



the CommonHealth Compass



Apple and Carrot Salad

This fruity spin on slaw is just the thing for a hot day.

1 Points® value 8 servings

Prep Time: 15 min

Cooking Time: 0 min

Ingredients

- 2 large apples, 1 red and 1 green, cored, thinly sliced and then cut into matchsticks
- 1½ tbsp fresh lemon juice, or less to taste
- 3 cups carrots, cut into matchsticks (many stores sell these precut)
- ¼ cup chives, chopped
- 1 tbsp olive oil
- 1 tsp sugar
- ½ tsp table salt
- ¼ tsp black pepper, or more to taste
- 2 oz feta cheese, French-variety suggested, crumbled

Directions

Place apples in a large bowl and toss with lemon juice. Add carrots, chives, oil, sugar, salt, pepper and cheese; toss to mix thoroughly. Yields about ¾ cup per serving.

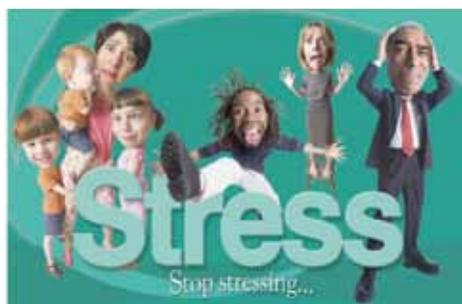
NOTES: If you want more tang, use blue cheese instead of French feta (could affect POINTS values).

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When It Comes to CommonHealth, Be Choosy!

Your employer can now choose one of three CommonHealth programs offered for the 2010-2011 plan year. Which one would you like to see at your office? Be sure to let your CommonHealth Coordinator know! If you need help, contact your local HR representative. Here are the choices:

An active lifestyle is a healthy one and getting outdoors is a great way to be healthy. A few tips from **Outdoor Adventures** can help you and your family have some safe and memorable moments! Whether you are considering hiking, geocaching, biking, swimming, or boating, there are some easy ways to make it safe and fun. State park welcome kits will be distributed to each participant.



The **Calm Your Nerves** program helps you find healthy ways to release the build up of stress before it takes a toll on your health. This program will give participants a chance to see and practice simple stress relieving ideas and techniques that can take as little as 30 seconds. So don't wait.

Participants will receive a hand held massager as an incentive.

Have you ever crawled into bed only to realize you forgot to brush your teeth? Put off going to the dentist until the pain was unbearable?

The **Something to Smile About** program not only reviews dental hygiene basics like brushing and flossing, but it also explores the relationship between dental health and diabetes, the benefits of good oral health during pregnancy, how to help children avoid tooth decay, and the link between gum disease and heart attacks. Participants will receive a travel dental kit including a small zipper bag, a toothbrush, floss, and toothpaste.

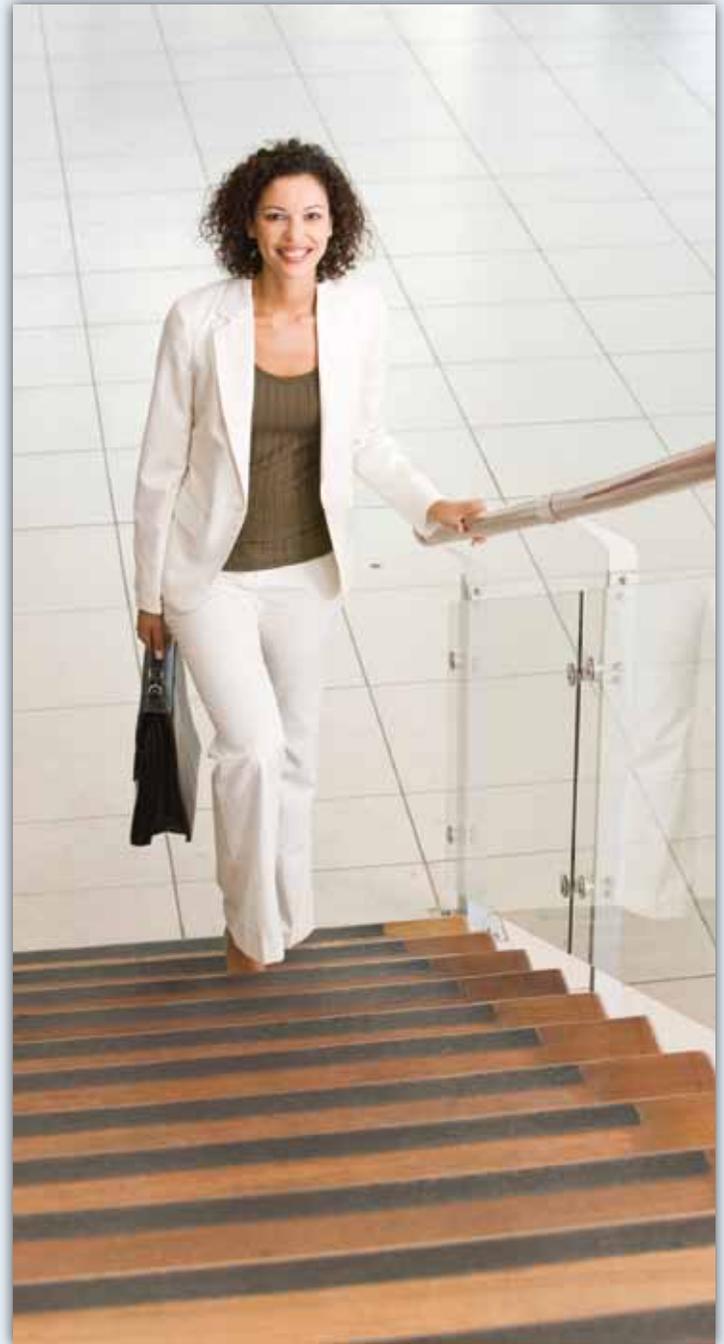


Our Life is Too Easy: Get Healthier at Work

Over time, our society has become more automated and has lost opportunities to include fitness as part of our lifestyle. Most drive, as opposed to walking or biking, when going places. We have gadgets that do just about everything for us from opening a can with the touch of a button to mowing our yards while we sit down and take a ride. The absence of basic exercise is impacting our overall health as well as our waistlines, but there are ways to include a little fitness in every day in our busy world – even at work!

- Park farther away and get a good walk on your way into work. In general, you can walk quite a distance in the time it takes to circle around for the closest spot. If you live close enough to walk or bike to work, that's even better! If you take public transportation, get off a few stops early.
- Hang up the phone and stop writing that e-mail; try going to your colleague and talking in person. They may be down the hall or even on another floor, but the short walk will do you some good and often times communication can be more effective in person. Find other reasons for short walks such as hand delivering a report instead of sending it via interoffice mail. All the steps you take throughout the day will add up!
- Trade in your chair and stand or use a ball – it will burn more calories than sitting in your chair all day. Stand while you talk on the phone. Pace or stand while you brainstorm solutions or ideas. Strengthen your core by sitting on an exercise ball rather than your chair because it engages your abdominal and back muscles. The changes will get your blood moving and increase your productivity.
- Take the stairs, at least some of the way. Walking up stairs is not just good for the heart but your lower body as well. Even if you just get off the elevator a few floors early and finish by taking the stairs, you will benefit. Perhaps you can even use a restroom on a different floor and use the stairs to get there each time.
- Wear comfortable shoes, and you'll be encouraged to take more steps throughout the day, or at least keep a pair in your workspace. If nothing else, take a walk at lunchtime or on a break.

Remember, any movement is better than none, so get up and move at least a couple times a day!



Free Flu Shots... Got Yours?

It's one of the best things to do to stay healthy. Get a free flu shot courtesy of your TLC health plan! You can go to your doctor's office. Or if you are in Key Advantage or TLC HDHP, you can visit a participating pharmacy. Be sure to call the drug store first and ask if it participates in the TLC/Commonwealth of Virginia flu shot program. Here are some questions and answers.



Q1. Why should I get a flu shot?

A1. Getting a flu shot each year is extremely important both to your health and to prevent the spread of influenza to others.

Q2. Where can I get a free flu shot?

A2. If you are enrolled in a TLC health plan, you can get a free flu shot at:

- **Your doctor's office.** Kaiser Permanente HMO members may also get a shot at Kaiser medical centers.
- **Your local pharmacy if it participates** with your health plan. A list of participating pharmacies is at www.thelocalchoice.virginia.gov. Be sure to call ahead to double check that your flu shot is covered. An appointment may be required.

Q3. What happens if I get a flu shot at a pharmacy that does not participate in the program?

A3. You will have to get the shot at your own expense. Flu shots will not be covered at non-participating pharmacies.

Q4. When can I get a flu shot?

A4. As soon as doctor's offices and local participating pharmacies have vaccine available.

Q6. Will the H1N1 flu shot be available again this year?

A6. The seasonal flu shot includes protection against H1N1 along with other flu strains. A separate H1N1 shot is not necessary this year.

Q7. Will the flu shot program have any special requirements?

A7. Be sure to present a photo ID and your plan ID card at the pharmacy counter so that the pharmacist can determine your eligibility and coverage.

Q8. Does a pharmacist working for the participating drug store have to administer the flu shots?

A8. Yes. Be sure to ask whether the flu shot clinics are being done by the pharmacy or a third party vendor. To be covered at no cost to you, the pharmacist must administer a flu shot and process it online.

Q9. Are the participating pharmacies offering flu shots to the general public or just to those with a state pharmacy benefit?

A9. These pharmacies are offering flu shots to the general public and to TLC plan members. Medco and Anthem have special contracts with retail pharmacies to offer flu shots through the Commonwealth of Virginia plans' prescription drug programs.

Q10. Do children need a prescription to receive a flu shot?

A10. Virginia law requires that children under 18 have a prescription to get a flu shot at a pharmacy. However, depending on the pharmacy, the pharmacist can call the doctor for a prescription. Parents should call ahead to find out if the pharmacy will dispense a flu shot to children and to inquire if the pharmacy has an age limit.

Be Prepared When Emergencies Happen

From www.readyvirginia.gov

Emergencies and disasters can strike anyone, anytime and anywhere. They can happen quickly and without warning, and they can force you to evacuate your neighborhood or require you to stay in your home. It is vital that you understand what a disaster could mean for you and your family. Each person's needs and abilities are different, but every individual can take important steps to prepare for all kinds of emergencies and to put plans in place. Get ready now.

Having a disaster supply kit is essential to making it through a disaster safely. Be sure to have supplies on hand to last each person at least three days.

Put these essential items in your kit:

- **Food**, at least a three-day supply that does not need electricity for storage or for preparation
- **Manual can opener** for food (if kit contains canned food)
- **Water**, at least three gallons per person for drinking and sanitation
- **Battery-powered or hand crank radio**, a weather alerting radio with tone alert and extra batteries for both
- **Written family emergency plan**

Once you have the essentials you should add these items to your kit:

- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Prescription medications and eyewear
- Dust mask, to help filter contaminated air, and plastic sheeting and duct tape to shelter where you are
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities

Additional items to consider adding to an emergency supply kit:

- Items for infants and toddlers
- Items for pets
- Local maps
- Copies of important family documents, such as insurance policies, identification and bank account records in a waterproof, portable container
- Cash in small denominations or traveler's checks and change
- Emergency reference material such as a first aid book
- Sleeping bag or warm blanket for each person (consider additional bedding if you live in a cold-weather climate)
- Complete change of clothing including a long-sleeved shirt, long pants, socks and sturdy shoes (consider additional layers if you live in a cold-weather climate)
- Household chlorine bleach and medicine dropper (when diluted in water, bleach can be used to kill germs)
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Paper cups, plates and plastic knives, forks and spoons, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



**Need Healthy Tips? Go to
CommonHealth Online!**

www.commonhealth.virginia.gov/tlc

If you have any questions, comments or concerns, please e-mail us at wellness@dhrm.virginia.gov



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