |
|-------------------------------|-------------------------|---|
| Oct. 14<br>Oct. 28<br>Nov. 11 | 10:30 a.m. - 12:00 p.m. | FHCP Palm Coast Facility<br>309 Palm Coast Parkway<br>Palm Coast, FL 32137          |
| Oct. 14<br>Oct. 28<br>Nov. 11 | 5:00 p.m. - 6:30 p.m.   | FHCP Holly Hill Facility<br>1340 Ridgewood Ave.<br>Holly Hill, FL 32117             |
| Oct. 15<br>Oct. 29<br>Nov. 12 | 5:00 p.m. - 6:30 p.m.   | FHCP Deland Facility<br>937 North Spring Garden Ave.<br>Deland, FL 32720            |
| Oct. 16<br>Oct. 30<br>Nov. 13 | 10:30 a.m. - 12:00 p.m. | FHCP Orange City Facility<br>2777 Enterprise Road<br>Orange City, FL 32763          |
| Oct. 16<br>Oct. 30<br>Nov. 13 | 5:00 p.m. - 6:30 p.m.   | FHCP Edgewater Facility<br>239 N. Ridgewood Ave.<br>Edgewater, FL 32132             |
| Oct. 17<br>Oct. 31<br>Nov. 14 | 5:00 p.m. - 6:30 p.m.   | FHCP Daytona Beach Facility<br>350 N. Clyde Morris Blvd.<br>Daytona Beach, FL 32114 |

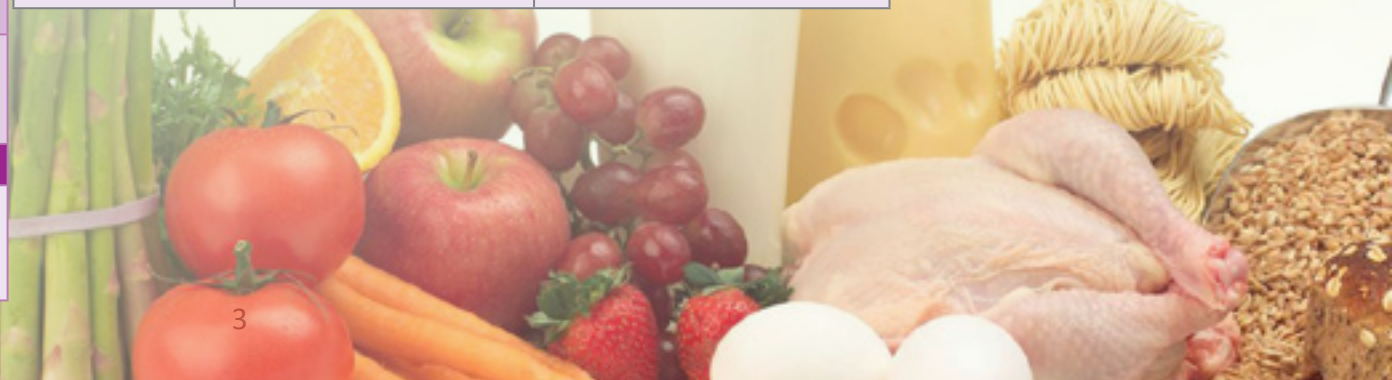


### Are you at risk for diabetes?

By UnitedHealthcare

You have a higher risk for diabetes if you:

- Have a family history of diabetes, especially in a parent or sibling.
- Are overweight.
- Have high blood pressure.
- Have high cholesterol.
- Are age 45 or older.
- Have a history of cardiovascular disease.
- Have A1c equal to or greater than 5.7 percent.





## Florida Health Care Plans

### Eat Right Move Right Class

This eight-week program aims to help FHCP members better understand, prevent, treat and improve obesity and obesity-related conditions through lifestyle changes and weight loss. Register at 386-676-7133.

|   |                       |  |
|---|-----------------------|--|
| Class #1: Sept. 19<br>Class #2: Sept. 26<br>Class #3: Oct. 3<br>Class #4: Oct. 10<br>Class #5: Oct. 17<br>Class #6: Oct. 24<br>Class #7: Oct. 31<br>Class #8: Nov. 7  | 3:30 p.m. - 5:00 p.m. | FHCP Port Orange Facility<br>740 Dunlawton Ave.<br>Port Orange, FL 32127   |
| Class #1: Sept. 16<br>Class #2: Sept. 23<br>Class #3: Sept. 30<br>Class #4: Oct. 7<br>Class #5: Oct. 14<br>Class #6: Oct. 21<br>Class #7: Oct. 30<br>Class #8: Nov. 4 | 3:30 p.m. - 5:00 p.m. | FHCP Orange City Facility<br>2777 Enterprise Road<br>Orange City, FL 32763 |
| Class #1: Oct. 29<br>Class #2: Nov. 5<br>Class #3: Nov. 12<br>Class #4: Nov. 19<br>Class #5: Nov. 26<br>Class #6: Dec. 3<br>Class #7: Dec. 10<br>Class #8: Dec. 17    | 3:30 p.m. - 5:00 p.m. | FHCP Orange City Facility<br>2777 Enterprise Road<br>Orange City, FL 32763 |

**Note:** Some educational offerings overlap from the previous month

## E-Learning Courses

AvMed's wellness partner, Healthy Roads, offers you 17 free e-coaching courses with an average of four to six classes per course. Members can easily complete one course in one week. The courses include flash classes, audio and PowerPoint PDFs on topics such as:

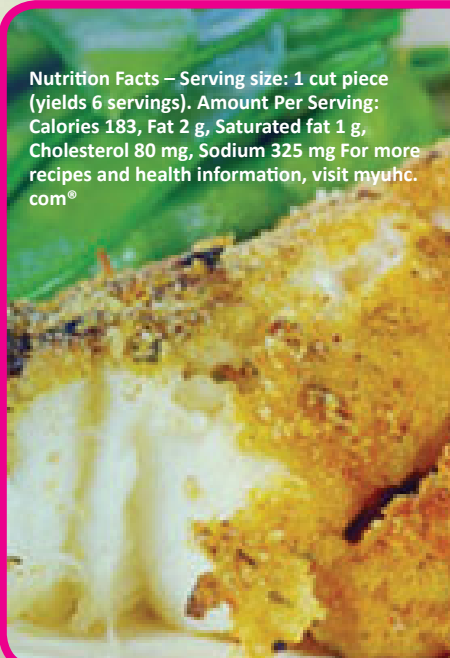
- Healthy Living
- Tobacco
- Weight Loss and Management
- Stress
- Nutrition
- Exercise
- Staying Healthy
- Safe Living
- Pain and Productivity



### To access the e-coaching courses:

1. Go to [www.avmed.org](http://www.avmed.org).
2. Log in to your AvMed account.
3. Select Health and Wellness on the left-hand side of the screen.
4. Select the blue bar that says Take your Assessment, under Personal Health Assessment (HealthyRoads®).
5. If you have already taken your Personal Health Assessment, you will not have to take it again to access the wellness portal. You will still need to select Take your Assessment to continue to the portal.
6. The Personal Health Assessment Consent screen will pop up. Select I Agree to PHA Consent.
7. You will then be taken to the Healthyroads Wellness Portal.
8. You can now enjoy exploring the amazing tools the portal has to offer.

**Nutrition Facts – Serving size: 1 cut piece (yields 6 servings). Amount Per Serving:**  
Calories 183, Fat 2 g, Saturated fat 1 g, Cholesterol 80 mg, Sodium 325 mg For more recipes and health information, visit [myuhc.com](http://myuhc.com)®



## Mouthwatering Oven-Fried Fish

by UnitedHealthcare

Here is one “fried” food made with healthy ingredients. Try this recipe with any kind of fish.

### Ingredients:

- 2 lbs fish fillets
- 1 tablespoon lemon juice, fresh
- 1/4 cup nonfat milk or 1% buttermilk
- 2 drops hot pepper sauce
- 1 teaspoon garlic, fresh minced

- 1/4 teaspoon white pepper, ground
- 1/4 teaspoon salt
- 1/4 teaspoon onion powder
- 1/2 cup cornflakes, crumbled, or regular bread crumbs
- 1 tablespoon vegetable oil (for greasing baking dish)
- 1 lemon, fresh, cut in wedges

### Preparation:

Preheat oven to 475 degrees F. Wipe fillets with lemon juice and pat dry. Combine milk, hot pepper sauce and garlic. Combine pepper, salt and onion powder with cornflake crumbs and place on a plate.

Let fillets sit in milk briefly. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish. Arrange on lightly oiled shallow baking dish. Bake 20 minutes on middle rack without turning. Cut into 6 pieces. Serve with fresh lemon.

## Florida Blue

| Date       | Time                   | Address                  | Event                            | Description   |
|------------|------------------------|--------------------------|----------------------------------|---|
| Wednesdays | 6:00 p.m.              | All Florida Blue Centers | Health Care Reform Seminar       | Learn more about health care reform and upcoming changes at Florida Blue. Visit <a href="http://floridabluecenters.com">floridabluecenters.com</a> to find a Florida Blue Center near you.  |
| Nov. 9     | 10:00 a.m. - 2:00 p.m. | All Florida Blue Centers | Health Care Reform Education Day | We also host Health Care Reform seminars (10 a.m. and 1 p.m.) and other activities on the second Saturday of each month. Get the information you need to be prepared for the upcoming changes of health care reform. Visit <a href="http://floridabluecenters.com">floridabluecenters.com</a> to find a Florida Blue Center near you. |

### All Florida Blue Centers

**Jacksonville:** 4855 Town Center Parkway, Jacksonville, FL 32246  
**North Jacksonville:** 13141 City Station Drive #106, Jacksonville FL 32218  
**Tallahassee:** 2116 Apalachee Parkway, Tallahassee, FL 32301  
**Pensacola:** 1680 Airport Blvd., Pensacola, FL 32504  
**Winter Park:** 434 N. Orlando Ave., Winter Park, FL 32789  
**Tampa:** 201 N. West Shore Blvd., Tampa, FL 33609  
**Carrollwood:** 15030 N. Dale Mabry Highway, Tampa, FL 33618  
**Pinellas Park:** 3758 Park Blvd., Pinellas Park, FL 33781  
**Winter Haven:** 385 Cypress Gardens Blvd., Winter Haven, FL 33609  
**Sarasota:** 285 N. Cattlemen Road, Sarasota, FL 34243  
**Fort Myers:** 8041 Plaza Del Lago Drive, Estero, FL 33928  
**Fort Lauderdale:** 1970 Sawgrass Mills Circle, Sunrise, FL 33323  
**Palm Beach:** 1501 N. Congress Ave., Boynton Beach, FL 33426  
**Miami:** 8895 SW. 136th St., Miami, FL 33176  
**North Miami:** 13665 Biscayne Blvd., North Miami, FL 33181  
**Hialeah:** 1001 W. 49th St. #8, Hialeah, FL 33012



### CAM Treatments for Breast Cancer

By UnitedHealthcare

Some complementary and alternative medicine (CAM) practices may help relieve symptoms of breast cancer or cancer treatment. These nontraditional therapies should be used along with standard cancer treatments, not instead of them. Speak with your doctor about integrating the following complementary therapies into your treatment.

#### Mind-body therapies

These include meditation, yoga, hypnosis, Tai chi, relaxation techniques, biofeedback, and guided imagery. These may reduce pain and stress in people with cancer. Some studies show that these therapies may even help strengthen the immune system.

#### Manipulative and body-based therapies

Types of massage most often used for cancer include Swedish massage, aroma therapy massage, reflexology, and acupressure. Massage therapy has been found to reduce pain, anxiety, distress, and fatigue. If possible, find an oncology-trained massage therapist.

#### Energy therapies

Energy therapies include Reiki, healing touch, therapeutic touch, and external qi gong. These therapies are safe. They may help reduce stress and improve quality of life. They may also help reduce symptoms such as pain or fatigue.

#### Acupuncture

There is strong evidence that acupuncture can help relieve cancer-related pain, nausea, and vomiting associated with chemotherapy, and dry mouth caused by radiation therapy. Acupuncture is safe when performed by a certified practitioner who has experience treating people with cancer.

#### Biologically based therapies

Herbs, vitamins, and other supplements are popular among people with cancer. Unfortunately, evidence of their benefits is lacking. It is important to have an open and frank discussion with your cancer doctor about taking any herbs or other supplements. Your doctor can help you understand whether the substance is helpful and, if so, how to take it safely.

