

MedBen

WellCare

benefitness for you.

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'Tis the Season for Your Wellness

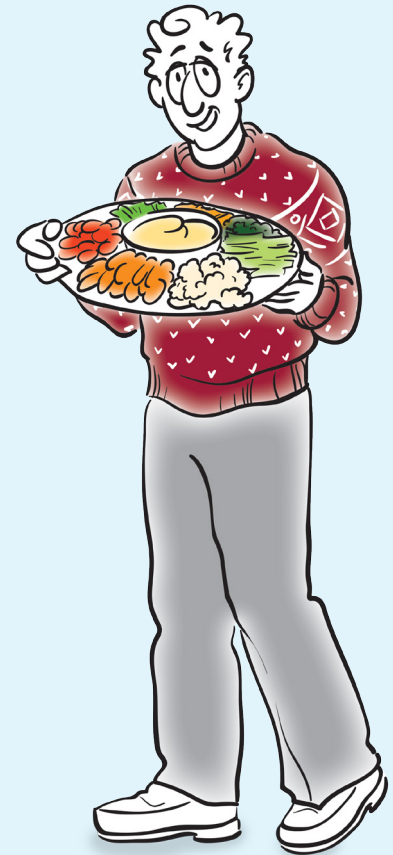
It's no secret that diet plays a huge role in health. That's why this holiday season, we caution you to think before scarfing down those seasonal goodies – especially if you've not received an annual wellness exam yet.

Those who wait to get their annual checkup until after the holiday feasts put themselves at risk for overstated results. So it's a smart idea to schedule a visit before making the rounds of parties and get-togethers.

MedBen WellLiving reminds you that there are great benefits that come with receiving an annual exam, including building a doctor-patient relationship and receiving lifestyle guidance. Your doctor may even detect a serious disease at its earliest stages giving you a better prognosis and saving money. Not to mention, some employers offer incentives for those who receive the exam prior to the conclusion of the year.

Be sure to eat a balanced diet and limit your intake on salt, fats, and sugary foods. Try substituting typical desserts like cookies and pie with festively-shaped fruits or vegetables. And stay active, getting regular exercise and adequate sleep.

For more information on your annual wellness exam or screenings you may need, please visit MedBen.com, click on "MedBen Access," and once logged in, select the "MedBen WellLiving" link.



If Your Recipe Calls for It, Use These Substitutes

Some of the most common ingredients have healthier alternatives – try your favorites!

- **Ground beef:** Lean ground beef, ground chicken breast or turkey breast
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- **All-purpose flour:** Wheat flour for half of the called-for all-purpose flour
- **White bread:** Whole grain bread
- **Eggs:** Two egg whites or 1/4 cup of egg substitute for each egg in recipe
- **Canned fruit:** Fruit canned in its own juice or water, or fresh fruit
- **Cream:** Evaporated skim milk or fat-free half & half
- **Dried bread crumbs:** Rolled oats or crushed bran cereal
- **Whole milk:** Fat-free or reduced-fat milk
- **White rice:** Brown rice

SOURCES: Centers for Disease Control and Prevention, The Mayo Clinic

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1975 Tamarack Rd. • Newark, OH 43055 • (800) 423-3151 • www.medben.com