

# Wellness News

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**“Live in the sunshine, swim in the sea, drink the wild air.”**

– Ralph Waldo Emerson



**Anthem members:** You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing. Simply scan this QR code with your smartphone's camera to download the Sydney Health app.

*Tip: Anthem.com and Sydney Health use the same username and password!*

# Surviving Summer

If you want to make sure your day at the beach is just that -- a day at the beach and not a trip to the emergency room, you'll want to start with a good [eye](#) for warning signs of common summer bummers, including [heat stroke](#), bee and [wasp stings](#), and other health woes that occur more often during this season.

## Heat stroke

Heat stroke is a major risk for workers without breaks and older adults in hot environments. Stay hydrated with electrolyte drinks like Gatorade for better salt retention.

Watch for early signs like leg cramping to prevent progression to heat stroke, which can cause symptoms like heavy sweating, lightheadedness, and eventually, the body stopping sweating.

Critical signs include red, hot skin, rapid pulse, and confusion. Cool the body quickly using ice packs, cool water immersion, or a wet blanket.

**Rules to Live By** - Avoid staying in the sun for over 15-20 minutes to prevent heat stroke from excessive sweating. Ensure children warm up after swimming to avoid cold. Be prepared with a first aid kit and watch for signs of overheating like complaining and sweating. Move children to a cool place and hydrate if they become lightheaded or stop sweating.

## Where the wild things are

To avoid bug bites, use prevention methods, especially against bees and wasps, which can cause severe allergic reactions. Those who are allergic should have an EpiPen ready, as symptoms like dizziness and difficulty breathing can occur quickly. Even non-allergic individuals should be cautious, as multiple stings increase reaction risk.

If stung, remove the stinger quickly with a credit card or fingers, apply ice to reduce swelling, and keep the area clean to minimize discomfort. A topical anesthetic is also helpful to stave off itch and pain that can accompany a bite or sting.

**Lyme Disease Prevention and Detection** - Wear light-colored clothing and use insect repellent with DEET to prevent tick bites. Apply permethrin to clothes. If bitten, promptly remove the tick with tweezers to minimize Lyme disease risk. Watch for a "bull's-eye" rash or flu-like symptoms afterward. Lyme disease is most common in late spring and summer in the northeastern and upper Midwest U.S. Keep the tick for identification if needed.

## Sunburns and Skin Cancer Awareness

Sun exposure can cause redness, burns, and blisters; deeper burns may need medical attention. Use a good lotion for mild redness without blisters. Signs of cumulative sun damage include wrinkles, leathery skin, and pigmented lesions. Irregular moles could indicate melanoma, a serious skin cancer, while other cancers may appear scaly or not heal. Those with fair skin, sun exposure, or a family history of melanoma should see a dermatologist and perform regular self-exams. Use the "ABCD" rule: Asymmetry, Border irregularity, Color variation, and Diameter larger than 6 mm. **Use sunblock with SPF 15 or higher and reapply regularly.**



Source: [webmd.com/women/features/surviving-summer](https://webmd.com/women/features/surviving-summer)

# Protecting your child with vaccines

Keeping up with preventive care and vaccinations is an important part of being our healthiest. This is true for children, too.

Childhood vaccines help your child's body learn how to fight off dangerous diseases they may be exposed to throughout their life, such as measles, whooping cough, chickenpox, and polio. They also help prevent the spread of disease, which protects people at increased risk and those who may not be eligible to receive certain vaccines. The research and testing that goes into vaccines make them a highly effective and safe way to help keep your family healthy now and into the future.

## Common concerns around childhood vaccines

It's normal to want what's best for your child, so you might have questions about vaccine safety and how they work. Talk to your child's doctor if you have any additional questions or concerns.

- **The concern: Vaccines can cause autism.**

**The facts:** Multiple studies and years of research have shown there is no link between receiving vaccines and developing autism spectrum disorder (ASD). There has also been no research to support that any vaccine ingredients cause ASD.<sup>1</sup>

- **The concern: Vaccines can cause sudden infant death syndrome (SIDS).**

**The facts:** The peak risk period for SIDS is between 2 and 4 months old. While young children receive multiple vaccines across their two- and four-month visits, there has been no research or studies showing a link between the two.<sup>2</sup>

- **The concern: Vaccines contain toxic ingredients.**

**The facts:** Vaccines only include what is needed to make them safe and effective, and each ingredient is individually tested for safety.<sup>3</sup>

- **The concern: Children shouldn't get vaccines so young. The**

**facts:** The recommended vaccination schedule balances when a child is most at risk for disease exposure with when the vaccine will be most effective. Vaccines are also tested to ensure they can be safely given at the recommended ages.<sup>4</sup>

### Recommended childhood vaccines by age<sup>5</sup>

Below is a list of the vaccines and boosters that may be recommended for your child depending on their age. Keep in mind, while many of these vaccines require multiple doses, your child may not receive a dose of every vaccine at every visit. For a more detailed look at what vaccines may be given at each well-child visit, go to [cdc.gov/vaccines](https://www.cdc.gov/vaccines).



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## Find a doctor

To find a pediatrician in your plan's network, use the Find Care and Cost feature on the Sydney<sup>SM</sup> Health app or at [anthem.com](https://www.anthem.com).

You can also scan this QR code with your phone's camera to search for doctors.



For more details on what vaccines your child may need, visit [anthem.com/preventive-care](https://www.anthem.com/preventive-care). You can use the guidelines there to have a discussion with your child's doctor and come up with a vaccination plan.

Sources: Centers for Disease Control and Prevention: *Making the Vaccine Decision: Addressing Common Concerns* (accessed September 2023): [cdc.gov](https://www.cdc.gov)

<sup>1</sup>Centers for Disease Control and Prevention: *Autism and Vaccines* (accessed September 2023): [cdc.gov](https://www.cdc.gov)

<sup>2</sup>Centers for Disease Control and Prevention: *Sudden Infant Death Syndrome (SIDS) and Vaccines* (accessed September 2023): [cdc.gov](https://www.cdc.gov)

<sup>3</sup>U.S. Department of Health and Human Services: *Vaccine Ingredients* (accessed September 2023): [hhs.gov](https://www.hhs.gov)

<sup>4</sup>Centers for Disease Control and Prevention: *Why Vaccinate* (accessed September 2023): [cdc.gov](https://www.cdc.gov)

<sup>5</sup>Centers for Disease Control and Prevention: *Vaccines Schedule* (accessed September 2023): [cdc.gov](https://www.cdc.gov)

The information above is meant to educate, not serve as medical advice. Ask your child's doctor for medical advice about their health.



# Seasonal Allergies

*As the season blooms, it also ushers in sneezing and congestion for those with seasonal allergies. Here are effective strategies from the Mayo Clinic to keep symptoms in check.*

## **Reduce Exposure to Allergens:**

- Stay indoors on dry, windy days; venture out post-rain when pollen is reduced.
- Avoid gardening tasks that stir up allergens; wear a mask if necessary.
- Change clothes and shower after outdoor activities to remove pollen.
- Keep laundry indoors to prevent pollen adherence.

## **Manage High Pollen Days:**

- Monitor local pollen forecasts and start medications proactively.
- Keep windows closed during high pollen times, especially at night.
- Limit morning outdoor activities when pollen levels peak.

## **Maintain Cleaner Indoor Air:**

- Use air conditioning equipped with high-efficiency filters.
- Deploy dehumidifiers to keep air dry and HEPA filters to clean bedroom air.
- Vacuum with a HEPA-filtered cleaner regularly.

## **Consider Effective Remedies:**

- Oral antihistamines like Zyrtec and Claritin may help.
- Nasal sprays such as Flonase and Nasacort can ease nasal issues.
- Saline nasal rinses are an inexpensive way to clear allergens.

## **Alternative Treatments:**

- Natural remedies such as butterbur or spirulina are used but lack solid evidence.
- Acupuncture shows limited benefits; consult your doctor before trying alternatives.

## **Seek Advanced Treatments:**

- If symptoms persist, consult a healthcare provider for allergy tests.
- Consider allergy shots for long-term relief by reducing immune system sensitivity.

***Implement these strategies to enjoy the season with less discomfort.***

Source: [Seasonal allergies: Nip them in the bud - Mayo Clinic](#)



**Anthem members:** Please visit **Anthem.com** or our **Sydney Health** app to find programs, tools and resources available to you. For members living with a chronic condition like Asthma please take advantage of our **\*ConditionCare program** –confidential, and no cost to plan members including your covered family members.

# Strawberry-Chocolate Greek Yogurt Bark

[Low-calorie desserts](#) like this **Strawberry-Chocolate Greek Yogurt Bark** are the perfect bite to have on hand when you want something a little sweet, but not too filling. You'll get plenty of [protein](#) from the Greek-style yogurt, plus a boost of [gut-healthy](#) fiber and more from fresh, juicy strawberries.

Prep time: 10 minutes  
Freeze time: 3 hours  
Servings: 32 pieces

Nutrition Facts (Per serving):  
34 calories  
1g fat, 4g carbs, 2g protein

## Ingredients

3 cups whole-milk plain Greek Yogurt  
¼ cup pure maple syrup or honey  
1 teaspoon vanilla extract  
1 ½ cups sliced strawberries  
¼ cup mini chocolate chips

## Ingredient Swaps to Try

- Swirl in nut butter or jam to the yogurt mixture
- Try freeze-dried or fruits like raspberries or blueberries
- Add crunch with your favorite chopped nuts/granola

## Directions:

- Line a large rimmed baking sheet with parchment paper. IF you don't have parchment, a silicone baking sheet will also work.
- Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.
- Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

