



PREVENTIVE CARE FOR HEALTHY KIDS

by Rachel Savieo

It's that time of year again when kids are heading back to school. Ensure the kids in your life have a healthy and happy school year with three easy steps.

- 1. Vaccinate your kids.** Most schools require updated vaccination records each school year.
- 2. Get routine check-ups.** Routine exams like dental and eye exams are crucial to finding problems early when treatment is more successful.
- 3. Prevent colds and other illnesses.** Since many colds occur in the fall and winter when everyone is inside, encourage your kids to wash their hands frequently, eat a well-balanced diet with variety, stay active, and get plenty of rest.

Source: Centers For Disease Control. cdc.gov/family/parenttips. Accessed 28 June 2016.

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The best way to ensure your kids make healthy choices is to model healthy behaviors yourself. You are an important role model to the kids in your life, and the things you do are often more powerful than the words you say.

Want your kids to eat well? Provide them with healthy choices. Be patient! Even if your kids turn up their noses at healthy foods now, they are more likely to try new things when presented with those options consistently over time. Make sure you are caring for yourself the way you want your kids to care for themselves. They will watch and learn from you. ✨

SMART FACTS

60 MINUTES

of physical activity is recommended daily for kids aged 6-17 years old.

21%

of kids aged 6-19 eat the recommended five or more servings of fruits and vegetables each day.

40%

of children's diets come from added sugars and unhealthy fats.

Source: Prevention Institute. preventioninstitute.org/focus-areas/supporting-healthy-food-a-activity/supporting-healthy-food-and-activity-environments-advocacy/get-involved-were-not-buying-it/735-were-not-buying-it-the-facts-on-junk-food-marketing-and-kids. Accessed 28 June 2016.



FLU VACCINATIONS: MYTHS vs. FACTS

by Kelly Thomson, MSHP

Even though we are still in the warmth of summertime, it is important to start thinking about taking care of yourself later this year with an annual influenza (flu) vaccination. Flu season in the United States can begin as early as October and last until May in some cases. The flu commonly causes a few miserable days off work or school, but it can have even more serious effects, including hospitalization or even death. Because the flu is easily spread, getting an annual vaccination is the single best way to protect yourself from the virus.

There are many misconceptions about the flu vaccine, and many people decide against getting the shot out of fear of possible side effects. Here are some common myths and facts explained:

MYTH: The flu vaccine can give you the flu.

The vaccine often produces side effects, including soreness, redness, or swelling where the shot was given; low grade fevers; nausea; or aches. These side effects can be easily confused with the flu, but are usually mild, rare, and often short lived.

FACT: It can take up to two weeks after getting the flu vaccine for your body to build immunity.

The flu vaccine causes antibodies to develop in your body, but it is not instant. It's best to get it early and be mindful during those two weeks, making sure you wash your hands multiple times a day.

MYTH: Flu vaccines are only important for young children, pregnant women, and older adults.

While these groups are at the most risk of suffering serious complications from the flu virus, it is recommended that everyone over the age of six months get a flu shot. Just a few minutes can save you from an illness that can cause serious problems, so be ready this fall by taking time to schedule your flu vaccination.

FACT: The vaccination changes every year.

The most common strains of the flu change each year, and the flu vaccine usually covers the three strains of the virus anticipated to be the most common during the coming season. For this reason, you should get the flu shot annually. Keep in mind that since the flu vaccine covers the three most common strains, there is a possibility that you could be infected by a different flu virus. ❏



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Sources: Centers for Disease Control. cdc.gov/flu/protect/keyfacts.htm. Accessed 28 June 2016.
Mayo Clinic. mayoclinic.org/diseases-conditions/flu/in-depth/flu-shots/art-20048000. Accessed 28 June 2016

AVOID CLAIMS & BILLING PROBLEMS

by John Thomas

Experts estimate that at least 30% of medical bills contain errors. The following are some ways you can help avoid errors and respond if you find a billing mistake.

- **Know your coverage.** You're more likely to catch an error if you've read your policy.
- **Get the paperwork.** Ask for copies of all your bills, especially for hospital stays and hospital pharmacy charges, and review them closely to make sure charges match the care you received.
- **Open bills and EOBs ASAP.** Insurers typically have a deadline for appealing a charge, so open bills and EOBs (Explanation of Benefits) right away and call immediately if you see a problem.
- **Stay in-network.** Making sure physicians, labs, hospitals, etc. are in your insurer's network offers two benefits. You will get the best prices, and in-network providers usually communicate with insurers better than out-of-network providers.
- **Talk to your doctor.** Physicians don't always think about the cost of a test, medication, or procedure before ordering it. Ask for this information so you are not surprised when the bill arrives.
- **Get help.** If you find yourself confused by charges and bills, your employer's Human Resources Department should be able to help you or connect you with someone who can. ♪

FINANCIAL CORNER WITH PETE THE PLANNER

There are two things that are indisputably beneficial: eating healthy and supporting local business. The benefits of eating healthy are numerous, including disease prevention and boosted energy, and supporting local business is great for the economy. Naturally, combining these two makes for a smart partnership. Try shopping at a farmer's market or subscribing to a local vegetable delivery service to obtain fresh produce while supporting local farmers.

But what if you can't afford the higher cost of healthy, local foods? This is a common concern, though thankfully there are lower cost options for eating healthy. Planting a garden is a cheaper way to eat fresh vegetables. Sure, you may put in more time, but the benefits of gardening are just as beneficial as eating the vegetables the garden produces. Don't be afraid of making a healthy choice just because it costs more. Get creative and find ways to fit healthy decisions into your budget today. ♪



NATIONAL IMMUNIZATION AWARENESS MONTH AUGUST

August is National Immunization Awareness Month. It's an ideal time to make sure you get vaccinated and plan ahead before kids return to school as flu season arrive. Vaccines are the best defense available to prevent many dangerous diseases, so be proactive this August and get the shot before your forehead starts feeling hot!

Source: Centers For Disease Control. cdc.gov/vaccines/events/niam. Accessed 9 June 2016.

HARVEST OF THE MONTH: LIMA BEANS

by Henry Boots

Lima beans are a legume in the same family as peas or lentils. They digest slowly because of their high fiber content, help keep blood glucose and cholesterol levels steady after meals, contain complex carbohydrates that act as a natural laxative, and are packed with vitamin B, folate, and a lot of minerals. Lima beans can be included in soups and salads to provide a healthy nutritional bonus that fights diabetes and prevents cancer.

How to Select

Lima beans are typically dried, canned, or frozen. If you purchase them frozen, be sure the beans move freely inside packaging, because clumping suggests they were thawed and refrozen. With canned lima beans, select the latest expiration date to ensure the freshest beans. Avoid incomplete, cracked, blemished, or decaying beans.

How to Store

Lima beans are extremely perishable. Cooked ones only stay fresh for a day in a cooled, airtight container. Dried beans can be stored for up to six months in an airtight container when placed in a cool, dark location. Fresh lima beans should be stored inside their pods in the refrigerator crisper where they will keep for a few days.



How to Prepare

After rinsing the beans in a strainer, they are often presoaked to shorten cooking time and make them easier to digest. Combine two cups of water to one cup of lima beans in a saucepan. Either boil for two minutes and let them stand without heat for two hours, or soak them in the refrigerator overnight. Before cooking, the beans should be drained and rinsed again.

Source: World's Healthiest Foods. whfoods.com/genpage.php?tname=foodspice&dbid=59. Accessed 15 June 2016.

RECIPE OF THE MONTH: *Marinated Three Bean Salad*

Ingredients (makes 4 servings):

½ can (15 oz) lima beans
1 can (8 oz) cut green beans
1 can (8 oz) red kidney beans
1 onion (thinly sliced)

½ cup green bell pepper

8 oz Italian salad dressing

Directions:

1. Drain canned beans. Peel and slice the onion before separating into rings.
2. In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and green bell pepper. Add the Italian dressing and toss lightly.
3. Cover the bowl and marinate in the refrigerator for at least one hour. Drain before serving.

Nutritional Info

PER SERVING: 170 calories, 0g fat, 0g saturated fat, 35g carbohydrates, 7g protein, 690mg sodium, 0mg cholesterol, 8g fiber, 10mg sugar

Source: FoodFacts. foodfacts.mercola.com/lima-beans.html. Accessed 15 June 2016.