

Be Well

Fall 2023



It's fall, y'all!

The heat is breaking, the leaves are falling, pumpkin spice is filling the air and the holidays are just around the corner. Read on for tips on how to enjoy the holidays to the fullest, stay safe and Be Well.



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Safety is the most precious gift of all.

Holidays abound from Halloween to New Year's Day. With all the family gatherings, big meals and travel, dangers can abound, also. Safety should be the top priority as we move into the holiday season, and the following are some time-tested tips to ensure you and your family remain safe this year.

Travel Safely

Traveling by car during the holidays has the highest fatality rate of any major form of transportation based on fatalities per passenger mile. Vehicle crashes kill hundreds of people every year on Thanksgiving, Christmas and New Year's Day.

- ▼ Prepare your car for winter and keep an emergency kit with you.
- ▼ Get a good night's sleep before departing and avoid drowsy driving.
- ▼ Leave early, planning for heavy traffic.
- ▼ Make sure every person in the vehicle is properly buckled up, no matter how long or short the distance traveled.
- ▼ Put that cell phone away. Cell phones are the main culprit of distractions while driving.
- ▼ Practice defensive driving.
- ▼ Alcohol impairment is involved in about a third of these fatalities. Designate a sober driver to ensure guests make it home safely after a holiday party.

Feast Safely

Keep your holidays happy by handling food safely. The [foodsafety.gov](https://www.foodsafety.gov) website from the U.S. Department of Health and Human Services provides some valuable holiday food safety tips:

- ▼ Wash your hands frequently when handling food.
- ▼ Keep raw meat away from fresh produce.
- ▼ Use separate cutting boards, plates and utensils for uncooked and cooked meats to avoid cross-contamination.
- ▼ Use a food thermometer to make sure meat is cooked to a safe temperature.
- ▼ Refrigerate hot or cold leftover food within two hours of being served.
- ▼ When storing turkey, cut the leftovers in small pieces so they will chill quickly.

Thanksgiving leftovers are safe for three to four days when properly refrigerated.

The Consumer Product Safety Commission reports there have been hundreds of turkey-fryer related fires, burns or other injuries. Seek out professional establishments or consider using an oil-less turkey fryer. If you must fry your own turkey, follow all U.S. Fire Administration turkey fryer guidelines. For even more tips on how to celebrate safely, visit [U.S. Consumer Product Safety Commission](https://www.cpsc.gov).



FIVE TO THRIVE

From vibrant berries to leafy greens, a diet rich in fruits and vegetables can bring a wealth of health benefits. Eating a variety of fruits and vegetables provides your body with daily nutrients while reducing the risk of many chronic diseases.

When it comes to how many servings you should eat each day, nutrition experts* recommend aiming for a magic number: **FIVE**.

Need a little motivation? Join the Five to Thrive Nutrition Challenge and aim to eat at least five servings of fruits and/or vegetables each day. Track what you eat, reach your nutrition goals and taste the victory!

Registration Dates: October 11, 2023 - November 1, 2023

Challenge Dates: October 25, 2023 - November 21, 2023

How to sign up and participate:

1. Sign in to MyBSWHealth.
2. Access WebMD (for instructions, click [here](#)).
3. Follow the link on the WebMD platform to sign up for the challenge.
4. Track how many fruits and veggies you eat per day for 21 of 28 days. For at least 14 of those days, eat five or more servings per day.
5. Record your progress on the WebMD platform.

Participants have until November 21, 2023, to record all serving entries.

Rankings will be finalized November 28, 2023, and December 5, 2023, will be the final date users can view the results of the challenge.

WebMd One: How to connect to WebMD

The WebMD digital wellness platform—available through MyBSWHealth—is your number-one resource to help you be your best self and live your best life. Access digital wellness coaching tuned to your personal interests, wellness challenges to turn healthy habits into a game by tracking progress, and a digital health library of articles, videos and more on health topics that interest you.

Log into MyBSWHealth to get started.

Need help accessing the WebMD platform? Check out this [handy guide](#).

Fall can make you feel SAD.

Boost your mood before the holiday season.

As we go from summer to fall and into winter, there may be times you feel sad for no apparent reason. If your appetite changes, you feel fatigued, have difficulty completing tasks or concentrating, find yourself withdrawing from loved ones, and growing pessimistic and hopeless, you may be experiencing [Seasonal Affective Disorder](#) (SAD).

Some ways you can stop the symptoms of SAD in their tracks include:

- ▼ Spend at least 10 to 15 minutes outside every day to be exposed to sunlight.
- ▼ Open the windows in your house, letting in some cool, fresh air.
- ▼ Listen to relaxing music.
- ▼ Talk to family, friends and trusted confidants.
- ▼ Eat a balanced diet.
- ▼ Get up and get active by participating in an exercise that you enjoy.

Although it may not be so easy to “snap out of” SAD, there are things you can do to boost your mood. Read our [Scrubbing In](#) blog for more tips on how to manage SAD and improve your mood before the holiday season.

#WebinarWednesdays

Every month, join us online during the lunch hour for a free wellness webinar.

NOVEMBER 1 AT 11 AM: DIABETES SERIES: MEDICATION ADHERENCE

Kim Baty, PharmD, BCPS, CDCES will help those with diabetes (or their caregivers) understand the categories of medication, the importance of maintaining treatment and how to communicate when experiencing side effects.

[Register](#)

DECEMBER 6 AT 11 AM: HOLIDAY HACKS

Holidays are the most wonderful time of the year for most—but it can sometimes bring stress and anxiety. Join Lawrence Ryan from the Baylor Scott & White Health Plan Wellness team for a few hacks to make your holiday season more manageable.

[Register](#)





IT'S A CINCH: BEAT THE FLU WITH JUST A PINCH!

Flu season is just around the corner. Protect yourself and your family by getting a flu vaccine.

Influenza is a serious disease that can lead to hospitalization and even death. While it can make anyone sick, certain people are at greater risk for serious complications, such as:

- ▼ People age 65+
- ▼ Young children
- ▼ Pregnant women
- ▼ People with chronic lung disease (such as asthma and COPD), diabetes (type 1 and 2), heart disease, neurological conditions and certain other long-term health conditions
- ▼ Immunocompromised individuals

A flu vaccine reduces your risk and can prevent you from spreading the virus to your loved ones. There are two immunization options:

- ▼ The “flu shot” is an inactivated vaccine (containing some of the dead virus) that is given with a needle, usually in the arm.
- ▼ The nasal spray vaccine is made with live, weakened flu viruses. The viruses in the nasal spray do not cause the flu, and it is approved for use in most healthy people ages 2 through 49, who are not pregnant. Visit the [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov/disease-control-and-prevention/) for a complete list of those who can and cannot receive the nasal spray flu vaccine.

Talk with your doctor about the best options for you and your family.



Walk with a Doc

If you're in the Temple or Harker Heights area, get to know your physicians while getting your steps in during our monthly Walk with a Doc series. The event begins with a brief talk by a featured physician, followed by a walk around Miller Park or Carl Levin Park. All ages are welcome, and you can walk at your own pace. When you arrive, look for Walk with a Doc signs and meet at the pavilion.

Miller Park: 1919 N 1st St., Temple, TX 76501

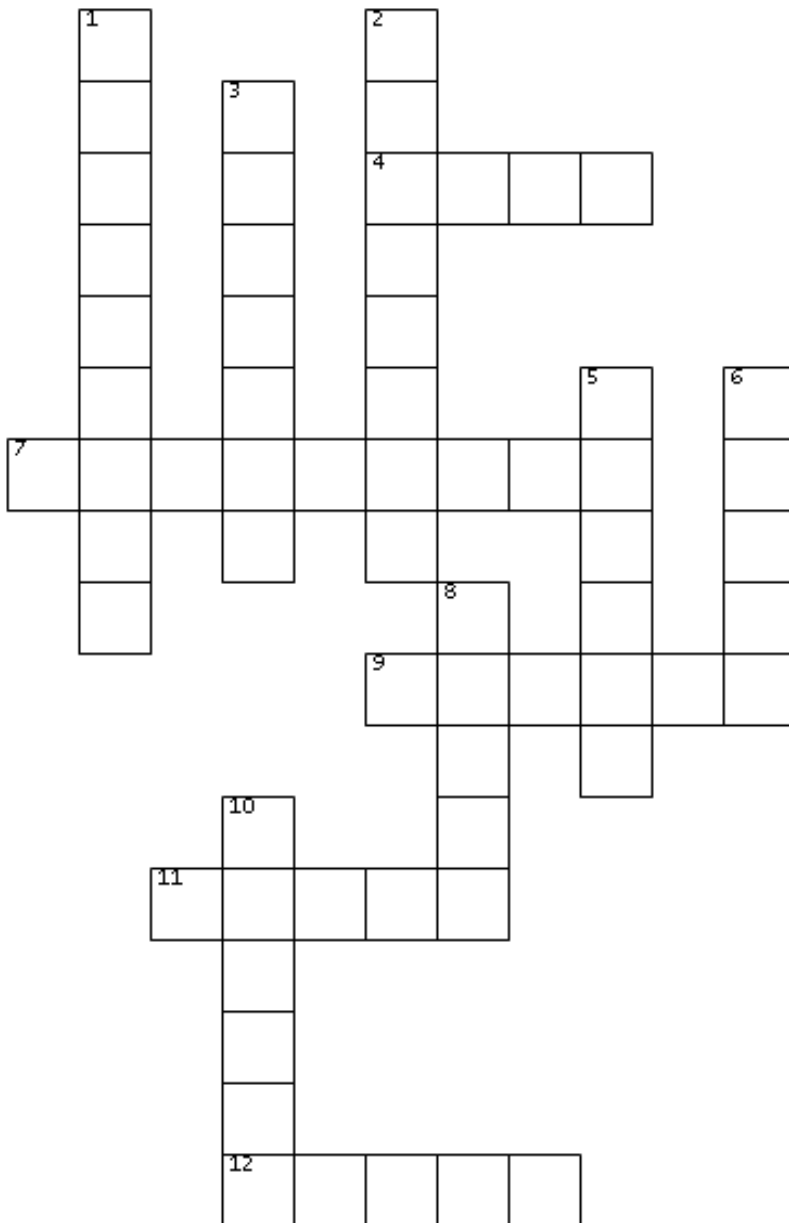
- ▼ October 21, 9:00 AM
- ▼ November 18, 9:00 AM
- ▼ December 16, 9:00 AM

Carl Levin Park: 400 Millers Crossing, Harker Heights, TX 76548

- ▼ October 28, 9:00 AM
- ▼ November 25, 9:00 AM
- ▼ December 30, 9:00 AM

The Benefits of Walking

by Patricia Mix



ACROSS

4. A state or quality of feeling at a particular time.
7. A system of the body that breaks up food physically and chemically.
9. Can be measured in kg. or lbs.
11. Calcium keeps them strong.
12. To cease being awake, to be dormant.

DOWN

1. The length or duration of life.
2. The condition that permits either natural or acquired resistance to disease.
3. Popeye ate spinach to make these grow bigger.
5. Opposite of fatigue.
6. Pumps the blood in your body.
8. Tubes conveying blood from various parts of the body to the heart.
10. The movable or fixed place or part where two bones or elements of a skeleton unite.



findhelp all in one place

We all need help sometimes. If you're looking for help, the findhelp local resource hub can help you identify your family's needs and quickly get connected to community resources. Whether you're seeking services or looking to offer help, findhelp makes it easy to find and make referrals for food, healthcare, job training, and more with dignity and ease.



How it works:

- Visit BSWHealthPlan.findhelp.com.
- Type in your ZIP code.
- Hit the “search” button to find hundreds of social service organizations at your fingertips.

You can also create an account for access to other free tools and features.



Healthy Focus

October



Breast Cancer Awareness Month

Other than skin cancer, breast cancer is the most common cancer among American women. The earlier breast cancer is found, the easier it is to treat. Get regular mammograms and talk to your doctor if you notice pain or changes in the size or the shape of the breast, lumps, or nipple discharge other than breast milk (including blood).

For more information, please visit [The Center for Disease Control and Prevention](#).

November



National Diabetes Awareness Month

Over 37 million Americans have diabetes, and it's likely you or someone you know has this chronic health condition. Diabetes and diabetes-related health complications can impact your physical, mental and emotional well-being.

For more information, please visit [The American Diabetes Association](#).

December



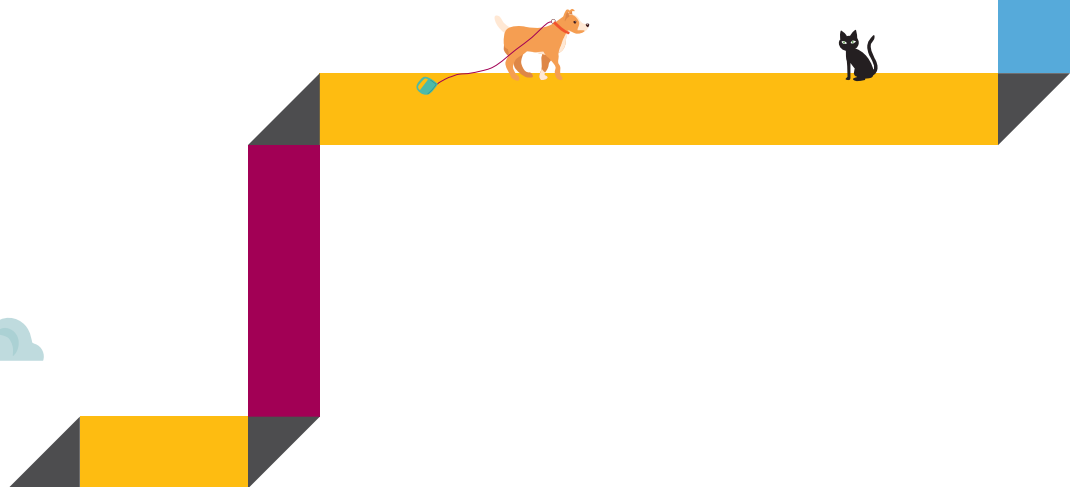
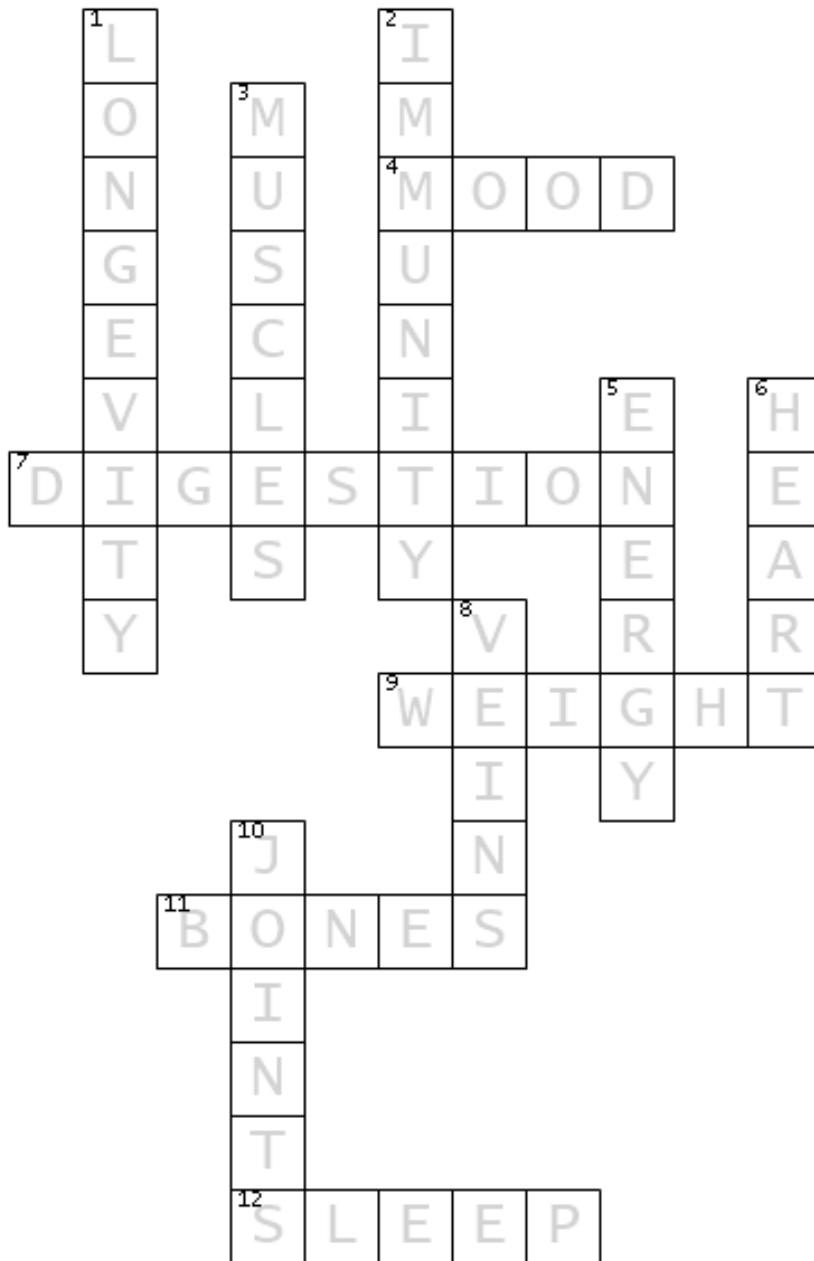
HIV/AIDS Awareness Month

HIV (human immunodeficiency virus) is a virus that attacks the body's immune system and can lead to AIDS (acquired immunodeficiency syndrome) if left untreated. There is no cure for the disease, but HIV—if effectively treated—can be controlled. People in control of their HIV can live long, healthy lives.

Learn more about testing, treatment and risk reduction at [Centers for Disease Control and Prevention](#).

The Benefits of Walking (answers)

by Patricia Mix



Our mission

as part of the Baylor Scott & White Family

Founded as a Christian ministry of healing, Baylor Scott & White Health promotes the well-being of all individuals, families and communities.

