

A monthly wellness newsletter from Better You

The power of water

Staying hydrated is key to staying healthy. Our bodies are mostly water and we need it for digestion, energy, and keeping our joints lubricated. Water also helps regulate blood pressure and body temperature through sweating and breathing. If you're feeling fatigued, weak, dizzy or constipated, you may be dehydrated.

Plan your water intake.

The amount of water you need depends on your age, gender, activity level, and overall health. Typically, women should drink about 9 cups a day, and men should drink about 13 cups. Essentially, drink half of your body weight in ounces of water. So, if you weigh 150 pounds, drink 75 ounces of water each day. Drink more if you're active, sweating, or have a fever. Check the color of your urine to see if you're drinking enough water: pale yellow means you're



well-hydrated while dark yellow or amber indicates you need more water. There are exceptions. For example: some medications can change the color of your urine.

Choose good sources of water.

Good sources of water include plain water, flavored water without sugar, decaf coffee, and herbal teas. You can also eat foods with a high-water content like watermelon, strawberries, cucumber, lettuce, celery, cantaloupe, bell peppers, tomatoes and zucchini.

Drink more water.

- Listen to your body, especially in hot climates.
- Choose water over sugary drinks.
- Drink throughout the day.
- Carry a refillable water bottle with you at all times.
- Enhance the flavor with lemon, lime, cucumber slices or fresh strawberries.

Drinking enough water each day keeps your body running well and feeling great!

Resources: [Eatright.org](https://www.eatright.org); [Healthline.com](https://www.healthline.com)

Digital detox, unplug and live in the moment

Our lives revolve around smart phones filled with endless knowledge and distractions. We often spend too much time looking at the small screen in our hands. To give your mind a break, truly relax and live in the moment, it's essential to unplug every day. Here are tips to help you do that:

1. Turn off notifications.

It's tempting to check email or text messages when you hear a ding. Avoid constant interruptions by turning off notifications and setting a schedule to check email and messages.

2. Designate phone-free times.

Go phone free during lunch, before bedtime, or after work.

3. Find some me time.

Enjoy quiet time with a cup of coffee or tea before you start your workday, spend time outside, read a book, or take a bath.

4. Break a sweat.

Exercise at the gym, take a walk, move for a few minutes when you hit that mid-afternoon slump, or have a 5-minute dance party to your favorite song.

5. Get lost in a hobby.

Bake, cook, knit, crochet, play an



instrument, collect shells on the beach, or do a puzzle.

6. Be present when you are with others.

Fully engage with those around you. When you're alone, practice deep breathing or meditation.

Resources: [NIH.gov](https://www.nih.gov); [meQuilibrium.com](https://mequilibrium.com)

Red Beans and Rice with Vegetables (Serves 2)

Ingredients:

- 1 cup low-sodium vegetable broth or chicken broth
- ¼ cup long-grain brown rice
- 1 teaspoon no-salt-added Cajun seasoning, plus more to taste (see Tip)
- ½ cup grape tomatoes, quartered
- 1 cup roasted cauliflower florets
- ⅔ cup roasted green peppers
- ½ cup canned red kidney beans, rinsed
- 1 3-oz. fully cooked sweet Italian chicken sausage link, thinly sliced
- 1 ½ tablespoons olive oil

- ⅛ teaspoon salt

- ¼ cup shelled salted dry-roasted pistachios, coarsely chopped

Directions:

Bring broth, rice, and Cajun seasoning to a boil in a medium saucepan over high heat. Cover, reduce heat to maintain a simmer, and cook for 30 minutes. Stir in tomatoes. If no liquid remains in the rice, stir in 1/4 cup water. Top with cauliflower, green peppers, kidney beans, sausage, oil, and salt; do not stir. Cover and continue to simmer until the rice is tender,



about 15 minutes more. Remove from heat and let stand, covered, for 5 minutes. Stir the mixture and add more Cajun seasoning, if desired. Sprinkle with pistachios.

Tip: If you can't find no-salt-added Cajun seasoning, look for Cajun seasoning where salt is the last ingredient.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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You have the power to protect yourself!

Staying up to date on regular vaccinations, like the flu shot, is one of the most important ways to help protect you and your family this season.



Get your vaccines

The CDC strongly recommends having both the flu and COVID-19 vaccines or boosters to protect yourself and others. And if you're over 60, you may be eligible for the RSV vaccine. Ask your provider or pharmacist about which vaccines are right for you and your family.

Don't miss out

The flu can make you very sick for days or weeks, potentially landing you in the hospital or causing you to miss work or important life events. Symptoms for flu, COVID-19, and RSV are similar, and you can have all three at the same time. Stay away from others so you don't make them sick.

No extra cost

Most Florida Blue members can get a flu or COVID-19 shot at no extra cost at an in-network doctor or pharmacy. Florida Blue Centers offer vaccine clinics throughout the fall for members and non-members. Go to [Scheduler.FloridaBlue.com](https://www.floridablue.com/scheduler) to find a clinic near you.

Protect yourself (and others) with these tips:

Keep it clean: Wash your hands often with soap and water or use an alcohol-based sanitizer to reduce germs. Disinfect high-traffic areas at home and at work, like doorknobs and keyboards.

Keep hands away: One way people catch germs is by touching a germy area and then touching their eyes, nose, or mouth. Limit touching your face, especially while in public.

Keep your distance: Flu viruses can be spread up to 6 feet when an infected person coughs, sneezes, or even talks. Keep your distance if someone has a respiratory illness.

Keep covered: Cover your cough or sneeze with a tissue. If you don't have one handy, cough or sneeze into your upper sleeve or elbow instead of your hands.

Keep your immune system strong: You're more likely to get sick if you have a weak immune system. Getting enough sleep, managing stress, eating healthy foods, and staying active are a few ways to keep your body strong enough to fight off infection.

Source: Centers for Disease Control and Prevention

Florida Blue Center registered nurses can answer your vaccine questions.
Call 1-877-352-5830 to talk with a nurse at a center near you. Or visit [FloridaBlue.com/Shots](https://www.floridablue.com/shots)



Una compañía de soluciones de salud

¡Tienes el poder de protegerte a tí mismo!

Mantenerte al día con tus vacunas regulares, como la de la gripe, es una de las cosas más importantes que debes hacer y que te ayudará, a ti y a tu familia a protegerte durante esta temporada.



Vacúnate

El CDC recomienda ponerse ambas vacunas, la de la gripe y la del COVID-19, para protegerte a tí mismo y a los demás. Y si eres mayor de 60 años, puedes ser elegible para la vacuna RSV. Pregúntale a tu proveedor o farmacéuta cuáles vacunas son las adecuadas para ti y tu familia.

No lo dejes pasar

Si contraes la gripe podrías estar enfermo por varios días o varias semanas, y posiblemente tengas que ser ingresado en el hospital y faltar al trabajo o a muchos otros eventos importantes. Los síntomas de la gripe, el COVID-19 y el RSV son similares y es posible tener los 3 a la misma vez. Mantente alejado de los demás para no enfermarlos.

Sin costo

La mayoría de los miembros de Florida Blue pueden recibir la vacuna contra la gripe o el COVID-19 sin costo adicional de un médico o farmacia dentro de la red. Los Centros Florida Blue ofrecen clínicas de vacunación durante el otoño para tanto miembros como no miembros. Visita [Scheduler.FloridaBlue.com](https://www.floridablue.com/scheduler) para encontrar la clínica más cercana.

Protégete y protege a los demás durante esta temporada de gripe.

Mantén todo limpio: Lávate las manos a menudo con agua y jabón o con un desinfectante para manos a base de alcohol para reducir los gérmenes. Desinfecta las áreas de mucho tráfico en el hogar y en el trabajo, tal como las manillas de las puertas y el teclado de la computadora.

No te toques la cara: Las personas contraen gérmenes cuando tocan un área con muchos gérmenes y luego se llevan las manos a los ojos, la nariz o la boca. Limita el tocarte la cara, especialmente cuando estés en público.

Mantén distancia: El virus de la gripe se puede propagar a una distancia de hasta 6 pies cuando una persona infectada tose, estornuda o incluso habla. Mantén la distancia si estás cerca de alguien que tiene una enfermedad respiratoria.

Mantén tu boca cubierta: Cúbrete la boca con un pañuelo cuando tosas o estornudes. Si no tienes nada a la mano, cúbrete con la parte superior de la manga de tu camisa en lugar de tus manos.

Fortalece tu sistema inmunológico: Es más probable que te enferme si tienes un sistema inmunológico débil. Dormir bien, controlar el estrés, comer saludable y mantenerte activo son algunas maneras de mantener tu organismo en forma para poder combatir una infección.

Fuente: Centers for Disease Control and Prevention (Centros para el Control y la Prevención de Enfermedades)

Las enfermeras registradas del Centro Florida Blue pueden contestar tus preguntas acerca de las vacunas. Llama al 1-877-352-5830 para hablar con una enfermera en un centro cerca de ti. O visita [FloridaBlue.com/Shots](https://www.floridablue.com/shots)

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