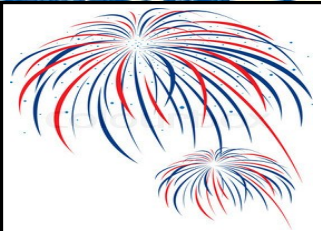

Tulare County Employee Wellness Program
"Preventive Care"
July 2016

Mon	Tue	Wed	Thu	Fri
LiveHealth Online Promotion **Register by 7/31/16** **for a chance to win a gift card!** See Page 3				1
4 **4th of July** **County Holiday**	5	6	7 **Online Video** **Heart Attack & Stroke Prevention** See Page 2	8
11	12	13 **Interactive Article** **Prevent Heart Disease** See Page 2	14	15
18	19 **Online Video Series** **Back Care** See Page 2	20	21 **Online Presentation** **How Pets Can Help You Thrive** See Page 2	22
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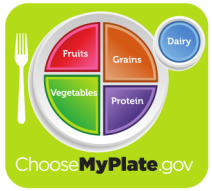
What's on Your Plate?

Choosing a healthy diet can help prevent many diseases and conditions including: diabetes, heart disease, obesity, high blood pressure, and more. "My Plate" is a campaign that teaches individuals tips on how to prepare a healthier plate.

Anthem BlueCross

To view the article click the link below:
My Plate



How Pets Can Help You Thrive

Pet therapy can help prevent stress, heart disease, and high blood pressure. It also enhances overall emotional well-being.

KAISER PERMANENTE

To watch the video click on the link below:
How Pets Can Help You Thrive

Back Care

Taking care of your back can help prevent back pain and health issues. This series covers how to find a neutral spine, how to properly engage in physical activity, and explores spine care exercises.

KAISER PERMANENTE

To view the series click on the link below:
Back Care

Heart Attack & Stroke Prevention

This video discusses how you can prevent a heart attack or stroke. It covers different tips and information that can help you prevent a heart attack or stroke.

To learn more click on the link below:
Heart Attack & Stroke Prevention

KAISER PERMANENTE

Preventing Repetitive Motion Injuries

When performing the same motion day after day a strain can be placed on the musculoskeletal system. This article provides 6 tips to help reduce the risk and symptoms from Repetitive Motion Injuries (RMIs).

Anthem BlueCross

To view the article click the link below:
Repetitive Motion Injuries

Preventing Skin Cancer

This online article provides tips to help you and your family avoid the risk of developing skin cancer.

To view the article click the link below:
Preventing Skin Cancer

CDC

Preventing Osteoporosis

This online article covers what osteoporosis is, how to prevent it, and when a bone density test should be performed.

To view the article click the link below:
Preventing Osteoporosis

KAISER PERMANENTE

Prevent Heart Disease

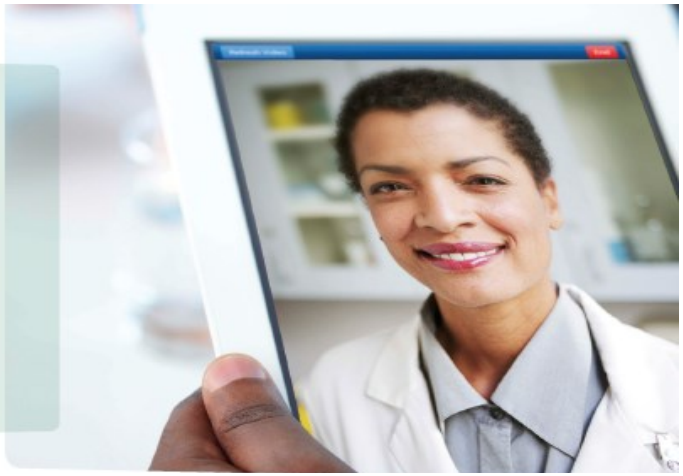
This interactive article covers risk factors of heart disease, the signs of a heart attack, and what to do in case of a heart attack.

To learn more click on the link below:
Prevent Heart Disease

KAISER PERMANENTE

LiveHealth Online

Quick and easy access to a doctor 24/7



Sign up for free today and get:

- ◊ **24/7 access to doctors.** They can assess your condition, provide treatment options, and even send a prescription to the pharmacy of your choice if needed. It's a great way to get care when your doctor isn't available.
- ◊ **Medical care when you need it.** For things like the flue, a cold, sinus infection, pink eye, rashes, fever, and more.
- ◊ **Convenience.** Since there are no appointments or long waits. In fact, most people are connected to a doctor in about 10 minutes or less.

Doctors using LiveHealth Online typically charge $49 or less per visit, depending on your health

LiveHealth Online: what you need to know

What kind of doctors can you see on LiveHealth Online?
Doctors on LiveHealth Online are:

- ◊ Board certified with an average of 15 years Of practicing medicine
- ◊ Mainly primary care physicians
- ◊ Specially trained for online visits

When can you use LiveHealth Online?
LiveHealth Online is a great option for care when your own doctor isn't available and more convenient than a trip to the urgent care. With LiveHealth Online, you can receive medical care for things like:

- ◊ Cold and flu symptoms, such as a cough, fever and headaches
- ◊ Allergies
- ◊ Sinus infections and more

How do I pay for an online visit using LiveHealth Online?
LiveHealth Online accepts Visa, MasterCard and Discover cards as payment for an online doctor visit. Keep in mind that charges for prescriptions aren't included in the cost of your doctor visit.

Get Started Today

It's quick and easy to sign up for LiveHealth Online. Just go to livehealthonline.com or download the mobile app at Google Play or the Apple Store.

If you join by July 31st you will be entered to win a gift card.

Anthem BlueCross LiveHealth ONLINE

LiveHealth Online Psychology

What conditions can be treated when you have a visit with a psychologist or therapist?
You can get help for these types of conditions:

- ◊ Stress
- ◊ Anxiety
- ◊ Depression
- ◊ Family or relationship issues
- ◊ Grief
- ◊ Panic attacks
- ◊ Stress from coping with a sickness

How much does a therapist visit cost?
The cost should be similar to what you'd pay for an office therapy visit, depending on your benefits, copay, or coinsurance. You'll see what you owe before you start a visit and any cost is charged to your credit card. The cost is the same no matter when your have the visit– whether it's a weekday, the weekend, evening, or a holiday.

How do I decide which therapist to see?
After you log in at livehealthonline.com or with the app, select LiveHealth Online Psychology. Next, you can read the profiles of therapists and psychologists. Once you select the one you would like to see, schedule a visit online or by phone. At the end of the first visit, you can set up future visits with the same therapist if both of you feel it's needed. You always have the choice of the therapist you want to see.

What else do I need to know about LiveHealth Online Psychology?

- ◊ You must be at least 18 years old to see a therapist online and have your own LiveHealth Online account.
- ◊ Psychologists and therapists do nor prescribe medications.
- ◊ Visits usually last about 45 minutes.

American Heart Association®
life is why™

Healthy Recipe of the Month

Sweet Potato Nachos

Ingredients

- 3 medium sweet potatoes (about 2 pounds)
- 1 Tbsp. olive oil
- 1 tsp. Chili powder
- 1 tsp. garlic powder
- 1 1/2 tsp. paprika
- 1/3 cup black beans, drained, rinsed
- 1/3 cup reduced-fat shredded cheddar cheese
- 1/3 cup chopped tomato (1 plum tomato) OR
- 1/3 cup no-salt-added, canned, diced tomatoes, drained, rinsed
- 1/3 cup chopped avocado

Directions

1. Preheat oven to 425 degrees. Cover the baking pans with foil and coat with nonstick cooking spray.
2. Peel and slice the sweet potatoes thinly (about quarter-inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder, and paprika. Spread evenly in prepared pan (might need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5—10 minutes or until crisp.
3. Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado. Serve.

Additional Tips

- A well-stocked spice cabinet is an easy way to add flavor without added sodium– however, be sure to look for spices and seasoning mixes without added salt.
- For easy clean-up, line your baking pan with foil before spraying with nonstick cooking spray.

Video Tutorial

Watch a tutorial video that provides a quick and easy overview of how to prepare this delicious healthy recipe.

Click on the link to view the video
Video Tutorial