8 WAYS TO AVOID HOLIDAY WEIGHT GAIN

1. Never Arrive to a Party Hungry
   • Have a nutritious snack beforehand and drink plenty of water.

2. Divert Your Attention
   • Focus on something other than food.

3. Pace Yourself
   • Chewing food slowly will fill you up quicker.

4. Outsmart the Buffet
   • Use the smallest plate and do not stack your food.

5. Limit Alcohol
   • It's not just about calories but control.

6. Be Choosy About Sweets
   • Limit your sweets to small portions. Pick just one favorite.

7. Bring Your Own Treats to Gatherings
   • Prepared and bring low-calorie treats.

8. Walk It Off
   • Make it a family tradition to walk before or after the meal. Walking not only helps you physically but also helps you clear your mind.

Source: http://www.webmd.com/diet/features/10-ways-to-avoid-holiday-weight-gain

IT’S FLU SHOT SEASON AGAIN

Catching the flu is never fun. But when you have a chronic condition such as asthma, diabetes, or heart disease, there’s an increased chance that the flu could cause serious problems. For example, it might lead to a severe asthma attack or pneumonia. Take steps to reduce your risk for flu-related health problems:

1. Get a flu shot. Vaccination is the best way to prevent the flu. This year’s flu shot protects against H1N1 and two strains of seasonal flu.
2. Reduce the spread of germs. Wash your hands often with soap and water for 20 seconds or use an alcohol-based hand sanitizer. Avoid contact with people who are sick.
3. Get medical care if needed. If you do catch the flu, antiviral drugs can help. Act quickly because these drugs work best within two days of getting sick.

If you need help finding a location near you to get a flu shot call us at (801) 587-6480 or 1-888-271-5870 option 1.
Your child has a better chance of staying healthy with regular checkups. Healthy U covers well child checkups once a year. This exam is called the Child Health Evaluation and Care (CHEC). The checkup includes these seven important items:

1. Head to toe exam including height and weight
2. Shots to prevent disease and for school or sports
3. Health and developmental history
4. Evaluation of physical and mental health
5. Lab tests including lead screening
6. Vision, hearing and dental services
7. Health education and helpful advice

If you need help finding a doctor for your child call us at (801)587-6480 or 1-888-271-5870 option 1. Visit our website at uhealthplan.utah.edu/healthyu/ to find out more about the CHEC exams and to see an immunization schedule.

How Does Stress Affect Health?
- Stress can become a chronic illness by increasing the risk of diseases like depression, heart disease and many more.

What Are Some of the Warning Signs of Stress?
- Problems sleeping
- Headaches
- Upset stomach, diarrhea
- Muscle tension in neck, face or shoulders
- Weight gain or loss

Ways to Relax your Mind
- Write for 10-15 minutes a day about the things that bother you and how they made you feel
- Express your feelings with friends, family or a counselor when you need to
- Do something you enjoy to help you relax (ex: reading, walking, yoga)
- Meditation can help to stay focused and help you relax your mind

TO DO LIST
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2. MANY
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BAKED CINNAMON APPLESAUCE

A unique applesauce that bakes in your oven. Citrus flavors enhance the 2 different apple varieties used. Delicious enough to serve as a healthy dessert. Makes 12 servings

Ingredients

- 1 orange
- 1 lemon
- 2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 3 tbsp stick butter or margarine, cut into small pieces
- 3 lbs Granny Smith apples, peeled, cored, quartered
- 3 lbs Royal Gala or Braeburn apples, peeled, cored, quartered
- 1/2 cup Equal® Spoonful or Granulated

Preparation

Grate peel of orange and lemon. Place in 3-quart glass or non-corrosive casserole with cover. Squeeze juice from orange and lemon; add to grated peel in casserole. Add apples, butter, cinnamon and nutmeg. Toss to combine.

Cover with casserole lid. Bake in preheated 350° F oven 1-1/2 hours. Remove from oven and let stand covered 30 minutes. Carefully remove lid. Stir to break up apples. Stir in Equal®. Serve warm or refrigerate, covered, several hours before serving.

NEWBORN'S AND MOTHER'S HEALTH PROTECTION ACT (NMHPA)
The Newborns’ Act is the amount of time you and your newborn child are covered for a hospital stay following childbirth. For a vaginal delivery you can stay in the hospital for up to 48 hours. For a C-section you can stay in the hospital for up to 96 hours. However, your provider may decide after talking to you, to let you or your newborn child leave the hospital earlier.
For more information on the Newborns’ Act please visit:
www.dol.gov/ebsa/newsroom/fsnmhafs.html

NONDISCRIMINATION POLICY
You have the right to get medical care and be treated with dignity and respect no matter what your race, color, sex, religion, national origin, disability or age. Healthy U does not prohibit or restrict providers from acting within their lawful scope of practice or discriminate against health care professionals who serve high-risk populations who specialize in the treatment of costly conditions. Healthy U’s nondiscrimination policy complies with Title VI of the Civil Rights Act of 1973, the Age Discrimination Act of 1990 and the University of Utah Policy and Procedures 1999, Sections 2-6.

MEMBER HANDBOOK / URGENT SERVICES / APPEAL-GRIEVANCE
Members can request a copy of the Healthy U Member’s handbook by visiting the Healthy U website, uhealthplan.utah.edu or by contacting Customer Service at (801) 587-6480. Members can file an appeal or grievance by visiting uhelathplan.utah.edu.

Need urgent care or emergency services? Contact Customer Service at (801) 587-6480 or visit uhealthplan.utah.edu to find an urgent care center or hospital near you.

YOUR RESPONSIBILITIES
Always talk with your doctor about any health information in newsletters or on websites to make sure that it is best for you. Never use this information to make health decisions- do what your doctor says is best.