

Staying Safe from COVID-19 Is **Extra** Important during Pregnancy



We don't know yet whether COVID-19 can pass from a pregnant woman to her baby. But research shows that COVID-19 increases risk for complications during pregnancy. That's in addition to other risk factors like age, obesity and pre-existing conditions.

Some newborns have tested positive for the virus shortly right after birth. It's unknown if they got the virus before, during or after their birth. We do know newborns can get the virus from close contact with an infected person. If you breastfeed, it is not likely that you can pass the virus in breast milk to your baby.

There are several ways to protect yourself and your baby from COVID-19:

- Wear a mask around people from outside of your household.
- Stay home. If you must go out, stay at least 6 feet away from others.
- Wash your hands frequently.
- Avoid contact with people who are sick.
- Keep all your prenatal and post-partum care appointments, by virtual visits if needed.
- Get any vaccines such as the flu shot as your doctor recommends during pregnancy.
- Eat foods rich in vitamins and minerals.
- Contact your doctor if you're concerned or have been exposed to the virus.

We're learning more about COVID-19 changes all the time. So, stay informed and follow preventive measures. By following these steps and being closely monitored by their doctor, pregnant women can have healthy pregnancies, even during these times. Our Healthy Addition Prenatal Program works with women and their doctors to help ensure a healthy pregnancy.

Florida Blue pregnant members are eligible to enroll in the Healthy Addition Prenatal Education Program.

Email healthyaddition@floridablue.com, or call: 800-955-7635 option 6.

Resources: marchofdimes.org; cdc.gov

Exercise Benefits Your Heart and Emotional Wellbeing

We all know that physical activity benefits your heart. Did you also know it also improves your emotional wellbeing and mental health?

That's right! Just 30 minutes of daily activity like walking, running or yoga can help reduce depression, anxiety and attention-deficit/hyperactivity disorder (or ADHD). Exercise promotes the release of powerful feel-good chemicals called endorphins in your brain. Physical activity immediately boosts the brain's chemistry that affects focus and attention.

You may find it challenging to find the time or energy to get 30 minutes of physical activity most days of the week. You can break it into smaller amounts of activity and still reap the emotional benefits.



- Start small by scheduling three 10-minute increments of activity
- Choose the time of day when your energy is at its peak
- Pick an activity you enjoy or doesn't take a lot of planning
- Look for more opportunities to move, like walking while on a conference call.

Resources: www.nia.nih.gov; www.mayoclinic.org

Cheesy Spinach and Artichoke Stuffed Spaghetti Squash (Serves 4)

Ingredients:

- 1 (2½ to 3 pound) spaghetti squash, cut in half lengthwise and seeds removed
- 3 tablespoons water, divided
- 1 (5 ounce) package baby spinach
- 1 cup or 10-ounce package frozen artichoke hearts, thawed and chopped
- 4 ounces reduced-fat cream cheese, cubed and softened
- ½ cup grated Parmesan cheese, divided

- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- Crushed red pepper and chopped fresh basil for garnish

Directions

Place squash cut-side down in a microwave safe dish; add 2 tablespoons water; microwave, uncovered, on high until tender, 10 to 15 minutes. If you don't have a microwave, place squash halves cut side down on a rimmed baking sheet and bake at 400 degrees F until tender, 40 to 50 minutes.

Meanwhile, combine spinach and the remaining 1 tablespoon water in a large skillet over medium heat. Cook, stirring occasionally, until wilted, 3 to 5 minutes. Drain and transfer to a large bowl.



Position rack in upper third of oven; preheat broiler.

Use a fork to scrape squash from the shells into the bowl. Place the shells on a baking sheet. Stir artichoke hearts, cream cheese, ¼ cup Parmesan, salt and pepper into the squash mixture. Divide it between the squash shells and top with remaining ¼ cup Parmesan. Broil until the cheese is golden brown, about 3 minutes. Sprinkle with crushed red pepper and basil, if desired.

Recipe courtesy of EatingWell.com. For nutritional information, [click here](#).

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