

TAKE CHARGE!



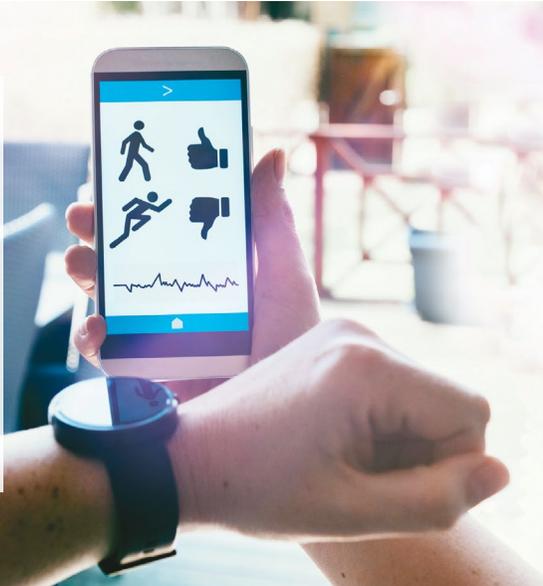
for health and living

May 2016

take charge

Mobile Health Apps

At least 20% of U.S. adults use mobile technology to track their health data (mHealth), according to the American Heart Association (AHA). The most popular health apps support boosting exercise, healthy eating, weight management, quitting smoking and controlling blood pressure, cholesterol and diabetes.



Self-monitoring is a core strategy for changing health behaviors, according to a 2015 AHA Scientific Statement. One example: Mobile phone apps with text messaging designed to help people quit smoking nearly doubled their odds of quitting.

Health app choices are very broad and offer programs such as general medical information, symptom checkers, CPR, first aid, mental health coaching and chronic condition managers.

Keep in mind that any app may have limitations. For example, apps connecting wearable blood pressure and heart rate tracking monitors to mobile devices need further research. However, the AHA Statement's authors say that apps targeting heart disease risk factors can potentially help you be heart healthy.

Before you use mobile health apps, do your research. The American Health Information Management Association recommends safeguarding personal health information by:

- >> 1. Reviewing privacy settings on apps and devices.
- >> 2. Reading the apps' privacy policies and learning who can access your data.
- >> 3. Using lock screen security.
- >> 4. Avoiding texting confidential health data.

Your health care provider can also help you choose an app that meets your needs.

Got Your Eye on Sunglasses?

Years of exposure to the sun's damaging ultraviolet (UV) rays may contribute to eye and vision problems as you age. Wearing sunglasses can lower your risk for conditions including glaucoma, cataracts and macular degeneration.

When choosing sunglasses, you don't need to spend a lot, but you should be picky about the lenses. Here are some guidelines: ➔ Continued on page 4.



city events

Resilience: Getting Back up After Negative Life Events

Wednesday, May 4
12 noon - 1:00 pm Webinar
Registration: See future flyer*

Estate Planning

Wednesday, May 11
12 noon - 1:00 pm SMT 1610

Your Deferred Compensation Plan: What You Need to Know

Thursday, May 12
12 noon - 12:45 pm SMT 4080

Your Deferred Compensation Plan: What You Need to Know

Tuesday, May 24
12 noon - 12:45 pm SMT 4080

Blood Pressure Screening

Wednesday, May 25
Stop by 10:30 am to 1:30 pm
SMT 4070

Ride Your Bike: To join the Bike Every Where Challenge, sign up at <http://mytrips.seattle.gov/>. For questions about riding your bike to work, email mytrips@seattle.gov.

*Or, call (206) 615-1340.

■ **National Stroke Awareness Month** reminds us of the **primary signs of stroke**. Someone having a stroke can avoid serious damage if people nearby act **FAST**, an acronym for stroke symptoms –

F-Face: The face droops on 1 side when the person is asked to smile.

A-Arm: Upon raising both arms, 1 of the arms drifts downwards.

S-Speech: The person's speech is slurred or strange.

T-Time: If you see any or all of these signs, call 911.

Stretching: Stay Flexible at Work

After hours of sitting, driving or standing on the job, muscles and joints tend to tighten up. Simple stretching helps relieve muscle fatigue and stiffness and restore your comfort and energy.

Here are 2 easy stretches that work multiple muscles.

Hold each stretch for 10 seconds; work up to 30 seconds, and repeat stretches 3 to 5 times.

Repeat with the other side of your body. Use a wall for balance.

1 Thigh and Leg Stretch

- >> Place 1 hand, palm flat, against a wall for support.
- >> Stand on the opposite leg, keeping knees side by side.
- >> Use your other arm to bring heel of the other leg towards buttock.
- >> Keep back as straight as possible.



2 Tricep and Shoulder Stretch

- >> Sitting in a chair or standing, keep back straight and reach hands toward the ceiling.
- >> Place 1 hand down your back, keeping palm flat.
- >> With opposite hand, gently pull elbow in towards your head while keeping head straight.
- >> If you have back or joint problems or feel pain when you stretch, consult your health care provider.



Self-Care: Insect Bites

Spend much time outdoors and you'll meet lots of bugs, especially during warm weather.

Bee stings and bites from fire ants and some spiders can hurt or even cause toxic reactions. Bites from ticks, ants, fleas and mosquitos often cause itching and immediate skin redness; most are easily treated at home. Some bugs also spread diseases, such as mosquito-borne West Nile virus. Travelers outside the U.S. may be at risk for malaria and other infections.

>> **To prevent insect bites and stings:** Use insect repellent, and wear protective clothing. Do not wear perfume, cologne or other scented products. Take care when eating or drinking outdoors – most bugs are more attracted by your food than by you. Avoid swatting at them.

>> **For mild reactions:**

- Wash the area with soap and water; remove the stinger if needed.
- Apply a cool compress to reduce pain and swelling.
- To relieve itching, apply a gel or lotion (such as hydrocortisone); diphenhydramine at bedtime can help you sleep and relieve itching.

>> **Signs of serious reactions include:** difficulty breathing, swelling of the eyes, lips, throat or tongue, dizziness, hives, nausea, cramps or vomiting.

If you know you have severe allergic reactions (such as anaphylaxis) to insect bites and stings, carry an emergency epinephrine kit.



May is Food Allergy Action Month.



QuikQuiz™: Food Allergies



Test your knowledge of this condition:

1. Food allergies are relatively rare in the U.S.
True False
2. Food allergy is an immune system reaction.
True False
3. A reaction to food allergy is exclusively digestive.
True False
4. Food allergy and asthma rarely occur together.
True False
5. Food intolerance is usually less serious than food allergy.
True False



ANSWERS



1. **True** – The CDC reports that true food allergies affect only about 4% to 6% of children and 3% to 4% of adults. While there's no cure, many children outgrow their allergies as they get older.
2. **True** – Most food allergies are triggered when the immune system reacts to certain proteins – common in shellfish, peanuts, tree nuts, fish, milk, soy, wheat and eggs – as threats.
3. **False** – Symptoms also may produce skin irritation (itching, rash, hives), respiratory problems (coughing, sneezing, wheezing, shortness of breath) and, in severe cases, anaphylaxis.
4. **False** – They commonly occur together and are more likely to be severe.
5. **True** – Food intolerance, which does not involve the immune system, may be caused by an absence of enzymes needed to fully digest food (such as lactose intolerance), irritable bowel syndrome, food poisoning or stress.

Clear Your Head



What's on your mind? Distractions? Worries? Learn to dismiss the chatter in your head so you're free to think, solve problems and get more done in less time. You might even feel less stressed at the end of the day.

Try these techniques:

- **Move your body.** Take 5 minutes to walk (preferably outside), climb stairs or stretch out stiff muscles. Getting your blood pumping and your body moving can help settle your thoughts.
- **Visualize.** Stop what you're doing and see yourself completing what you must today successfully. Visualize the task by mentally reviewing the steps you need to get there.
- **Practice deep breathing.** As you breathe, put your hand on your stomach; your hand should move in and out. Make your exhale long and peaceful. A few slow breaths can clear the cobwebs and silence your inner chatter.
- **Change your location.** Another venue can give you respite from familiar distractions. Book a conference room, hide out in an empty workspace or even take your laptop outside (if possible).

New Dietary Guidelines – What You Need to Know

By Cara Rosenbloom, RD

Vegetables get top marks, sugar should be limited and plant-based eating is encouraged for Americans. Those are the headliners from the new U.S. 2015-2020 Dietary Guidelines, which are updated every 5 years to reflect evolving nutritional science.

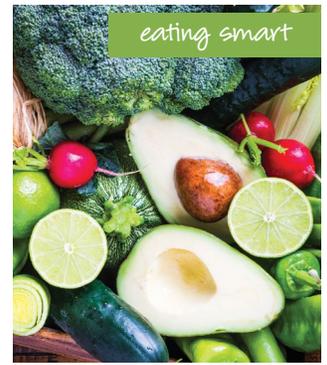
The newest version has 5 goals:

- 1 Follow a healthy eating pattern for life.
- 2 Focus on variety, nutrient density* and amount.
- 3 Limit calories from added sugars and saturated fats, and reduce sodium intake.
- 4 Shift to healthier food and beverage choices.
- 5 Support healthy eating patterns for everyone.

*Nutrient-dense foods contain a large number of nutrients (e.g., vitamins, minerals, antioxidants, etc.) and relatively few calories.

The new guidelines represent a shift from detailed nutrient recommendations to more general eating patterns, which include:

- A variety of vegetables, including legumes (also known as pulses).
- Fruits, especially whole fruits.
- Grains (at least half of which are whole grains).
- Fat-free or low-fat milk, yogurt, cheese and soy beverages.
- Protein-rich foods: seafood, lean meat, poultry, eggs, legumes, nuts and seeds.



The Guidelines encourage limiting the big 3: sugar, salt and saturated fat. Per-day recommendations:

- 1 Consume less than 10% of calories from added sugars.
- 2 Consume fewer than 2,300 milligrams of sodium.
- 3 Consume less than 10% of calories from saturated fats.

Steps that will help: Limit processed foods, including soft drinks, candy, pastries, salty snacks, bottled sauces, fried foods, frozen dinners, fatty meats and high-fat dairy. Focus on fresh, whole foods for your best chance at disease prevention, weight management and healthy living.



TIP OF THE MONTH:

Pulses



2016 is officially the International Year of Pulses, according to the Food and Agriculture Organization of the United Nations. **Lentils, chickpeas, split peas and beans** are examples of pulses (legumes). They're affordable, super-nutritious, versatile and delicious. Add more pulse-based, vegetarian meals to your diet. Black bean burritos? Lentil soup? Chili? **Yes, please.**

CRISPY CHICKPEAS AND ALMONDS WITH HERBS

EASY | RECIPE

From Personal Best®

- ¼ cup **extra virgin olive oil**
- 2 tbsp **lime juice**
- 2 cloves **garlic**, chopped
- 2 15-oz cans no-salt-added **chickpeas**, drained and patted dry
- ½ cup **almonds**, chopped
- ¼ tsp **salt**
- ⅞ tsp freshly ground black **pepper**
- ½ cup each freshly chopped **basil, cilantro** and **chives**

In a large frying pan set over medium heat, add olive oil and lime juice. Once hot, add garlic and chickpeas. Sauté 15 minutes, stirring often, until chickpeas begin to brown and some get crispy. Add almonds and sauté 5 more minutes, until almonds are toasted. Remove from heat. Add salt, pepper and fresh herbs. Stir to combine and serve hot.



Serves 6. Per serving:

203 calories | 5g protein | 13g total fat | 2g saturated fat | 9g mono fat | 2g poly fat | 0mg cholesterol | 19g carbohydrate | 0g sugar | 4g fiber | 309mg sodium

Stay in Touch

Keep those questions and suggestions coming!

Phone: 800-871-9525

Fax: 205-437-3084

E-mail: editor@personalbest.com

Website: www.personalbest.com

Executive Editor: Susan Cottman • Advisors: Jamie Lynn Byram, MBA, AFC, MS; Eric Endlich, PhD; Mary P. Hollins, MS, JD; Alice Lockridge, MS; Diane McReynolds, past Executive Editor; Zorba Paster, MD; Charles Stuart Platkin, PhD, MPH; Elizabeth Smoots, MD, FAAFP • Editorial Assistant: Erin Bishop • Designer: Heather Burke

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News & Notes

› Improved Flexible Spending Account (FSA) Online Account

See the improvements at www.naviabenefits.com. You'll find easy to use tiles; your benefits summaries on a single screen; an expanded recurring claims tool; a streamlined claims submission tool; and added security questions upon initial login.



› Set up your FSA Online Account

Follow the below steps to set up your online account:

- Call Navia at 425-452-3500 to provide your email address for identification and communication
- Go to www.naviabenefits.com
- Select "I'm a Participant"
- Select "register"
- Enter your last name, first initial
- Enter your email address
- Enter the Company Code: CS1
- Choose a username
- Enter date of birth (mm/dd/yyyy)
- Read and accept the Terms and Conditions
- Select "submit"

Downed Wire Dangers

Always assume that downed or hanging conductors, lines and equipment are energized, and never touch them or drive over them. When it comes to downed wires, heed this advice from OSHA during **Electrical Safety Month**:

>>**Don't** assume that insulated or coated wires are safe.

>>**Know** that electricity can spread outward through the ground in a circular shape from the point of contact. As you move away from the center, large differences in voltages can be created.

>>**Call 911** if contact is made with an energized power line while you are in a vehicle, and don't leave the vehicle unless it is on fire. **Note:** If you must exit, jump completely clear, making sure that you don't touch the vehicle and the ground at the same time. Land with both feet together and shuffle away in small steps to minimize the path of electric current and avoid electrical shock.



expert advice

— Eric Endlich, PhD

Q: Stress-weight gain link?

A: When stressful events trigger anxiety or depression, many of us turn to food for comfort. Food may lift your mood briefly, but it won't solve your problems. You may be an emotional eater if you:

- Crave specific comfort foods.
- Keep eating after you're full.
- Mindlessly binge on unhealthy foods.
- Eat and then feel guilty about it.
- Repeatedly fail in weight-loss attempts.

Fortunately, you can change this pattern. Whenever you feel the urge to eat (but are not truly hungry), identify the preceding thought, emotion or event. Keep a food and mood journal or use an app. Distract yourself: Talk with a friend or take a walk. Try chewing gum or drinking a large glass of water. In general, exercise daily, take time to relax, socialize and get adequate, quality sleep.



Got Your Eye on Sunglasses?

➡ Continued from page 1.

UV protection is a must. Both plastic and glass lenses can absorb UV light, which is further blocked by adding certain chemicals to the lens material. However, sunglass makers aren't required to disclose or guarantee 100% UV protection.

For added assurance, the Glaucoma Research Foundation suggests choosing sunglasses labeled as blocking **99-100% of UV rays, or UV absorption up to 400 nm.**

Polarized lenses work well to reduce glare at the beach, on the water and in the snow, but don't guarantee UV protection. Make sure they're labeled for 100% UV protection.

Sunglasses that wrap around your eyes can help block stray UV light. Keep in mind, wraparound glasses can reduce your peripheral vision, posing a risk especially when driving.



If you already have eye damage, ask your eye care provider for guidance in choosing the most protective lenses.