

# Wellness News

November 2024

## This issue:

Diabetes Awareness Month

Quit smoking & vaping

Practicing Gratitude

Harvest Chili recipe

**Anthem members:** You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing.

Simply scan this QR code with your smartphone's camera to download the Sydney Health app.



*“The more you practice the art of thankfulness, the more you have to be thankful for.”*

— Norman Vincent Peale

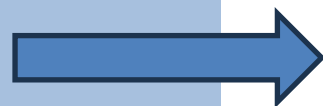


**NOVEMBER IS  
DIABETES  
AWARENESS  
MONTH**

You can usually prevent or delay type 2 diabetes with lifestyle changes:

- Exercise regularly.
- Maintain a healthy weight.
- Eat a healthy diet.
- Quit smoking.

Local support and resources If you are dealing with diabetes, please visit the **American Diabetes Association** website at [diabetes.org](https://diabetes.org). You can find out what is available in your community, such as a local support group that can help you learn useful tips.



## What Is Diabetes?

Diabetes is a condition where the body can't make insulin or does not use it well. Insulin is a hormone that helps our bodies use the energy from the glucose in the food we eat. Without insulin, glucose levels in the blood stream can become too high. When this happens, serious health problems can result such as nerve damage, heart disease, blindness, stroke, and kidney failure.

There are three main types of diabetes:

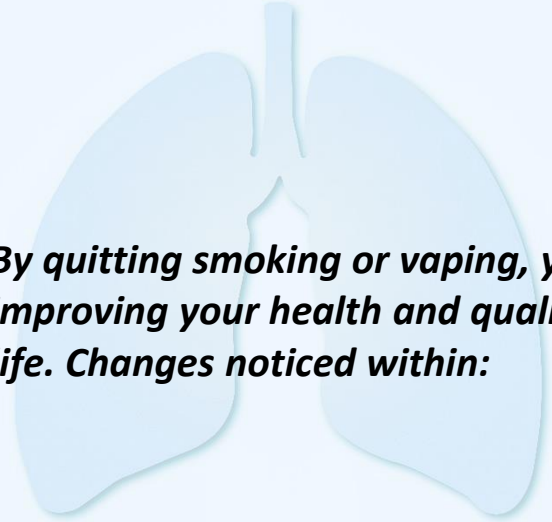
- **Type 1 diabetes** can affect anyone, but most often it develops in children or young adults. People with this type of diabetes produce very little insulin, or none. There is no way to prevent or cure type 1 diabetes.
- **Type 2 diabetes** is the most common type. People with type 2 diabetes either make too little insulin, or their bodies can't use it as they should.
- **Gestational diabetes (GDM)** is a form of diabetes that appears during pregnancy. While GDM usually goes away after pregnancy, it can put women and their babies at higher risk for type 2 diabetes.

### Prediabetes Risk Factors for Type 2 diabetes:

- Being overweight or inactive.
- Being 45 or older.
- Having a family history of type 2 diabetes.
- Having had diabetes during pregnancy.
- Being Black, Alaska Native, American Indian, Asian American, Hispanic, or Pacific Islander American.



**Anthem members:** We likely have programs to support you and your loved ones living with Diabetes. Check out our **ConditionCare** program. We also have a great program for **Diabetes Prevention**. Please Visit Sydney Health select, MENU on the bottom navigation bar, then ACCESS CARE, My Health Dashboard, **Featured Programs** to find programs that support you or your covered loved ones – which are free and confidential



***By quitting smoking or vaping, you're improving your health and quality of life. Changes noticed within:***

# Improve your health by quitting smoking or vaping

**1 week:** Blood pressure drops, carbon monoxide level in your blood returns to normal, and most nicotine has left your body.

**1 year:** Coughing and shortness of breath decrease, and your lungs regain the ability to clean themselves and better fight infection.

**5 to 10 years:** The risk of heart disease and cancer of the mouth, throat, and voice box drop by half.



## Find the right support:

Having a support network that includes family, friends, and healthcare professionals will help you achieve your goal. In fact, the combination of counseling and medication can double your chances of success.

**Counseling:** Nicotine Anonymous ([nicotine-anonymous.org](http://nicotine-anonymous.org)) offers support by phone or text, online, and in person. Smokefree.gov provides quit plans, free apps, and support through text messaging or live chat.

**Medication:** Nicotine replacement therapy gives you nicotine through gums, patches, sprays, lozenges, or inhalers, without the other chemicals in cigarettes and vaping cartridges. This can help break the habit of smoking before going through physical withdrawal.

## Manage cravings:

- 1. Get moving!** Take a brisk walk, jog in place, or other activity.
- 2. Spend time in places where you can't smoke or vape.** Try a movie or museum.
- 3. Change your routine.** If you typically smoke or vape after a meal, go for a walk, try deep-breathing exercises, or brush your teeth. By changing your habits, you're less likely to feel something is missing.
- 4. Give yourself a "wait" time.** If you feel like you are about to give in, wait at least 10 minutes. This is often enough time to move past the craving.
- 5. Don't let yourself cheat.** Remember, there is no such thing as just one cigarette or puff.
- 6. Reward yourself for doing your best.** Save the money you would have spent on cigarettes or vaping cartridges for a daily treat or a major purchase.

**Anthem members:** Talk to your doctor about which resources and medications might work for you. To find a doctor or therapist in your plan's network, visit [anthem.com/find-care](http://anthem.com/find-care). Visit Anthem.com or Sydney Health app for more resources, explore the Tobacco Cessation Center and to explore other programs and services that may be available to you.

# PRACTICING GRATITUDE

Expressing gratitude can improve sleep, mood and immunity, and can decrease depression, anxiety, chronic pain and disease. Try reflecting on the following questions to incorporate gratitude in your day:

## 1. Health: What did your body do for you today?

Take a minute to marvel at the finely tuned machinery of your body and thank yourself for the steps you take every day to keep it safe and healthy.

## 2. Eat: What did you feed your body to nourish yourself today?

Was it an old favorite, something you made or something new and different? If you eat three meals a day, you'll eat about a thousand meals this year. Take a minute to savor an especially yummy meal.

## 3. Activity: What did you enjoy doing today?

Did you give it your all when exercising today, or find a quiet moment while sitting in traffic to reflect? Take a minute to think back on one particularly awesome moment.

## 4. Relationship: With whom do you look forward to connecting?

Is it someone who sets your heart on fire, always has a smile for you, has your back or makes you laugh until you cry? Take a minute to smile as you think about this special person. Then plan to get together or talk with them soon.

## 5. Time: What are you doing right now?

Every single day you wake up with 24 brand new hours. The past is history, the future is a mystery and today is a gift — that's why it's called the present! Take a minute to be thankful for the gift of time, including any extra time you have right now for your family or yourself.

Source: American Heart Association <https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/thankfulness-how-gratitude-can-help-your-health>



## National Gratitude Month November 2024

Research has shown that consciously practicing gratitude can reduce feelings of stress and anxiety. In fact, studies have found that a single act of thoughtful gratitude produces an immediate 10% increase in happiness, and a 35% reduction in depressive symptoms. These effects disappeared within three to six months, which reminds us to practice gratitude over and over.

Source: Mental Health First Aid  
<https://www.mentalhealthfirstaid.org/2022/11/practicing-gratitude/>

**Anthem members:** Utilize Anthem's Emotional Well-being Resources and other resources that may be available to you and your loved ones through the Sydney health app or visit [anthem.com/mental-health](https://www.anthem.com/mental-health).

# Chickpea Bowl – Lazy Genius Collective

*Comfort in a bowl!*

*The Lazy Genius Collective says “if you can stir you can make this.”*

**Time:** *It takes maybe 15 minutes total*    **Servings:** *Should be enough for 3-4 hearty lunches.*

## Ingredients

- 2-3 tbsp Fat (butter, coconut oil, olive oil, canola, ghee)
- 1/4 c Aromatics (equal parts garlic and ginger)
- 2-ish tbsp **Indian Spices**
- 1-2 tbsp Tomato paste
- 2 15 oz Cans of chickpeas
- 2 15 oz Cans of tomatoes (diced and crushed)
- A glug or dollop of something creamy (coconut cream, coconut milk, heavy cream)
- Optional Toppings (cilantro, whole milk Greek yogurt, avocado, lime, and fresh herbs like mint and basil also work)

### Indian Spices:

1/2 tbsp. each of cumin and coriander; 1 tsp each of cardamom and garam masala; 1/2 tsp. paprika; 1/4 tsp each of cinnamon, turmeric, clove.

## Directions

1. Gather your ingredients first, including chopping, opening cans, and rinsing beans. And get out large skillet.
2. Put the skillet on the stove over medium-high heat, and add the fat. Let it melt and start to bubble the tiniest bit.
3. Add the aromatics and stir. Stir for no more than ten Mississippi’s before moving on.
4. Dump in the spices and stir for another 5-10 seconds. If for some reason, your pan is too dry, add more oil. The spices need to almost fry; don’t stop stirring.
5. Stir in the tomato paste for another few seconds. Don’t be alarmed that this looks like a paste.
6. Dump in the canned tomatoes and stir until the flavor bomb is mixed well. Then dump in the drained chickpeas, add several healthy pinches of salt, and leave it alone.
7. Let it *gently* bubble for maybe ten minutes, but five will likely be enough. No need to stir again unless you feel like the tomato on the edges looks too thick. In that case, stir and turn the heat down a bit.
8. Stir in something creamy and simmer another minute.
9. Taste it. Add more salt if needed.
10. Put into bowl and add toppings if desired.

**Recipe available at:**

<https://www.thelazygeniuscollective.com/blog/chickpeabowl>



**Anthem members:** You can find additional information about nutrition and more via the Sydney app. Tap on menu from the home screen, “ACCESS CARE”, “My Health Dashboard”, and scroll down to “My Health News”.