

PURSUIT

JANUARY 2022

Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You



Getting Ready for a Baby

If you are hoping to have a baby, getting your body ready first is important. Preparing ahead will help you have a healthy pregnancy and baby. Here are some steps you can take BEFORE you get pregnant:

- Schedule a pre-pregnancy visit with your healthcare provider. At this time, your doctor will ask you questions regarding your family history, tell you how pregnancy may affect any health conditions you have such as diabetes or high blood pressure, review any medications you are taking, and make sure you are current with all your vaccinations.
- Have a dental checkup as unhealthy teeth and gums may affect the health of your baby.
- Take a daily multivitamin with 400 micrograms of folic acid before and during early pregnancy which helps prevent birth defects of the brain and spine.
- Eat a well-balanced diet to include fruits, vegetables, proteins, grains and dairy.
- Maintain a healthy weight.
- Stay active.
- Reduce stress as much as possible.
- Avoid smoking, drinking alcohol or taking illegal drugs, as they can cause serious problems.
- Limit exposure to harmful chemicals such as paint and insect spray.
- Wait at least 18 months in between pregnancies for your body to fully recover.

What you do to get ready before pregnancy will help your baby get the best start possible.

If you are currently pregnant and have a Florida Blue health plan you are eligible to enroll in the Healthy Addition® Prenatal Education Program. Contact us via email: healthyaddition@floridablue.com or call 1-800-955-7635 option 6.

Resource: March of Dimes: <https://www.marchofdimes.org>

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Here's to You in the New Year

Can you believe 2022 is here? January is a good time to take stock of the year that ended. Ask yourself a few questions: What went well? What did you accomplish? What do you wish you had taken more time for? You can ask these questions in different areas of your life including family, relationships and work. Writing down the answers can help you appreciate what you have done and focus on what you want moving forward.

Many of us make resolutions to improve our health on January 1

Don't make a resolution this year. The pandemic has taken a toll on our physical and mental health, so instead, put self-care at the top of your list. Putting yourself first is not a selfish act. It allows you to be there to care for others and be a better spouse, parent and friend. Some suggestions for ways to do that:

- Start the morning in a positive way. Perhaps it's a short walk in nature, a 5-minute meditation, or writing in a gratitude journal.
- Take a technology break. Have a TV free night once a week. Read a book or play a game.

Get the whole family involved in figuring out the activity.

- Try to find balance. Working remotely for many has blurred the lines between work and home. Take intentional breaks and recognize when you need to recharge.

If you do have a lifestyle habit you would like to improve, perhaps eating more nutritious foods, getting more regular exercise or sleep, ask what gift will you give yourself by doing this? That will help you understand what is in it for you to make a change. And then start small.



If you'd like to learn more, join us for a live New Year, New You webinar on Tuesday, January 11, 2022 at 1:00 p.m. Eastern time. **Click here** to register for the event.

Resources: <https://www.foggmethod.com/>

White Bean and Veggie Salad (Serves 1)

Ingredients:

- 2 cups mixed salad greens
- ¾ cup cup veggies of your choice, such as chopped cucumbers and cherry tomatoes
- 1/3 cup canned white beans, rinsed and drained
- ½ avocado, diced
- 1 tablespoon red-wine vinegar
- 2 teaspoons extra-virgin olive oil
- ¼ teaspoon kosher salt
- Freshly ground pepper to taste

Directions

Combine greens, veggies, beans and avocado in a medium bowl. Drizzle with vinegar and oil and season with salt and pepper. Toss to combine and transfer to a large plate.

Recipe courtesy of Eatingwell.com; for nutritional information click [here](#).



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