



Dr. O in the Know

Advice from Associate Medical Director, Anne Marie Oberheu, MD

Year of the Sheep

2015 is the Year of the Sheep. In China, there is a popular proverb about sheep: "Three sheep bring harmony and prosperity."

Sometimes we need to be reminded that peace, happiness, harmony and prosperity are ours for the taking.

Take these steps to find more balance in your life for the new year.

- Build time into your schedule for you.
- Reduce the amount of time and energy you spend on activities that have no value.
- Learn to say no. It's OK to respectfully decline an activity or event if your schedule is full.
- Plan your errands and combine them into 1 trip when possible.
- Get moving! Exercise at least 4 days a week.

Without balance, all other endeavors are so much harder to attain!

For 2015, I wish you the Three Sheep!



Get Healthy • Live Healthy

Be Healthy

Healthy: Inside and Out

It's a new year! This means new "miracle" diet and exercise fads will begin appearing on TV and radio claiming to aid in weight loss and a healthier life. Despite all the hype, a key element to overall health these fads may overlook is stress management.

Research shows that stress can negatively affect our health in many ways, from headaches to high blood pressure and even skin conditions. Identifying stressors can prove to be one of the most beneficial lifestyle changes that you can make this season.

Common stressors include changes in family, finances, personal achievements, and job obligations. Take time to make note of who and/or what in your life makes you feel stressed.

Use these tips to help you better manage stress:

- Take a few minutes each day to breathe deeply.
- Stay healthy by eating right and exercising.
- Get a massage.
- Learn a new hobby.
- Slow down and simplify your life.
- Talk to a counselor.
- Keep a journal or diary.



If we identify the stressors in our lives, we can work toward a better, healthier life. Remember, the goal is to not only look and feel good but be healthy from the inside out!

Be Healthy Recipe

Turkey Club Burger

Yields: 4 servings

1. Preheat oven broiler on high temperature (rack should be 3 inches from heat source) or grill on medium-high heat.
2. Combine ground turkey, scallions, pepper, and egg, and mix well. Form into ½- to ¾-inch thick patties, and coat each lightly with olive oil.
3. Broil or grill burgers for 7–9 minutes on each side (to a minimum internal temperature of 160 °F).
4. Combine mayonnaise and mustard to make a spread.
5. Assemble ¾ tablespoon spread, 1 oz. spinach or arugula, several slices of grilled portabella mushroom (optional), and one burger on each bun.

Source: The National Institutes of Health

Nutritional information per serving:

299 Calories	5g Fiber
11g Fat	29g Protein
2g Saturated Fat	393mg Sodium
89mg Cholesterol	

Percent Daily Values are based on a 2,000 calorie diet.

Ingredients:

- 12 oz 99 percent fat-free ground turkey
- ½ cup scallions (green onions), rinsed and sliced
- ¼ tsp ground black pepper
- 1 large egg
- 1 tbsp olive oil

Spreads:

- 2 tbsp light mayonnaise
- 1 tbsp Dijon mustard

Toppings:

- 4 oz spinach or arugula, rinsed and dried
- 4 oz portabella mushroom, rinsed, grilled or broiled and sliced
- 4 whole-wheat hamburger buns

Did you know?

In 2012, the Center of Disease Control (CDC) reported there were 29.1 million people in the United States living with diabetes. An estimated 27.8% of those people were undiagnosed. Even though the number of new cases per year is steadily decreasing, the number of newly diagnosed cases is well over one million. Contact your physician to schedule a glucose screening today.

Source: National Diabetes Statistics Report, 2014

Check In or Check Up?

Whether you're checking in on your health or need a complete checkup, use the list below to see if you are on track with your preventive screenings.

Dental: Annually (or as directed by your doctor). Children should have their first visit by age 1.

Vision: Adults – every 2 years or as recommended by your health professional. Children's vision should be tested before the age of 5 and annually.

Pap smear: All women age 21 and older should have a pap smear every 1-3 years. Women aged 30 or older may alternately choose to have a pap smear with the human papillomavirus (HPV) test every 5 years.

Mammogram: Annually for women age 40 and over.

Clinical Breast Exam: Every 1-3 years for women ages 19 to 39. Annually for women 40 and over.

Blood cholesterol: Periodic screenings are recommended for men ages 35 and over, as well as women and younger men who are at risk for heart disease.

Diabetes: Adults with blood pressure readings above 135/80mmHg should have fasting blood glucose levels or hemoglobin A1C checked every 3 years or as directed by a doctor.

Prostate cancer: Men over 50 and high-risk men over 45 should speak with their health professional about their prostate health.

Colorectal cancer: Adults age 50 and older, or as directed by their health professional.

Osteoporosis: Women over age 65 and those with risk factors for osteoporosis.

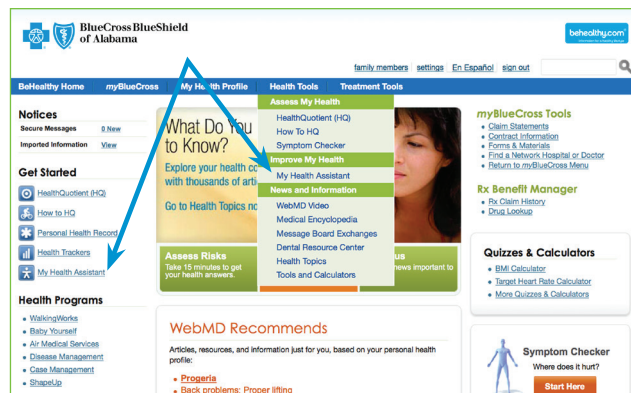
Getting the right test at the right time can increase chances of treatment success and survival. Work closely with your doctor to find out which tests are right for you.

Blue Cross and You

Need help with those New Year's Resolutions? At **BeHealthy.com**, Blue Cross provides an interactive online program, **My Health Assistant**, which provides assistance with setting goals and trackers to keep you progressing toward your goal.

My Health Assistant is available at no additional cost for members with medical coverage, and you can choose from one or more of the following topics to get started: Nutrition; Exercise, Weight Management, Stress Management, Emotional Health and Quitting Tobacco. Experts from WebMD will help you choose the strategies that are right for you in order to meet the goals you are most motivated to work on. Educational resources and interactive tools are only a click away! If you are ready to make a change, start today by signing in at **BeHealthy.com** and taking the HealthQuotient®, or select "My Health Assistant" under *Health Tools* to begin.

Give it a try today for a new year and a healthier you!



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BeHealthy.com is a wellness website offered by Blue Cross and Blue Shield of Alabama and powered by WebMD®. WebMD is an independent company providing health assessment tools and services to our customers.

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