

March 2018



Live Well. Work Well.

Food & Eye Health

An explosion of food-related research shows a strong connection between food and health. Growing evidence supports the idea that vitamins and minerals in various foods fuel your body and protect vision for the long haul.

We talked to an expert to get the scoop on vision-protecting nutrients. Leland Carr, OD, is a VSP network doctor and professor of optometry at Northeastern State University in Oklahoma. Dr. Carr also sees patients regularly at several university-run eye clinics.

"One of the best things you can do for your eyes is to eat a balanced diet high in fruits and vegetables, but also low in saturated fats and sugar," says Dr. Carr. "Along with the vitamins, you should be sure to take in adequate amounts of the minerals zinc and selenium, both of which help protect the retina – the light sensitive part of the back of the eye. You also need some fatty acids – usually from fish – to ensure adequate moisture in your eyes. Ask your family doctor if taking food supplements containing these substances is right for you."

Vitamins A, C, and E form a fitting acronym (ACE) when it comes to vision. A major federal study showed that the combo, plus zinc, is a winner when it comes to lowering risk of advanced AMD. Just another reason Dr. Carr touts the importance of "developing good eating habits and taking in the right nutrients" for healthy vision.

Workplace Stress Levels Dropping

Stress in the workplace is on the decline, according to a recent study from health portal provider MediKeeper, Inc.

The majority of respondents said, on a scale of one to five, that their stress level was at a two in 2016. This is down from 2014, where the majority said they were at a level three.

Similarly, the number of people who reported a level one increased by 58 percent over the same two-year period.

Curb your stress with these helpful tips:

- Make to-do lists of tasks that need completing and cross off items as you finish them.
- Talk with a co-worker about things that are bothering you. Getting support from friends is a great way to relax and reduce anxiety.
- If you continually run late, set your clocks and watch ahead to give yourself extra time.
- Read over your job description so you know exactly what is expected of you.

Sources for this addition of Live Well. Work Well. Newsletter:





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High Cholesterol

Irish Soda Bread

- 4 cups of all-purpose flour
- 4 tbs white sugar
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 cup margarine, softened
- 1 cup of buttermilk
- 1 egg
- 1/4 cup melted butter
- 1/4 cup buttermilk

PREPARATIONS

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
2. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
3. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

Cholesterol is a waxy substance that's found in the fats (lipids) in your blood. While your body needs cholesterol to continue building healthy cells, having high cholesterol can increase your risk of heart disease.

When you have high cholesterol, you may develop fatty deposits in your blood vessels. Eventually, these deposits make it difficult for enough blood to flow through your arteries. Your heart may not get much oxygen-rich blood as it needs, which increases the risk of a heart attack. Decreased blood flow to your brain can cause a stroke.

High cholesterol can be inherited, but it's often the result of unhealthy lifestyle choices, and thus preventable and treatable. A healthy diet, regular exercise and sometimes medication can go a long way toward reducing high cholesterol.

Prevention

The same heart-healthy lifestyle changes that can lower your cholesterol can help prevent you from high cholesterol in the first place. To prevent high cholesterol you can:

- Eat a low-salt diet that includes many fruits, vegetables and whole grains
- Limit the amount of animal fats and use good fats in moderation
- Lose extra pounds and maintain a healthy weight
- Quit smoking
- Exercise on most days of the week for at least 30 minutes
- Drink alcohol in moderation, if at all



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Resources

DID YOU KNOW?

Independence Blue Cross and Blue Shield reimburses you for things like quitting smoking, weight loss and fitness?

Employee Assistance Program

All employees and eligible dependents have access to the Employee Assistance Program (EAP) to help with many work and personal life issues. The program provides assistance with addictions, stress, workplace issues, life balance, wills, relationships, marriage, child care, adoptions, elder care, depression, emotions, and much more.

For personal consultations/assistance, call 1-800-437-0911

For online services, logon to www.myliferesource.com, access code 9J9CR

The Healthy LifestylesSM fitness program will reimburse you \$150 for working out regularly!

For more information about this program visit www.ibxpress.com or download the IBX mobile app.

Enroll in Weight Watchers Online or an approved weight management program and get a \$150 reimbursement!

For more information about this program visit www.ibxpress.com or download the IBX mobile app.

The Healthy LifestylesSM Tobacco Cessation Program will reimburse you up to \$150 for completing an approved tobacco cessation program

For more information about this program visit www.ibxpress.com or download the IBX mobile app.