

health awareness



CTSI

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STAY HEALTHY DURING THE HOLIDAYS

No matter what holidays you celebrate, family dinners, neighborhood get-togethers, and office parties are full of festive fare, which makes it very easy to overindulge. But repeated splurges can negatively impact one's health. The last thing on anybody's wish list this season is higher blood pressure, elevated cholesterol levels, or weight gain.

In fact, according to Jennifer Sangillo, a clinical dietitian at Albert Einstein Medical Center, there are a few main ways that you can stay healthy during the holidays, without making a lot of sacrifices.

Make Small Changes

Since many holidays stress the importance of food based on

cultural and/or religious traditions, it can be near impossible to avoid excess fat, calories, and sugar. However, simple modifications can be done to make your holiday meals healthier. For instance, if a recipe says to pan fry the food, use a non-stick pan. This will reduce the amount of oil or butter used while cooking.

Also, substitute things when appropriate. In many dessert recipes, for example, applesauce can be easily used in lieu of oil with hardly any difference in taste. Attempting to cut back on sugar? Try a sugar alternative which can be used in large or small quantities.

Make Time for Exercise

"If you do not have an exercise

program in place, now is the time to start. Begin with small attainable goals, such as a quick walk for 20 minutes, three times weekly and gradually increase as you meet your goals. For those already exercising, do not abandon your routine during the holiday season. The more you move, the more you burn," says Sangillo.

Eat in Midfully

"Whether it's Chanukah, Christmas, or Kwanzaa, you can certainly please your palate with your favorite traditional dishes and drinks. But think before you eat. Go ahead, have the latkes, eggnog, or banana custard. Just eat them slowly and in moderation," advises Sangillo. Slow down and take the time to enjoy the tastes, textures,

(Article is continued on reverse side.)

and smells of your holiday favorites. It takes a few minutes for the nerve between the stomach and the brain to send the “full signal,” so try taking a 10-minute break before going back for seconds or thirds to give your body time to register if it has had enough.

Prioritize

Can't wait to indulge at the office party? Try to prioritize what you eat beforehand. If you have a big dinner coming up in which you don't want to deny yourself, then skip the cookies and candy at home, or if you have a couple days in between celebrations, take that time to eat healthier foods such as fresh fruits or vegetables. Remem-



ber to balance what you are eating by subtracting from one meal when you have decided to add to another.

Staying Healthy during the holidays doesn't mean depriving yourself;

however, making a few changes and practicing moderation can have a huge impact on your health and not your scale. [CTSI](#)

Benefits Corner

New ID Cards for Enrollment Changes Only

As a reminder, you will only receive a new ID card for your health insurance plan in 2020 if you made changes to your benefits and/or enrollment. Your current card is still valid for 2020. However, if you lose a card or need additional cards you may request them from Anthem by calling Anthem Customer Services at 866 698 0087 or by going online to www.anthem.com and completing the following steps:

1. Log in with your member information.
2. On the main screen, click on “Request ID Card.”
3. Check who on your plan, either yourself or your dependents, needs a new card.
4. Click one of the following options: Print, email, Fax, Mail, or Download to receive your new card.

You also have the option of downloading the Anthem Anywhere App to your smart phone. Once you set up your account on the app, you can pull up a digital version of your ID card. You may also contact your County Health Pool Benefits Administrator for assistance with getting a new ID card.

As always, CTSI staff is here to assist you with your health, dental, vision, or life insurance coverage. You can reach us at 303 861 0507.

