



Wellness News

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Anthem Members:

You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing from the **Sydney Health app**. Scan and download app today!

"People don't notice whether it's winter or summer when they're happy." - Anton Chekhov

Self-Care: Healthy Body, Healthy Mind

If you want to get or stay healthy and active, it's important to treat your body and mind with care.



Nurture Your Body

- **Regular checkups:** Even if you feel healthy, an annual physical gives your doctor the chance to catch health problems early, before they become more serious. They can also help you stay on track with good habits that will keep you feeling your best.
- **Physical activity:** Exercise is one of those self-care items that's easy to put off — yet it's vital to strong physical and mental health. It can boost your mood, kickstart your immune system, aid digestion, and help you sleep.
- **Healthy eating:** When it comes to taking care of yourself, what you eat and drink play a critical role. Food is your fuel — and your medicine. It affects how you feel, how well your body moves, and how well your brain works. Drinking enough water every day is also vital for health.
- **Good sleep:** Sleep restores your body and brain. Strive for around seven to nine hours of quality sleep. To help, try turning off electronic devices an hour before bed and going to sleep at the same time each night. A few minutes of deep breathing or meditation can help you relax.

Make Time For Mental Health

- **Talking to a mental health professional:** If you're not sure how to start counseling or where to find a therapist, your health plan can help connect you with mental health support.
- **Getting outside:** Being around nature can improve focus, lower stress, and boost your mood. If you're feeling angry or stressed, step outside for a few minutes. Enjoy the breeze and sunshine. Even small things like having a houseplant bring a touch of nature indoors.
- **Practicing gratitude:** Take a few minutes every day to be thankful for what you have by praying, meditating, or writing in a journal. Also, remember to tell those who matter most to you how much you appreciate them.

Connect with Others

- **Practice being more social:** People who regularly engage with others, and even with pets, recover faster from illness and are sick less often. Say “hi” to your neighbor and “yes” to a night out. If you are feeling down, reach out to a trusted friend. A good laugh or heart-to-heart talk is healing for both mind and body.
- **Get involved:** Volunteering is good for your mental health and your community. Find something that meets your interests and fits your schedule, whether it's once a week or once a month.
- **Take a break from social media:** Social media might seem like a good way to connect with others, but it also can take a toll on your quality of life, self-esteem, sleep, and mood. Take a break from your phone, starting with not checking your phone during meals, before bedtime, or right when you wake up.

Body Positivity

Learning what healthy means for you.

Body positive is a movement that promotes acceptance of all bodies, regardless of size, shape, skin tone, gender, and physical abilities. It encourages a positive body image that's based on treating yourself and your body with respect and appreciation. Building body acceptance is vital because having a negative body image can lead to eating disorders, mental health conditions, performance-enhancing substance use, and depression or suicide.



How to build a positive body image

- Most people don't love all of their body all of the time, but it is possible to like and appreciate your body more.
- Practice gratitude. Be thankful for all your body does for you every day.
- Scrub your social media feed. If certain apps or people make you feel bad, remove or unfollow them.
- Surround yourself with positive people. They'll support and love you for who you are, not how you look.
- Give yourself encouragement. Post inspiring quotes on your mirror or repeat a positive saying each morning.
- Focus on yourself as a whole person. Make a list of all you do for family, friends, and your community.
- Shift your energy when you're feeling bad. Go for a walk, write in a journal, or meditate.

Preventive Care

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- Screening tests, which are medical tests to check for diseases early, when they may be easier to treat.
- Services, like vaccines (shots), that improve your health by preventing diseases and other health problems.
- Dental cleanings.
- Education and counseling to help you make informed health decisions.



Anthem members: Log into **Sydney**, select **MENU** on the bottom navigation bar, then select **ACCESS CARE, MyHealth Dashboard**, then **Featured Programs** then **Preventive Health Guidelines** and much more! You can also click to go to: <https://www.anthem.com/preventive-care>

Egg Roll in a Bowl

Course: Lunch/Dinner | Cuisine: Asian Diet:
Gluten Free | Servings: 3



This egg roll in a bowl recipe is a favorite low carb meal. It's packed with protein and veggies, made in one skillet and comes together in less than 30 minutes!

Ingredients

- 1 lb ground turkey or chicken
- ¼ cup yellow onion chopped
- 3 cloves garlic minced
- 2 teaspoons fresh **ginger** grated or minced
- 1 12-14 oz package coleslaw mix
- ¼ cup low-sodium soy sauce tamari or coconut aminos
- 2 teaspoons toasted sesame oil
- 1-2 teaspoons sriracha or sambal oelek (chili paste)
- 2 green onions sliced
- sriracha for serving (optional)
- sesame seeds and chopped cilantro for garnish
- cooked cauliflower rice for serving (optional)

Instructions

- Heat a large skillet over medium-high heat. Add ground meat and cook until no longer pink, about 5-6 minutes. While cooking, break meat into smaller pieces using a wooden spoon or spatula and season liberally with salt and pepper.
- Add onion, garlic, ginger, coleslaw mix, soy sauce, sesame oil and sriracha to the skillet. Cook for another 5 minutes or so, until cabbage is tender. Taste and add more soy sauce or sriracha, if needed.
- Portion mixture into bowls and top with green onions, sesame seeds and cilantro. Serve with additional soy sauce, sriracha or chili crisp, if desired.

Benefits of Ginger



Nausea relief. Encouraging stomach emptying can relieve the discomforts of nausea.

Bloating and gas. Eating ginger can cut down on fermentation, constipation and other causes of bloating and intestinal gas.

Wear and tear on cells. Ginger contains antioxidants. These molecules help manage free radicals, which are compounds that can damage cells when their numbers grow too high.

Is ginger anti-inflammatory? It is possible. Ginger contains over 400 natural compounds, and some of these are anti-inflammatory. More studies will help us determine if eating ginger has any impact on conditions such as rheumatoid arthritis or respiratory inflammation.

Anthem members: You can find additional information about nutrition and more via the Sydney app. Tap on MENU from the home screen, "ACCESS CARE", "My Health Dashboard", and scroll down Action Plans check out Eat Healthy and then explore "My Health News".

Sources: [Egg Roll in a Bowl – Eating Bird Food](#) and [John's Hopkins Medicine](#)