

February is National
Wise Consumer Month

National Heart
Health Month

Ask the Health Coach

Fresh & Healthy Recipe

February is National Wise Consumer Month

The Internet Diagnosis: Who can you trust?

The internet has made an amazing amount of information accessible with just the click of a mouse. Type in any topic and in less than a second, a search engine will return millions of results ready for your review. Access to information is empowering, but how much of this information can you really trust?

With some things, like recipes or sports scores, trustworthiness is not a life or death issue. In others, like medical information, trust is crucial.

Looking for Reliability

When you're on the internet looking for information, you have to be a detective of sorts to decide how reliable the information is. The National Institutes of Health offers tips to help us make that determination.

First, you should consider health or medical websites managed by branches of the government (.gov), not-for-profit organizations (.org), and colleges and universities (.edu) as the most reliable. This does not mean that commercial or individual (.com and .net) sites cannot be trusted, but you will need to investigate further to be sure.

In these cases, you should find out:

Who owns the website? A lot of good information can be found on commercial sites, but if the company is selling a product or service, keep in mind this information may be intended to persuade you to make a purchase. Likewise, websites managed by individuals can be great resources for support and coping. Just remember this information is based



on personal experiences and may not be relevant to your specific situation. You can get an idea about a website's purpose by reading the "About Us" section.

Who writes the content? Typically, reliable health information is written by professional health care providers, or is at least reviewed by a medical board or people with medical credentials. If articles include statistics, find out where they came from. Statistics should only come from credible sources.

How current is the information? Health care changes quickly and you want to be sure you have the very latest information. You can find the date that the website was last reviewed or refreshed at the bottom of the home page. Take time to click on a few links and be wary if many are broken, which may mean the site is not updated often.



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There are many trustworthy and up-to-date health-related websites out there. Just keep in mind that online information should never be a substitute for medical advice. While it's a good thing to be an informed self-care advocate, using this information to self-diagnose is never a good idea.

If you're worried about something, always check with your health care provider first so you don't make unnecessary conclusions about your health. Your health care provider is always your best resource for information.

<http://www.nlm.nih.gov/medlineplus/healthywebsurfing.html>



National Heart Health Month

Yoga – Good for Your Body, Mind AND Heart.

The ancient practice of yoga has been around for more than 5,000 years. It's based on the idea that the mind and body are "one." In fact, the word "yoga" comes from the Sanskrit language and means "union."

While there are many styles of yoga, most Westernized techniques focus on moving your body into slow, controlled positions (called postures), and practicing deep, controlled breathing.

Yoga for a Healthy Heart

Currently it's estimated that 11 million Americans are enjoying yoga's physical and mental health benefits, including greater flexibility, strength, balance and endurance. Perhaps the most studied health benefits, however, is yoga's effects on reducing the risk for heart disease, high blood pressure and stroke.

With regular practice, yoga is shown to:

- Reduce stress
- Lower blood pressure
- Slow heart rate
- Decrease cholesterol
- Decrease triglyceride levels
- Boost the immune system

And if that's not enough, yoga may also relieve symptoms of asthma, back pain and arthritis.

Are you ready to give yoga a try? First, it's important to talk to your health care provider before you start a new physical activity program. When you're given the green light, find a class led by a certified yoga instructor and start your yoga program today!

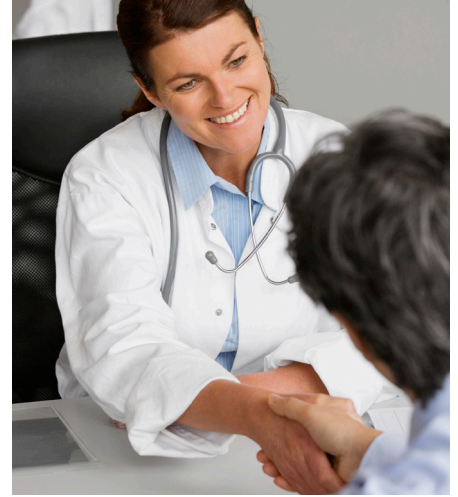
Resource: webmd.com



Ask the Health Coach

Q What's the benefit of doing the health screening and a personal health assessment (PHA) at my workplace?

A Not only is it convenient – and free – to take advantage of these workplace benefits, the health screening and personal health assessment provide valuable information about your current health status. The screening shows your current total cholesterol, HDL, blood glucose and blood pressure scores, and when combined with your personal health assessment, you get a more complete understanding of how your current lifestyle behaviors impact your health. This way you can see what you're doing well – and not so well – and can make adjustments as necessary. The health report also makes it easier to discuss your care with your doctor at your next visit.



Fresh & Healthy

Recipe of the Month



Ingredients

4 (4 oz.) salmon fillets	3 tablespoons walnuts,
4 teaspoons Dijon mustard	finely chopped
4 teaspoons honey	2 teaspoons canola oil
2 slices whole wheat bread	½ teaspoon dried thyme
	1 teaspoon salt

Walnut Crusted Salmon

Let your loved ones know how much you care by serving this delicious heart-healthy combination.

Directions

Place salmon on a baking sheet coated with cooking spray. Combine mustard and honey; brush over salmon. Place bread in a food processor; cover and process until crumbly. Transfer to a small bowl. Add the walnuts, oil and thyme; press onto salmon.

Bake at 400° for 12-15 minutes or until fish flakes easily with a fork and topping is lightly browned.

Yield: 4 servings.

Nutritional Facts

1 fillet equals 326 calories, 19g fat (3g saturated fat), 67mg cholesterol, 253mg sodium, 13g carbohydrate, 1g fiber, 25g protein

Looking for delicious, healthy recipes the whole family can enjoy? Check out our Healthy Recipes from WebMD! Simply log in to MyBlueService from www.bcbsfl.com. Look under the **Living Healthy** tab and click on **Healthy Recipes from WebMD**.