



A Wellness Newsletter for AvMed Members

Road to **WELLfluent**TM

Embrace better health.

10 Healthy Meals for Your Work Week



National Nutrition Month[®] is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. We all know we should eat healthier. Many of us simply don't have the time it takes to plan and prepare healthy meals. We want to help you take the guesswork out of what to eat this week. We've gathered five healthy, easy to prep and pack for work lunches and five fast, easy and delicious dinners for each work night this week. That's 10 healthy meals for your workweek.

Healthy Lunches to Pack for Work

Hummus and Veggie Wraps – These are a great, tasty way to get in extra veggies. Use whatever veggies you have on hand. You'll get extra protein from the hummus and by adding some deli meat or grilled chicken. Switch out white flour tortillas for some whole wheat or low carb options to increase your nutrients.

Deli Snack Box – The options are truly endless when it comes to creating a deli snack box. Include a veggie, fruit, cheese, protein, and carb. These snack boxes are light while still being filling and full of variety, color, and good nutrition.

Kale Salad – If you've never tried a Kale Salad, you're really missing out. Massage some olive oil into the leaves to

soften them, add some lemon juice, slivered almonds, dried cranberries, and parmesan and you've got a delicious meal. Throw on some shredded chicken for some filling protein to round it out.

Tuna Salad Lettuce Wraps – Tuna salad is always a great go-to healthy lunch option. Wrapping it in lettuce instead of bread is a perfect way to reduce your simple carb intake and avoid that afternoon carb crash. If you're trying to cut down on fat, try this mayo-free rendition of tuna salad, full of flavor.

Burrito Bowl – Rather than head to your favorite burrito bowl restaurant, save ten bucks by packing your own! You'll save money and calories by building your own, simple burrito bowl.

Healthy Dinners to Pack for Work

Burger Bowls – Burger bowls are a super easy, fast, low carb meal to throw together on a weeknight. Grab a bag of sweet potato chips or frozen sweet potato fries as a low maintenance side item.

One Pan Balsamic Chicken – Any recipe with "one pan" in the title is a winner! Easy preparation and easy cleanup. This delicious 30-minute dinner from Better Homes & Gardens is sure to be a favorite.

Slow Cooker Stuffed Pepper Soup – This soup is our only slow cooker meal on the list, so it does require a little extra prep work. It's still super simple and easy and once you've thrown it all in, it can cook away while you're at work. The soup also makes great leftovers for lunches the next day.

Avocado Salmon Rice Bowl – Here's a meal that's full of healthy fats and omega-3s. You can purchase bags of frozen salmon inexpensively. You can also swap the white rice for brown or even buy a bag of frozen cauliflower rice to increase nutrient density.

Cauliflower Crust Veggie Pizza – You can purchase a frozen cauliflower pizza crust in your local grocer's freezer section. Sometimes they even come with two crusts in a box! Add some pizza sauce and your favorite toppings for a healthy variation on pizza night.

Source: <https://www.iabhp.com/10-healthy-meals/>

March is Workplace Eye Wellness Month

Prevent Blindness has declared March as Workplace Eye Wellness Month. Because one of the many negative effects of the ongoing COVID-19 pandemic is the increase in digital screen time for many remote workers, Prevent Blindness is raising awareness of digital eye strain and providing tips on ways to decrease the effects of increased screen time.

Symptoms of digital eye strain, also referred to as computer vision syndrome, include tired, burning, or itching eyes, dry eyes, blurred vision and/or headache. To help reduce the effects, Prevent Blindness recommends:

- Place your screen 20 to 26 inches away from your eyes and a little bit below eye level.
- Use a document holder placed next to your screen. It should be close enough, so you don't have to swing your head back and forth or constantly change your eye focus.
- Change your lighting to lower glare and harsh reflections. Glare filters over your digital screens can also help.
- Get a chair you can adjust.
- Choose screens that can tilt and swivel. A keyboard that you can adjust is also helpful.
- Computer glasses with yellow-tinted lenses that block blue light can help ease digital eye strain by increasing contrast.



- Anti-reflective lenses reduce glare and increase contrast and block blue light from digital devices.
- Take frequent breaks by using the "20-20-20" rule, as recommended by the American Academy of Ophthalmology and the American Optometric Association. Every 20 minutes look away from your screen and look at an object 20 feet away for at least 20 seconds. This gives your eyes a chance to reset and replenish themselves.

To download shareable social media graphics on workplace eye wellness or from the Screen Time-out campaign, visit www.preventblindness.org/infographics-archive/

Multiple Sclerosis Awareness Month



Every March is Multiple Sclerosis Awareness month, a time for sufferers, family members, and supporters to share information, sympathy, and camaraderie, drawing attention to this disease of the central nervous system. If you're not familiar, Multiple Sclerosis (MS) happens when one's immune system attacks the nerve cells and renders them unable to properly transmit information, causing balance issues, weakened vision, fatigue, and other unpredictable symptoms. Approximately 2.5 million people worldwide suffer from multiple sclerosis. The cause is unknown, and there is no definitive cure as of this writing. However, there are many effective treatments, so those afflicted with MS should not lose hope. This month is all about raising awareness, educating a wider society, fundraising, and getting behind those scientists that seek to advance our understanding of MS. For more information visit: <https://mymsaa.org/>

Preventive Care: We've Got You Covered

Did you know that you're covered at 100 percent – that means no copays, no cost sharing, and no coinsurance – for preventive services when you get them from within a participating network? For a complete list of covered preventive care services or questions about what screenings you are due to receive, please visit AvMed.org. (In this area, you'll also find Clinical Guidelines for care.) For assistance, simply call AvMed's Member Engagement Center at the number listed on your AvMed Member ID Card.

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** Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees may vary based on fitness center selection.

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