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BenefitsWise

"Better Benefits Through Collaboration"

A Healthy Thanksgiving

Celebrate this Thanksgiving with healthy recipes! According to the Calorie Control Council, the average American may consume more than 4,500 calories and 229 grams of fat during a traditional Thanksgiving dinner.

To avoid overindulging, try to reduce the amount of calories and fat in your appetizers, desserts and main meals by substituting ingredients with healthier options.

For appetizers, instead of passing a tray filled with meat and cheese — which have high levels of saturated fat and cholesterol — choose whole grain crackers, raw vegetables and low-fat dip or hummus. Vegetables like carrots and broccoli are high in fiber and potassium that will help keep you healthy around the holidays. This type of appetizer is also good for people with prediabetes or diabetes.

To stay healthy during the holidays, the American Heart Association recommends:

- If cooking, provide low-fat foods, or ask if you can bring a low-fat dish.
- Eat lower-fat and reduced-calorie foods for days in advance of the holiday feast, and for days after.
- Prepare for handling your worst temptations; if you want both pecan and pumpkin pie — take a tiny slice of each, instead of a full serving.
- After the meal, start a tradition — a holiday walk, for instance.

To read the full article click [here](#)



Honey-Orange Carrots

Ingredients:

- 10 large carrots, peeled and cut into small sticks
- 3 tablespoons honey
- 2 tablespoons olive oil
- 2 oranges, cut into eighths
- 1/4 cup slivered almonds

Directions:

1. Preheat oven to 375 degrees.
2. Toss all ingredients together in a baking dish or rimmed pan. Bake 30 minutes or until carrots are soft but not mushy.

Excerpt from Rally article: 34 Healthier Thanksgiving Recipes, November 17, 2015. For more information, visit Rally through the ICUBA SSO and BCBS My Health Toolkit.



Remember to visit our website—<http://ICUBAbenefits.org>

This user friendly site is your one stop shop for all things benefits! Visit our single sign-on section located below the scrolling banner and gain access to ICUBA's Brand Partners including BCBS My Health Toolkit , Rally, OptumRx Prescription Drug Portal, Resources for Living EAP, Aetna Navigator and, of course, the ICUBA MasterCard!

ICUBAcares

Pharmacist Advocate Program

Our ICUBAcares Pharmacist Advocates can serve as a liaison between doctors, pharmacy and the insurance company—taking you out of the middle. Whether you have a question for a pharmacist on a medication you are taking or considering or want assistance with a prior authorization from your provider, ICUBAcares is ready to help.

Please note for Rally: The ICUBAcares team can review your prescriptions and determine if you are a candidate for a qualified medication change for a \$50 Rally incentive. If you qualify, the team will assist with your transition to a medication less costly to the plan and reward once complete.

**For more information, call
1-877-286-3967 (9 AM-5 PM, M-F)**



We know needing surgery can be overwhelming. Locating a top-quality surgeon, scheduling multiple appointments, dealing with unexpected medical bills – it's complicated. Let a SurgeryPlus Care Advocate handle the hassle for you! Your dedicated Care Advocate will locate the best-fitting provider, schedule all appointments, coordinate medical records and book travel if necessary. Sometimes travel is necessary to ensure you have access to the best possible provider and may include mileage allowances, hotel, flights and per diems for food.

As we know, your care continues after the surgery. Your dedicated Care Advocate will also assist you post-procedure with scheduling follow-up appointments with local providers in your ICUBA/BCBS network, such as physical therapists or imaging centers. We will even help make sure your surgery medical records are provided to your primary care provider for continuity of care. Your satisfaction is our priority.

Call SurgeryPlus at 1-855-200-2119 to speak to a Care Advocate today!

HAPPY THANKSGIVING



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Adjusting to Shorter Days

The end of daylight savings time can signal some changes. We might enjoy an extra hour of sleep or adopt an earlier bedtime. To many, the most noticeable change is that it gets darker earlier. Less daylight can take some getting used to. The following tips might help you adjust:

- **Stick to your routine.** For example, if you usually go to the gym before or after work – continue to do so! Don't let the dark throw you off.
- **Don't stay up late.** If you feel the need to go to bed earlier, listen to your body (instead of forcing yourself to stay awake).
- **Give yourself time.** Your body clock could take a while to settle into the change, and that's ok. Don't be alarmed if you feel a bit thrown off for the next few days!

For more information, visit www.MyStrength.com

