



FEBRUARY 27, 2018

RELAX
You're in Control

WELLNESS NEWSLETTER

February Heart Health Awareness

Practice gratitude
to help reduce stress.

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HGTC GOES RED FOR HEART HEALTH AWARENESS

Did you know?

- Heart disease is the leading cause of death among women and men in the U.S.
- On February 14th employees were encouraged to wear red in support of Heart Health Awareness.



#HGTCGOESRED

Relax ... you're in control

Find out more under the Live Healthy section at

www.StateSC.SouthCarolinaBlues.com.



Take control of your blood pressure

February is heart health month. A good way to keep your heart healthy is to take control of your blood pressure. High blood pressure—also known as hypertension—can be a silent killer. Heart disease and stroke, which may be caused by high blood pressure, are the two leading causes of death in the U.S. Only a fraction of those with hypertension have it under control.

Did you know that there are 10 lifestyle changes that can lower your blood pressure without medication? State Health Plan members can make some simple changes to improve their heart health.

- Lose weight
- Exercise at least 150 minutes a week
- Eat a diet rich in whole grains, fruits, vegetables
- Reduce sodium in your diet
- Drink alcohol in moderation
- Quit smoking
- Cut back on caffeine
- Reduce your personal stress
- Monitor your blood pressure regularly
- Get support

Lifestyle changes can help reduce your risk, but if you are concerned about your heart health, talk with your doctor. Find more information about high blood pressure and heart-related screenings under the Live Healthy section at www.StateSC.SouthCarolinaBlues.com.

You can also get on-the-go health information sent to your mobile phone. Dial 844.284.5417 or text “Perks” to 735-29.



Your benefits just got better!

Welcome to the TicketsAtWork benefits program, our provider for discounts to theme parks, attractions and shows nationwide.

How can I benefit from TicketsAtWork?

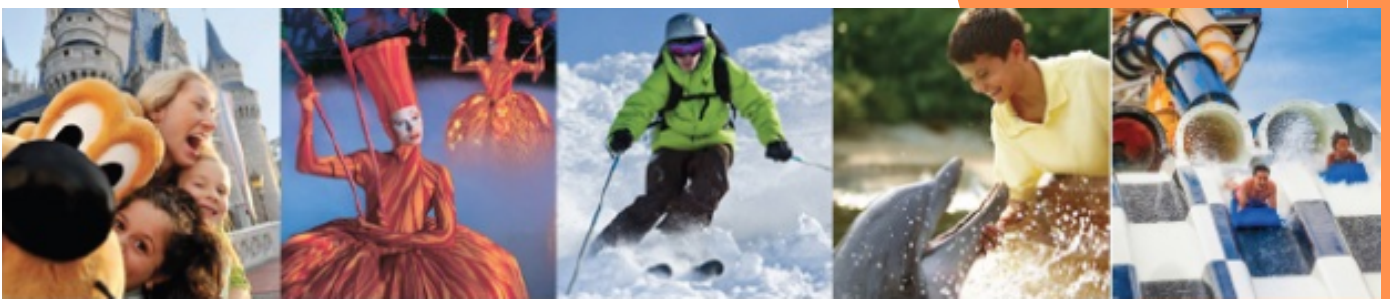
Through TicketsAtWork, you will receive discounts and special access to theme parks and attractions including the Walt Disney World Resort, Universal Studios, Preferred Access seating at shows, concerts, and sporting events, and much more! Also check with TicketsAtWork for savings on car rentals, hotels, tours and attractions accross the U.S. If you're staying local, save on movie tickets, flowers, clothing, and other special events. And feel free to share the code with friends and family!

**MEMBERS
HAVE MORE
FUN!**

HOW CAN I ORDER TICKETS?

1. Visit www.ticketsatwork.com.
2. Click on the "Become a Member" box on the homepage.
3. You will then be prompted to create an account with your college email address.

Company Code:
CAHGTC



RECIPE

Roast Salmon with Salsa

Start to Finish: 25 minutes Servings: 6

Ingredients:

2 medium plum tomatoes, chopped
1 small onion, roughly chopped
1 clove of garlic, peeled and quartered
1 fresh jalapeno pepper, seeded and chopped
2 teaspoons cider vinegar
1 teaspoon chili powder
1/2 teaspoon ground cumin
1/2 teaspoon salt
2-4 dashes of hot sauce
1 1/2 pounds salmon fillet, skinned and cut into 6 portions

Directions:

1. Preheat oven to 400 F.
2. Place tomatoes, onion, garlic, jalapeno, vinegar, chili powder, cumin, salt and hot sauce to taste in a food processor. Process until finely diced and uniform.
3. Place salmon in a large roasting pan and spoon the salsa on top. Roast until the salmon is flaky on the outside but still pink inside, about 15 minutes.

Nutrition Information Per Serving:

226 Calories; 13 g Total Fat; 3 g Saturated Fat; 5 g Monosaturated Fat; 65 mg Cholesterol; 1 g Fiber; 260 mg Sodium; 2 g Carbohydrates; 23 g Protein; 480 mg Potassium



This information is courtesy of the American Heart Association, an independent company that offers health education information on behalf of your health plan.

Tomatoes

Nutrient: Lycopene

Tomatoes are high in lycopene, a powerful antioxidant.



Kidney Beans

Nutrient: Fiber

You can get 44% of your daily fiber with one cup of kidney beans.



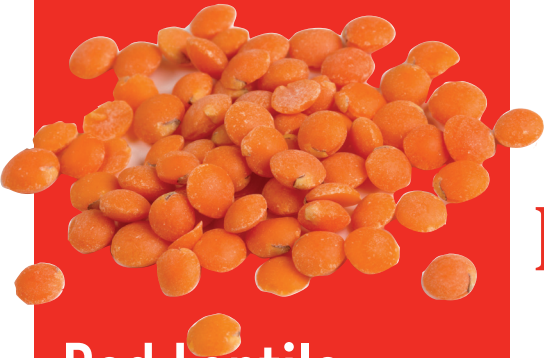
Eat Red *for* Heart Health

Red meat can increase your risk of cardiovascular disease. But there are plenty of red foods that'll keep your heart healthy!

Red Lentils

Nutrient: Protein

Just one cup of red lentils has 18 grams of protein.



Strawberries

Nutrient: Vitamin C

One cup of strawberries provides 141% of your daily vitamin C intake.



Tart Cherries

Nutrient: Vitamin A

One cup of tart cherries has 39% of your daily vitamin A.



Beets

Nutrient: Betaine

Beets contain betaine, a compound seen to protect blood vessels from artery-clogging plaque.



Source: Physicians Committee for Responsible Medicine



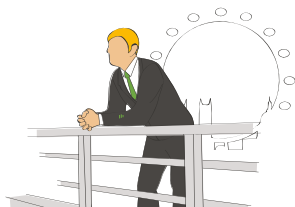
South Carolina



ACTION CALENDAR: MINDFUL MARCH 2019



MONDAY



"The best way to take care of the future is to take care of the present moment" - Thich Nhat Hanh

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

4 Stay fully present while drinking your cup of tea or coffee

5 Every hour simply take three calm breaths in and out

6 Eat mindfully. Appreciate the taste, texture & smell of your food

7 Listen to how you speak to yourself. Try to use kind words

8 Look around and spot 3 things you find unusual or pleasant

9 Listen to a piece of music without doing anything else

10 No plans day. Slow down and let spontaneity take over

11 When someone is speaking, take a full breath before you reply

12 Feel the cool of a breeze or the warmth of the sun on your face

13 Stop, breathe and just notice. Repeat regularly during the day

14 Enjoy doing any chores or tasks more mindfully today

15 Take an unusual route and notice what looks different

16 If you find yourself rushing, make an effort to slow down

17 Have a device-free day and enjoy the space it offers

18 Do something creative that absorbs your attention

19 Listen deeply to someone and really hear what they are saying

20 International Day of Happiness! Focus on what makes you happy

21 Notice when you're tired and take a break as soon as possible

22 Stop to just watch the sky or clouds for ten minutes today

23 Bring to mind all the people you love and care about

24 Make a list of amazing things that you take for granted

25 Mentally scan down your body and notice what it is feeling

26 Tune in to your feelings, without judging or trying to change

27 As you walk, notice the sound of each step and how it feels

28 Stop work earlier and use the time to be still and relax

29 Appreciate your hands and all the things they enable you to do

30 Notice the joy to be found in the simple things of life

31 Go nature spotting today. Even in a city, life is all around

ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys