

ADVANTAGE

Your resource for health and wellness

A CLEAN START

Bring order—
and health—to
your home, body
and mind

EXERCISE: HELP YOUR KIDS STAY ACTIVE

PREVENTION: FLU SHOT FACTS

HIGH BLOOD PRESSURE: WHAT YOU NEED TO KNOW

advantage > you

Welcome New Members!



We're eager to help you learn how your health plan coverage, benefits and services work. As a new member, one of the first things you should do is create a secure account at mywha.org and download the WHA mobile app. If you haven't yet signed up for access, please visit mywha.org/signup today.

Once you log in, you can find benefit information, look up claims and prescriptions, order a new ID card, look for contracted providers, change your PCP, and more. You can also visit our healthy living section for access to gym discounts, health education classes, materials and services to help you find balance and live healthier. Our wellness program, MyWHA Wellness, has one-click access to online health and wellness tools, disease management services, and a Nurse 24SM advice line.

To get the most out of your health plan, when you have questions please call our Member Services department at 800.563.2250. At WHA, you'll be greeted with fast, accurate and personal service.

Garry Maisel

President and Chief Executive Officer
Western Health Advantage



TIDBITS

Support your immune system through a healthy diet

That sneezing and sniffing you hear means it's flu and cold season. If you are worried about getting sick, you might turn to the many products that promise to help your immune system fight off bugs, though there is no hard proof that any one food can keep you healthy. Still, you can support your immune system with a good night's sleep, regular exercise and a healthy diet. To give your immune system a helping hand, make sure you are getting enough of the vitamins and minerals found in the following foods:


- **Vitamin C:** Citrus, leafy green vegetables, bell peppers, Brussels sprouts, strawberries and papaya.
- **Vitamin E:** Almonds, peanuts, hazelnuts, sunflower seeds, spinach and broccoli.
- **Vitamin B6:** Bananas, lean chicken breast, cold-water fish like tuna, baked potatoes and chickpeas.
- **Vitamin A:** Carrots, sweet potatoes, pumpkin, cantaloupe and squash.
- **Vitamin D:** Fatty fish and fortified foods such as milk, orange juice and cereals.
- **Folate/folic acid:** Folate is found in beans, peas and leafy green vegetables, and folic acid can be found in foods such as enriched breads, pastas, rice and other whole-grain products.
- **Iron:** Lean poultry, seafood, beans, broccoli and kale.
- **Selenium:** Garlic, broccoli, sardines, tuna, Brazil nuts and barley.
- **Zinc:** Oysters, crab, lean meats and poultry, baked beans, and yogurt.

Sources: Cleveland Clinic, Harvard Health Publishing

Western
Health
Advantage



ADVANTAGE MAGAZINE

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3 Questions

Bea Pennington of WHA Member Services answers your WHA-related questions



New year/new plan: How do I get started with my new PCP?

First of all, welcome to WHA! You will want to start the year off right by contacting your new primary care provider (PCP) for your initial visit. This appointment will be your opportunity to meet with your new provider and discuss what your next steps will be—in particular, any preventive visits needed in the upcoming weeks. You will also want to discuss any current medications requiring refills at this time.

I received a bill for services rendered in 2018; does this apply toward my 2019 out-of-pocket maximum (OOP)?

No, services rendered in 2018 will apply toward your 2018 OOP expenses and/or deductible. Any services you receive in 2019 will apply toward your 2019 OOP expenses and/or deductible. You can review your accumulator by logging in to your secure MyWHA portal at mywha.org/accumulator.

I'm new to Western Health Advantage. What online tools do I have available to me and my family?

We have plenty of self-service tools available to you and your family. For example, you can change your primary care provider. PCP changes are effective the first of the following month. You can also order replacement ID cards. If you are on a deductible plan, you can monitor your annual deductible. Finally, visit our MyWHA Wellness site for a number of health and wellness services available to you. These can include programs on smoking cessation, diabetes and more.



HOT TICKET

WHA SUPPORTS COMMUNITY WALKS!

Sacramento Undy 5K Run/Walk

Saturday, Feb. 16, 2019, 9 a.m.

William Land Park

WHA supports the Undy Run and has a team, WHAtch Your Tushie. This is a family-friendly event created by the Colorectal Cancer Alliance, with the goals of providing support for patients and families, caregivers, and survivors; raising awareness of preventive measures; and inspiring efforts to fund critical research.

Walk a Mile in Her Shoes

Sunday, May 19, 2019

Festival opens: 11 a.m. Walk begins: 1 p.m.

Capitol Park, Sacramento

About 1,000 men will walk, run and limp a 1-mile course while wearing high heels to support WEAVE and ensure 24-hour services are available for victims of sexual assault and domestic violence.



DID YOU KNOW?

Announcing a New Women's Wellness Resource

WHA has created a new resource for information on women's health issues, from prenatal care to preventing osteoporosis. You'll find information you need to make the best decisions about your health care and general wellness. We encourage you to talk to your doctor about how often you need preventive screenings, such as mammograms and PAP tests, based on your age, personal health and family history. Check it out at mywha.org/womenswellness.

LOOKING OUT FOR ADHD

Does your child have problems focusing at home and at school? Does he or she have trouble sitting still or get bored easily? Many parents worry that their child has attention-deficit/hyperactivity disorder (ADHD), and in fact, more than 10 percent of kids in the U.S. have been diagnosed with ADHD—up more than 4 percent over the past 20 years.

Finding out if your child has ADHD is not quick and easy. Work with your pediatrician and get information from your child's teacher and caregivers at home. Your child should show signs of ADHD—such as having a hard time paying attention, talking too much or interrupting—for at least six months in two or more places (like school and home). Also, see if these symptoms affect schoolwork or cause problems in sports or social activities. Children up to 16 years old may have ADHD if they show six or more symptoms.

Your pediatrician will also examine your child and make sure there are not any other physical or emotional problems that may cause these issues. Treatment may include therapy or drugs. Parents who are worried their child might have ADHD should contact their child's physician.

Sources: American Academy of Pediatrics, Centers for Disease Control and Prevention, National Institute of Mental Health, University of Iowa

Expert Advice for Smart Workouts

Pediatrician Marvi Montano, M.D., on helping children and teens build active habits



Staying active is important for good health no matter how old you are. Mercy Medical Group's Dr. Montano suggests some ways that parents can help their children get moving.

How much physical activity should teens and young children get each day?

At least an hour of activity a day is good for teens, though teens in more strenuous activities—like basketball or soccer—don't have to do their sport every day. Children should get at least one hour of movement a day.

Why is it important to build healthy active habits at a young age?

If we have healthy children, we will have a healthier community. If you start when you are young, it will lead to a healthier lifestyle when you are older.

How can parents help their children start being active?

It begins at home. You have to get children outdoors, especially now with kids using so many electronic devices. Give them little tasks like walking the dog, helping run errands or even going to the grocery store (there is a lot of walking involved there). Not all kids are the same, so we have to build on their strengths. Start with what they are good at. Creative things like painting or photography can get young people outside and moving as well. We want to encourage less screen time in general and more family time. Enjoy active outings as a family such as biking, hiking or going to the park. Make it fun.

Nature heals us. The more that kids get out in nature, build up their immune system and see what is happening around them, the more they learn.



The Flu Shot: Myth vs. Reality

From the desk of Gary Plundo, D.O., M.P.M., FACOFP, medical director

Winter is here, which means hot drinks, cold-weather sports and winter celebrations. It also means it is time to protect yourself against the flu. Most of us know it's important to get a flu shot, especially after the scary season last year when there were about 80,000 deaths from the flu here in the United States, but there are myths about the flu that may stop you from getting a flu shot. Here is the truth behind just a few:

MYTH: THE FLU SHOT CAN MAKE YOU SICK.

The flu vaccine is made with dead viruses, so a shot cannot give you the flu. Some people may have already gotten the flu before the shot, so they

may mistakenly think it was the flu shot that made them sick. Sometimes you can also feel pain in your arm where you got the shot.

MYTH: PREGNANT WOMEN SHOULDN'T GET A FLU SHOT.

Not true. The flu shot is safe for pregnant moms; it even protects babies from the flu after they are born.

MYTH: YOUNG CHILDREN SHOULDN'T GET A FLU SHOT.

The flu shot is actually very important for children. Kids still get admitted to hospitals and intensive care all the time because of the flu. It is recommended that children get the flu shot starting at 6 months of age.

MYTH: DON'T GET THE FLU SHOT IF YOU ARE ALLERGIC TO EGGS.

People who are allergic to eggs can still get the flu shot. If you have an allergy to eggs, your doctor will know how best to manage any reactions. For example, if you had hives after getting the shot before, it is still safe to get the shot. If you had other more serious reactions such as difficulty breathing or feeling dizzy, your doctor will want to keep an eye out for those symptoms before you leave the office.

Flu season peaks from December through February. It takes some time for the vaccine to help build your immunity, so it's best to get a flu shot early—but later is better than never!

Get a Clean Start to the New Year



KICK OFF 2019 RIGHT BY CLEARING OUT UNUSED STUFF FROM YOUR HOME, EATING WELL AND EXERCISING REGULARLY

The new year is the perfect time to clean house, and that goes for your home, your body and your mind. Consider these ways to bump up your energy and improve your health.

CLEANUP TIME

Having more stuff than storage can hurt both our bodies and our minds, making us stress out, get less sleep or eat poorly. A 2014 study in the *Journal of Consumer Research* found that people in untidy, packed spaces were more likely to buy things on impulse and had a harder time with tasks that needed brainpower. Another study showed that working women who thought their homes were messy had high levels of the stress hormone cortisol.

Try these tips for reducing the amount of stuff cluttering up your home:

- Have fun with it. Joshua Fields Millburn, author and half of the popular “Minimalists” duo, who tell people to lead “meaningful lives with less,” suggests getting a friend or two to play the “30-Day Minimalism Game.” On day one, each of you gets rid of one thing; on the second, two things, and so on. The items must be sold, donated or thrown away by midnight each day. Whoever keeps going the longest wins, or you both win if you make it all month. The prize? You decide: dinner, a massage—just not more stuff!
- Capture your memories on film. Getting rid of things that mean a lot to you can be hard. A study of Penn State students found that they were more willing to donate meaningful items if they took a photograph of them first.
- Unsubscribe. We all deal with too much information every day. Give yourself a break by unsubscribing to paper and email newsletters, and social media feeds—at least for a little while. This will clear your head and help you decide what you actually need to see.



Master Mindfulness

Magazines and news shows love to talk about mindfulness, especially when it comes to health. Basically, mindfulness is being fully aware in the moment, rather than worrying about the past or the future. The idea is to give your full attention to whatever you are doing—whether it is eating, exercising or even helping your kids with homework. Read on for a few simple ways to be mindful in everyday life.

Use your senses. Slow down and notice the world around you. Use smell, taste, touch, sight and sound to fully experience what you are doing.

Tune in to your body. Even if you aren't into meditation, you can use the methods in other ways. For example, lie down for a little while and think about every part of your body, paying attention to how you feel physically and emotionally.

Breathe deeply. Focus on your breathing when you are stressed or worried. Even taking a minute to slowly inhale and exhale can help.

Find what makes you happy. Try to bring an open mind to everything you do and find fun in even the little things.

Sources: Harvard Medical School, Mayo Clinic

Clearing Out and Giving Back

Cleaning house doesn't just help you; giving clothing and items you no longer want to those in need can change the lives of others as well. Here are some local places to donate for the greater good.

AMERICAN CANCER SOCIETY

This organization—which supports cancer research, prevention efforts and patients—accepts donations through its Discovery Shops in California. Visit cancer.org for locations.

GOODWILL

A nationwide donation center, Goodwill uses the money earned by selling your used goods to fund job training and other job services. Go to goodwill.org/locator to find a donation site near to you. Call ahead to see if there are any items they don't accept.

HABITAT FOR HUMANITY

Bring in your new and used appliances, furniture, household goods and more to this nonprofit's ReStores. For more info, visit habitat.org/restores/donate-goods.

THE SALVATION ARMY

The charity uses donation proceeds to help those dealing with drug and alcohol problems through its Adult Rehabilitation Centers. Find a drop-off location and information about pickup service at satruck.org.

VIETNAM VETERANS OF AMERICA

Donate clothes and other household goods to veterans and their families via pickup at your house (schedule your donation at pickupplease.org).



MAKE A DIET PLAN

Diet is one of the top ways to improve your health. The good news is that we can all make better choices—starting right now. Ate too much fast food last weekend? That's OK; today is a new day. Here are some tips to make it a better one:

- **Buy in-season.** The best, most nutritious foods are the ones currently in season. These foods are easy to find in the produce aisles at your grocery store—or, better yet, at your neighborhood farmers market, where everything is local. In winter, try frozen fruits and vegetables; read the ingredients to avoid foods high in salt, sugar, fat and preservatives.
- **Snack smart.** We make our worst decisions when we're hungry, so stash some healthy snacks in your desk or car. Jared Koch, health coach, nutritional consultant and founder of Clean Plates, suggests keeping a bag of nuts and sugar-free dried fruits on hand at all times, as well as water, so that you don't mistake thirst for hunger.
- **Choose fruits and veggies.** Research shows that a diet rich in fruits and vegetables helps lower cholesterol and reduces risk of diabetes and obesity, along with other health benefits. If you can't go vegetarian, make meat the smallest portion on your plate and buy the best-quality meat you can afford. Then fill the rest of your plate with a colorful mix of fresh fruits and vegetables and whole grains. These will provide the nutrients you need and help you feel full, guilt-free.



GET A MOVE ON

Exercise does more than help your body; it helps your brain too. Studies show that even a little bit of exercise can help your mental health, leading to less depression, better moods, and even improved concentration and memory.

According to fitness expert Jonathan Roche, the first step of a new exercise routine starts with a change in perspective. “You need to shift your thinking from ‘I should exercise’ to ‘I get to work out,’” he says.

Roche offers these tips for creating a fun and lasting exercise habit:

- Start slow. Try doing five to six workouts per week of 20 to 30 minutes each. On the days you don’t feel like exercising, just shoot for five minutes, which usually leads to doing the full workout. “People often overcommit by saying things like, ‘I’m going to exercise six days per week

for an hour,’ but that just leads to burnout and exhaustion. The reality is that 30 quality minutes of exercise is all they really need,” he says.

- Focus on energy, not weight loss. Roche suggests setting a daily goal for energy levels, rather than thinking about the scale. “When you focus on your energy levels, you naturally think about the habits that crank up your energy: exercise, more sleep, staying hydrated, putting quality

nutrients in your body—the same habits that lead to weight loss.”

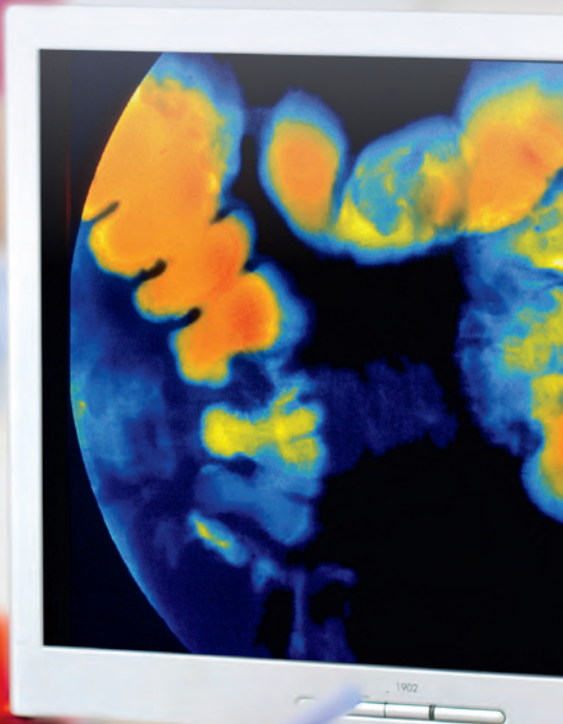
- Test yourself. Your workout should “test you without beating you up,” Roche says. He sees the most benefit in interval training, where you switch off a period of intense exercise with a period of moderate activity—for example, mixing walking and running, or marching in place and jumping rope. “If the activity makes you sweat and breathe heavily, without leaving you absolutely exhausted, that’s more than enough.”

No matter what clean habits you adopt, you might find yourself having doubts. Roche says adopting a personal mantra—such as “I’m better than that”—can help with those negative thoughts. As hard decisions come up during the day, repeat those words to yourself and move closer to the “cleaner,” healthier life you deserve.



Understanding COLORECTAL CANCER

How you can reduce your risk



March is National Colorectal Cancer Awareness Month, so it's a good time to give your colon a little extra attention. Here's what you need to know to help protect your health.

RISK FACTORS

There are a lot of factors that can raise your chance of developing colorectal polyps, which are growths in the lining of the colon or rectum that can turn into cancer.

- **Age.** While younger people can get colorectal cancer, those over 50 are at greater risk for the disease.
- **A history of inflammatory bowel disease (IBD).** If you've had IBD for many years—especially if it hasn't been treated—abnormal cells can develop in your colon that can become cancerous.
- **Excess weight.** Being overweight can increase the risk, especially for men.
- **A family history.** About one-third of people with colorectal cancer have relatives with colorectal polyps or cancer.

- **Smoking.** Yes, tobacco is a well-known cause of lung cancer, but it ups the danger of other cancers too.
- **Too much meat in your diet.** Eating lots of red or processed meats—such as beef, lamb, liver or hot dogs—increases your risk.
- **Inactivity.** Here's yet another reason to take walks around your neighborhood, dust off your bicycle or try tennis lessons.

SYMPTOMS

People don't always show symptoms of colorectal cancer right away, but signs include diarrhea, constipation, blood in the stool (feces), belly cramps or pain, weakness, and unusual weight loss.

SCREENINGS

Colorectal cancer is the third most common form of cancer in the United States for both men and women, though death rates are dropping. Thanks to screenings, doctors are now able to find—and remove—colorectal polyps before they have a chance to develop into cancer. The U.S. Preventive Services Task Force recommends that adults age 50 to 75 be screened.

Colorectal cancer screenings include:

- **Stool test:** The patient provides a stool sample, which is examined for signs of cancer. Both a fecal immunochemical test (FIT) and a guaiac-based fecal occult blood test (gFOBT) look for hidden blood, a possible sign of cancer, while a stool DNA test checks for abnormal DNA.

If any of these screenings shows signs of trouble, a colonoscopy is done.

- **Colonoscopy:** For this screening, the doctor uses a long, flexible tube with a tiny video camera attached to search the colon and rectum, looking for polyps. Patients usually need to drink large amounts of a special fluid to help clean out their system before the test.
- **Flexible sigmoidoscopy:** This is similar to a colonoscopy but checks out only the rectum and lower colon.

TREATMENT

Treatment depends on how advanced the cancer has become. Your doctor may be able to remove the polyps using a colonoscope or may need to surgically remove part or parts of the colon and nearby lymph nodes. In some cases, your doctor may also recommend chemotherapy, radiation therapy or both.

More people are beating colorectal cancer today than ever before, but awareness is key. Talk with your doctor about what is best for you.

Sources: American Cancer Society, U.S. Preventive Services Task Force

Lowering Your Odds

Making just a few lifestyle changes can reduce your risk of getting colorectal cancer



Starting at age 45, get regular screenings. Talk with your doctor about the different screenings and make sure to tell him or her about your family history.

Keep a healthy weight and stay active. If you can, try more intense workouts, which may reduce your risk even more.

Eat plenty of veggies, fruit and whole grains, and not too much red meat and processed meats like sausage, hot dogs and lunchmeats.

If you smoke, try to quit, and avoid drinking too much alcohol.

Blood Pressure Basics



Suffering from high blood pressure is very common in the United States, with some 75 million people affected by what has been called the “silent killer.” Also known as hypertension, high blood pressure doesn’t usually show warning signs or symptoms, which makes it even more important for people to get their blood pressure checked on a regular basis. High blood pressure can increase the risk of serious health problems, including heart attack and stroke. The good news is that if high blood pressure is caught early enough, people can often manage it through lifestyle changes and medication.

KNOW THE ESSENTIALS

Blood pressure is the force of blood pushing against the walls of your arteries. It is measured using two numbers known as systolic and diastolic blood pressure. Hypertension means the pressure in your blood vessels is higher than it should be.

In 2017, the American College of Cardiology and the American Heart Association offered new guidelines for determining high blood pressure. Now, high blood pressure should be treated when the systolic level is 130 mm Hg and the diastolic level is 80 mm Hg versus the previous 140/90 levels.

HEART-HEALTHY HABITS

The best way to prevent high blood pressure is through a healthy lifestyle. Consider the following steps:

- **Eat a nutritious diet.**
This includes plenty of fruits and vegetables, and foods low in salt and high in potassium. Talk with your doctor about the DASH diet (Dietary Approaches to Stop Hypertension).
- **Keep a healthy weight.**
Being overweight increases the risk of high blood pressure; ask your physician about calculating your BMI (body mass index) if your weight is not in a healthy range.
- **Get enough physical activity.**
Adults should get two and a half hours of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents should get one hour of physical activity every day.
- **Don’t smoke.**
Smoking raises blood pressure and increases the risk of heart attack and stroke. If you smoke, there are many resources to help you quit. For more information, visit mywha.org/quit.
- **Limit alcohol use.**
Too much alcohol can raise blood pressure. Experts say that men shouldn’t have more than two drinks per day, and women shouldn’t have more than one.

TAKING CARE OF YOURSELF AFTER A BEHAVIORAL HEALTH HOSPITAL STAY

The right care after your behavioral health hospital stay can help you maintain progress and reduce your chances of being readmitted to the hospital.

- **Know your discharge plan.** Before you leave the hospital, make sure you have a scheduled follow-up appointment within seven days and ask the hospital staff to review your discharge medication and treatment plan with you. If you are unsure about something, ask questions.

- **Keep your follow-up appointment.** The optimal time to follow up with your psychiatrist or mental health provider is within seven days of your hospital discharge.
- **Write down any questions you may have before your appointment.** Use this appointment to address any behavioral health or medication concerns.
- **Take notes during your appointment.** Write down any special instructions your provider gives. It may be helpful to bring a family

member or friend who can listen to instructions and offer support.

- **Schedule your next appointment before you leave your provider's office.** You should see your provider again in two to four weeks. Going to regular appointments can help you continue to make gains and learn new ways to manage your condition.
- **Take your medication.** Your prescribed medication is a key part of managing your symptoms and avoiding relapse. Please take the prescribed dose at the time directed. Don't stop taking your medication without talking to your provider first.
- **Know whom to call for support.** Think about the people who can support you if you experience a crisis. Keep a list with their names, phone numbers and how they can help in a convenient place.
- **Have a crisis or safety plan.** Your plan should include a list of your triggers and warning signs, how you'll use your strengths and cope, and how you'll reach out to your supports.



The Irishwoman Who Bicycled to America

Kelly Brothers finds wisdom in a story from his past



As the product of parents who were “right off the boat,” it is always good for my soul to return to Ireland and hear the stories. I was there a few months ago and ran into the man who lived across the lane from my mom in a rural part of Galway, on the west coast of Ireland. He remembered in

exacting detail my grandmother Delia’s final moments on the farm. It was 1958. Her husband had died in 1957, the kids were grown and gone, and she had been frustrated trying to run the farm herself. John, the man I was speaking to, was 9 years old at the time. One morning, she walked into John’s house, put a key on the table and asked John’s father to keep the fire going for a few days. She didn’t know if she would be back or not. She then got on her bike, with a case strapped to the back, and rode off, never to be seen in Ireland again.

People referred to her as “the woman who bicycled to America.”

In reality, she likely got on a train in a town 10 miles away, which took her to a port where she got on a ship and crossed the Atlantic. She took care of elderly ladies in New York for about 10 years before moving west to live with us for the final 20 years of her life.

She walked everywhere, never accepting a ride to the store or to church. One day we were downtown, at least 4 miles from home, and there was grandma, walking with shopping bags. I think she thought we were a little “soft” and spoiled because once we hit the age of 16, we drove everywhere. She was probably right.

The walking kept her in good health well into her late 80s. My parents often offered her a plane ticket to visit Ireland, but she always refused. I guess no matter how much you walk, some steps just can’t be retraced.

PREVENTING FRAUD, WASTE AND ABUSE

Fraud is the No. 1 threat to the health care system, costing Americans billions of dollars each year. Below are tips on how you can help prevent fraud, waste and abuse in regard to your own health care.

DO:

- Enroll only yourself and eligible dependents in your health plan.
- Only submit claims for services provided.
- Protect your ID card and other information—do not share your personal information without knowing that the person who is asking is legitimate.
- Read your benefits statements and other paperwork regarding your medical care. If you see something wrong, call Member Services at 888.563.2250.

DO NOT:

- Enroll a noneligible person, like a friend, as a dependent with your health plan.
- Intentionally submit claims for services not provided.
- Allow someone else to use your ID card to get medical services.
- Forge any documents.

Western Health Advantage is committed to detecting and investigating suspected health care fraud and abuse. You can help report possible fraudulent activity by calling WHA’s toll-free Fraud and Compliance Hotline at 833.310.0007 or submitting a report online at lighthouse-services.com/westernhealth.



Black Bean Fritters with Cilantro Dipping Sauce

Black beans are an excellent source of fiber, protein and folate. This tasty and nutritious dish will warm up winter mealtimes.

Black Bean Fritters

INGREDIENTS:

3 cups black beans, cooked
2 eggs
1 large tomato, chopped
1 yellow pepper, chopped
1 small white onion, diced
3 tablespoons cilantro, chopped
½ cup all-purpose flour
2 cloves garlic
Salt and pepper (to taste)
3 tablespoons canola oil

DIRECTIONS:

Pour black beans into mixing bowl. Whisk eggs and mix into bowl. Add yellow pepper, tomato, onion and fresh cilantro and mix combination together. Mix in flour and garlic cloves. Add salt and pepper to taste and mix combination.

Pour canola oil into a skillet and cook over medium-high heat. Scoop heaping tablespoons of the black bean fritter mixture and place into skillet to cook. Cook fritters for 3-4 minutes on each side, or until nicely browned. Serve with Cilantro Dipping Sauce!

Cilantro Dipping Sauce

INGREDIENTS:

½ cup Greek yogurt	Hot pepper sauce (to taste)
½ lime (juice)	1 clove garlic
Jalapeno peppers (to taste)	1 tablespoon green chilies (to taste)
2 tablespoons cilantro, chopped	Salt and pepper (to taste)

DIRECTIONS:

Add all ingredients, except salt and pepper, to small mixing bowl. Thoroughly stir all ingredients. Add salt and pepper and stir.

Source: Time to Be Well, KCMO.gov



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schedule your annual wellness exam

- Screen for any potential health issues
- Check your blood pressure, vision and more
- Update your medical history
- Get your immunizations up to date
- Assess your risk of any future medical problems
- Recommend additional wellness services and healthy lifestyle changes

Call your doctor to schedule your appointment today!

To learn more about preventive health guidelines, visit mywha.org/guidelines



Western Health Advantage