IMPORTANT INFORMATION ON FLU VACCINES

People who haven’t had the flu might not be fully aware of how serious it can be. However they don’t have to look too far to quickly understand. The most recent (October 2017-April 2018) flu season was one of the worst in the past decade, receiving a “high severity” rating for all age groups by the Centers for Disease Control and Prevention (CDC)—the first time that has happened since the CDC began ranking them. More than 30,000 flu-related hospitalizations occurred during that seven-month period. But it doesn’t need to be that way.

According to the CDC’s flu prevention webpage, “a yearly flu vaccine is the most important step in preventing influenza infection.” One reason is that flu vaccines “protect against three or four flu viruses,” the national public health agency explains. Although getting a flu shot does not guarantee that the recipient will not develop an infection, the CDC reports that with a vaccination, even if someone does get sick, their illness may be milder.

Sooner Than Later

Also, waiting too long to receive a vaccination can be costly. Many people think you need to wait until the weather turns cold to get vaccinated, but that’s a myth. Sooner is better than later.

People can spread the flu virus a full day prior to having flu symptoms, as well as up to seven days after developing symptoms. Also, even without developing flu symptoms people infected by the flu virus—and can infect others.

Worksite Flu Prevention

The tips are fundamental to maintaining a healthy workplace but are often overlooked:
- When sick (particularly those with flu like symptoms) stay at home until recovered
- Remember importance of personal hygiene (cover your sneeze; a sneeze puts others at risk)
- Doubling down on maintaining a clean environment, as the flu virus can survive for eight hours on surface areas such as door handles and cupboards
- Avoid events or meetings in densely-packed rooms. “People with flu can spread it to others up to about six feet away,” according to the CDC.

Source: Riteaid, www.riteaid.com

GET FREE VACCINATIONS

VISIT A CAREVAN IN YOUR AREA

MUST has partnered with the Blue Cross Blue Shield of Montana CareVan Program to provide communities easy access to immunizations and other preventive services through public health departments and other local providers at NO COST TO YOU!

Insurance not required, but if you have, please bring your card.

Visit mustbenefits.org/wp-content/uploads/2018/09/2018-CareVan-Schedule.pdf to find the next CareVan stop in your area!

SIGN UP TODAY FOR WALKING FUNDAMENTALS

Knowing your time is valuable, MUST has a menu of wellness challenge campaigns ready to use in your school! Campaigns include an employer/employee guide along with communications to announce and promote the challenge. MUST will coordinate participation registration by email and distribute program materials.
- Almost 3/4 of Americans don’t get the recommended 30 minutes of daily physical activity
- Encouraging physical activity may be one way to help improve health and productivity

To sign up for this 4 week program email wellnesschallenge@ms-sf.org. Walking FUNDamentals starts October 8th and the program runs through November 5th!
Health Center Services
If you do not fully understand the services available to you and your family at the Montana CareHere Health Centers the following information will be a pleasant and welcome surprise. At the health centers, you will find our services include—

- Pap smears
- Skin biopsies
- IUDs
- Diabetes and Cholesterol Management
- Yearly physicals
- Vaccines
- Sports physicals
- DOTs
- Well-child checks

Not feeling well or have a child who wakes up sick? The centers provide for acute care of: colds, flus, minor injuries and traumas, and wound care.

CareHere’s program is unique as a patient driven and care guided program that offers unlimited on-site, telephonic, and/or electronic access by coaches across 5 specialties: Exercise Health Coach, Registered Nurse, Behavioral Health Coach, Tobacco Cessation and Registered Dietitian. Coaching assists with goal setting and self-paced action steps for your areas of concern. Patients receive customized educational materials based on need, interest, learning styles, educational levels, and personal stage of change.

Studies have shown the impact of health coaching on improving health outcomes. Patients working with health coaches have experienced:

- Better weight management.
- Increased physical activity.
- Improved both physical and mental health status.
- Improvements in measures that impact cardiovascular health, pain management, diabetes management and obese patients with a BMI over 30.

As part of your MUST health plan, access to health center services and wellness health coaches is at no additional cost. You will never have a co-pay or go out of pocket to get your needs met! Call 855.200.6822 to get scheduled for your annual HRA (Health Risk Assessment) in the health center or to meet with a health coach.
FALL FITNESS

Fall is a great time to start a fitness program because you’re going to create good habits for the holiday season and the upcoming winter months.

**Take advantage of the weather.** Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, and a gorgeous canopy of fall foliage. These months are a great time to exercise outdoors and enjoy cooler temperatures. Walking, hiking and cycling are all amazing in the fall. In places where snow falls early, try cross country skiing or snowshoeing. If you’re near a lake, try kayaking or canoeing, for an excellent whole-body workout. Raking leaves or yard work is also a great way to get the heart pumping, and burn some calories.

**Think outside the box.** Wanting to learn to tap dance? Attempt to box? Master the jump rope? Fall is a great time to learn something new.

Many classes get started in the fall, so look around and see if something intrigues you.

**Be an active TV watcher.** If you’re going to sit down and watch hours of your favorite premiers, get moving. You can walk or run in place, do standing lunges, do tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups.

**Integrate exercise into your life.** You already know the obvious suggestions: park farther away from your destination; take stairs instead of elevators; take a walk during your lunch break. Here are a few that are less obvious:

- If you’re spending the afternoon taking kids to soccer practice, walk around the outside of the field while they practice.
- At work, try “walking meetings” while you have work discussions and brainstorm ideas.
- You can even get moving while you get motivated—for fitness or other life goals. Walk while you listen to your favorite music or podcast for 30 minutes.

**Rejuvenate yourself.** Fall is the time to rejuvenate body, mind and spirit. Get a massage after your run. Learn to meditate. Take an art class. Other activities also promote wellness, so you can feel good physically, mentally, and emotionally.

**Remember the 30-day rule.** People tend to give up on their fitness programs and it’s usually within the first 30 days. So, when the alarm goes off in the morning and it’s darker and colder, don’t roll over and hit the snooze button.

**Strive for the 3 Cs.**

**Commitment.** Start planning exercise, and put in on the calendar.

**Convenience** means choosing a gym that’s close by, or an activity you can do at home, or a time when you’re not likely to be interrupted.

**Consistency.**

**Deal with darkness.** The best way to enjoy fall is to exercise outdoors. But it is getting darker earlier, and staying dark later in the morning, so be smart and safe. Wear a reflective vest and carry a flashlight.” When cycling, affix a light to your helmet or bike. If possible, use trails or a local school track to avoid vehicle traffic.

**Dress in layers.** When exercising outside, layer your clothing.

**Find your motivation.** Set individual goals—losing weight, strengthening and toning, or preparing for a race or event. Choose something you’ll enjoy doing and will be likely to keep up, whether it’s walking or hiking with a friend, working with a trainer, or taking part in a “boot camp” class.

*Source: Barbara Russi Samataro (The WebMD Archives)*

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MEXICAN STUFFED ACORN SQUASH

Prep 15 minutes  •  Bake 1 hour

Recipe By—Diabetic Living Magazine

A Fall favorite acorn squash gets a Mexican twist with a spicy-as-you-like-it turkey and veggie stuffing.*

**Ingredients**
- 3 acorn squash (1¼ pounds each), halved and seeded
- Nonstick cooking spray
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons canola oil
- 12 ounces 93%-lean ground turkey
- ¾ cup chopped green sweet pepper
- ½ cup chopped onion
- 1¼ cups cubed yellow summer squash
- 1 (14.5 ounce) can no-salt-added diced tomatoes, drained
- 1 teaspoon salt-free fiesta lime seasoning, such as Mrs. Dash brand
- ¼ teaspoon crushed red pepper (optional)
- 6 tablespoons crumbled queso fresco
- 3 tablespoons snipped fresh cilantro

Preheat oven to 400°F. Pour ½ inch water into a large roasting pan; add acorn squash, cut sides down. Bake 30 minutes. Turn squash halves cut sides up; coat with cooking spray and sprinkle with ¼ tsp. of the salt and the pepper. Bake 20 to 25 minutes more or until tender.

Meanwhile, in a 10-inch nonstick skillet heat 1 Tbsp. of the oil over medium. Add ground turkey; cook until browned. Remove turkey.

In skillet heat remaining 1 Tbsp. of the oil over medium. Add green pepper and onion; cook 5 to 7 minutes or until onion is tender, stirring occasionally. Add summer squash; cook and stir 3 minutes or just until squash is tender. Stir in turkey, remaining ½ tsp. salt, and the next three ingredients (through crushed red pepper); heat through.

Spoon turkey mixture into squash cavities. Bake 10 minutes. Top with queso fresco and cilantro.
HAVE A HAPPY AND HEALTHY HALLOWEEN

Halloween—so starts the Holiday Season. The average American gains 7-12 pounds between Halloween and New Year’s. Here are a few tips, tricks and nutrition information to help you make the best choices.

The DO’S of Halloween

- DO manage to fit in a workout.
- DO plan a quick and healthy Halloween dinner.
- DO keep moving. As you wait for trick-or-treaters, walk in place, do some stretches, crunches, or squats. Dash to the door and back.
- DO wear comfortable footwear. Avoid having any excuses for skipping your workout for the next several days. Blisters from a costume party’s required spiked shoes are not a good reason to hit the couch.

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