

Changing Your Health Plan? Make Sure You're Covered!



If you are changing your health plan this year during Open Enrollment, consider asking yourself the following questions, before choosing your new insurance:

- **Did your plan from last year cover your healthcare needs** throughout the year?
- **Have there been any major changes in your health** since the last year (for example, a diagnosis of diabetes or other condition that will require frequent doctor visits or medications)?
- **Did you meet your deductible**, or were you left not covered for needed services at any point during the year?
- **How often did you see your doctor**, and what were your costs?
- **Are there any other services you need to use regularly**, like chiropractic?

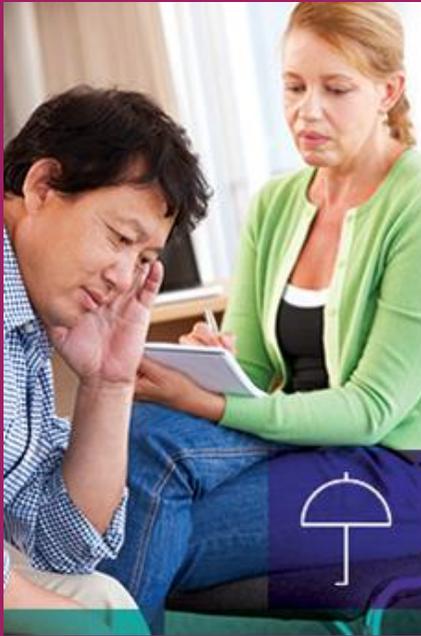
Taking time to evaluate your medical needs ahead of time can help you be confident about selecting the best health insurance option for you and your family during this year's Open Enrollment.

Adding More Fruits and Vegetables

Fruits and vegetables are low in fat, high in fiber and loaded with vitamins. Eating a wide variety, from strawberries to squash, can play a key role in warding off chronic diseases and building your natural resistance to illness. Here are some easy ways to add more fruits and vegetables to your daily diet:

- **Make smoothies.** Smoothies can greatly increase the number of fruits and vegetables you consume per day, as you can get multiple servings in one smoothie. Plus, the combinations are endless!
- **Order a side salad instead of fries.** See if you can get as many healthy toppings on it as you can-like broccoli, cucumbers or tomatoes.
- **Snack smarter.** Keep a supply of fruits and vegetables available for when a snack-attack sets in. Bring a bag of baby carrots or apples with you on your commute, or keep some dried fruits and nuts at your desk. This will help prevent trips to the vending machine or the drive-thru.
- **Toss veggies into soups and stews and sauces.** Get creative-toss chopped spinach in spaghetti sauce, or diced zucchini in your chili recipe.





Overcoming Substance Abuse What Our Experts Recommend

53 percent of Americans have a spouse or close relative who is struggling with addiction. If you're dealing with an addicted family member, it can cause tremendous frustration and resentment. Often, conflict can arise among family members who differ on how to deal with the person struggling with their addiction. Our Licensed Professional Counselors are experienced in helping individuals and families struggling with addiction. Here is what they recommend:

- **Don't ignore the problem;** express your feelings in a healthy manner. This can be the beginning to healthier coping.
- **Try to understand** what the addicted family member may be experiencing. This can lead to the right steps toward overcoming the problem.
- **Learn about treatment options.** These can include therapy, intervention specialists and rehab clinics.

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Childhood Obesity Awareness Month

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