



**INGREDIENTS**

- 1 tablespoon olive oil
- 1 pound pork tenderloin, trimmed of all visible fat
- Freshly ground black pepper, to taste
- 2 cups chopped onion
- 2 cups chopped apple
- 1 1/2 tablespoons fresh rosemary, chopped
- 1 cup low-sodium chicken broth
- 1 1/2 tablespoons balsamic vinegar

**INSTRUCTIONS**

1. Heat the oven to 450°F. Lightly coat a baking pan with cooking spray.
2. In a large skillet, heat the olive oil over high heat. Add the pork and sprinkle with black pepper. Cook and turn until the tenderloin is browned on all sides (about 3 minutes). Remove from heat and place in the prepared baking pan. Roast the pork for about 15 minutes, or until a food thermometer indicates 165°F (medium).
3. Meanwhile, add the onions, apples, and rosemary to the skillet. Saute over medium heat until the onions and apples are soft (about 3 to 5 minutes). Stir in the broth and vinegar. Increase the heat and boil until the sauce has reduced (about 5 minutes).
4. To serve, slice the pork on the diagonal and place the slices on four warmed plates. Scoop the onion-apple sauce over the top and serve immediately.

Recipe courtesy of mayoclinic.org

## Making the Holidays Happier and Healthier

With all the sweets, treats, and hustle and bustle of the holiday season, it can be a challenge to eat healthy. [ChewsWiselyAlabama.com](http://ChewsWiselyAlabama.com), along with PEEHIP and Blue Cross and Blue Shield of Alabama, is here to help. We will help you ring in the New Year with better and healthier food choices than ever before.

### Get festive with deliciously healthy cookies

It is no accident that National Cookie Day falls right in the middle of the holidays – December 4, to be precise. Nothing evokes the spirit of the season like baking and sharing sweet, scrumptious cookies. But did you know you can make your

favorite cookies healthier and taste just as good? Fire up your oven and check out these tasty tips:

- ◆ Just by replacing all-purpose flour with whole-wheat flour, you will give your next batch of cookies about four times the fiber.
- ◆ Scale back the sugar and dial up the taste by replacing icing with nuts, orange zest, seeds, or drizzle with dark chocolate.
- ◆ Add no more than a half teaspoon of salt to every batch. You will not miss it, and you will better control your sodium intake.
- ◆ Use natural and whole ingredients

*continued on page two*



**EXPRESS SCRIPTS®**

Reminder – Effective October 1, 2021, Express Scripts® became the new prescription benefit manager for PEEHIP members enrolled in the Blue Cross Blue Shield Group #14000 Plan.\* All members should have received their new Express Scripts® ID card to be used at their pharmacy. If you have not received your ID card or have misplaced it, please call Express Scripts® at 800.363.9389.

\*This does not apply to PEEHIP members enrolled in the PEEHIP Humana Group Medicare Advantage (PPO) Plan. ●

## Making the Holidays Happier and Healthier (continued from page one)

instead of processed ingredients like margarine and vegetable shortening. Try substituting these items with heart-healthy oils such as canola oil, olive oil, applesauce, or Greek yogurt.

### Go homemade for the holidays

Give the gift of healthy food this season. Nothing says you care like a treat that comes straight from your kitchen. Try your hand at jam or apple butter made from scratch. Put together a great trail mix of nuts and dried fruits. Package up homemade family recipes, or whip up your own brand of pesto or salsa. It is a gift that comes uniquely from you, and it may be easier on your holiday budget as well.

### 'Tis the season for sharing

Favorite holiday recipes handed down through generations are the highlight of many family gatherings. Recipes are even better if some ingredients are swapped out to make them healthier. If you have a healthier version of a favorite holiday dish you would like to share, please go to [ChewsWiselyAlabama.com/submissions](https://ChewsWiselyAlabama.com/submissions).

### Make a healthy holiday connection

If your goal is to eat healthy and still enjoy all the flavors the season has to offer, point your culinary sleigh toward [ChewsWiselyAlabama.com](https://ChewsWiselyAlabama.com). You will find information, videos, and recipes that show you how to create dishes that are not only good for you but will satisfy the entire family as they gather around the holiday dinner table. This month, be sure to check out our recipe for pork tenderloin with apples and balsamic vinegar. And don't forget to follow us on Facebook and Instagram. ●

## Your Shot at Sticking it to the Flu

**D**id you know that adults with the flu can be contagious from the day before symptoms begin (typically 1-4 days), all the way up to 10 days after the illness starts,<sup>1</sup> and can spread the flu to others who are up to six feet away?<sup>2</sup>

The flu can be very serious. One of the best ways to avoid the flu and related complications is to get a flu shot. According to the Centers for Disease Control and Prevention (CDC), during the 2019-2020 flu season, up to 740,000 Americans were hospitalized because of problems related to the flu.<sup>3</sup> The single best way to prevent seasonal flu is to get vaccinated each year.<sup>4</sup>

To help you and those around you stay healthy, you can receive your flu vaccine at a participating retail pharmacy. It is especially important for pregnant women, older adults, and people with chronic health conditions to get the flu vaccine not just this year, but every year. Spread the news – not the flu – and stop by a retail location to get vaccinated today.

### Available options for flu shots

Getting a flu shot is easy and convenient and is available at the options below:

- ◆ Your doctor's office
- ◆ Your local pharmacy
- ◆ The Alabama Department of Public Health (ADPH)
  - To see a listing of available and upcoming flu shot clinics offered by ADPH, please visit <https://dph1.adph.state.al.us/PublicCal/>.

There is no additional cost or copay for any of the flu shot options. **Please remember to bring your PEEHIP ID card to whichever location you choose for your vaccine.**

**Members covered under the PEEHIP Humana Group Medicare Advantage (PPO) Plan: Be sure to show your Humana ID card at the time of getting a flu shot from ADPH, your doctor, or your pharmacy.**

Contact your network pharmacy in advance to inquire about flu vaccine availability, age restrictions, and current vaccination schedules.

Vaccines at a local participating pharmacy typically do not require an appointment and are often quicker to get than those administered by a physician.

### Are there other ways to prevent the spread of illness?

According to the CDC, everyday actions can help you stay healthy:

- ◆ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ◆ Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- ◆ Avoid touching your eyes, nose, or mouth.
- ◆ Stay home if you get sick. The CDC recommends that you stay home from work or school and limit contact with others to avoid infecting them.
- ◆ During the COVID-19 pandemic, wear a mask when in public and encountering others; stay six feet away from other people and avoid gathering in large groups or unnecessary travel. ●

<sup>1</sup> WebMD: <https://wb.md/2FmTI80>

<sup>2</sup> Newsweek: <https://bit.ly/2o1CUvC>

<sup>3</sup> CDC: <https://www.cdc.gov/flu/about/burden/preliminary-in-season-estimates.htm>

<sup>4</sup> For everyone 6 months of age and older

# Prior Year Flex Filing Deadline Fast Approaching

If you were enrolled in the 2021 plan year PEEHIP Flexible Spending Account (FSA), which expired September 30, 2021, the deadline to file for reimbursement from that 2021 plan year's FSA is January 15, 2022. To be eligible for reimbursement, expenses must have been incurred by December 31, 2021. Submit your request online at [healthequity.com/PEEHIP](https://healthequity.com/PEEHIP) or mail in a reimbursement form along with supporting documentation to HealthEquity at the address shown on the form.

Remember, unused funds contributed to a FSA plan cannot be refunded. All unused funds remaining in your 2021 Dependent Care Reimbursement Account (DCRA) and in excess of \$500 in your Health FSA after the January 15, 2022 filing deadline will be forfeited. To check your balance, log in to your HealthEquity online account or contact HealthEquity customer service at 877.288.0719. ●

## Medicare-Eligible PEEHIP Members

The information below pertains to current or prospective members of the PEEHIP Humana Group Medicare Advantage (PPO) Plan. For more information, visit [rsa-al.gov/peehip/retirees/](https://rsa-al.gov/peehip/retirees/).

### Your PEEHIP Humana Plan – Important Reminders and Updates

As we approach the end of the 2021 plan year and look forward to 2022, please make a note of the following important PEEHIP Humana Plan reminders and updates:

- 1. Deductible:** Your annual Part B medical deductible restarts as of January 1 and increases from \$198 to \$203 for the 2022 plan year.
- 2. SilverSneakers®:** SilverSneakers® will no longer provide hard copy ID cards as they are not needed to join a participating SilverSneakers® fitness location. When looking to join a participating location, provide your Humana ID card, and the fitness location will verify your eligibility and issue your membership. If you wish to provide your SilverSneakers® ID number, you may obtain it by accessing your SilverSneakers® account at [SilverSneakers.com](https://SilverSneakers.com), on the SilverSneakers® GO mobile app, or by calling SilverSneakers® at 888.423.4632.
- 3. Submit your completed activities to Go365®:** Visit the Go365® website through your [MyHumana.com](https://MyHumana.com) account to log your completed social and physical fitness activities. Once your activities have been logged, your rewards will automatically be reflected

in your account and will be available for you to redeem. If you do not have online access, please remember to return your paperwork and social activity trackers to Humana by December 15 to ensure that your rewards are credited to your account before the end of the year.

- 4. Go365® rewards:** You have until December 31 to redeem the Go365® rewards you have earned to exchange into gift cards. You may have rewards waiting for you in your account for the various preventive services you have completed this year, such as your Annual Wellness Exam, flu shot, mammogram, colonoscopy, and more. Log in to your Go365® account through [MyHumana.com](https://MyHumana.com) to visit the Go365® mall and make your gift card selections. If you do not have online access, you may also contact the Go365® mall at 866.677.0999 to redeem your rewards. Rewards that are not redeemed by December 31, 2021, will be forfeited. Rewards must be earned and redeemed within the same plan year.
- 5. 2022 Go365® gift card options:** Please see the chart on page four for the updated listing of gift cards available in the Go365® mall for the 2022 plan year. Due to Medicare's new rules, gift cards that are considered cash equivalent are no longer allowable, which eliminates big-box stores and retailers such as Target and Amazon.

*continued on page four*

continued from page three

2022 Go365® Gift Cards		
Safeway/Albertson	Barnes and Noble	Spa and Wellness
CVS	BP Gas	Subway
Walgreens	Macy's	Panera
Publix	Menards	Applebee's
Shell	JoAnn Fabric and Craft	Chili's
TJMaxx/Marshalls/HomeGoods	Michaels	Chipotle
Kohl's	Home Depot	Starbucks
Petco	Petsmart	IHOP
Lowe's	Walmart*	Darden Restaurants

\*Please note: This Walmart gift card cannot be used to purchase prescription drugs or medical services that are covered by Medicare, Medicaid, or other federal healthcare programs, alcohol, tobacco, e-cigarettes, or firearms.

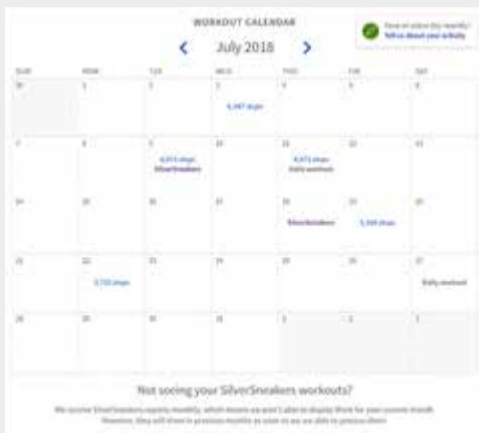
For questions about your PEEHIP Humana Plan, please contact your dedicated PEEHIP Humana Customer Care Team at 800.747.0008 (TTY: 711), available Monday – Friday from 7 a.m. to 8 p.m. CST, or visit [our.Humana.com/PEEHIP](http://our.Humana.com/PEEHIP). ●

## A New Way to Track and Earn with Go365®

PEEHIP Humana members who have completed eligible physical fitness and social activities can now self-report completed activities through [Go365.com](http://Go365.com). Visit [our.Humana.com/PEEHIP](http://our.Humana.com/PEEHIP) and sign in or register. Once logged in, navigate to the Go365® dashboard and follow the steps below to self-report an activity.

To report a completed fitness activity:

1. Navigate to the *Exercise and Fitness* tab.
2. Scroll down to the workout calendar (pictured below) and select the green pencil icon in the top right-hand corner of the calendar.
3. Enter your completed physical fitness activity.



To report a completed social activity:

1. Navigate to the *Social Activities* tab from your Go365® dashboard.
2. Fill out the form pictured below to receive credit for the social activity you completed.

If you do not have online access, contact your PEEHIP Humana Customer Care team for assistance at 800.747.0008 (TTY: 711) to request paper forms to log your completed activities.

Please note: SilverSneakers® workouts may take about 60 days to reflect in your Go365® account. For Go365® workouts completed in November and December, Humana recommends you report these completed workouts through the Go365® website or through the paper forms to ensure your rewards are available before the end of the year. ●