Stay Well Ahead

Winter is here and the new year is just ahead. Be prepared with these wellness reminders and help from Horizon Blue Cross Blue Shield of New Jersey (Horizon BCBSNJ).

Annual Plan Benefits
Your Horizon BCBSNJ plan provides benefits for specified covered services related to Preventive Care, such as routine physicals, screenings, and lab work. Certain Preventive Care services are covered annually; with the start of a new year just ahead, keep in mind you can access these services in-network at no charge.

Also remember that any deductible amounts that may apply to your plans will renew in 2017. See your benefit overviews for details.

Stay Ahead of The Flu
There is still time to prevent the flu this season. Talk with your doctor or choose from a select network of New Jersey pharmacies to get a flu shot now. These pharmacies are contracted to administer the flu shot and other vaccines onsite with your Horizon BCBSNJ medical ID card. Visit www.horizonblue.com to learn more.

Feeling Down?
The colder days ahead with fewer hours of sunlight may cause some to feel less energetic, have trouble sleeping, or feel depressed nearly every day. If you face the “winter blues” each year, you could suffer from SAD, or Seasonal Affective Disorder.

The National Institute of Mental Health (NIMH) advises that:
• Those with a family history of or diagnosed with bipolar disorder or depression are especially at risk.
• Younger adults are at higher risk than older adults; SAD can also occur in children and teens.

If you worry you are suffering from SAD, speak with your doctor. Learn more about depression and other health topics at Horizon BCBSNJ Member Online Services.

National Health Observances

December
National Influenza Vaccination Week
December 4 - 12
Centers for Disease Control and Prevention www.cdc.gov

January
Thyroid Awareness Month
American Assn. of Clinical Endocrinologists
www.thyroidawareness.com

Winter Sports TBI Awareness Month
The Johnny O Foundation
www.thejohnnyo.org
Stay Resolved and Be SMART

According to research, only 8 percent of people who make New Year's resolutions are able to achieve them. This could be due to people setting unrealistic goals or setting no goals at all. If you want to make a resolution in the new year and actually stick to it, consider setting a “SMART” goal—one that is specific, measurable, attainable, realistic and timely.

For example, you have resolved to take three CrossFit classes per week for 60 days. If you achieve your goal at the end of that 60-day period, you should reward yourself with something worthwhile. Then, keep your original goal going by setting a new SMART goal after achieving each one. Remember to determine your reward when setting your SMART goal. That way, when you are five weeks in and tempted to give up, instead set your sights on that specific reward and remind yourself how close you are.

Avoid Food Poisoning

Each year, approximately 1 in 6 Americans get sick from food poisoning. Most recover without any long-lasting effects; however, those who are pregnant, elderly, or have chronic conditions are more at risk for developing complications. Ensure your food is safe with these preventive tips:

- Check expiration dates on food packages
- Wash hands, cutting boards, and knives with antibacterial soap and hot water
- Never serve meat on the same plate it was placed when raw
- Use a food thermometer to ensure chicken and turkey is cooked to 165°F and ground beef, steaks, and roasts are cooked to 160°F
- Avoid thawing foods at room temperature
- Wash fruits and vegetables thoroughly, especially those that are not cooked (e.g., apples or pears)

Healthy Recipe

30-Minute Chili

**Ingredients**

- 1 lb. ground beef
- 1 onion, chopped
- 2 cups light red kidney beans, cooked
- 1 can tomato soup (no water added)
- 1 Tbsp. chili powder, or to taste
- 10 drops hot pepper sauce, or to taste

**Directions**

In a large skillet, cook the meat for about 10 to 15 minutes or until brown. Drain the meat, add the onion, and cook for five minutes. Add the kidney beans, soup, and chili powder; heat for five minutes or until brown. If using hot pepper sauce, add the sauce then, too.

Serve alone or atop whole wheat pasta or rice.

Yield: 6 servings. 310 calories, 10 grams Fat, 28 grams Protein, 26 grams Carbohydrates per serving.