



Wellness News

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Anthem Members:

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Child Immunizations

Vaccines help protect them when we can’t

Keeping up with preventive care and vaccinations is an important part of being our healthiest. This is true for children, too. Childhood vaccines help your child’s body learn how to fight off dangerous diseases they may be exposed to throughout their life, such as measles, whooping cough, chickenpox, and polio. They also help prevent the spread of disease, which protects people at increased risk and those who may not be eligible to receive certain vaccines. The research and testing that goes into vaccines make them a highly effective and safe way to help keep your family healthy now and into the future.

Common concerns around childhood vaccines

It’s normal to want what’s best for your child, so you might have questions about vaccine safety and how they work. Talk to your child’s doctor if you have any additional questions or concerns.

The concern: Vaccines can cause autism.

The facts: Multiple studies and years of research have shown there is no link between receiving vaccines and developing autism spectrum disorder (ASD). There has also been no research to support that any vaccine ingredients cause ASD.¹

The concern: Vaccines can cause sudden infant death syndrome (SIDS).

The facts: The peak risk period for SIDS is between 2 and 4 months old. While young children receive multiple vaccines across their two- and four-month visits, there has been no research or studies showing a link between the two.²

The concern: Vaccines contain toxic ingredients.

The facts: Vaccines only include what is needed to make them safe and effective, and each ingredient is individually tested for safety.³

The concern: Children shouldn’t get vaccines so young.

The facts: The recommended vaccination schedule balances when a child is most at risk for disease exposure with when the vaccine will be most effective. Vaccines are also tested to ensure they can be safely given at the recommended ages.⁴

Recommended childhood vaccines by age⁵

Below is a list of the vaccines and boosters that may be recommended for your child depending on their age. Keep in mind, while many of these vaccines require multiple doses, your child may not receive a dose of every vaccine at every visit. For a more detailed look at what vaccines may be given at each well-child visit, go to cdc.gov/vaccines.

Birth to 6 months	12 to 23 months	2 to 6 years	7 to 18 years
- HepB (hepatitis B) - RV (rotavirus) - DTaP (diphtheria, pertussis, and tetanus) - Hib (haemophilus influenza type b) - PCV13, PCV15 (pneumococcal disease) - IPV (polio) - COVID-19	- HepB - DTaP - Hib - PCV13, PCV15 - IPV - MMR (measles, mumps, rubella) - Varicella (chickenpox) - HepA (hepatitis A)	- DTaP - IPV - MMR - Varicella - COVID-19	- DTaP - HPV (human papillomavirus) - MenACWY (meningococcal disease) - MenB (meningococcal disease) - COVID-19

The flu vaccine

At six months old, children are eligible for the annual flu vaccine. For more details on what vaccines your child may need, visit anthem.com/preventive-care. You can use the guidelines there to have a discussion with your child’s doctor and come up with a vaccination plan.

Sources: Centers for Disease Control and Prevention: Making the Vaccine Decision: Addressing Common Concerns (accessed September 2023): cdc.gov. 1 Centers for Disease Control and Prevention: Autism and Vaccines (accessed September 2023): cdc.gov. 2 Centers for Disease Control and Prevention: Sudden Infant Death Syndrome(SIDS) and Vaccines (accessed September 2023): cdc.gov. 3 U.S. Department of Health and Human Services: Vaccine Ingredients (accessed September 2023): hhs.gov. 4 Centers for Disease Control and Prevention: Why Vaccinate(accessed September 2023): cdc.gov. 5 Centers for Disease Control and Prevention: Vaccines Schedule(accessed September 2023): cdc.gov. The information above is meant to educate, not serve as medical advice. Ask your child’s doctor for medical advice about their health

Improve Your Emotional Wellbeing

You can improve your overall emotional wellbeing for a greater sense of purpose, more supportive relationships, and better health. **Start with these 7 steps.**

1

Identify and manage difficult emotions

It's normal to experience difficult emotions, especially when life gets challenging. But it's important to learn to cope with those feelings in healthy ways.

Check in with yourself to see how you are feeling. Identifying your feelings is the first step to managing your emotions. Try to let yourself feel and accept your feelings without judgment, even if they are upsetting.

Be kind to yourself. It can help you keep a positive mindset.

Embrace self-care. Take time to relax, curl up with a book, or get outside. Appreciate the positive parts of life.

Replace negative or critical thoughts with positive ones. It's like giving your mind a healthy makeover!

Make an appointment with a counselor if you've been overwhelmed with stress, anxiety, or sadness that gets in the way of everyday life.

2

Cope with stress in healthy ways

Keep a journal to help process how you feel. Writing about your feelings lets you express, understand, and cope with them better. It can give you new insights on a situation that you had not thought of before.

Practice relaxation techniques like deep breathing exercises, yoga, or meditation.

Do hobbies or activities you enjoy. They can help you take your mind off stress.

3

Strengthen and maintain relationships and social connections

Reach out to others for support to help you cope with challenges, relieve stress, and build meaningful connections.

Dedicate time to spend with others and do things you enjoy.

Join social groups or clubs where you can meet like-minded people and create new connections.

Participate in local events, gatherings, or volunteer opportunities to expand your social network.

4

Communicate better

It's important to be able to communicate your feelings and needs to others effectively to maintain good relationships. Communicating your feelings can also offer comfort and support to others.

Share your emotions honestly and respectfully.

Try to keep your tone calm and respectful.

Listen actively. Give your full attention to the person speaking and avoid interrupting.

Show care and empathy even if you don't fully understand or agree with how someone else feels.

Source: [cdc.gov/emotional-well-being/improve-your-emotional-well-being/index.html](https://www.cdc.gov/emotional-well-being/improve-your-emotional-well-being/index.html)

5

Practice mindfulness and express gratitude

Take a few moments each day to slow down, focus on the present, and acknowledge the things you appreciate. This can help reduce stress and improve your overall wellbeing.

Practice mindfulness by dedicating time to pay attention to your breath, body, and surroundings without judgment, and gently bring your focus back whenever your mind wanders.

Keep a gratitude journal.

Reach out to thank someone who has made a difference in your life.

If you can, **give back** through a kind act or volunteering.

6

Work through problems

Challenges in life can be stressful, but they also offer opportunities for personal growth. You can help manage and overcome challenges by:

Focusing on potential solutions rather than dwelling on problems.

Approaching problems from different perspectives. Take a step back and consider different views and potential solutions to broaden your understanding and find creative ways to solve the problem.

Learning from mistakes. Use those lessons to guide you, moving forward.

7

Take care of your physical health

Physical health is closely connected to emotional wellbeing, so it is important to take care of your body.

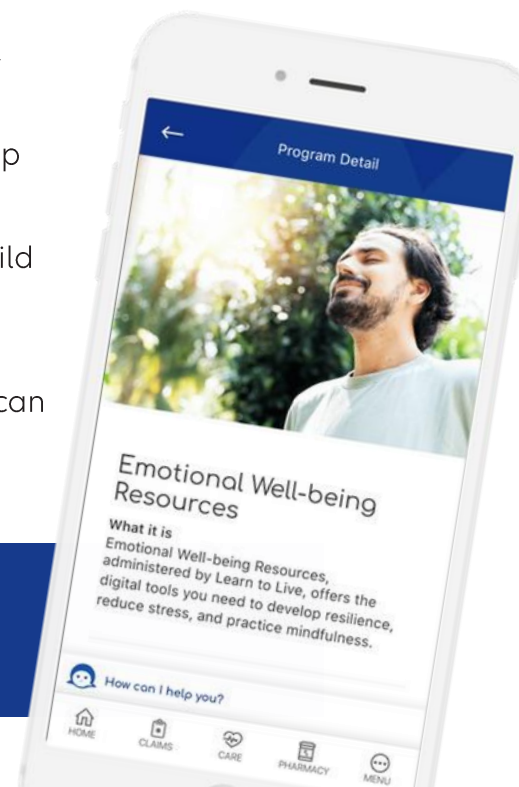
Eat healthy. Have fruits and vegetables, lean protein, whole grains, and low- or no-fat dairy. Limit unhealthy fats, salt, and added sugars.

Get enough sleep. Adults need 7 or more hours per night. Try to go to bed and wake up at the same time each day to help you sleep better.

Be active. Physical activity helps our body and mind. You can start small and try to build up to 2½ hours a week. You can break it into smaller amounts of time, like 20 to 30 minutes a day.

Limit alcohol use and avoid smoking, vaping, and using other tobacco products. This can improve your mental and physical health and wellbeing.

Anthem Members: Log into the Sydney app scroll down to select Personalize Your Care to find Behavioral Health resources and tools, such as Emotional Wellbeing Resources.



Cardio and Strength Training: Why do both?

Together, they build muscle, boost heart health, and burn fat

Cardio and strength training are two kinds of exercise that can improve your whole health. Cardio gets your heart pumping while strength training creates stronger, leaner muscles. Understanding how they work separately and together can help you build a workout that works best for you.

What to know about cardio

Cardio exercise increases your heart rate. During cardio workouts, your heart pumps faster and harder to deliver your muscles the extra oxygen they need. Cardio exercises include:



Running



Cycling



High-intensity interval training (HIIT)



Swimming

Cardio goal

2.5 hours (moderate) or 75 minutes (vigorous) a week.

How your body benefits

- Burns more calories during workout
- Strengthens heart health and endurance
- Boosts mood and energy
- Helps keep blood pressure, blood sugar, and weight in check
- Helps prevent illness by boosting your immune system

What to know about strength training

Strength training uses a form of resistance — such as weights, exercise bands, or your own body — to strengthen muscles through repetition. Strength training exercises include:



Weightlifting



Yoga and barre



Resistance band exercises



Pushups, situps, and squats

Strength training goal

2 times a week.

How your body benefits

- Improves metabolism to burn more calories, even at rest
- Strengthens heart health and endurance
- Boosts mood and energy
- Helps prevent injury by improving flexibility, balance, and bone health
- Helps maintain a healthy weight

Stay fit and feel your best

Your doctor can help you build a workout program that balances cardio exercise and strength training. Use the **Find Care** feature at [anthem.com](https://www.anthem.com) to connect with a doctor in your plan's network.

Sources:
Centers for Disease Control and Prevention: What counts as physical activity for adults? (December 6, 2023): [cdc.gov](https://www.cdc.gov).
Mayo Clinic: Aerobic exercise: Top 10 reasons to get physical (November 18, 2023): [mayoclinic.org](https://www.mayoclinic.org).
Mayo Clinic: Strength training: Get stronger, leaner, healthier (April 29, 2023): [mayoclinic.org](https://www.mayoclinic.org).

Mango-Lime Coconut Energy Balls

Active Time: 20 minutes
Total Time: 30 minutes
Servings: 12



"These are a bright, naturally sweet snack that's perfect for a quick pick-me-up. Rolled in coconut, they're an easy, no-bake option to keep on hand for busy days!"

Ingredients:

- 1 cup boiling water
- 1 cup unsweetened dried mango, torn into bite-size pieces
- ½ cup chopped pitted Medjool dates
- ¾ cup old-fashioned rolled oats
- ½ cup chopped raw pistachios
- 2 tablespoons hemp seeds
- ¼ teaspoon salt
- 3 teaspoons grated lime zest, divided
- 2 tablespoons lime juice
- ⅔ cup unsweetened shredded coconut

Directions:

Step 1

Combine 1 cup boiling water, the mango pieces and ½ cup dates in a medium bowl. Let stand until softened and plumped, about 10 minutes. Drain, reserving ¼ cup soaking liquid.

Step 2

Transfer the mango and dates to a food processor. Add ¾ cup oats, ½ cup pistachios, 2 tablespoons hemp seeds and ¼ teaspoon salt; process until finely chopped, about 1 minute, stopping to scrape down the sides as needed.

Step 3

Add 2 teaspoons lime zest, 2 tablespoons lime juice and 1 tablespoon of the reserved soaking liquid; pulse until the mixture comes together, 3 to 5 pulses. If needed, add more soaking liquid, 1½ teaspoons at a time, until the mixture holds together when pressed.

Step 4

Line a large rimmed baking sheet with parchment paper. Using a 1-tablespoon scoop, portion the mixture into 24 mounds on the prepared baking sheet. Roll each portion into a ball using clean hands.

Step 5

Combine ⅔ cup coconut and the remaining 1 teaspoon lime zest on a plate. Roll the balls in the coconut mixture, pressing gently to coat.