



Let's get growing!

April is National Garden Month, which means it is time to grab a trowel and some seedlings and grow something tasty. Most of us are past our last frost date by early April, so it is now open season for vegetable planting. If you are looking for advice on what to sow, pole and snap beans are always a favorite. Plus, if you plant now, you should have enough time for a second planting in July to double your season's bounty.

If it is your first-time gardening, why not start with a few easy-to-grow choices like cucumbers, summer squash, or tomatoes? Easier yet, grab a few pots and create a small herb garden with mint, basil, and thyme. No matter what you grow, there is no better feeling than cooking with ingredients you grew

yourself, and it is a great way to add a few extra veggies to your family's menu over the season.

Stay on track this Spring

No matter the time of year, making healthier choices takes conscious effort. Bookmark our website ChewsWiselyAlabama.com and follow us on Facebook and Instagram to make things easier. We are constantly adding new recipes, tips, and words of encouragement, so you can find inspiration when you need it.

Shower us with great-tasting recipes

Springtime puts tons of fresh ingredients back in our markets and on our plates. What are your favorite recipes that capture the flavors of the season?

Let us know at ChewsWiselyAlabama.com/submissions.

Create a new Easter tradition

Are you planning a fun and festive Easter feast for your family? Think about swapping that traditional ham for something a little different this year. While ham is generally high in protein and low in fat, the process of curing or smoking can add a lot of sodium, as well as other chemicals that you may want to avoid. If you are ready to give other centerpiece-worthy proteins a shot, consider some delicious and better-for-you options like lamb chops, salmon, or this month's featured recipe by Chef Kelsey Barnard Clark, rosemary and lemon whole roasted chicken. ●

Medicare-Eligible PEEHIP Members

The information below pertains to Medicare-eligible PEEHIP retirees or Medicare-eligible dependents of PEEHIP retirees. For more information, visit rsa-al.gov/peehip/retirees/.

Join Humana for a Virtual Informational Webinar: Medication Safety for Medicare Members

It is common for older adults to

use multiple medications. As we age, our bodies may react differently to them than when we were younger, increasing the chances of side effects. However, you can take steps to help ensure your medications work well together.

Join Humana on **Thursday, April 14, from 10 a.m. – 11 a.m. CST**, for this no-cost webinar offered exclusively for PEEHIP Humana Medicare Advantage members to hear a Humana

pharmacist present:

- ◆ Common medication safety tips
- ◆ Safety concerns of using multiple medications
- ◆ The importance of frequent reviews of your medications
- ◆ How to take medicines safely and appropriately
- ◆ How to prepare for a medication review with your physician

There are two options to connect to the webinar:

1. Join online at Huma.na/PEEHIP22 and enter the password 112233 to view and listen to the presentation.
2. Join by phone at 888.788.0099 and enter the webinar ID: 913 7453 4360 to listen to the presentation.

Engage in health education and get rewarded

Attend this webinar and earn \$5 in rewards* through Go365® by Humana, your well-being and rewards program. Submission instructions will be provided at the end of the presentation.

To RSVP for the webinar, please call Humana's Group Medicare Customer Service team at 800.733.3015 (TTY: 711), Monday – Friday, 8 a.m. to 5 p.m. CST. You are not required to RSVP, but it is recommended. If you have additional questions, contact the dedicated PEEHIP Humana Customer Care team at 800.747.0008 (TTY: 711). ●

*Rewards have no cash value and can only be redeemed in the Go365® Mall. Rewards must be earned and redeemed within the same plan year. Any rewards not redeemed by December 2022 will be forfeited.



ROSEMARY & LEMON WHOLE ROASTED CHICKEN

INGREDIENTS

- 1 whole chicken, 3 to 5 lbs.
- ½ cup olive oil
- 2 tablespoons kosher salt, divided
- 1 lemon, halved
- 1 head garlic, cloves peeled and smashed with the back of a knife
- 2 sprigs fresh rosemary
- Twine
- 1 can reduced-sodium sweet corn, drained
- 2 cups cherry or grape tomatoes, whole
- 2 sweet potatoes, chopped into ½ inch cubes
- 2 cups brussels sprouts, halved
- 1 onion, chopped

INSTRUCTIONS

1. Pat chicken with paper towels and place on a baking rack set inside a sheet tray. Refrigerate chicken, uncovered, overnight or for up to 2 days. (If you're in a time crunch, instead of refrigerating, whip out your hairdryer and blow it over the chicken skin for about 5 minutes. This dries out the skin, which makes the meat hold moisture and the skin crisp like a potato chip.)
2. Preheat oven to 425°F.
3. Rub the bird down with oil and 1 tablespoon salt. Squeeze lemon over chicken, then stick it in the cavity with the garlic and rosemary.
4. Truss chicken following these easy steps:
 - Tuck the wings behind the bird's back.
 - Bring the legs together at the ankles as if the chicken is crossing its legs. Wrap the twine around the crossed ankles.
 - Bring the twine over the legs and pull it tight around the back of the chicken.
 - Tie twine in a bow at the top of the chicken's breast.
5. Place the veggies in the bottom of a deep roasting pan. Sprinkle with a tablespoon of salt and place chicken on a rack on top of the veggies.
6. Roast for one hour on the middle rack of the oven. Turn the oven off. Let chicken sit in the oven for 20 minutes. Remove and let it rest at room temperature for another 20 minutes.
7. Carve and enjoy the best roasted chicken you've ever had.

Don't forget to visit ChewsWiselyAlabama.com for more great recipes from Kelsey!

Humana to Welcome CenterWell Specialty Pharmacy™

In June 2022, Humana Specialty Pharmacy will become CenterWell Specialty Pharmacy™. The new name reflects Humana's commitment to putting you at the center of everything we do!

With CenterWell Specialty Pharmacy, you will get all the safety and convenience you love about Humana Specialty Pharmacy and more, such as:

- ◆ A simplified ordering experience with online help when needed
- ◆ 24/7 access to pharmacists for urgent questions about your medications, so you always have the support and care you need
- ◆ Access to 24/7 real-time order tracking and online tools so that you always know the status of your prescription order from our door to yours
- ◆ Access to CenterWell Specialty Pharmacy Centers of Excellence, which provides personalized and coordinated care for customers managing chronic conditions, removing barriers to care, and collaborating with providers on our customer treatment plans

As part of the name change, Humana will take care of moving your prescriptions from Humana Specialty Pharmacy to CenterWell Specialty Pharmacy, so there is nothing for you to do. There will be no delays or disruption with your prescription orders, and you will continue to receive your medications on time as you did before. For questions, please contact your dedicated PEEHIP Humana Customer Care team at 800.747.0008

(TTY: 711), available Monday – Friday, 7 a.m. to 8 p.m. CST.

National Prescription Drug Take Back Day: April 30, 2022

Spring is here! Spring cleaning your medicine cabinets may be long overdue. Proper disposal of medications is one of the easiest ways for seniors to help prevent drug misuse by others, particularly teens.

Two-thirds of teens who misused prescription pain relievers in the past year got them from family or friends.¹ Medications are often taken from grandparent's medicine cabinets and may go unnoticed for a long time. Teens misuse prescription medications for a variety of reasons; they may think "prescription" drugs are safer than illegal drugs or may also be seeking a way to get high and look for specific medications in your medicine cabinet. Any misuse is dangerous and may potentially lead to an overdose or death.

Keeping unused, expired, or unneeded medications poses a potential safety risk to the teens within your family or circle of friends. To help decrease this risk, the Drug

1. Rise in prescription drug misuse and abuse impacting teens. SAMSHA. 12/17/2020. Available at: [Rise in Prescription Drug Misuse and Abuse Impacting Teens | SAMHSA](#)

Enforcement Agency (DEA) holds a National Drug Take Back Day twice a year in April and October. The next National Drug Take Back Day is scheduled for April 30, 2022. Please consider disposing of medications that are no longer being used. **Flushing medications down the toilet or disposing of them in the garbage is not recommended.** Visit the DEA web-



site at takebackday.dea.gov to locate a site near you. If you miss National Take Back Day, there are sites that will take back medications all year long. Please check the Controlled Substance Public Disposal Locations - Search Utility at usdoj.gov to locate a disposal site.

Cleaning out your medicine cabinets and disposing of medications that are no longer needed is a great way to declutter and decrease access by others to your unwanted drugs. If you do not have unwanted or expired medications, please make sure that you have secured your currently prescribed medications where only you can access them. Safely securing and disposing of medications may save a young life. ●



The science of savoring a juicy burger.

Finally, a skills-based digital weight loss program where you can eat what you love and still lose weight—at no cost to you.*



PEEHIP is offering you Wondr™—a digital weight loss program that teaches the science of health and nutrition, so you can enjoy the foods you love. No counting calories. No restrictions. No guilt. So, go ahead, eat the cheeseburger and savor Every. Last. Bite.

Space is limited.
Learn more at wondrhealth.com/PEEHIP.

Apply between March 30 - April 17, 2022.

The program begins on May 2, 2022.

*Subscribers and spouses enrolled in the PEEHIP Hospital Medical Plan administered by Blue Cross and Blue Shield of Alabama are eligible to apply but are not required to participate. Wondr is an independent company that provides health guidance on behalf of Blue Cross and Blue Shield of Alabama, an independent licensee of the Blue Cross and Blue Shield Association.