

DON'T FALL OUT OF HEALTHY HABITS

Autumn means change. Leaves falling signal the start of school, upcoming holidays and more time with family. It also means less sunlight, less time outside and more germs. Make sure you take the time to care for yourself this fall.

FIGHT THE FLU

Fall brings us lots of comforts, like bonfires, sweatshirts and casseroles. It also brings something not so comfortable: the flu. Even the mildest cases can wipe you out with fever, congestion, aches and fatigue. Bad cases could land you in the hospital.

These tips can help protect yourself and others this flu season:

- **Ask your doctor if the flu shot is right for you.** The Center for Disease Control and Prevention (CDC) recommends an annual influenza vaccination for everyone aged six-months and older. Remember, the flu shot is 100% covered by our health plans.
- **Take care of yourself and your immune system** by eating a balanced diet, staying hydrated, getting plenty of sleep and exercising regularly.
- **Take easy preventive actions to stop the spread of germs.** Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often with soap and water.
- **Stay home when you're sick.** We offer full-time employees six sick days per year so you can focus on getting well.
- **Take antiviral drugs, if prescribed.** They can make your illness milder, shorten the time you are sick and may prevent serious complications.

BE ACTIVE ANYWHERE

With cooler weather coming, getting outside becomes more challenging and it can be hard to keep moving. Here are a few easy chair exercises you can do to help stay active.

Arms: Tricep Dips

Put your hands on the edge of a chair, shoulder width apart, with fingers pointed toward the floor. Plant your feet in front of you, slide your hips off the seat and slowly bend your arms until your elbows are almost in line with your shoulders, then rise again.

Abs: Knee Tucks

Sit in a chair so that you can lean back slightly. Hold the side edges of your seat and bring your knees toward your chest. Keeping your legs bent, slowly lower them back toward the floor (but not all the way down), then bring them back up.

Legs: Leg Extensions

From a normal seated position, straighten your legs to raise your feet off the floor. Slowly lower them back down.

RIGHT CARE, RIGHT PLACE, RIGHT TIME

There are many options for care when you find yourself sick or injured. Choosing the right health care facility will provide you with the care you need while saving you time and money.

- **Your Doctor:** Your primary care physician is the best choice for routine care or treatment for a current health issue. They know you and your health history best.
- **UHC Virtual Visits:** If you are enrolled in a UnitedHealthcare medical plan and are having trouble getting in to see your doctor, UHC Virtual Visits doctors can diagnose, recommend treatment and prescribe medication for minor medical issues. Visit www.myuhc.com for more information.
- **Convenience Care Clinics:** These clinics are staffed by nurse practitioners and physician assistants, and they may be a good option if you can't get to your doctor and your condition is not urgent. They are often located in pharmacies, malls or retail stores.
- **Urgent Care:** When you need care quickly but it's not an emergency, urgent care centers can offer treatment for non-life threatening injuries and illnesses.
- **Emergency Room:** For when you are in need of immediate treatment for a critical condition. The ER should be reserved for life-threatening or very serious issues. If you have an emergency, visit the ER or call 911 right away.
- **Employee Assistance Program (EAP):** This is a good resource if you are in need of mental health or counseling services. You can access online tools, speak with counselors over the phone or be connected with services in your area. This benefit is provided to all employees at no cost, whether or not you are enrolled in a medical plan. Visit www.resourcesforliving.com for more information.

BRUSSELS AND BERRIES

Fall brings an array of comforting foods and flavors, some of which even pack a punch of serious nutrition.

Brussels Sprouts

Brussels sprouts (that's right, it's not Brussel sprouts) are named for the capital of Belgium, the country where they were first cultivated. These often-undervalued veggies offer a satisfying flavor along with a large dose of vitamins and minerals.

Nutrition: Rich in vitamins A and C. Contain isothiocyanates, indoles and folate, which can inhibit the spread of cancer.

Selection and Storage: Choose small, firm, bright green sprouts without blemishes. Remove any yellow or wilted leaves and refrigerate (unwashed) for up to five days.

Cranberries

Cranberries are one of only three commercially available fruits that are native to North America (along with blueberries and Concord grapes). Often used in dried form in salads and trail mix, the fresh berries can bring a special zing to many dishes.

Nutrition: Rich in fiber, potassium and vitamin C. Also a great source of antioxidants, which may help reduce cancer risk.

Selection and Storage: Ripe cranberries bounce and float in water. Look for plump, deep red berries without brown spots. Refrigerate immediately in an airtight container for up to two months. You can also freeze washed berries for up to a year.

Sources: <http://www.fruitsandveggiesmatter.gov/>; <http://www.cranberryinstitute.org>

STOVETOP CRANBERRY BRUSSELS SPROUTS



- 2 pounds Brussels sprouts (trimmed and halved)
 - 2 cups whole, fresh cranberries
 - 1 clove minced garlic
 - 1 tablespoons olive oil
 - 1/4 cup balsamic vinegar
 - 1 teaspoon orange zest
 - 1 tablespoon brown sugar
 - 2 tablespoons honey
 - 1/2 teaspoon salt
 - Black pepper
1. Bring a pot of water to a boil. Add Brussels sprouts and cook 3 minutes, until just starting to get tender. Drain.
 2. Place cranberries in a large skillet over medium heat. Cook for 2 minutes, then add olive oil and garlic. Cook another 5 minutes, until cranberries begin to pop.
 3. Add the Brussels sprouts, vinegar, orange zest, brown sugar, honey, and salt. Toss to combine, reduce heat to low, cover and cook for 10 minutes, stirring a few times. Add additional salt and black pepper to taste.

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