



It's the Most Wonderful Time of the Year

As the holidays are quickly approaching, celebrate with Chews Wisely AlabamaSM. PEEHIP has teamed up with Blue Cross and Blue Shield of Alabama to get us healthier one bite at a time. All we have to do is make small, simple changes, like eating a nutritious snack before grocery shopping and chewing gum at holiday parties to avoid filling your carts and stomachs with unhealthy foods. Piece of cake!

Be Thankful, Be Healthy

It has been an interesting year to say the least. Now more than ever, it is important to focus on and be thankful for what matters most...our health. Chews Wisely AlabamaSM wants to make sure you are eating well, getting exercise, and feeling the best you can. We are here to provide you with small changes that can make a big impact on your health and a small impact on your day-to-day routine.

ChewsWiselyAlabama.com has tons of great recipes - including traditional Alabama favorites - that are packed with flavor and nutrition. You will be able to impress your family and friends, all while helping everybody eat a little

healthier. When you eat healthier, you feel better.



Kelsey Barnard Clark, Top Chef winner

Ho Ho Healthy!

Many of the traditional dishes that grace our holiday table can be loaded with calories and fat, but they do not have to be. Just ask Alabama's

own Kelsey Barnard Clark, Top Chef winner and a top person to get inspired by healthy cooking.

See what she's cooking up at ChewsWiselyAlabama.com and tune in to her Instagram Live event, Kelsey in the Kitchen, for helpful tips.

Spread the Joy

Do you have a favorite meal or dessert that has become a holiday tradition in your home? Share your recipe at ChewsWiselyAlabama.com/submissions. It could be featured on ChewsWiselyAlabama.com and feasted on by all of Alabama.

While there, browse all the recipes that will fill your soul and make your taste buds rejoice whether you want something to snack on during football or a hearty main course. We can't all be together physically this holiday, but we can unite through our love of healthy, amazing food. Joy to Alabama.

Get in the holiday spirit. Follow Chews Wisely AlabamaSM on Facebook, Instagram, and YouTube. ●

Health Coaching

PEEHIP offers free health coaching through Pack Health, Naturally Slim, and Blue Cross Blue Shield (BCBS). PEEHIP health coaching programs are aimed toward creating healthy lifestyle habits, weight management, plus disease prevention

and management. Members will be sent an enrollment notice by Pack Health and Naturally Slim as the programs become available. To participate in the BCBS program, members should contact BCBS directly at 800.327.3994, option 3. **Participation in health coaching is**

voluntary and is not required for earning your wellness premium waiver. Pack Health and BCBS are currently accepting participants. Sign up today. ●

Wellness Screenings Due by August 31, 2021

Get your wellness screening early

Now is the time to take action to avoid the wellness premium charge for next school year. All members and covered spouses enrolled in the Blue Cross Blue Shield Group #14000 PEEHIP Hospital Medical Plan must get a wellness screening between

August 1, 2020, and August 31, 2021, to earn the \$50 monthly wellness premium waiver which will be applied on October 1, 2021.

A free wellness screening is available through the Alabama Department of Public Health (ADPH). Visit the ADPH online screening calendar at <https://dph1.adph.state.al.us/publical/> to learn when and where

screenings will be offered at your workplace or in your area. If you prefer for your primary care physician to do your screening, you will need to have your doctor complete a Healthcare Provider Screening Form (HPSF) and fax it to ADPH for you to receive the wellness premium waiver. The HPSF can be found at <https://www.rsa-al.gov/peehip/forms/>. ●



JOIN KELSEY IN THE KITCHEN

CheWS Wisely AlabamaSM is proud to announce a partnership with Alabama's own Kelsey Barnard Clark, winner of Top Chef and owner of the restaurant KBC in downtown Dothan. In the coming weeks, she will be sharing some great recipes and tips on making healthy eating delicious and fun. We sat down with Kelsey to learn a little bit about what makes cooking so special for her.

Why do you love cooking?

It's my love language to cook for people. Nothing makes me happier than to see people I love enjoying a meal together.

What makes Alabama cuisine special to you?

There are so many Southern dishes that just make me feel like I'm home. Alabama cuisine is comfortable, wholesome, and almost always includes a story.

What is your favorite Alabama food?

The buttermilk biscuit. It is my favorite thing to make and teach people to make.

Are there any quick and easy healthy meals that are always crowd-pleasers?

Oh yes, tons! Too many to even list. Most of the meals I make over and over again are ones that are easiest on me as the cook, and make my crowds the happiest.

What do you think people's biggest hang-up is about eating healthy?

A lot of people grew up with the mindset that 'eating healthy' meant cutting out everything delicious and fun. I think part of the beauty of this is showing people how to make really amazing dishes that you would never guess were a 'healthy option.' My goal is for people to enjoy every single meal they make and never feel as though they are depriving themselves of anything.

Can healthy food really taste good?

Absolutely. Most of my favorite meals are considered healthy.

What excites you about working with Chews Wisely AlabamaSM?

I love the whole concept behind Chews Wisely AlabamaSM. While I am a chef and love indulgent meals, I equally love being healthy and helping others feel good about themselves. Uplifting, motivating, and educating others through my food is a passion I am thrilled to be fulfilling.

Do you have any tips for eating healthy? (prep/seasoning/etc.)

Switching up just the way you cook things can be a game-changer with so many recipes. Roasting, grilled, broiling, and sautéing are your best friends with healthy eating. For example, a plate of baked chicken breast and steamed brussels sprouts is less than ideal to eat, but a whole roasted chicken with brussels sprouts cooked in the fat is heavenly with little to no added calories.

What's your go-to dish if you only have 30 minutes to make it?

My seared bone-in pork chop with cabbage, lady peas, and chimichurri. Bonus, it is all made in one skillet!

STAY POSTED FOR MORE FROM KELSEY

Follow us on social media and check in at ChewsWiselyAlabama.com to see the latest from Kelsey! Trust us, you will not want to miss a thing. In the meantime, try out her go-to pork chop recipe at ChewsWiselyAlabama.com/seared-bone-in-pork-chop/. ●



INGREDIENTS

- Cooking spray
- 8.5 oz corn muffin mix
- 15.25 oz can sweet yellow corn, drained
- 14.75 oz can sweet corn, cream style
- 16 oz fat-free Greek yogurt
- 1/4 cup melted light butter
- 1/2 cup egg whites

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Spray a 9" x 13" baking dish with cooking spray.
3. In a large bowl, combine all ingredients and mix with a spoon. It will be fluffy and you will think you did something wrong, but don't worry, you are doing fine.
4. Pour into baking dish and bake 55-60 minutes, or until the edges are golden.
5. Let it cool a few minutes before cutting.



INGREDIENTS

Cooking spray

1 can (40 ounces) sweet potatoes in Splenda, drained

1/3 cup granulated stevia

1/2 teaspoon salt

1/4 cup egg beaters

1/4 cup fat-free milk

1/2 teaspoon vanilla

TOPPING

2 tablespoons packed stevia brown sugar

3 tablespoons all-purpose flour

1 teaspoon ground cinnamon

1 tablespoon no-trans-fat 68% vegetable oil spread, melted

1/3 cup chopped pecans

INSTRUCTIONS

1. Preheat oven to 350°F. Spray 1½-quart casserole with cooking spray.

2. In large bowl, mash sweet potatoes. Stir in granulated stevia, salt, egg beaters, milk, and vanilla; spoon into casserole.

3. In small bowl, mix all topping ingredients except pecans until well blended. Stir in pecans. Sprinkle over sweet potato mixture.

4. Bake uncovered 35 to 40 minutes or until thoroughly heated.



Medicare-Eligible PEEHIP Members

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

Diabetes: Are you at risk?

Having diabetes means there is too much glucose, or sugar, in your blood. Many of the risk factors for diabetes can be controlled by a healthy lifestyle—things like eating healthy, losing weight, and exercising. If you know your risks, you can make changes that may help prevent diabetes.

What is diabetes?

Diabetes is a condition in which blood glucose levels are too high because of the body's inability to make enough insulin or use insulin properly.

There are two key players:

- **Glucose** (sugar) is fuel for the body's cells
- **Insulin** takes glucose from the blood to the cells

For people with diabetes, the body makes little to no insulin, and/or the body prevents the cells from using the insulin it makes (insulin resistance). As a result, glucose cannot get into the cells, so it stays in the blood, causing high blood glucose (hyperglycemia).¹

Sugar in foods can be categorized in two ways: naturally occurring or added

- **Naturally occurring sugars** are found naturally in foods or drinks, such as fruits or milk.
- **Added sugars** are sweeteners that have been added to foods or drinks during processing or preparation.

There are two main types of diabetes:

- **Type 1 diabetes.** The pancreas does not produce insulin, which causes a buildup of glucose (sugar) in your bloodstream.
- **Type 2 diabetes.** The pancreas still makes insulin, but the insulin does not do its job as it should. Glucose just hangs around and builds up in the blood. Initially, the pancreas makes even more insulin to get glucose to go into the cells, but eventually it gets worn out from working so hard and does not produce as much insulin.

Prediabetes is when a person's blood sugar level is higher than normal, but not high enough to constitute a diabetes diagnosis. This puts a person at a greater risk of developing Type 2 diabetes in the future.

Warning signs of diabetes²

Talk to your healthcare provider if you experience any of the following:

- Frequent urination
- Being unusually thirsty or hungry
- Being unusually tired or fatigued
- Feeling grumpy regularly
- Blurry vision
- Cuts and bruises that are slow to heal
- Tingling, pain, or numbness in the hands/feet
- Unexplained weight changes²

How is diabetes diagnosed?

There are several types of tests used to screen for diabetes:

- **Fasting plasma glucose (FPG) test.** This measures your blood glucose level at a single point in time. It is usually done in the morning, after fasting for at least eight hours.
- **A1c test.** This test provides your average levels of blood glucose over the past three months. The results are reported as a percentage. The higher the percentage, the higher your average blood glucose levels.
- **Oral glucose tolerance test (OGTT).** This two-hour test measures your blood glucose levels before and two hours after drinking a special drink. It tells your healthcare provider how well your body processes glucose.
- **Random plasma glucose test.** This test checks your blood glucose level at any time of day. It is most often used when a person has severe diabetes symptoms.³

Are you at risk?

Take the diabetes risk assessment to determine your risk. Use the results of this assessment to discuss your risk of diabetes with your healthcare provider. Use the boxes on page four to write your score for each question, and then add up your total score at the end.⁴

continued on page four

Diabetes: Are You At Risk? – continued from page three

Your Diabetes Risk Assessment		Your Points
1. What is your age?	<ul style="list-style-type: none"> Less than 40 years (0 points) 40 – 49 years (1 point) 50 – 59 years (2 points) 60 years or older (3 Points) 	
2. Are you a man or a woman?	<ul style="list-style-type: none"> Man (1 point) Woman (0 points) 	
3. If you are a woman, do you have a history of gestational diabetes or polycystic ovary syndrome?	<ul style="list-style-type: none"> Yes (1 point) No (0 points) N/A (0 points) 	
4. Do you have a family history of diabetes (for example, your mother, father, sister, or brother)?	<ul style="list-style-type: none"> Yes (1 point) No (0 points) 	
5. Have you ever been diagnosed with high blood pressure?	<ul style="list-style-type: none"> Yes (1 point) No (0 points) 	
6. Are you physically active (for example, do you get 150 minutes of exercise each week)?	<ul style="list-style-type: none"> Yes (0 points) No (1 point) 	
7. Are you overweight, obese, or extremely obese (use the chart on the next page to help determine which category you fit into)?	<ul style="list-style-type: none"> Normal weight (0 points) Overweight (1 point) Obese (2 points) Extremely obese (3 points) 	
8. What race or ethnicity best describes you?	<ul style="list-style-type: none"> White/Caucasian (0 points) American-Indian or Alaska Native (1 point) Asian-American (1 point) Black or African-American (1 point) Hispanic or Latino (1 point) Native Hawaiian or Other Pacific Islander (1 point) Other (0 points) 	

Your total score:

Diabetes risk assessment results

If your total score was greater than or equal to 5, you are at an increased risk for Type 2 diabetes.⁴ If you are at high risk, see your healthcare provider for a simple blood test to check for diabetes.

Some questions you may want to ask include:

- Should I get a diabetes screening test?
- What different tests are available?
- What are the pros and cons of each test?
- What can I do to lower my risk for diabetes?
- What are the symptoms of diabetes?
- If I am diagnosed with diabetes, what are my treatment options?

Schedule your screening today!

If you think you are at risk for diabetes, talk to your healthcare provider about being screened as soon as possible. It is important to get the treatment you need to prevent or delay complications.

Get Rewarded!

Through your PEEHIP Humana Group Medicare Advantage (PPO) Plan, you can earn rewards from Go365[®] by Humana by completing various activities and preventive health screenings! Use your rewards to redeem gift cards from a variety of popular brands including Amazon, Shell, Walmart, and Kohl's!

For more information on rewardable activities, or to get started with the Go365[®] by Humana Program, visit MyHumana.com and click on Go365[®] from your dashboard. (Note: Your username and password will be the same as you use to sign in to MyHumana.com). If you prefer to participate by mail, you can request paper materials by calling your dedicated PEEHIP Humana Group Medicare Customer Care Team at 800.747.0008 (TTY:711).

References

- ¹ Centers for Disease Control and Prevention www.cdc.gov/media/presskits/aa/d/diabetes.pdf
- ² American Diabetes Association www.diabetes.org/diabetes-basics/symptoms/
- ³ American Diabetes Association www.diabetes.org/diabetes-basics/diagnosis/
- ⁴ American Diabetes Association www.diabetes.org/are-you-at-risk/diabetes-risk-test/
- ⁵ Adapted from Bang et al, Ann Intern Med 151:775- 783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

Reference chart for your diabetes risk assessment ⁵			
Height	Weight		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	1 point	2 points	3 points

If you weigh less than the amount in the left column: 0 points

This is for informational purposes only and does not replace treatment or advice from a healthcare professional. If you have questions, please talk with your doctor. Talk to your doctor before beginning an exercise program or making any changes to your diet. ●