



Wellness News

September 2026

This issue:

Healthy aging and longevity

Caregiver stress and burnout

Recipe:

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 the QR code with your phone's camera or visit the App Store® or Google Play™.



Healthy aging and longevity

Regular physical activity is one of the most effective ways to improve your health and longevity. Aim for **150 minutes of moderate activity or 75 minutes of vigorous activity each week**, along with **strength training at least two days per week**. Remember, every movement counts, whether it's walking, gardening, running, or swimming.

Other Keys to Longevity

- ✓ Don't smoke
- ✓ Limit alcohol
- ✓ Get 7-9 hours of sleep nightly
- ✓ Stay hydrated
- ✓ Maintain social connections
- ✓ Practice a positive mindset

Anthem members: Login to [anthem.com](https://www.anthem.com) and explore Special Offers to enroll in the Active&Fit program. Gain access to gym discounts and over 10,000 of free workout videos.

Source: *Harvard Health Publishing, "Longevity: Lifestyle Strategies for Living a Healthy Long Life"*
<https://www.health.harvard.edu/topics/healthy-aging-and-longevity>



Caregiver stress and burnout

What is Caregiver Burnout?

Physical, emotional, and mental exhaustion that can occur when caring for others. More than 60% of caregivers experience symptoms of burnout.

Common Signs

- ✓ Feeling exhausted or overwhelmed
- ✓ Increased stress, anxiety, or depression
- ✓ Trouble sleeping or concentrating
- ✓ Withdrawing from family, friends, or activities you enjoy

Ways to Prevent Burnout

- ✓ Make time for self-care
- ✓ Ask for and accept help
- ✓ Set realistic expectations
- ✓ Connect with support groups or trusted friends
- ✓ Take breaks and use respite care when available

Anthem members:

Call the number on the back of your card to learn about the resources available to you and your family.

Source: *Cleveland Clinic, Caregiver Burnout: What It Is, Symptoms & Prevention*
<https://my.clevelandclinic.org/health/diseases/9225-caregiver-burnout>

White Bean and Avocado Wrap

Prep Time: 20 min

Total Time: 20 min

Servings: 4

Serving Size: 1 wrap

Ingredients

- 3 tablespoons vinegar (red wine, white, or apple cider)
- 1 1/2 teaspoons extra-virgin olive oil
- 1 teaspoon honey
- 1/8 teaspoon pepper
- 1 medium carrot, shredded
- 2 cups shredded romaine lettuce or torn baby spinach
- 1/2 cup cherry tomatoes, quartered
- 2 tablespoons coarsely chopped fresh cilantro, divided use
- 1 (15.5-ounce) can no-salt-added white beans, drained and rinsed
- 1 medium ripe avocado, quartered
- 4 (8-inch) whole-wheat or corn tortillas (lowest sodium available)

Directions

- Toss vegetables with vinaigrette in a bowl and let sit 15 minutes.
- Mash white beans and avocado together.
- Spread bean mixture onto tortillas.
- Top with vegetable mixture and cilantro.
- Fold, wrap, and enjoy!

Source: American Heart Association Recipes <https://recipes.heart.org/en/recipes/white-bean-hummus-wraps-with-avocado-and-bell-pepper>

